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RECORD PHOTO BY KATELYN BOULANGER

Kids Fishing For A Cure took place again in Selkirk this year. Pediatric cancer patients and their families were treated to a fun day on the river trying their hands at catching the big one courtesy of volunteers. See inside for more photos from the event.

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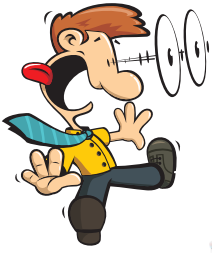
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Marine Museum to host model boat show on July 29

Winnipeg Model Boat Club sails, paddles, and motors to Marine Museum for second annual show

By Katelyn Boulanger

If you're a fan of boats, history or getting out to community events you'll want to visit the Marine Museum this weekend as the Winnipeg Model Boat Club is stopping by for a sailing and static display this weekend.

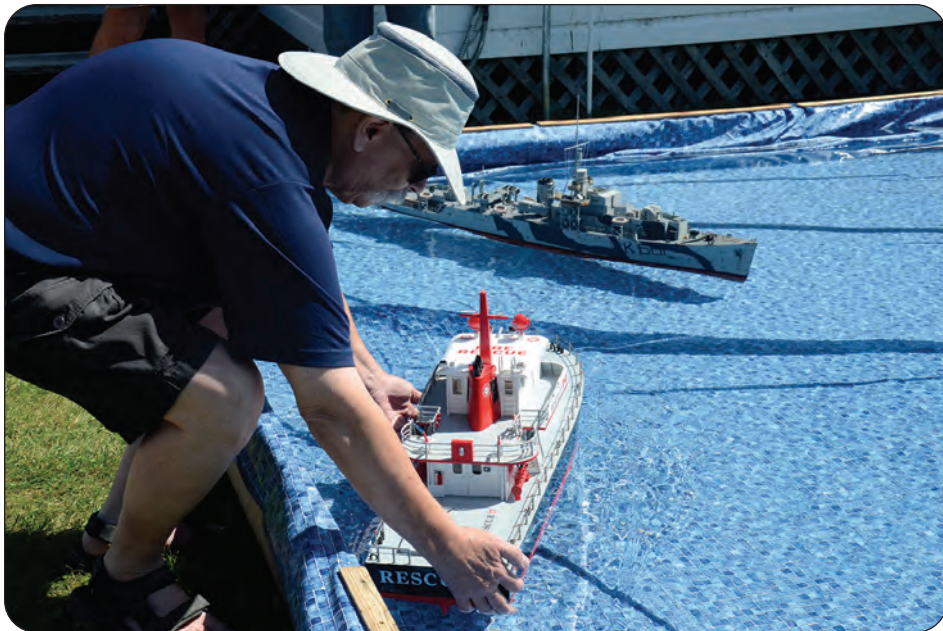
"This is our second time doing this. Last year was a success and the Winnipeg Model Boat Club enjoyed themselves also. So, we asked them back and they decided, 'Yes, we'd love to come back,'" said Shaylene Nordal, General Manager of the Marine Museum of Manitoba.

Like last year's event many different types of electric, steam and wind powered model boats will be avail-

able for residents to see outside of the Marine Museum.

"The format last year was more of a demonstration, where we had some static models, and the builders talking about their models and their history. We also had a motorized display. This year we've decided to make it a regatta. You're going to be able to come down. We're building our pool again, which is about 16 by 25 feet. The pool will be there for the Model Club to float their model boats. We're going to use the motorized models and race them the length of the pool and [residents] can talk to the build-

Continued on page 4



RECORD FILE PHOTO BY KATELYN BOULANGER

The Marine Museum of Manitoba will be hosting the Winnipeg model Boat Club this weekend.

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> **MODEL BOAT SHOW, FROM PG. 3**

ers and learn the stories that are associated with each and, [especially relevant for us, learn about the] historic models and just have a good afternoon," said Nordal.

She can't make promises about which boats will be out because the model boat club members will be the ones to decide what they bring down but based on last year's event there will be some wonderful models to see.

"We had a submarine, [a canoe]. We had warships. So, there's a variety of different types that could come down even a paddle wheel. I'm not sure which ones will show up as members do this on their own time," said Nordal.

She said that they decided to host this event once again this year be-

cause it fits in well with what the museum has to offer.

"It ties into our history because some of these models even though they're not the exact ones that we have here portray the history of our ships that we have here in Manitoba that ran on the Red River and in Lake Winnipeg. The history buffs, and anyone who likes remote control vehicles will get a chance to get up close and personal with these things on water. It's unique," said Nordal.

If this event appeals to you stop by the Marine Museum this Saturday, July 29 between 1 and 4 p.m.

"The demonstration or regatta itself is on the grounds of the museum. It is free to anyone that wants to come down and partake in it. Our standard museum admission fee does still apply if you wanted to tour the ships and the museum itself is open 10 a.m. until 5:30 p.m. So, [residents] can come early or stay later if they want to take a tour of the museum," said Nordal.



RECORD FILE PHOTO BY KATELYN BOULANGER

The Marine Museum of Manitoba.

She recommends anyone whether you're interested in the museum's history or the Model Boat Club to stop by and check it out.

"If you're looking for a fun filled day for the family or maybe just for yourself, if you're a history buff, come on

down. Take a moment to learn about the history of these models. Maybe you want to join the Model Club, it's a great opportunity to interact with them and learn what they're all about," said Nordal.

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MB government unveils new EV charging station pilot project at Birds Hill Provincial Park

New level 2 charger

Submitted by the Manitoba government

The Manitoba government continues to support the shift to electric vehicles through several new initiatives including the installation of the first-ever electric vehicle (EV) charger station inside Birds Hill Provincial Park, Natural Resources and Northern Development Minister Greg Nesbitt announced July 20.

"Just in time for the peak of summer and Manitobans heading out to the beach, our government is pleased to unveil the first-ever EV charger in a

provincial park," said Nesbitt. "Birds Hill Provincial Park is treasured by Manitobans and welcomes thousands of visitors every year. As the busiest provincial park in Manitoba, this station is a positive addition for visitors and will become a destination for electric vehicle owners as they explore this beautiful park."

The new Level 2 charging station was installed at the west beach parking lot as part of a pilot project exploring ways to expand EV charging infrastructure in Manitoba's provincial parks. This user-pay station has the capability to charge two vehicles at a time and will be operated by a third-party vendor.

The charger will be evaluated once the season is complete, the minister noted. This information will help inform the potential future rollout

of further investments across Manitoba's provincial park system as a sustainable transportation option for park users.

"Green transportation projects play a key role in protecting our environment and water, which is a top priority for our government," said Nesbitt. "Shifting to electric vehicles will help reduce greenhouse gas emissions, support a low-carbon economy and ensure affordability for Manitobans."

For more information, visit www.manitobaparks.com.

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

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Art Crawl returns to Selkirk now as an evening event

New partnership with City of Selkirk brings more art and culture to Selkirk's downtown Art Crawl this year

By Katelyn Boulanger

Selkirk's Art Crawl event started a couple of years ago as a way for artists in our community to connect and show off their art in a safe way during the pandemic. After its first year's success, it became an annual event and this year it's changing once again becoming an evening event where artists will come out with their best work and music will be on tap bringing all of the arts and culture fun to downtown.

"It's a community art showcase that's the main part [for residents] but the second part is just getting the community involved with art and showing that it's diverse and available for everybody," said Bobbie Sinclair, coordinator of the Interlake Art Board.

This year's event is going to be a little different because it's in partnership with the City of Selkirk. In previous years the event took place on

a weekend afternoon, however, this time it's taking place from 4 p.m. to 10 p.m. on August 12. This coincides with Selkirk's Music on Manitoba event which will have music and activities for families to enjoy to create a lively street festival in Selkirk's downtown.

As for art specific events, there will be art vendors up and down downtown Manitoba Ave as well as demonstrations taking place.

Sinclair says that having events like this in our community is important because visual representation is important as are showcasing the members of our community who are a part of it.

"We want everybody to have a place within the community," she said.

Justine Scramstead, executive director of the Interlake Art Board agrees saying, "By bringing art directly to

Continued on page 6



RECORD FILE PHOTO BY KATELYN BOULANGER

Selkirk's Art Crawl will return on August 12. Above: Patti Simko at the first Art Crawl event.



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> **ART CRAWL, FROM PG. 5**

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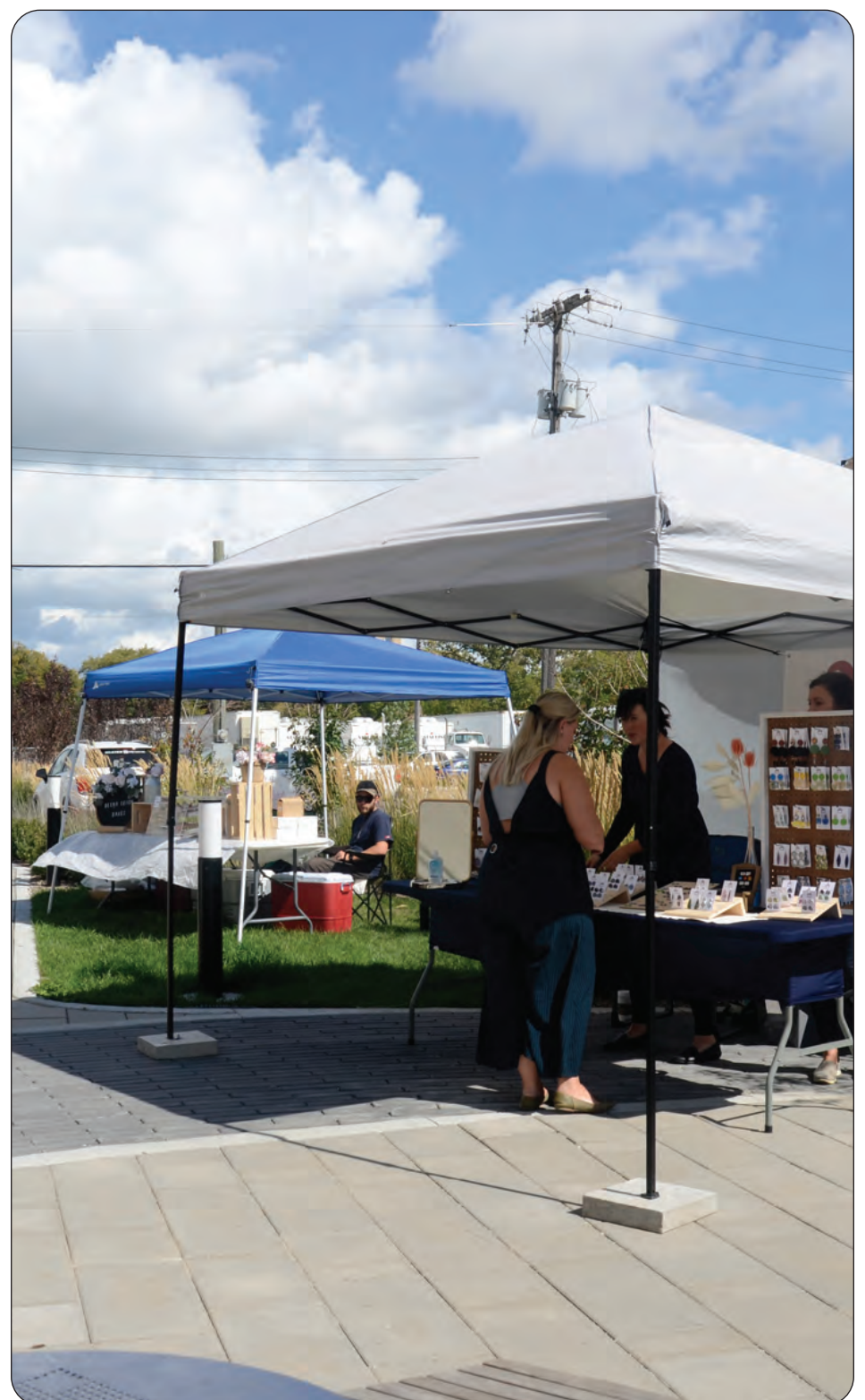
Scramstead and Sinclair say that there is no admission and that all community members are welcome to come down to the event and participate.

"There's lots of music and our vendors. It's just a big community event and this is the best way for our artists to be showcased. This would also be a good opportunity for new community members to be a part of what we're doing. We want to make it accessible for everybody," said Sinclair.

Also, if you would like to participate as an artist-vendor at the event, there

is still time to contact the art board and get involved. Artists are asked to email selkirkartcrawl@gmail.com for details about signing up for the event.

To keep up with other art board activities follow them on Facebook and Instagram. In the fall there are plans for a mural unveiling to coincide with National Day for Truth and Reconciliation and they have plans for other activities into the colder months.



RECORD FILE PHOTO BY KATELYN BOULANGER
Don't miss Selkirk's Art Crawl on August 12. Above: Vendors at the 2021 Art Crawl.

History comes alive at the East Beaches Heritage Wing

Reopening of local museum was standing room only

By Laura Tutlies

The last three years have forged a history of their own as the challenges of a global pandemic changed our view of the world.

For many people, how we live and how we honour the past has been affected by the loss of loved ones and a new awareness of our traditions and our environment. Our children and grandchildren were kept home from school, our gatherings were restricted and most of us acquired a new sense of social distance which kept us away from public events. The future holds hope for conscience reflection and renewed respect for the contributions of our ancestors to our current way of life. It is our responsibility to interpret this history for future generations. The East Beaches Heritage Wing at the 'clock tower', Grand Marais Community Central & RV Park was founded in 2011 to do just that.

The patrons of the East Beaches Heritage Wing recognized the need to celebrate the 2023 opening of this little museum, along with the need to rejuvenate a few pieces of electronic equipment that died over the hiatus. The passionate little group of volunteers including Luise Avery, Sherry Dangerfield, Holly Vezina, Dennis Muldrew and Shelley Penziwol also found the impetus to create a new video for one of the displays which will now honour our local heroes.

Selkirk & District Foundation stepped up to provide funding for new touchscreens, while Interlake Tourism Association provided the means to create a splendid video about Métis midwife Mary Jane Irvine Knott Hourie, a true local hero, who delivered over 270 babies in the Grand Marias area in the early 20th century. The improvements and additions to the museum simply make

what was an excellent historical reference of the East Beaches more inclusive as a gateway to the past. In the words of founder Luise Avery, "Our Heritage is Grand."

The reopening of the museum was held the day before Canada Day with a standing room only crowd. June 30 was a fitting day to showcase a collection of history that has its roots long before Manitoba joined confederation.

Elder Carl Stone of Brokenhead Ojibway Nations offered this advice with respect to the issue of reconciliation between the Indigenous people who were the original habitants of our lands along the shores of Lake Winnipeg, and the denizens, those who came later and now also call Canada home. "Tell the truth", he said, "And spread the word."

"OUR HERITAGE IS GRAND."

Elder Stone recognized that the little Heritage Wing nestled in the heart of the East Beaches was trying to do exactly that as it offered vignettes of artifacts, plus audio and visual displays from people who have lived and worked and played on and around Lake Winnipeg for the past two centuries.

Elder Carl Stone of Brokenhead, along with Métis Elder Marcella Vezina, MLA Jeff Wharton, Mayor Penny McMorris of Victoria Beach, and Mayor Debbie Fiebelkorn of St. Clements were on hand to provide congratulations and counsel regarding the rich history of the East Beaches while dozens gathered to celebrate the reopening of the Heritage Wing. You can find this lovely slice of living history just seven kilometres beyond Hwy 59 and just ahead of the west gate of Grand Beach in Grand Marais.



RECORD PHOTO BY LAURA TUTLIES

Penny Patzer, interpreter of the East Beaches Heritage Wing with Fraser Stewart a treasured mentor of the museum, at the 2023 re-opening event in Grand Marais.

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Mosquito carrying West Nile Virus collected from test pool in Selkirk

Larviciding underway and residents advised to take precautions

Submitted by the City of Selkirk

Manitoba Health reports that one *Culex tarsalis* mosquito carrying the West Nile virus (WNV) was collected from one test pool in the City of Selkirk during the week of July 2 to 8.

The Province monitors mosquito traps throughout the city and at this time the city does not meet the Province's criteria for fogging. If and when the province determines fogging is required, residents will be notified in advance.

The process most commonly used to control mosquitoes is called larviciding and proactively kills mosquito larvae before they become adults.

Citizens are still encouraged to enjoy the warm weather activities but be sure to reduce the risk of mosquito bites and exposure to WNV by:

- reducing the amount of time spent outdoors during peak mosquito hours between dusk and dawn;
- using appropriate mosquito repellent;
- wearing light-coloured, loose-fitting clothing with long sleeves and pant legs; and

- maintaining door and window screens so they fit tightly and are free of holes.

You can also reduce the number of mosquitoes around your home by eliminating standing water. To reduce standing water:

- clean eavestroughs and regularly empty bird baths and other items that might collect water;
- ensure rain barrels are covered with mosquito screening or are tightly sealed around the downspout;
- clear yards of old tires or other items that collect water; and
- improve landscaping to prevent standing water around the home.

In 2022, there were seven cases of WNV in Manitoba, and five of those were hospitalized. No confirmed human cases of WNV have been identified in Manitoba yet this year.

For more information about prevention, symptoms, weekly average trap counts of *Culex tarsalis* mosquitoes, fact sheets, posters and information for municipalities and health-care providers, visit www.gov.mb.ca/

health/wnv/.

Manitobans can also contact Health Links-Info Santé at 204-788-8200 or at 1-888-315-9257 (toll-free) for more information.

Larviciding underway

The City of Selkirk began a West Nile Virus targeted Larviciding Program on May 4.

Larviciding is the most effective and environmentally acceptable method of mosquito population reduction. Mosquito larvae are concentrated in water sites which make them the most vulnerable stage of the mosquito life-cycle. By targeting larvae in standing water, countless numbers of mosquitoes are killed before they reach the flying adult, biting stage.

Biological larvicide VectoBac® is being applied where mosquito larvae are identified. This larvicide can be used in populated areas, and is safe for humans and domestic animals.

All pesticide used and procedures applied are in accordance with federally approved label recommendations from the Pest Management Regulatory Agency, Health Canada and the recommendations set by Manitoba Conservation and Climate.

Selkirk Regional Health Centre's Emergency department remains open during construction

From August 8 to 11 emergency department patients will have to use door to side of usual entrance

Submitted by IERHA

Construction is well underway on the expansion of Selkirk Regional Health Centre. Thirty acute care inpatient beds and three emergency department treatment spaces are being added, enhancing the health centre's ability to treat and monitor patients. The new beds will allow care to be delivered locally for an increased number of inpatients and a higher volume

of surgical and endoscopy patients.

The health centre's emergency department remains open during the redevelopment of the waiting room. Patients entering the emergency department will notice the construction but accessing registration and triage will remain the same. There will be signage and people on site to help direct patients.

From August 8 to 11, patients at-

tending the emergency department will be directed to use a door to the side of usual entrance.

Once the waiting room renovations are complete, construction will begin on three new treatment spaces in the emergency department. When work concludes, Selkirk Regional Health Centre's emergency department will offer greater patient privacy and better sight lines for staff who monitor patients and the waiting area. Work is expected to conclude by March 2024.

Questions? Please visit www.ierha.ca or email info@ierha.ca



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news@selkirkrecord.ca

View the Selkirk Record online at selkirkrecord.ca



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

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Kids Fishing for a Cure brings smiles in Selkirk



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RECORD PHOTOS BY KATELYN BOULANGER

Kids Fishing for a Cure saw pediatric cancer patients and their families have a fun day on the Red River fishing. This local event has taken place since 1996 and is run by volunteers who just want the kids to have a great day.

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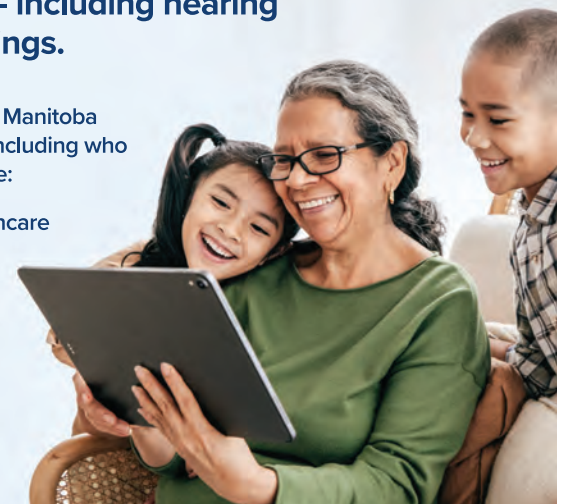
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Colourful explosion of nature inspired pieces in this month's Gwen Fox Gallery Exhibit

Suzanne Barrow, Kathleen Hamann Buckoski, Judith Panson, and Wendy Seversen featured in August show

By Katelyn Boulanger

Residents are invited to make their way down to the Gwen Fox Gallery this August to see a variety of art put together by artists Suzanne Barrow, Kathleen Hamann Buckoski, Judith Panson, and Wendy Seversen. There's a lot to see with glasswork, fabric art, as well as oil and acrylic paintings bringing colour and life to the art gallery space.

Suzanne Barrow

Barrow in the gallery this month is displaying her oil and acrylic paintings which take you to beautiful calming places.

"I paint realism, impressionistic, and verging on abstract. I do all three. I'm also a potter and I make soapstone carvings. That's my newfound passion," said Barrow.

She says that the main inspiration for her pieces are prairie skies and natural landscapes.

"I live in the Interlake. So, I see a lot of skies, fantastic skies and that's what I like to paint," said Barrow.

She says her artistic journey began because of her hatred of watching TV and wanting to find an activity for herself to do in her downtime in the evenings.

"I decided I was going to go out and

take some painting lessons. And it just grew from there. I think it was in 1997," said Barrow.

From there, she explored new mediums. She paints in acrylic, oil and watercolour and creates pottery pieces as well as soapstone carvings. This allows her to explore but is also a functional decision.

"I paint a lot in oils, and they take a long time to dry. So, when I started oil painting, I always start another medium so that I have something to switch over to while it's drying and then I go back to the oil when it's dry enough to go back," explained Barrow.

Her advice for artists just starting to create is to not be afraid of anything.

"Don't be afraid to try anything. You have to want to learn and develop and enjoy. Most of all, enjoy," said Barrow.

She invited residents to check out the beautiful show this month.

"There's a lot of different kinds of pieces here. Lots for everybody. There's a painting for every personality," said Barrow.

Kathleen Hamann Buckoski

Hamann Buckoski's paintings are colourful acrylic landscapes that represent the places she's lived and travelled.

"I tend to paint a lot of landscapes.



RECORD PHOTO BY KATELYN BOULANGER

Suzanne Barrow.

But I have, over the years, painted quite a few buildings in the city and people. I've been painting more and more people. I live on an interesting corner where there's a convenience store across from me and a bus stop beside me. I take a lot of people pictures and a lot of them are just very interesting because there's a lot of different types of people around the area," she said.

Being from BC originally and going

back periodically for vacations means that she also paints many of the beautiful landscapes of western Canada.

"I was basically brought up in the bush, my father was a forest ranger and my brother worked for the Forest Service also. My father taught us how important nature is and all about how things work in nature. And so, it was always very close to me," said

Continued on page 11



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.

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> GWEN FOX GALLERY, FROM PG. 10

Hamann Buckoski.

She says that she started her artistic journey when she was 13 or 14.

"I used to hike into the bush and I'd find it interesting stump and draw it and go home and try different paths. I used to use pastels a lot, especially oil pastels. And I just kept going on it and going on it and decided to go to art school," she said.

Her advice to other artists wanting to improve their skills is to make art.

"Draw, observe, draw, watch people, watch things grow and definitely just keep practising and practising like anything else," she said.

She has been on the board of the Gwen Fox Gallery in the past and recommends people come in and check it out.

"Of all the other galleries I've been to I think this is one of the nicest ones. You don't get things so crowded in here," she said.

Judith Panson

Panson is one of the original founding members of the Gwen Fox Gallery. Originally a painter, she has changed over to create beautiful fabric art pieces that bring softness as well as vibrancy to the gallery this month.

"I went from watercolours to drawings and paintings, and then I injured my back and it's hard to paint in bed. When you're dealing with water so started just putting bits of paintings [together] and I started with fabric. So,

I've been doing the fabric since 2007," said Panson.

She feels that her art inspiration comes from where she is living and definitely felt the pinch of the pandemic when it forced her to use the supplies she had on hand when quarantine made going out more difficult.

The beginning of her art journey, however, started quite a few years before COVID-19.

"It started in the Second World War. I was born before it happened but I was a kid in school during the war. Because we were in the classroom, we were asked to make a poster. I had a poster chosen. It was 'We dig to eat to grow' run by the governor and I had my design chosen," said Panson.

From there she couldn't be stopped going so far as to draw with charcoal she made from burning sticks on the tiles by the fireplace which Panson says her mother was not very fond of.

Her advice to artists just starting their artistic journey is to draw as much as you can.

"Every single day. If you're going to be a football player, you would exercise. [As an artist] you need to exercise your hand eye coordination," said Panson.

Being a founding member she is obviously a long time supporter of the Gwen Fox Gallery and invites resi-

Continued on page 12



RECORD PHOTOS BY KATELYN BOULANGER

Kathleen Hamann Buckoski.



Judith Panson.

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> GWEN FOX GALLERY, FROM PG. 11

dents to stop by the gallery to check it out.

"I think it's an interesting thing to come and look at what's going on. There's a variety," she said.

She also wants to remind residents that not only does the gallery have monthly shows but that there are also workshops as well as events that take place in the space that they might be interested in.

Wendy Seversen

Seversen is a glass artist that makes ethereal creations from recycled window glass.

"I'm really rooted in the natural surroundings of southeast Manitoba. I have worked hard to figure out ways to make recycled materials look beautiful. And that's a major part of my practice. I kiln form and enamel and do various things with recycled steel and recycled glass and people bring old windows. So, it's kind of a unique vibe," she said

Seversen says that she draws a great deal of inspiration from her home in the boreal forest.

"I'm in southeast Manitoba. We moved my studio out there some years ago and glass is a very static medium. And so, I work really hard at trying to build organic elements into my glass that make it unexpectedly fluid or unexpectedly organic," she said.

The beginnings of her experiments

with glass started from a stained glass class that she took but in the same studio she also saw fused glass work being done and was hooked.

"I grew up as a maker as a kid and then I discovered glass. And I started being shut down by the sheer fact that I had to pay up to \$40 or \$50, a square foot for glass that was designed for artwork. I started to experiment with window glass. And that gave me the freedom to take risks," said Seversen.

Her advice to people wanting to start creating glass art is to take a class.

"Try it out. Don't be afraid to take risks. It's a journey. It's not a quick process to learn about it. Because like most interesting mediums. It's a technical medium, you need to learn your craft and learn by making mistakes," said Seversen.

Being a new artist to the Gwen Fox Gallery she recommends that residents check out this month's show.

"It's surprisingly diverse. I think it's a little gem of a gallery and it's a really nice [place to visit] when you're travelling this direction and an absolutely beautiful old historic building. A lovely little gallery," said Seversen.

The exhibit opened July 25 and all are welcome to stop by the gallery this month. Opening hours are Tuesday to Saturday from 11 a.m. to 4 p.m.



Wendy Seversen.

RECORD PHOTO BY KATELYN BOULANGER

The difference dental implants made for Lynne

BY ELISHA VANDOR

"I'll be able to eat again" exclaimed Lynne as she felt her lower denture snap into 3 lower dental implants for the first time; "oh, and they're so natural-looking too!" With built up emotion, Lynne hugged and thanked Denturist Brock saying, "it was worth it".

We wish you could hear the SNAP as Lynne pushed down on her lower denture securing it into her three dental implants like snapping together a button tightly. For us, it's the successful sound of a tight-fitting lower denture, but for Lynne it's the sound of freedom. Freedom from struggling with a loose lower denture. She says, "to go from not being able to eat anything but soup and yogurt, being embarrassed and holding up my hand in front of my mouth to now being able to eat normally again and smile at people, it's been an excellent, excellent experience and I would suggest having it done to anybody." So, the big question ev-

everyone wants to know is, what is the dental implant procedure like? Lynne says, "I was petrified. I wasn't sure if it was going to work properly. Now, feeling the way they fit properly and being able to take them in and out, it's been worth it. If the person can afford it, then definitely get it, even if it's 2-3 posts like I was able to get done. It feels natural, it really does."

A dental implant should feel natural! After all, the purpose of the dental implant is the same as a tooth root - anchoring the teeth for chewing purposes. Without an anchor, the ship floats away... the same can be said for a lower denture (specifically). Trying to chew with force and accuracy with a lower denture will not be as successful without it being snapped into at least two dental implants. Natural teeth can bite using a substantial amount of force and mulch food with ease because of the teeth's stability being rooted into the jawbone. The difference with dental implants is an anchored denture providing greater chewing force,

accuracy, and stability. All three combined will provide you with the ability to successfully and easily eat with a denture. As Lynne so excitedly said to us that she's trying out steak for the first time in a while because she's now confident in her chewing again like she once was with natural teeth.

For Lynne, the total amount of time it took to have the denture snapping into the dental implants from the time of the procedure was 3.5 months. In contrast, some dental implant procedures allow for the teeth to be secured onto the dental implants the same day. The wait period or no waiting period is dependant on the procedure, which can be discussed with our Denturists Brock and Matthew. Our consultations are free of charge! As Lynne says, "I always felt like it was family working with me here, you were excellent that way. To know I can eat properly again and smile, it feels natural. You all have been excellent."



- supplied photo -

Lynne (pictured right) celebrates her new teeth with her friend Anna and Denturist Brock.

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New store in Selkirk creates yearlong market atmosphere

The Cozy Fox features local makers, hosts weekly outdoor market

By Kaitlin Vitt

A new store in Selkirk is offering a place for the community to connect, giving vendors somewhere to sell their goods and shoppers somewhere to support local.

Open since March and located at 637 B Morris Avenue (next to Hawg Town Car Wash), The Cozy Fox features creations by Manitoba artists, crafters, bakers and home-based businesses.

“We just want to make it an amazing place for everybody to come and feel comfortable,” said Tracey Fierce, a co-owner of The Cozy Fox. “[Residents] don’t have to come in and feel they have to buy something. We’d love to have people just be able to visit. If they’re out and about and they have nowhere to go, it can be a place that they can come to and say hi.”

Fierce opened The Cozy Fox with her son Eric Dufault as well as Kim Flaig, Pat and Ken Kovalic and Matt Fedorkiw. The co-owners met as vendors at markets in Manitoba.

“We knew what each other’s products were and what we sold them for, so it was just nice to have that kind of community,” Fierce said.

The group wanted to extend this feeling of community and friendship to other vendors, leading to the launch of The Cozy Fox.

“We ended up deciding that we wanted to open up a store and have a consistent place to be able to do our markets and to bring other vendors and crafters together in one place to kind of find somewhere where we can bring the community together,” she said. “Markets do build community. People get to know each other, they come together, they make a lot of friends. Through markets, you can make really good relationships. It’s a really tight community.”

The Cozy Fox currently features around 70 vendors, including local makers who create jewelry, food and drink, natural products, direct sales goods and more.

“We try not to bring in the same types of vendors. We want to keep it unique so that there’s something for everyone when they come in the store,” she said. “We want vendors to feel that this is their space.”

To ensure variety in the store, and to avoid doubling up on the same type of vendor, The Cozy Fox has a waiting list for vendors that sell certain products. Right now, there’s a waiting list for clothing, pet care and candles.

“We want every vendor to come in

and feel special and feel that they’re one of a kind in the store,” Fierce said.

The Cozy Fox is open 10 a.m. to 5 p.m. on Wednesdays, Thursdays, Saturdays and Sundays and 10 a.m. to 7 p.m. on Fridays.

In addition to the storefront, the shop hosts a weekend market in the parking lots on Saturdays and Sundays from 10 a.m. to 3 p.m. The first market was in June and will continue until September 24.

Some of the vendors featured in the store also come out to the market, but there are other sellers as well. Fierce said everyone is welcome to sell their goods at the market. The table rental fee is \$15.

People can make an excursion out of the market — on Sundays, there will be a food truck or a barbecue, plus on most weekends there’s a tarot card reader.

“We want to build something where everyone feels welcome and a place where people can go and hang out and visit and feel comfortable and kind of shine,” Fierce said.

Once the summer market season is over, Fierce said the plan is for The Cozy Fox to host classes, workshops and special events. She also said they’d like to raise money for charities through the store as well. Right now, The Cozy Fox is collecting non-perishable food items that customers can drop off in-store or at the market.

She said those who have attended either the market or the store said they like the welcoming atmosphere.

“We wanted to build something that was a little bit rustic and cozy and inviting.”

Since this is the first summer of the markets and the first few months of the store, Fierce said they haven’t been as busy as she’d like yet. But The Cozy Fox will continue to focus on growing and getting the word out about it so they can support local makers.

“The more that [vendors] can get recognized and get their products out, and the more support we can give them, the better it is for everybody.”

The Cozy Fox posts updates on Facebook and Instagram (@thecozyfoxltd) and on their website (thecozyfox.ca). Those interested in selling their products at The Cozy Fox can get in touch at 204-482-6476 or vendors.thecozyfox@gmail.com.



RECORD PHOTO SUBMITTED BY TRACEY FIERCE

Cozy Fox is located on Morris Ave in Selkirk and gives residents a place to find many of their favourite small local businesses.



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Gimli medical student continues studies abroad

Elisee Moore will continue her post-secondary education in Ireland

By Katelyn Boulanger

A Gimli resident is taking her education abroad as Elisee Moore was recently accepted to the University of Galway Medical School.

"I'm a graduate here in Gimli. I graduated in the class of 2022 and over the past year, I was at University in Kingston, Ontario. I completed my first year of the Honours Bachelor of Health Science program and after doing my first year, I completed the prerequisites to do a med school abroad," said Moore.

She applied to a few different international programs and settled on the five year program at the University of Galway Medical School based partly on the limited seats in medical schools in Canada.

"[I] also looked at the geographical location and natural beauty of Ireland and I thought considering that there's limited options to do med school here in Canada that I would take an opportunity to go abroad and experience a different culture and get to know more people," she said.

The University of Galway is a uniquely opportune location for learning about different cultures as a large portion of the population of the university are international students.

"I'm really excited to be in a community where it's so student centered, and they have lots of different activities going on, and clubs to join," said Moore.

For now, she's enjoying the summer in Canada but will be headed off to this new opportunity in September.

Her advice for other students that might be interested in studying abroad is to keep your options open.

"Never close the door on yourself. There are always so many options out there and especially coming from a small town. A lot of times people think things are out of reach but there's so many opportunities in this world that you can truly achieve anything you want," said Moore.

Her future plans after medical school involve coming back to Canada or the United States of America to complete residency training in the study of pe-



RECORD PHOTO SUBMITTED

Elisee Moore of Gimli will be attending school at the University of Galway next fall.

diatric neurology.

For now, she's looking forward to the opportunity that this change presents.

"I'm sad to walk away from an in-

credible program at Queen's [University in Ontario but] I'm really excited to start a new chapter of life out there in Ireland," said Moore.

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Seadooring on the weekend



RECORD PHOTO SUBMITTED

The St. Andrews Lock and Dam was busy last weekend when a group of 32 people on Seadoos made a splash down the Red River. Pictured: The group in the Lock.

Red River Basin Commission project aims to improve health of Netley-Libau Marsh

Selkirk & District Community Foundation grant supports marsh health

Submitted by The Selkirk & District Community Foundation

A pilot project undertaken by the Red River Basin Commission is working to reduce the depth of parts of the Netley-Libau Marsh, and a shallower marsh means a healthier ecosystem and a healthier Lake Winnipeg.

Chris Adams, project coordinator of the Netley-Libau Marsh Renewal Project with the RRBC, says it's the largest coastal freshwater marsh in North America and has been in a state of decline over the past hundred years and no longer functions the way it should.

"There's been a major loss in shoreline vegetation and all sorts of functions and benefits that the marsh provided historically," Adams said during a recent tour of the marsh.

"Historically we would see lots more fish, and mammals and water birds and it would also sequester nutrients, especially phosphorus in a way that it no longer does with a lack of vegetation it's lost over the last hundred years."

The Selkirk & District Community Foundation provided an initial grant of \$25,000 to the RRBC North back in 2018, and then Manitoba Director Steve Strang said at the time the funds were much appreciated and even prompted others to pay attention to the project and fund it as well.

"The money that came from the Selkirk & District Community Foundation has been the catalyst for all our funding to date. We are truly grateful for their leadership and feel that their gift has led to our success for this pilot project," Strang said.

The SDCF granted \$20,000 to the project in 2020 and again in the spring of 2023, and RRBC North Manager Rebecca Trowell says the dredging of the marsh and planting of vegetation is helping restore it, and evaluation of the effectiveness of reducing the marsh's depth is ongoing.

Adams says there have been positives, but more time is needed.

"Our bathymetric monitoring from 2022 indicated that the majority of sediment that was deposited was retained within our restoration area. However, because of the extremely high water in 2022, we were not able to get the vegetation growth that we were hoping to see last season. Even though we succeeded in elevating the marsh bottom, the water was still deeper in 2022 than in 2021. We are continuing to monitor our restoration

area under moderate water levels this season, and this will be the real test of whether the reduction in water depth is working," Adams said.

"We have a longer record of the extent to which the natural reduction in water depth has been driving an increase in vegetation within the miniature delta that has been forming in Netley Lake. Beginning in 2018, 150 acres of vegetation has become established in these shallow areas."

There are plenty of reasons to return the marsh to a hemi-marsh - a type of marsh that's roughly equal parts open water and emergent vegetation or plant life. Adams says the deeper marsh and the reduced vegetation affect the lake in a negative way.

"There's no longer the same effect of sequestering nutrients which of course are really helpful with the algal blooms on Lake Winnipeg. This is really the last line of defence for water entering Lake Winnipeg," Adams said.

"The phosphorus and nitrogen that come down the Red River enter the marsh first before going into Lake Winnipeg and without the vegetation here it doesn't really sequester nutrients in the same way."

Brandon Sutherland, SDCF board member, like many folks in this area, has a connection to the water that runs generations deep. The RRBC work in the marsh is almost personal to him and he's thrilled to see efforts to improve it.

His family established the Parker Sutherland Memorial Fund in memory of his late father, who had a love for being on the water and taking care of the environment. The fund supports environmental causes and donations to it can also be directed to a scholarship.

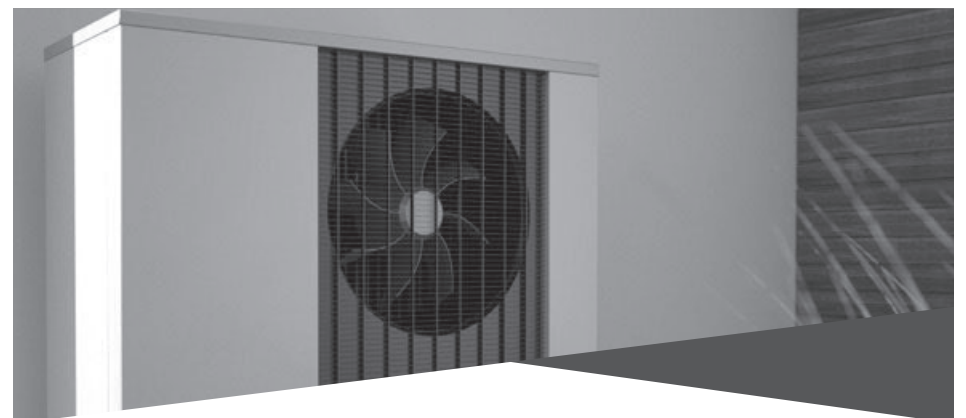
"The environment is so important to my family and I, and its sustainability for future generations," Sutherland said.

"Specifically, Lake Winnipeg and all of its tributaries."

The SDCF will be producing its 'Great Grant Series' to focus on some of the 125 projects and scholarships supported in 2023, including the Netley-Libau Renewal Project. Watch SDCF social media for more details.



RECORD PHOTO SUBMITTED
Sutherland, centre, with Trowell, left, and Adams on a tour of the Netley-Libau Marsh this month.



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Funding announced for 17 clinical psychologist positions

Submitted by the Manitoba government

The Manitoba government is committing nearly \$3 million in ongoing funding for 17 additional clinical psychologists as part of continuing efforts to ensure access to specialized mental health services, Mental Health and Community Wellness Minister Janice Morley-Lecomte and Health Minister Audrey Gordon announced last week.

"Improving the health and well-being of Manitobans is a priority for our government, and strengthening the mental health system is an integral component of our plans," said Morley-Lecomte. "We are addressing an acute shortage of psychologists in the province as a vital step to reduce wait times and stabilize the current workforce."

"Clinical psychologists provide a wide range of evidence based evaluation and treatment services for conditions such as depression, anxiety and psychosis, as well as for medical conditions such as chronic pain, cardiac disease and sleep disorders," said Gordon. "Establishing these new positions will increase equitable access and co-ordinated care for patients with complex health needs."

The investment will enhance the spe-

cialized psychologist services available to children, youth and adults in Winnipeg and rural communities, the ministers noted. The investment builds on other Manitoba government recruitment initiatives including the addition of five new psychologist positions last year, all of which have been filled. Recruitment for the newly funded psychologist positions is underway, with a number of graduating clinical psychology residents already recruited into these roles for the fall.

"This meaningful investment will go a long way in addressing the need for more psychologists in our province's health system, and specifically in areas of critical shortage such as pediatric services," said Dr. Lesley Graff, provincial medical specialty lead of clinical health psychology, Shared Health. "Manitobans benefit every

and expert care of clinical health psychologists, and this new funding will provide Manitobans with better access to these specialists, shorten wait times, improve patient outcomes and, in many cases, save lives."

The investment in the new positions has been funded through the province's \$200-million Health Human Resource Action Plan, which incorporates comprehensive initiatives and incentives to retain, train and recruit health-care providers. It is also funded through A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba, a five-year Manitoba government strategy to build a responsive, reliable system for mental health, substance-use and addictions services.

In addition, the Manitoba government is investing almost \$412,000 through the new \$10-million Labour Market Fund to double the number of seats to 16 in the doctoral clinical psychology training program at the University of Manitoba.

"Our government remains committed to improving mental health services in Manitoba, and clinical psychologists are specialists who play a key role in mental health and wellness," said Advanced Education and Training Minister Sarah Guillemard. "This investment will help to grow the clinical psychology workforce and ensure that more Manitobans have access to the vital care psychologists provide."

"The Manitoba Psychological Society is pleased with the increase in clinical psychologist positions in the health system and the addition of doctoral training seats; both represent significant steps in addressing our psychologist shortage and improving Manitobans' access to effective psychological care," said Dr. Jo Ann Unger, clinical psychologist and president, Manitoba Psychological Society. "We look forward to working with the government to address recruitment and retention issues, filling these new positions and growing the psychologist workforce in Manitoba."

The ministers noted the investments respond to recommendations in the Peachey and VIRGO reports and align with Manitoba's Clinical and Preventive Services Plan.

For more information on the Health Human Resource Action Plan, visit: www.manitoba.ca/health/hhrap/index.html.

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Selkirk RCMP respond to plane crash

Submitted by Manitoba RCMP

On July 21, at approximately 2:15 p.m., Selkirk RCMP responded to a plane crash east of Highway 59, near the intersection of Provincial Road 435 and 31 East, in the RM of St. Clements.

RCMP attended and located a small, single engine airplane, in a field off Highway 59.

The pilot and lone occupant, a 32-year-old male from Winnipeg, was able to get out of the airplane on his own and was checked and released on scene by Emergency Medical Services.

The investigation has determined that the airplane had landed and was attempting to take off again, when it went into the ditch and rolled.

The Transportation Safety Board of Canada was notified.

Manitoba government invests in crime gun lab to combat firearms violence

Submitted by the Manitoba government

The Manitoba government is taking decisive action to address the ongoing threat of firearm-related violence

in the province by investing \$5.2 million in a state-of-the-art Crime Gun Lab supporting firearm-related criminal investigations throughout Manitoba, Justice Minister Kelvin Goertzen announced last week.

“By establishing our own Crime Gun Lab, Manitoba will strengthen our existing capabilities to target, investigate and prosecute criminal activities involving gangs, guns and organized crime,” said Goertzen. “The lab will support professional, robust and dedicated investigations into firearms trafficking in Manitoba and enable the comprehensive analysis and archiving of all crime guns within the province, enhance intelligence co-ordination on

illegal firearm trafficking, increase the number of firearms investigations

and prosecutions, and ultimately reduce the use of illegal firearms and gun violence in the province.”

“THE LAB WILL SUPPORT PROFESSIONAL, ROBUST AND DEDICATED INVESTIGATIONS INTO FIREARMS TRAFFICKING IN MANITOBA AND ENABLE THE COMPREHENSIVE ANALYSIS AND ARCHIVING OF ALL CRIME GUNS WITHIN THE PROVINCE,”

Firearm-related violence continues to pose a significant threat to public safety in Manitoba, with offenders often being associated with gangs and illicit drug operations, leading to a frequent occurrence of violence and loss of life. By investing in crime gun analysis and suppression, which includes the establishment of the Crime Gun Lab, Manitoba aims to adopt a co-ordinated and strategic approach to respond to firearm violence and mitigate associated risks.

Firearm tracing and ballistic imaging play integral roles in reducing crime gun violence, providing support to police investigations and prosecutions. However, the current process for firearms

tracing and ballistic imaging varies among police agencies in Manitoba.

While the Winnipeg Police Service has the most efficient process, ballistic leads can still take several days to process. Furthermore, it can take multiple months for the National Forensic Laboratory Service to conduct a forensic examination of ballistic evidence required for court purposes. The real-time co-ordination of firearm and violent crime investigations the Crime Gun Lab will provide to law enforcement will be critical for effective crime gun analysis and suppression, the minister said.

“The Winnipeg Police Service was one of the first police services in Canada to have the capability to directly input ballistic evidence into the Canadian Integrated Ballistics Identification Network. This was a significant step in the expansion of our investigative capabilities and we recognize the value that this can have for all Manitoba police agencies in addressing gun violence,” said Insp. Elton Hall, officer in charge of the Organized Crime Division, Winnipeg Police Service. “The expansion to a provincial firearms laboratory will deliver a full-service examination solution that will provide actionable forensic and investigative intelligence to law enforcement in a timely manner.”

“We need to continue to do everything we can to keep guns out of the hands of criminals and to ensure they are quickly held to account when they do make the decision to use a firearm to commit a crime,” said Insp. Paul Peddle, officer in charge, Central Plains Area for the Manitoba RCMP. “The Crime Gun Lab is an important step forward and the RCMP in Manitoba, and all communities within its jurisdiction, will benefit greatly from this new critical resource.”

The Crime Gun Lab will be established with an initial investment of \$5.2 million and supported with an annual operating budget of \$3.1 million, the minister noted.

The investment in the Crime Gun Lab by the Department of Justice reflects the province’s commitment to combating firearms violence head-on, Goertzen said. By bolstering investigative intelligence, enhancing forensic capabilities and facilitating comprehensive firearms analysis, the lab will contribute significantly to reducing gun violence and creating a safer environment for all Manitobans, he added.


Early Childhood Educator Tuition Reimbursement



Recent graduates and current students may be eligible for up to **\$5,000** per school-year to help cover tuition-related costs of recognized early childhood educator programs in Manitoba.

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 300 - 150 Henry Ave.,
 Winnipeg, Manitoba R3B 0J7
 Phone: (204) 586-8474
 Fax: (204) 947-1816
 Website: www.mmf.mb.ca

David Chartrand, LL.D. (hon), O.M.
 President

To Our Valued Volunteers,

On behalf of the Manitoba Métis Federations Culture and Heritage Department and Minister Anderson, we want to thank you for donating your valuable time to volunteer at the National Indigenous Peoples Day event in Selkirk, MB on July 21, 2023. We are thankful for your help and couldn't have made this event possible and successful without the amazing support we received from the volunteers who kept everything running smoothly. A huge thank you to the Selkirk Friendship Centre for contributing to the children's activities. Minister Anderson expresses his gratitude for picking up the ball and making this all happen! From cooking breakfast, to barbecuing lunch and everything in between, we really appreciate your dedication and time. It was amazing to see how many people came together for this event.

We look forward to National Indigenous Peoples Day 2024 and hope you will join us again and make next year even bigger and better than 2023!

Thank you for your efforts and support!

Minister Alfred “Bucky” Anderson
 Manitoba Métis Federation Culture & Heritage Department

Manitoba government and doctors Manitoba reach landmark tentative agreement

Historic investments to retain and recruit more physicians

Submitted by the Manitoba government
The Manitoba government has reached a comprehensive tentative agreement with Doctors Manitoba for a new Physician Services Agreement, which features record overall funding increases of \$268 million for physician services over four years, Premier Heather Stefanson announced.

“Our government is making historic additional investments to retain and recruit more doctors in the middle of a global physician shortage,” said Stefanson. “By working together on a common vision with Doctors Manitoba, these unprecedented investments recognize the critical importance of our physicians and will maintain Manitoba’s competitiveness with other jurisdictions while improving access to the vital medical services physicians provide for all Manitobans.”

In addition to competitive general increases for physician services, the government and Doctors Manitoba targeted new funding to shared priority areas for improving patient care. These include:

- increased funding for specialty and

hospital services to help attract more physician coverage for inpatient and emergency department care, and more resources to address surgical and diagnostic backlogs.

- an innovative new funding model for longitudinal family medicine that blends existing volume-based payments with funding for patient panels and time-based stipends. This blended model will offer more predictable funding to stabilize family medicine clinic operations, which will connect more Manitobans with a family doctor. For patients, it will mean more time with their doctor for complicated medical concerns.

- new rural and northern retention and recruitment incentives and additional funding to help stabilize physician coverage in rural hospitals and remote First Nations communities.

- creating a new visit type for family physicians and pediatricians for patients with more than one medical concern.

- permanent funding model for virtual visits, ensuring Manitobans will continue to be able to receive appropriate care by phone or video, if they wish.

“The Doctors Manitoba board of directors is pleased with this tentative agreement and we have recommended it to physicians for their approval,”

said Dr. Michael Boroditsky, president, Doctors Manitoba. “The significant funding increases offered by the government is an essential part of retaining and recruiting more doctors to our province, which will help to turn around the physician shortage. For Manitobans, this should mean improved access to physician care, whether it’s seeing a family doctor or visiting an ER, accessing surgical or diagnostic procedures, and accessing care in Winnipeg or in rural and northern communities.”

The agreement helps to advance reconciliation with a new-shared recognition of the Treaty and traditional Indigenous lands on which physicians deliver care and a joint commitment to adopt, and work towards the Calls to Action from the Truth and Reconciliation Commission. Additional increased funding will improve physician coverage in remote First Nations communities.

Health Minister Audrey Gordon recognized important developments that complement the historic funding increases, to support improved physician engagement and well-being.

“The new Physician Services Agreement focuses on improving access to health services across the province by recognizing the devotion and professionalism of Manitoba physicians, while ensuring they are trusted

and respected partners in health system improvements,” said Gordon. “Whether it’s continuing our work on reducing administrative burdens, ensuring physicians are consulted during health system change, or continuing our investment into physician health and wellness, this agreement reflects our government’s commitment to listening to doctors and supporting them through the essential care they provide to all Manitobans.”

Boroditsky noted that while the board has reviewed and recommended this tentative agreement, it is subject to ratification by physicians in Manitoba. The ratification process is now underway and is anticipated to conclude by Aug. 14, he added.

The Physician Services Agreement covers physician remuneration and funding to oper-

ate medical practices, including costs for staff, equipment, supplies, clinic space, and other expenses. The tentative agreement also includes increased funding with market adjustments and a special retention payment in the first year, followed by compounding two per cent annual general increases in the three remaining years of this agreement, which will expire on March 31, 2027. The current agreement expired on March 31.

“FOR MANITOBANS, THIS SHOULD MEAN IMPROVED ACCESS TO PHYSICIAN CARE, WHETHER IT’S SEEING A FAMILY DOCTOR OR VISITING AN ER, ACCESSING SURGICAL OR DIAGNOSTIC PROCEDURES,”



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Home for the summer

By Jennifer McFee

A duo of nursing students has returned close to home to gain work experience over the summer.

Interlake-Eastern Regional Health Authority's Home for the Summer program is offered in conjunction with the Manitoba Healthcare Providers Network. This program offers opportunities for summer work placements for nursing, pharmacy and allied health students.

For up to 18 weeks, these students can gain hands-on experience in their field. In addition, the program offers opportunities for physician students throughout the region.

Students Hailey McGuirk and Dana Mandryk are both based out of the Stonewall community health office this summer.

Originally from Stony Mountain,

McGuirk is a nursing student at Red River College Polytech, where she will be finishing her second year in the fall.

"My hope for this summer is that I can make a difference to members in our communities throughout our health region," she said.

"As for when I finish nursing school, I am interested in the forensic nursing field, palliative care and oncology."

Mandryk, from Stonewall, is a second-year nursing student at Red River College Polytech. This is her second year with the Home for the Summer program.

"I am very happy to be back. I enjoyed my time with the Interlake last year and I am sure I will again this year," she said.

"I have an interest in public health as well as the ER, but I have not made



RECORD PHOTO SUBMITTED

Hailey McGuirk and Dana Mandryk

up my mind yet where I want to work when I graduate — however, I know I want to work in the IERHA."

Throughout the region, more Home for the Summer students are honing their skills for future careers as nurses, dietitians, occupational therapists, pharmacists, speech language thera-

pists, physicians and more.

Home for the Summer serves as a recruitment tool to help students gain a first-hand look at their chosen career in the region. To learn more, visit www.ierha.ca/careers/future-employees/for-students.

MB government invests more than \$67 million in social housing projects

Submitted by the government of Manitoba

The Manitoba government is investing more than \$67 million to support 89 Manitoba Housing capital projects across the province, Consumer Protection and Government Services Minister James Teitsma and Families Minister Rochelle Squires announced.

"Since our government came into office in 2016, we have invested \$296 million in major capital improvements to Manitoba Housing properties," said Teitsma. "We continue to make significant, strategic investments to upgrade existing buildings and build new units toward the ultimate goal that all Manitobans have access to safe, suitable housing."

The funding will improve social housing throughout Manitoba by supporting 89 active projects including exterior retrofits, fire and

life-safety equipment upgrades, mechanical, structural and security improvements, interior renovations, and repairs to driveways, parking lots and walkways. The investment is also supporting the construction of a six-family housing complex in the Lavallee area of Winnipeg, the ministers noted.

"Ensuring that we continue to invest in our existing housing portfolio is critical to preventing homelessness," said Squires. "This investment reflects our ongoing commitment to providing safe, quality and affordable housing for those of low to moderate incomes and those with specialized needs."

Some of the key projects supported this year with the \$67 million are in the following communities:

- Brandon – substantial building envelope and site upgrades to Grand Valley Place;
- Churchill – furnace conversion and interior

- upgrades at multiple sites;
- Cormorant – upgrades to driveway, parking lots and walkways;
- Dauphin – roof replacement and mechanical, electrical and ventilation upgrades to Happy Haven Lodge;
- Flin Flon – unit refreshes at multiple properties;
- Grand Rapids – exterior and interior renovations of housing units;
- Portage la Prairie – exterior retrofit renovations, mechanical and site upgrades;
- Selkirk – plumbing line upgrades, site upgrades and mechanical, electrical, exterior and interior renovations;
- Sheridan – exterior and interior renovations;
- St-Lazare – parking lot and sidewalk repairs;
- Swan River – mechanical and site upgrades;
- The Pas – multiple unit refresh upgrades;
- Virden – site upgrades, fencing, HRV, exterior and interior ren-

- vations;
- Wanless – exterior and interior renovations; and
- Winnipeg – significant exterior refresh upgrades at multiple sites including building envelopes and mechanical, structural and site upgrades.

As part of this commitment, the Manitoba government entered a bilateral agreement with the federal government under the National Housing Strategy in 2019 and agreed to repair 5,470 units of community housing by 2027-28.

"We are proud to announce we have achieved more than double our original commitment," said Squires. "We are just past the halfway point and more than 12,000 units have already benefited from repairs and renovations."

To learn more about the Manitoba Homelessness Strategy, A Place for Everyone, visit: https://gov.mb.ca/fs/homelessness/pubs/homelessness_strategy.pdf.

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

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk FC defeats division's top team

Staff

Selkirk FC defeated first place Union Deportiva de Manitoba 3-2 at the Selkirk Recreation Complex last Wednesday.

Evan Bedard led Selkirk FC with two goals while Yaya Ramadam Adam also tallied. Efemena Isume and Cris-

tian Sanchez Aire scored in the losing cause.

On Sunday, Selkirk FC was forced to forfeit their game against the Hanover Sting due to a lack of players because of injuries.

Selkirk FC, now 4-4-1, will host FC IPAC Ukraine on Wednesday at 7 p.m.

at the Selkirk Recreation Complex.

In MMSL 5th Division action, the Tri-S Strike Force was doubled 6-3 by the Hanover Strikers on July 17 at the Selkirk Recreation Complex.

Tyler Swain scored a pair of goals for Tri-S while Garion Lefteruk also tallied.

Hanover goals were netted by Luke Paydli, Oscar Rada, Aaron Borsch, Albino Fehr, Loperz Dolice, and Isaac Thiessen.

The Strike Force will take on Landmark FC in Landmark on Wednesday. Game time is 7:15 p.m.

Locals compete at Manitoba Cup



RECORD PHOTO SUBMITTED

Local volleyball athletes, from left to right, Quinn Fyfe, Aedyn Starodub, and Alex Bayle are members of Team Manitoba that competed in the Manitoba Cup last weekend.

Volleyball medallists



RECORD PHOTO SUBMITTED

Manitoba was golden in U16 male volleyball at the North American Indigenous Games after beating Saskatchewan 3-0 by scores of 26-24, 25-18 and 25-16. Lockport's Owen Giesbrecht was a member of Team Manitoba. In 16U women's volleyball, Team Manitoba, whose roster included Selkirk's Alyssa Cadour, won silver after losing 3-2 (23-25, 25-22, 25-23, 21-25, 12-15) to Wisconsin in a gold-medal match.

Female Basketball Rural Target Athlete Program and tryout details announced

By Basketball Manitoba

Each training group will comprise approximately 20 female athletes born in 2007, 2008, 2009, 2010, 2011 and 2012. Those selected for the female Rural TAP program will train twice per week from September to December and another eight weeks in the spring of 2024.

The program, which will cost \$350 per athlete (due to Basketball Mani-

toba on Oct. 30), will include training costs, gym rental, player gear package, coach expenses and accident and liability insurance.

The training groups in rural areas will take place in the south (Sanford and surrounding areas), east (Stonewall/Selkirk) and west (Brandon and Shilo).

The east region tryout will take place at College Stonewall Collegiate

on Sept. 8 from 6-8 p.m. and Sept. 10 from 10 a.m. to noon.

The purpose is to identify female athletes within these regions and provide the skills and training to better develop the athletes for future basketball opportunities at the club, school, Manitoba Games, and provincial team levels.

A \$30 tryout fee will be charged when a player registers online.

An athlete trying out for the program must reside in the region they are trying out for. What school the athlete attends is not a factor. If an athlete lives at more than one residence located in two different regions, the region that they live in a majority of the time will be used.

get inspired

> MEAL IDEAS

RED RIVER CO-OP FOOD STORE



Ribeye Steak, Grape Tomato and Mushroom Kebabs

stems and mince leaves.

In large bowl, whisk minced garlic, half the minced parsley (reserve remainder for garnish), olive oil, vinegar, Dijon mustard, salt and pepper.

Cut steak into cubes; transfer to marinade bowl and toss to coat.

Wash tomatoes, mushrooms and green pepper. Halve mushrooms. Add tomatoes, mushrooms and green pepper to marinade. Peel onion and cut into chunks; add to marinade. Toss beef and vegetables until well coated.

Heat grill pan, outdoor grill or skillet to medium-high heat.

Thread steak and vegetables onto six skewers.

Cook kebabs in batches until steak is browned and vegetables are tender, 3-5 minutes per side. Transfer to plate and repeat with remaining kebabs.

To serve, plate kebabs and sprinkle with remaining minced parsley.

Photo courtesy of Getty Images (kebabs)

Recipe courtesy of Safeway and Albertsons

Total time: 30 minutes

2 cloves garlic

1/2 small bunch Italian (flat-leaf) parsley

1/4 cup O Organics extra-virgin olive oil

1/8 cup red wine vinegar

2 teaspoons O Organics Dijon mustard

1/2 teaspoon salt

1/2 teaspoon black pepper

3/4 pound O Organics ribeye steak

1/2 pint O Organics grape tomatoes

1/4 pound O Organics white mushrooms

green pepper, sliced (optional)

1/2 medium red onion

6 skewers

Peel and mince garlic. Wash and dry parsley. Shave leaves off stems; discard



Grilled Chicken Salad with Goat Cheese, Fresh Blueberries and Pecans

berries (or desired berry)

1/4 cup O Organics pecan halves

3 tablespoons O Organics olive oil

1 tablespoon O Organics balsamic vinegar

1/2 log (4 ounces) O Organics goat cheese

Pat chicken dry with paper towels and place on cutting board. Cut chicken in half horizontally to form thin cutlets. Season with salt and pepper on both sides.

Preheat grill pan, outdoor grill or skillet to medium-high heat.

Once pan is hot, coat with oil. Add chicken to pan and grill, turning once, until cooked through, 3-4 minutes per side.

Wash and dry spring mix. Place in medium bowl.

Wash and dry blueberries. Add to bowl with mixed greens. Using clean cutting board, roughly chop pecans. Add to bowl.

Transfer cooked chicken to cutting board and cut into thin strips.

In bowl, mix olive oil and balsamic vinegar to create dressing.

Add chicken and dressing to salad bowl; toss to combine.

To serve, divide salad between plates or bowls and crumble goat cheese over top.

Recipe courtesy of Safeway and Albertsons

Total time: 20 minutes

3/4 pound boneless, skinless O Organics chicken breasts

1/4 teaspoon salt

1/8 teaspoon black pepper

2 teaspoons O Organics extra-virgin olive oil

1 package (5 ounces) O Organics spring mix

1 package (6 ounces) O Organics blue-

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Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Are you a complainer? Come on. Be honest.

I'll go first. Yup! Sometimes I find pleasure (or at least relief) in ranting about how my six-foot-frame must be invisible because not one but three people cut in front of me in the queue at the garden centre. Or when I give flowers to a friend going through a hard time, they don't even thank me. I mean, really?! (Okay, I know. That's me being ridiculous.) Or when I've just had infection after infection, my back goes dodgy too, and I've had enough, and Don gets an earful. (That one's valid, right?)

For complaining at the doctor's office, there is a right and not-so-right way to do it.

First, I recommend not complaining about the cost of parking to your doctor. (Yikes, Susie! Really?) The parking lot costs are below their pay grade. And I do not wish to set a 'whining about inconsequential things' tone when I'm hoping for a diagnosis for my back pain.

Sometimes, though, we need to complain formally. Maybe a test you discussed didn't get ordered, and

a misdiagnosis ensued. Or perhaps the front staff continually treats you like a 'problem' and not someone needing medical help.

If you need to complain, I have a few thoughts on how to get the desired result:

- Give time between the incident and the complaint so your emotions can settle.

- Talk to your spouse or friend about how to word your complaint. The verbal processing will help you solidify what you want and how to say it.

- Try to stay calm even while being firm. Even though we've been wronged, being respectful is our responsibility.

- Be sure to speak to the right people.

As you'll read in my book listed below, I had to make an appointment with my GP and the office manager to get the desired results I speak of. And guess what? I got those results: apologies and all.

It might seem like I'm overthinking and over-advising for a simple complaint. Maybe. But remember, your doctor is not only a human who has feelings and problems and makes mistakes like the best of us but is also a key person to getting the best medical result possible. Expert patients (that's us!) are not into burning bridges.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalm-iss_stress and at www.lesshealthstress.com, where you can sign up for 'Convos with Carlos'. Her book, 'Help the Doctor Help You - 32 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments' is now available on Amazon!



Mixed Berry-Lime Smoothie Bowl with Banana and Granola

4 fluid ounces O Organics whole milk

1/8 cup O Organics honey

1/4 teaspoon ground cinnamon

2/3 cup O Organics granola of choice

Wash and dry banana and blackberries.

Peel and thinly slice banana; set aside.

Zest and juice lime into blender. Add frozen mixed berries, yogurt, milk, honey and cinnamon. Blend on high speed until smooth, 1-2 minutes.

To serve, divide smoothie between bowls and top with banana, blackberries and granola.

Recipe courtesy of Safeway and Albertsons

Total time: 10 minutes

Yield: 3 cups

1 banana

1/2 package (6 ounces) O Organics blackberries

1/2 lime

2 cups O Organics frozen mixed berries

1 cup plain O Organics Greek yogurt

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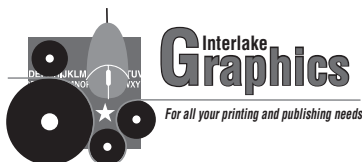
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NOTICE TO CREDITORS

In the matter of the Estate of Warren Robert George, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Amanda Adam, Estates Officer, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 18th day of September, 2023. Dated at Winnipeg, Manitoba, this 17th day of July, 2023
JANA TAYLOR
Deputy Public Guardian and Trustee of Manitoba

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Please Call 204-785-1618

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IN MEMORIAM



Geraldine Hladun
November 30, 1931 - July 26, 1998

Ronald Hladun
August 20, 1927 - July 30, 2016

Forever in our hearts.
-Love Gerald, Emma, Conner, Andrew, Elizabeth and Natalie

ANNOUNCEMENT

IN MEMORIAM



Marion Chapman
September 30th, 1931 - July 30th, 2022
Time passes and we may part,
Sisters stay close at heart.
Miss you.

-Love Deanna

ANNOUNCEMENT

IN MEMORIAM



Jim Beliveau
1975 - 2021
May the winds of Heaven blow softly,
And whisper in your ear;
How much we love and miss you,
And wish that you were here.

-Mom, Dad and Tracy

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

We are Listening.

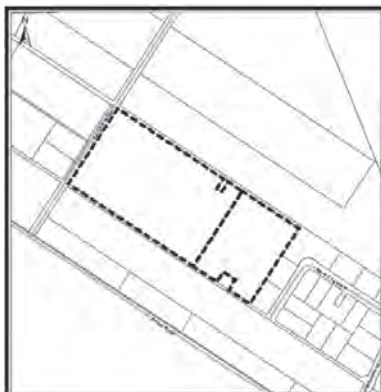
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6:00 PM
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1-800-876-5831
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redriverplanning.com



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"

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OBITUARY

Anna de Boer

After a brief illness, with family by her side on Sunday, July 23, 2023 at the Selkirk Regional Health Centre, Anna de Boer aged 96 years of Selkirk, MB, passed away.

A come and go celebration will be held on Saturday, July 29, 2023 from 2:00 - 4:00 p.m. in the Christ Church, 227 McLean Ave., Selkirk, MB.

Full obituary to follow in next week's edition.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Lovina Green



Peacefully with family by her side, Lovina passed away at the age of 98, on June 30, 2023 at Selkirk Betel Home.

Predeceased by her twin sister, Elizabeth; husbands Walter McPhail, Robert Cox, and Michael Green; children Dennis (Melinda), Barbara, Rob (Mary), and Doug.

Survived by daughters-in-law Cathy and Carolyn; son-in-law Randy (Ramone); eight grandchildren and 14 great-grandchildren. Lovina was born in Gary, Indiana and her family moved to Selkirk at a young age. She had numerous jobs until she began her career at the Selkirk Mental Health Centre as an occupational therapist.

Lovina enjoyed traveling, playing crib, knitting, crocheting, quilting, and spending time with her family and friends. She was a member of the Legion, life member at the Army and Navy, and enjoyed her outings with the Knoxettes.

The family would like to thank the staff at Selkirk Betel Home for their care and compassion over the last five years.

Celebration of Life will be held at Knox Presbyterian Church in Selkirk on July 28, 2023 at 2:00 p.m. In lieu of flowers a donation can be made in memory to the Knox Presbyterian Church or a charity of your choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Douglas Allan Still

March 13, 1955 – July 10, 2023



After a long battle with cancer, Doug passed away peacefully with family by his side at his home.

Doug was predeceased by his parents, Gordon and Jean (nee McKenzie), and his brother Barry.

He will be missed by his wife Mary (nee Rosky) and son Jim (Olya), Doug's grandchildren Andrew and Anna, the light of his life. He also leaves his sisters, Kathy (Ernie) and Susie (Ian), brothers and sisters-in-law, Karen, Richard, Jamie, Linda, Yvonne (Glen).

Doug was raised in the Mapleton area, St. Andrews, Manitoba. He worked at the Manitoba Rolling Mills until retirement. He was a talented person that learned to be a painter and carpenter and built both family homes with his trusty sidekick Mary. Doug's pride and joy were his family and friends. He had a special place in his

heart for all nieces and nephews, cousins and friends. He enjoyed many hobbies such as fishing, camping, snowmobiling and woodworking.

A special thank you to all those that helped care for and support Doug during his illness in the hospital, and at home.

There will be a private service at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Maeola Whitelam (nee Ingimundarson)



In loving memory and with heavy hearts, we announce the passing of a beloved mother, grandmother, newly granted great-grandmother and friend.

Peacefully, and with failing health, Maeola Whitelam, aged 86 years, of Selkirk MB passed away on Thursday, July 13th, 2023 at the Betel Home.

Maeola was born and raised in Selkirk, MB. where she grew up on Superior Ave. before marrying her life partner, Tom Whitelam, in 1957. They relocated to Strathnaver Ave. where they started their family. On the move again when they built a home on Bracken Rd. with acreage for the horses and the various other animals. Maeola and Tom relocated for the final time to Selkirk and resided at Kiwanis on the Red.

Mom's first job was working at Oscar's Delicatessen which she loved. Mom went on to graduate from college in Winnipeg and started her career at the Manitoba Rolling Mills where she retired at an early age to tend to the family farm.

Maeola enjoyed many activities throughout her life including bowling, badminton, curling and horseshoes. She was always active and up to trying something new. If the music started, you could always find her on the dance floor. She was a Legion member and was the Entertainment Committee Chairman for many years at the Over 60 Club where she arranged many bus trips throughout the province, to attend Folklorama in Winnipeg and other events, as well as numerous trips to the U.S. to either take in a country artist or visit a casino.

Maeola was predeceased by her loving husband Tom in 2011, her parents Martin Ingimundarson (1996) and Catherine Ingimundarson (nee Melnichuk) (1957).

Left to mourn are her daughters Lori, Debbie, and Cathy; her grandchildren Amanda (Ben), Desmond, Ashley (Beau) and Robin; great-granddaughter Ava Maeola; brother Gary (Mary) Ingimundarson of Orleans, ONT, as well as numerous nieces and nephews. She also leaves surviving her many friends, co-workers and relatives.

Mom had a zest for life. You would rarely find her sitting. Whether she was on the dance floor, travelling, fishing, tending to her flowers, gardening, or volunteering.

Love you to the Moon and Back! I'm sure you have everyone up on their feet! Keep dancing sweet Mama!

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

Special thanks to the staff at HSC, Beausejour Hospital and the Betel Home.

Flowers are gratefully declined. If friends so desire donations in Maeola's memory may be made to the United Church, 202 McLean Ave., Selkirk, MB, R1A 0T6 or the Evangelical Lutheran Church, 329 Claudeboye Ave, Selkirk, MB R1A 0X4

Those we love don't go away,

They walk beside us everyday.

Unseen, unheard but always near,

So loved, so missed, so very dear.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Alice Belanger (nee Benoit)

October 30, 1923 - May 30, 2023

It is with great sadness we announce the passing of our Mother, Grandma, Great Grandma (GG) on May 30, 2023, at Tudor House Personal Care Home.

A Funeral Mass will be held on Wednesday, August 2, 2023 at 11:00 a.m. at the Notre Dame Roman Catholic Church in Selkirk, MB

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

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FEATURE OF THE WEEK!
576 LOCKPORT ROAD, LOCKPORT \$509,900 - NEW PRICE!



Escape to the Tranquility of the Countryside! Remarkable 2302 SF farmhouse combines classic style w/modern conveniences. Nestled in a private & natural setting, this exquisite property is a perfect retreat while keeping you connected. Easy 20 min commute to Wpg on paved roads. Step inside the original 1945 1.5-storey home & be greeted w/abundance of character & charm. Sunroom & patio area seamlessly expand living space. Original fir floors, FP & wood stove create cozy atmosphere to unwind after a long day. Nature lovers 4.55AC paradise w/mature trees, vibrant wildflowers & natural area. Barn w/solid fir loft has endless possibilities: workshop, storage, or even home for your small livestock. Two car garage provides ample room for vehicles & equipment. Short distance from schools; ideal location for families. Enjoy the best of both worlds! Don't miss the opportunity to own this remarkable piece of paradise. Embrace the beauty, natural wonders, & convenient lifestyle that this St Andrews retreat offers.

HH TEAM NEW PRICE!
\$899,900
486 Poneida Road West St Paul

HH TEAM NEW PRICE!
\$509,900
576 Lockport Road St Andrews

HH TEAM NEWLY RENOVATED!
O/H SAT & SUN 2-4PM!
756 Schmid Road Petersfield

HH TEAM NEW!
\$49,900
15 Wedgewood Pl Gimli

HH TEAM BRAND NEW HOME!
\$454,900
508 Corinne Ave Petersfield

HH TEAM 1,216 SQ FT!
\$239,000
215 Donohoe Cres Petersfield

HH TEAM 1 ACRE! UPDATED!
\$529,900
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HH TEAM TO BE BUILT!
\$375,000
928 McLean Ave Selkirk

HH TEAM TO BE BUILT!
\$329,000
932 McLean Ave Selkirk

HH TEAM 2 BED 1 BATH!
\$229,900
28 Wright Street Gull Lake

HH TEAM 1,776 SQ FT!
\$239,900
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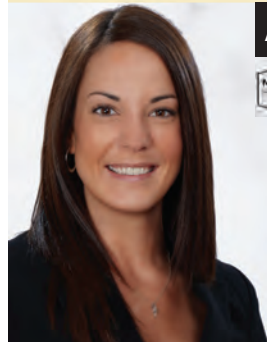
HH TEAM MOVE IN READY!
\$170,000
628 Strathnaver Ave Selkirk

HH TEAM LOTS TO BUILD ON!
\$109,900 EA.
2 & 15 Fuller Road East Selkirk

HH TEAM .79 ACRES!
\$189,000
20 Creek Place East Selkirk

HH TEAM 2.20 ACRES!
\$119,900
9 Fuller Road East Selkirk

HH TEAM 48.92 ACRES!
\$149,900
0 Arnhold Street Gull Lake



ASHLEY DOUGLAS REALTOR*

Contact me for all of your Real Estate needs!

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ASHLEY VACANT LAND!
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