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THURSDAY, AUGUST 17, 2023

VOLUME 14 EDITION 33

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RECORD PHOTO BY BRETT MITCHELL

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Get your spook on at the Marine Museum's Ghost Tours

Ghost Tour: Haunted Harbour, Spirits of the Marine Museum Revealed

By Katelyn Boulanger

The Manitoba Marine Museum is getting ready for the spooky season a little early this year with the debut of Ghost Tour: Haunted Harbour, Spirits of the Marine Museum Revealed. The specially made tours will blend the paranormal with the historical bringing residents a unique way to learn about our local marine history.

"It's a combination of stories from staff, visitors and you name it who have been to the museum experienced the paranormal phenomenon that have happened here," said Shaylene Nordal, General Manager of the

Marine Museum of Manitoba.

The idea for the tour came from the museum itself after strange occurrences took place and were shared. From there, a program on APTN was filmed which started sparking more interest in this area of the museum.

"I've had some things happen to me here that are of the spiritual realm. And over the years, we've been able to tie [occurrences that I and others have witnessed] to certain workers on ships, captains, cooks, and stow-aways," said Nordal.

Continued on page 4



RECORD PHOTO SUBMITTED

The Marine Museum of Manitoba gets a little more spooky this month with the start of their ghost tours.

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> GHOST TOURS, FROM PG. 3

Most recently, the museum received a grant to be able to produce this program for museum goers and has been hard at work connecting modern experiences to the past in order to tell the stories of our marine history in a completely new way.

"Everybody comes on and asks if these ships are haunted and some people actually come on and tell us that they've had things happen to them. We just want to share these experiences. It goes outside the realm of just having our historical tours and daytime visitation. This now goes into an evening visit and an evening tour that's a little more spooky," she said.

The tour itself consists of about eight paranormal stories as well as a showing of the episode of the television program created by ATPN about the museum. The tour itself takes between an hour and an hour and a half to complete.

The tour dates are Aug. 24, 25 and 26 and 31, Sept. 1, 2, 7, 8, and 9 and tickets can be purchased online at the Marine Museum's website or in person during museum hours. The fun starts each night at 8 p.m.

Another unique aspect of this tour is that tour attendees will be able to

check the S.S. Keenora out for the first time after dark.

As always with Marine Museum events tickets sell out fast and so residents are advised to get their tickets early.

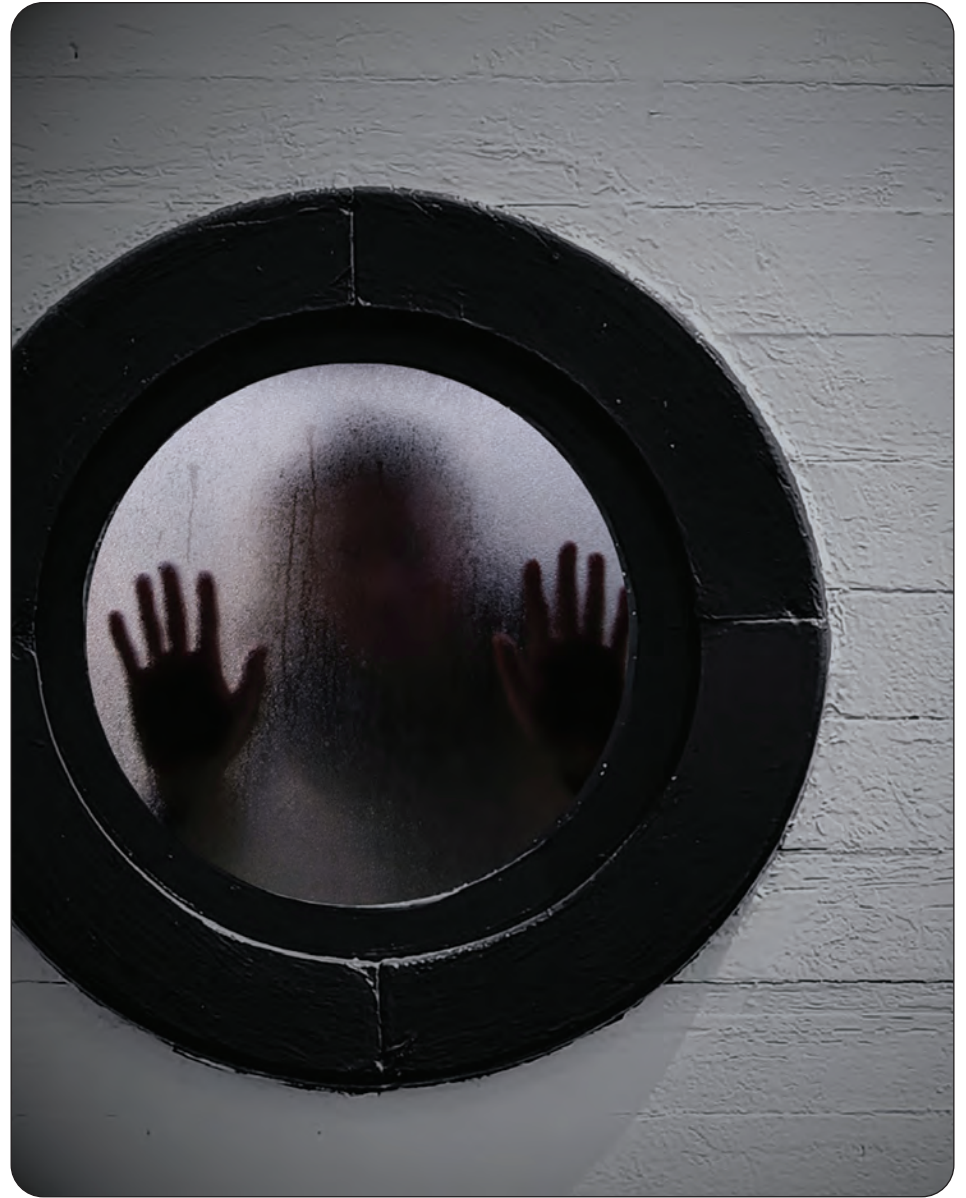
The goal of the night is to combine the eerie and educational into a fun filled event.

"We're not trying to give ghost stories and make fun of anything. These are actual historical facts that will relate back to the history of the ships through different periods. It's different than our normal everyday tour of the museum," said Nordal.

This event is also not to be confused with the museum's Halloween Haunt which takes place in October and has the ships turning into a fun Halloween attraction with volunteers throughout providing the scares throughout the ships.

"This is an exciting new program. It is something we're looking forward to. It's a different way to look at the museum and I think it's going to be a great time and unique experience. So please come down," said Nordal.

Learn more about the museum and keep up with its future events at <https://marinemuseum.ca/>.



RECORD PHOTO SUBMITTED

Get your tickets for the Marine Museum's Ghost Tours before they sell out.

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Cruising for MS rolling into town on Aug. 17

By Becca Myskiw

Cruising for MS is back this year, bringing with it the king of rock n' roll.

On Aug. 17, Selkirk's A&W will host the annual event, with proceeds from every Teen Burger sold going towards multiple sclerosis (MS) research.

Along with burgers and root beer, the event as always features the Lily Pad Cruisers car club. The car club will be bringing their classic rides down Aug. 17, and anyone is welcome to join them. Marcel Lemire of the group said anyone with a car to show can bring it for free. They'll have everything there, from brand-new Corvettes to classic cars from the 1950s. Lemire encourages anyone wanting to bring a vehicle to bring it early so they can get it parked.

Lemire said Lily Pad Cruisers meet every Wednesday as it is, so continuing to support the event makes sense. He said it's the car club's way of helping find a cure, so they bring as many cars as possible and advertise as much as possible to get as much support for the event as possible.

The club supports many community initiatives and organizations, including palliative care, the soup kitchen, and high school bursaries.

"We never know who might fall victim to this disease so any way we can help with the research of it, the better," said Lemire.



Elvis performing at last year's Cruising for MS event.

RECORD FILE PHOTO BY KATELYN BOULANGER

Along with Lily Pad Cruisers, an Elvis Presley impersonator will take the stage at 5 p.m. and serenade the crowd with the king's greatest hits while performing his famous dance moves. There will also be a 50/50 happening throughout the day, with a big pot surely to come of it.

"It's always a good event," said Lemire. "Elvis brings in the crowd, but they also like to go through all the cars."

Cruising for MS is an all-day event burger-wise, but the car show and Elvis performance start at 5 p.m.



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Bobby J tourney all in fore raising funds for SDCF

Submitted

If you've been out on the course countless times this summer, you've got the kinks worked out then you're more than ready to compete at the annual Bob Jefferson Memorial Golf Tournament, presented by IG Wealth Management.

But even if you haven't swung a stick since last year's tournament, fear not, you're welcome to compete for the Most Honest Golfer title. At the Bobby J, skill counts but takes a back seat to having a good time.

Continued on page 7



RECORD PHOTO SUBMITTED
Michael Buhr, left, and Bob Jefferson with a really big cheque for the SDCF at a past year's tournament.

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Selkirk RCMP check suspicious vehicle, locate drugs and wanted man

By Staff

Selkirk RCMP received a report about a suspicious vehicle on Parkdale Road in the RM of St. Andrews on Aug. 10, at approximately 2:45 a.m. A pickup truck had been parked on the road with its lights on for over one hour.

Police responded and located the truck parked in the middle of Parkdale Road. When an officer checked the licence plate of the vehicle, it did not match. Officers approached the vehicle and located a male asleep in the driver's seat of the pickup truck. Upon waking, the male could not produce a driver's licence and drugs were seen on the centre arm rest.

The male was taken into custody. The vehicle was searched, and police located cocaine, crystal meth, a crack pipe, a metal spoon with white residue, and a can of bear spray.

The pickup truck was determined to

be stolen out of Headingley. The male was found to have several warrants out for his arrest, both from Manitoba and Alberta.

Bojan Kosanji, 38, of Winnipeg, is charged with Possession of a Scheduled Substance, Possession of a Weapon for a Dangerous Purpose, Possession of Property Obtained by Crime, and Operation of Motor Vehicle while Prohibited.

Kosanji remains in custody.

"This is a great example of community working with the police to address public safety concerns," said Staff Sergeant Mitch Tkachuk of Selkirk RCMP. "Although we try, we can't be everywhere all the time, so having the public alert us to suspicious activity is invaluable, and I offer our particular thanks to the individual who called this incident in."



RECORD PHOTO SUBMITTED

Selkirk RCMP charged Bojan Kosanji, of Winnipeg with Possession of a Scheduled Substance, Possession of a Weapon for a Dangerous Purpose, Possession of Property Obtained by Crime and Operation of Motor Vehicle while Prohibited.


The Selkirk Record

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> BOB JEFFERSON GOLF TOURNAMENT, FROM PG. 6

Michael Buhr, Senior Financial Consultant with Buhr Blaylock and Associates, IG Private Wealth Management, says the man who was 'One in a Million', loved golf and a good time.

"Bob was as generous as they come and his love for his hometown was legendary," Buhr said.

"But he loved fun, he loved a good time and he loved when people could come together and have a laugh or two. He'd want everyone to come out to his tournament, good or bad, experienced or just learning, his tournament was to raise money for the Foundation and to bring people together for fun."

This year's tournament is set for Sept. 7 at the Selkirk Golf & Country Club.

Jefferson, a lifelong Selkirk resident and one of the city's biggest cheerleaders, passed away December 2013. His annual golf tournament had been raising funds for the Selkirk and District Community Foundation since 1998 and had topped more than \$90,000 at the time of his passing. To date, it has raised more than \$150,000.

Jefferson ran the tournament through his Century 21 Real Estate company, and after his passing, IG Wealth took over and continued it in

Jefferson's memory.

Bev Clegg said the tournament pays homage to Jefferson's love of the game, community and philanthropy.

"Bob was one of a kind, and he was tireless in his commitment to all things Selkirk," Clegg said.

"The Selkirk & District Community Foundation was blessed to have Bob as a friend of the Foundation, and we're honoured that 10 years after his passing his name is still synonymous with the Foundation through this tournament. It's still Bobby J's party and it always will be and we're thankful that IG Wealth Management continues to honour Bob's memory with the tournament."

The tournament is a Texas Scramble with a 10 a.m. shotgun start. Participants receive a breakfast snack, on-course food and a post-tournament snack while prizes are being awarded.

Registration is open now and closes Aug. 24.

To receive a registration form, call the SDCF office at 204-785-9755.

See you on the course Sept. 7.



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Omicron subvariant EG.5 rapidly spreading, little evidence about severity

By Patricia Barrett

The World Health Organization is sounding the alert on a new omicron subvariant that has spread rapidly to a large number of countries and could become dominant worldwide.

The EG.5 subvariant was first reported in February 2023. In mid-July the WHO designated it as a variant under monitoring (VUM), but the global health organization is now upgrading EG.5's status to a variant of interest (VOI) given its presence in about 51 countries since early August.

The WHO issued an Initial Risk Evaluation report Aug. 9, saying EG.5 is accelerating worldwide.

"Globally, there has been a steady increase in the proportion of EG.5 reported," states the report. "During epidemiological week 29 (17 to 23 July 2023), the global prevalence of EG.5 was 17.4%. This is a notable rise from the data reported four weeks prior (week 25, 19 to 25 June 2023), when the global prevalence of EG.5

was 7.6%."

Countries reporting a high or increasing percentage of the EG.5 COVID strain include China (30.6 per cent of its sequences), the U.S. (18.4 per cent), Republic of Korea (14.1 per cent), Japan (11.1 per cent) and Canada (5.3 per cent).

The WHO has pegged the severity of EG.5 as low based on limited data to date.

"Based on the available evidence, the public health risk posed by EG.5 is evaluated as low at the global level, aligning with the risk associated with XBB.1.16 and the other currently circulating VOIs ...," states the report. "While EG.5 has shown increased prevalence, growth advantage, and immune escape properties, there have been no reported changes in disease severity to date. However, due to its growth advantage and immune escape characteristics, EG.5 may cause a rise in case incidence and become dominant in some countries or even

globally."

The WHO is encouraging its member countries to monitor and share information on EG.5 as COVID continues to be a "major threat."

"Although the public health emergency of international concern for COVID-19 was declared over on 5 May 2023, COVID-19 remains a major threat," states the WHO in its weekly epidemiological report published Aug. 10. "WHO continues to urge Member States to maintain, not dismantle, their established COVID-19 infrastructure. It is crucial to sustain early warning, surveillance and reporting, variant tracking, early clinical care provision, administration of vaccine boosters to high-risk groups, improvements in ventilation, and regular communication."

At the global level, there have been 6.9 million deaths from COVID, according to the WHO as of Aug. 9. In Canada, 53,216 people have died from the virus.

Red River North RCMP investigate multi vehicle collision

Submitted by Manitoba RCMP

On Friday, Aug. 11, at about 10:00 p.m., Red River North RCMP attended to a multi vehicle collision on Highway 9, near Lister Rapids Drive in the RM of West St. Paul, Manitoba.

Investigation revealed a south bound vehicle making a left turn collided with a north bound motorcycle. The motorcycle operator and passenger, both from Winnipeg, were taken to hospital with non-life threatening injuries. The driver of the vehicle, from the RM of Springfield was not harmed.

Alcohol is not considered a factor in this collision.

Police continue to investigate.



RECORD PHOTO BY MAREENA WILKS

A multi vehicle collision in West St. Paul saw two people go to hospital.



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More weekends at the beaches please

So much to see and do by the lake this year

By Laura McCombe

In East Beaches on the second weekend of August, there was so much going on it would make your head spin, almost as much as it would have if you were privileged to ride the merry-go-round at the Grand Beach Boardwalk of the last century.

Just one of the activities going on in East Beaches was the reveal at the Heritage Wing of a vintage horse's head believed to have been a part of the original carousel at the beach when the park was run by CN railroad. There were also two markets filled with food and crafts at Grand Marais and Victoria Beach and the huge Sun Country Artisan Sale at the Beaches Community Club on the last day of this too short weekend of fun.

On Saturday, Aug. 12 while dark clouds danced over the water and forests of East Beaches, two diverse groups of keen competitors raced against the elements in very different contests.

It has been a summer tradition at Grand Beach, perhaps even a rite of passage, to build castles, creatures (mythical or otherwise) or imaginative structures that express with grains of sand, elements of life particular to those things or events that shape and mold us.

Last year's rain cancelled the contest but this year the clouds held back.

Professional carver, Gordon Bakaluk was motivated to recreate Buzz and Boomer, mascots of the Winnipeg Blue Bombers as a feature sculpture at the annual contest at Grand Beach. Bakaluk wasn't competing, he was simply having fun in the sand at the beach at the invitation of event coordinators Cindy Ceaser and John Hayden-Petruka.

The event is hosted yearly by the Kiosk vendors on the Boardwalk of Grand Beach with proceeds every year going to a worthy charity. This year funds raised go toward the Rising Star Bursary which is given out at Walter Whyte School at the northern tip of the Lord Selkirk School Division, to students who may not shine in traditional scholastic categories.

In honour of Paul La France who lost his battle with depression, the award is aimed at encouraging kids who may not have the opportunity to shine without help. Sponsors from the community pitch in with prizes for the winning sculptures while the event aims at family participation and the joy of simply playing together in the sandbox.

Bakaluk said, "Our provincial football team is doing really well this year

and success was on my mind when I thought about what I wanted to offer as a sand sculpture." In 2021 Bakaluk was featured on Race Against the Tide a made for T.V. special which was filmed at New River Beach on the Bay of Fundy in New Brunswick, a place with the highest tides in the world. Competing alongside him at the time was Majid Kermani, an engineer who has made his home in Selkirk since immigrating to Manitoba in 2004. This year Kermani was also in Grand Beach to spend a day creating magic in the lush white sand. Since his first attempt in 2015, Kermani has won the contest four times as a professional.

Mythical creatures inspire him and since there was not a professional category in the 2023 contest, Kermani enlisted his wife Rozita Mohammadi and daughter Selina to help with the building of their dragon. It won first place though the competition was fierce.

Meanwhile, as imaginations were coming to life on Grand Beach, 26 teams of four were gathering at the Birchwood Motel on Highway 59, to test their endurance and ingenuity over a course that spanned 17 challenges between Victoria Beach and Grand Marais in the 2nd annual Beaches of 59 Amazing Race. At exactly noon on Saturday, competitors charged up the hill for the first test of the day.

For the team who titled themselves Perry and the Platypuses, it was a repeat performance. Perry Edwards along with Dana Poulton, Amy Edwards and Caitlyn Willison who are cottagers at Victoria Beach, won last year's contest and were determined to re-employ their winning strategy. "Each of us stuck to our strengths", said Poulton, "For me - I get thoughts and know I'm right. When I second guess myself, I get it wrong." The contest involved a great deal of thinking. The team agrees that a competitive spirit is a must and points to team captain Edwards as being the most competitive guy they know.

He countered that saying, "These girls are very intelligent as well as possessing great athletic ability. I was driving the car and would have missed some of the clues if it weren't for these girls."

The most difficult challenge for this team was solving the Morse code at the Victoria Beach Bakery, while they claim the easiest was the math equation that was etched in the sand at the Traverse Bay pits.



RECORD PHOTOS BY LAURA MCCOMBE

Above: Amazing Race Winners Perry and the Platypuses - Caitlyn Willison, Dana Poulton, Perry Edwards and Amy Edwards. Below: Majid Kermani, his wife Rozita Mohammadi and daughter Selina with their winning sand sculpture.



Team Platypus was first out of the gate at checkpoint #1 and never looked back. Course coordinator Andrew Kaul had cautioned all 104 competitors to "Play fair, no sabotaging or cheating. Be respectful of others and have fun".

Kaul was at the finish line at the Grand Marais Community Centre and R.V. Park when Team Platypus arrived almost an hour earlier than anyone expected, having completed all

challenges simply by working together as a team. Nothing slowed them down, not even counting golf balls at Pete's Putt. At the end of the race, the winners collected their prizes before chowing down on some welcome hot dogs and cold drinks provided by the Beaches of 59 organizers.

Flying High: Selkirk man overcomes challenges for freedom

By Becca Myskiw

A local man is getting back to what he loves after making his accessible motorcycle.

Brad Heberg was in a semi-truck accident 28 years ago that paralyzed him. Before that, he'd spend every minute he could on his motorcycle, and until recently, he didn't know he would be able to ride again.

Heberg came across a three-wheel motorcycle by chance. He was instantly intrigued at the prospect of having a motorcycle fit for a person with quadriplegia, but he'd have to make a few modifications before he got there. So, after thinking about it for quite some time, he bought the bike with modifications in mind.

"It was sitting in a showroom and once I took a look at it, I just...oh my gosh, are you kidding me?" he said.

Heberg is a wheelchair rugby player. He took the concept of how he transfers from his power chair to his rugby chair and applied it to his bike. His main question before the purchase was how can he get his manual chair close enough to the bike so he could transfer over safely?

The answer: a transfer board. His manual chair goes in a horseshoe-like stand to hold it in place, then Heberg slides himself across the board from chair to bike. After transferring himself, Heberg puts his wheelchair in a rack at the back of his bike so he's able to get off his bike and enjoy the destinations.

His brake system is operated by the foot, so to make it accessible, Heberg made a lever. He also had little boxes



RECORD PHOTO BY BRETT MITCHELL

Quadriplegic Brad Heberg with his modified motorcycle. Pictured with Heberg is Savana Gagnon and Randy Maisey.

built where the foot pedals are so he could rest his feet there. Heberg's seat has two seatbelts now, too — one for his waist and one for his chest so he stays steady while riding.

Heberg bought the bike in April of last year, then had it in the shop for modifications until November, so this summer was the first time he's gotten to drive it.

And it was perfect.

"For 28 years I

hadn't felt that feeling of the wind on my face and in my armpits," he said. "Oh my God, I missed it so much."

He started with a parking lot cruise to see how it felt, then did a smaller trip in and around Selkirk. After that, he and some friends went to Seven Sisters and back. Heberg said it was a beautiful ride.

"It made me feel like I wasn't paralyzed," he said. "I was just one of the boys."

There are no accessible motorcycle options, which is why Heberg had to make his own. There are, however, accessible vehicles, and his is like no other. Heberg has a 2002 Chevrolet truck. The driver's side front door opens up and the back door gull-wings up. A steel bar then comes out and a platform rolls onto it, then lowers to the ground where Heberg and his wheelchair get on. Once he's locked in, the opposite happens so he can get in the

driver's seat. Inside, the only modifications are the hand controls for the gas and brakes and the tri-pin on the steering wheel.

So far, he's put over 300,000km on his truck. He has even bigger plans for his next one.

The problem is most accessible vehicles are vans, something Heberg will never want to drive.

"They told me to try and get my life back as much as possible to what it was before," he said. "The truck was doing that."

Heberg is always doing something. He's either spending time with his dogs or his snakes, finding a new project, or now, riding his motorcycle. He said his bike has given him his freedom back. It's lifted a huge weight off his chest and allowed him time to think about things other than his care.



All are welcome to forest art walk this weekend just outside Winnipeg Beach

Rosemary Miguez shares re-forest-action: A Contemplative Forest Art Walk

By Katelyn Boulanger

Artist Rosemary Miguez has teamed up with other local artists to put together re-forest-action: A Contemplative Forest Art Walk. This art installation includes pieces brought together as a discussion point for the environmental importance of well-managed forests and uses a beautiful wooded trail just outside of Winnipeg Beach as an inspirational backdrop. Residents are welcome to visit Aug. 19 and 20 from 1 to 5 p.m.

"It is a walk through a forest path at Runs with Scissors Studio and [the story the pieces create deals with] my concern about clear cutting," said Miguez.

The forest art walk takes place just outside Winnipeg Beach at 3044 Prout Rd. 17E. Residents will likely recognize this location as the studio of artist Hiedi Hunter.

The exhibit has three loops that residents are invited to explore. The loops each deal with different topics with regards to forest management which includes discussing what is happening to forests, what can be done and wisdom about forests which includes information from First Nations people.

Miguez's inspiration to put together this forest art walk came by way of childhood wonder and then shock when she learned more about environmentally negative forest management practises.

"I've always grown up near trees and forests. When I was growing up, we had three trees in our front yard. And the four of us, myself and the trees, would always have these nice little conversations. As a little kid, and I sat under them and chatted to the trees. Then, the first time I saw clear cutting. It absolutely shocked me. It was like an emotional hit," said Miguez.

She knew this was something that she wanted to discuss through art.

After seeing Hunter's forest space, Miguez approached her with the idea for an exhibit and Hunter welcomed

the concept with open arms.

"We're talking about the forest, what better place to have it than right there, right in the forest? You can look around and see the trees and look around and really appreciate what this is, you can appreciate a forest," said Miguez.

Miguez herself will be exhibiting 15 pieces. Some will have been augmented with glass, mirrors and other mixed-media and others are sculptures. Many include found wood and there are also some pottery pieces.

In addition to her own work, Miguez has recruited many artists including Gayle Halliwell, Heather Dawson, Hiedi Hunter, Rose Flaig, Gary Foidart, Moray McVey, Angus Braid and more to contribute work to this exhibit.

Together their work creates a story and people can experience it in greater detail by reading along with QR codes which go along with the pieces.

"It's just opening up our minds to consider the forest, and how do we protect it and look after it," said Miguez.

As people walk through these paths, they are also going to be invited to share their experiences by composing poems and putting them under a 'Poet-Tree'. Paper and pencils will be supplied.

For those wanting to discuss this topic further, there is a welcoming event each day at 1 p.m. and at the end of the day, those in attendance will be welcome to come together in conversation.

Miguez encourages residents to attend this event and discuss forest preservation from a different angle.

"It's a nice, pleasant forest walk. And it's nice to contemplate where we are. We're part of the Boreal Forest so, it's a nice way of focusing on what needs to happen if you care about the forest, if you care about the land. It's from an artistic perspective and I think that it's a beautiful little pathway," she said.



RECORD FILE PHOTO BY KATELYN BOULANGER AND RECORD PHOTO SUBMITTED BY ROSEMARY MIGUEZ

Above: Miguez at a previous exhibit and one of the pieces that Miguez will have in the forest art walk this weekend.

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Thank you staff and volunteers!

St. Andrews actress stars in Abducted by My Teacher

True crime drama follows story of abduction, sexual abuse

By Autumn Fehr

St. Andrews teen Summer Howell has returned to the big screen with a leading role in a harrowing, true crime drama filmed in the Interlake.

Howell, 19, stars in *Abducted by My Teacher: The Elizabeth Thomas Story*, which premiered Aug. 12 on the Lifetime Channel in the United States.

The true crime movie is based on Elizabeth Thomas, a 15-year-old schoolgirl from Tennessee who was abducted and sexually abused by her teacher, Tad Cummins. According to her testimony, the abuse started in the spring of 2016 and culminated with her abduction in 2017.

The case sparked a nationwide manhunt. Howell stars as Thomas, and Michael Fishman (Roseanne, *The Conners*) plays Cummins.

"It means a lot to be a part of this film. The subject matter is sensitive, and I'd never taken on a role so emotionally involved, but I'm proud of the work I put into it, and I'm looking forward to people-watching," Howell said.

The film was shot in Selkirk and Winnipeg.

When Howell heard about the role through her agent, she was apprehensive because the original script was quite graphic.

"Portraying a real person and telling their story is always challenging. Elizabeth was just a kid who was taken advantage of and didn't have the support she needed growing up. It's important that her story be told so others can understand that these things happen to kids and that we should all be mindful of the things around us, even if they seem good," Howell said.

Transitioning into the role of Thomas required hours of discussions with her director, intimacy coordinator and co-star about her boundaries as an artist and putting herself in the character's headspace.

"It wasn't an easy task and was emotionally draining at times, but I had trust in myself and the people I was working with that it would be a great film," she said. "I knew it was a story that needed

to be told. I felt confident I could portray Elizabeth."

The movie was followed by the debut of a one-hour documentary special, *Beyond the Headlines: The Elizabeth Thomas Story with Elizabeth Smart*, featuring an all-new sit-down interview with Thomas, telling her story in her own words. A Canadian release is upcoming. The documentary is also streaming on Crave.

Howell said she started taking acting classes in Winnipeg as a child and later did private lessons and coaching.

She booked the lead role of Alice in Don Mancini's *Curse of Chucky* when she was eight years old, winning an award for her performance.

The young actress went on to find movie roles in *Hunter Hunter* (2020) and *Clouds* (2020) — earning awards for Outstanding Performance in a Feature and Best Supporting Female Performer in a Feature, respectively.

She's also performed in several TV series, including *Spencer Sisters* (2023), *Channel Zero* (2017) and *Sunnyside* (2015).

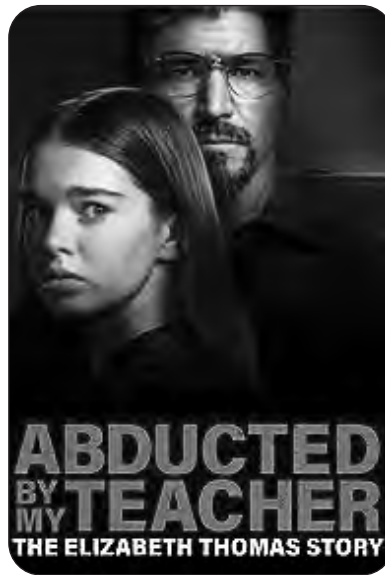
"When I was cast as Alice in the *Chucky* franchise, I knew I wanted to be an actor. I enjoyed being on set, the people, the process, and everything that went into making a film," Howell said.

"I've been fortunate to have a great support system throughout the years to help me strengthen my skills."

Howell graduated last year from Lord Selkirk Regional Comprehensive Secondary School. She is currently pursuing her acting career full-time.

She said her favourite part of *Abducted by My Teacher* was working with the cast and crew.

"I got the chance to reunite with director Shawn



RECORD PHOTOS SUBMITTED

Summer H. Howell

Linden, producer Juliette Hagopian, and cinematographer Greg Nicod, whom I had worked closely with on *Hunter Hunter* back in 2019. There were crew members from then as well, along with many new faces I now call my friends," she said.

She has several upcoming projects, such as her role as Good Daniel, the demon in *All Fun & Games*, which premieres Sept. 1 in the United States. She is also working on a thriller/coming-of-age film with the title and release date yet to be announced.

"I hope to be able to provide for myself solely through acting and continue working with great people who have industry and general life knowledge. I'm aiming to better myself and make my loved ones proud while doing what I love," Howell said, adding she enjoys working with directors, producers, actors, and crew in Manitoba and beyond.

Gas taxes drive up Manitoba pump prices

Submitted by Gage Haubrich, CTF Prairie Director

The Canadian Taxpayers Federation is calling on the federal and provincial governments to cut gas taxes to save drivers money.

"Manitobans are now paying two carbon taxes they can't afford," Gage Haubrich, CTF Prairie Director, said. "Prime Minister Justin Trudeau needs to stop piling more costs on families and scrap both of his carbon taxes that are making life more expensive."

The CTF's Gas Tax Honesty Report shows that taxes make up 29 per cent of the pump price in Manitoba. Pro-

vincial and federal taxes cost 46 cents per litre of gasoline.

The federal carbon tax currently costs 14 cents per litre of gasoline. The federal government imposed a second carbon tax through fuel regulations that took effect on July 1. By 2030, when the fuel regulations are fully implemented, the two carbon taxes will increase the price of gasoline by about 55 cents per litre and cost the average Manitoba family more than \$2,100 annually.

The Manitoba government charges a gas tax of 14 cents per litre.

The provincial governments of Alberta, Ontario and Newfoundland and Labrador all cut gas taxes to save drivers money.

"Premier Heather Stefanson rightly calls out the cost of the federal carbon tax but refuses to cut her provincial gas tax like many other provinces have done," Haubrich said. "Stefanson should step up and provide relief by cutting her gas taxes."

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government.

Selkirk RCMP investigating after body found

Submitted by Manitoba RCMP

On Aug. 10, at approximately 11:50 a.m., Selkirk RCMP responded to a report of a body found in a wooded area near a property located off of Highway 9, in the RM of St Andrews.

The deceased, as well as the cause of death, have yet to be identified.

Selkirk RCMP, along with the Office of the Chief Medical Examiner, continue to investigate.

Twirling, leaping and pirouetting at Evolution Dance



RECORD PHOTOS BY BRETT MITCHELL

The Evolution Dance Twirltopia Pre-School Dance Camp for ages 4-6 was a fun time for all last week. The 20 students learned jazz, tap, ballet and hip hop dancing, found time for arts and crafts and made new friends along the way. The camp ended their adventure with a Royal Princess Ball.



Winnipeg influencer shares some love for Selkirk on social media

Submitted by the Interlake Tourism Association

Winnipeg social media influencer Natalie Bell - aka PegCityLovely - spent a day in Selkirk last week and created a whole lot of buzz for the community. And more importantly, she was very impressed with Selkirk and wants to come back again and again.

Last week she created dozens of social media stories, reels and posts where she showered praise on everything from the Marine Museum, to the Waterfront Market, the murals, local eateries, Wishme gift store and the historic Hook&Tassel guest house.

PegCityLovely has more than 24,000 Instagram followers from around the world, and lots of them sat up and noticed Selkirk last week.

"I have received multiple messages that were so endearing from people who grew up in Selkirk, people who just moved back and from people who had no idea about some of the things I was sharing. And lots of folks who live in Selkirk who are so proud of their city. It was a win for all," Bell said.

Inviting Bell to experience Selkirk for 24 hours in a whirl wind tour was

a combined effort of Travel Manitoba, Interlake Tourism Association and Red River North Tourism - with some nice City of Selkirk gear thrown in and a free night for Bell and a friend at the Hook&Tassel.

Bell's captivating stories and updates have already started generating buzz and excitement, said Melissa Van Soelen, Manager of Interlake Tourism Association

"The engaging content she created during her time here beautifully captured the essence of Selkirk - its rich history, picturesque landscapes, and warm-hearted community. She really showcased Selkirk's beauty but also underscored the importance of community and connection," Van Soelen said.

For the City of Selkirk, it's realizing the efforts and benefits of downtown revitalization - supporting not only the local businesses but providing a safe and accessible place for tourists and citizens to enjoy and be proud of, said Manager of Citizen Engagement Vanessa Figus.

"We're so glad that Natalie spent hours walking through our downtown from Wishme to the Marine Museum along our beautifully re-



RECORD PHOTO SUBMITTED

Natalie Bell, always with her phone/camera in hand, soaks up the sun and history at one of Selkirk's historic properties Colcleugh House home to the Hook&Tassel guest house.

talized Eveline Street with new park benches and flowers. It was the perfect time for her visit Selkirk," Figus added.

Bell said she hopes to come back

soon. In the meantime, you can find her on Instagram @pegcitylovely where you can look up her posts about Selkirk.

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FALL & WINTER ACTIVITIES & registration section 2023-2024

How to help students choose an extracurricular activity

Extracurricular activities can benefit students in various ways. Academic clubs, sports and volunteer organizations provide students with opportunities to grow as people and make new friends while also teaching kids skills they will use for the rest of their lives.

Many parents are aware that extracurricular activities can help students improve their chances of gaining admission to college. But students who choose the right extracurricular activities will benefit in greater ways than simply strengthening their college applications. The following are a handful of ways parents can help their sons and daughters choose extracurricular activities they can benefit from for years to come.

· Ask kids to jot down their interests. Students are more likely to enjoy and excel at extracurricular activities that align with their existing interests. Ask kids to jot down a list of their inter-

ests or anything they might want to try. Youngsters might want to learn a musical instrument even if they have never before taken a course on music. Once kids have listed their interests, look for activities that allow them to further explore those interests. Chances are there is a school-sponsored or community-based club or organization that will align with at least one thing on your child's list.

· Encourage kids to have fun. Kids are more likely to enjoy and fully commit to an activity if they find it fun. While extracurricular activities can help kids grow as people and improve their image in the eyes of college admissions officers, kids will get even more out of an activity if they enjoy doing it.

· Look for something that won't interfere with schoolwork. Extracurricular activities can look great on a college application, but that benefit is lost if the activity interferes with



Some activities, including sports, demand more of students' time than others, but make sure kids know that school always comes first.

· Ask around. Ask neighbors or school officials for recommendations to help kids who have tried but failed to find the right fit with regard to extracurricular activities. Sometimes it takes a little trial and error before a child finds an activity he or she is comfortable with. Fellow parents can make great resources, and school officials likely know of a host of clubs and organizations that kids may be interested in.

hesitant to sign up for an activity because they are shy, sign up with them. Volunteer organizations are typically family-friendly, and kids might be more likely to come out of their shells if they sign up with their parents or siblings. As kids grow more comfortable with an activity, they will want to get more involved even if mom and dad don't have the time.

Parents can employ various strategies to help kids find activities they can be passionate about for years to come.



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FALL & WINTER ACTIVITIES & registration section 2023-2024

How to improve flexibility

Improving flexibility is a goal for many athletes, whether they're daily exercise devotees or weekend warriors. Taking steps to improve and maintain flexibility has numerous benefits that can pay dividends for athletes of all ages.

According to the Harvard Medical School, well-stretched muscles more easily reach their full range of motion. That benefits athletes by improving their performance, and it can also improve daily life for non-athletes by making it easier to reach, bend or stoop to perform everyday tasks.

As beneficial as being physically flexible can be, many people, no matter how hard they try, struggle to improve or maintain their flexibility. Fortunately, there are some ways that devoted men and women can improve their flexibility and enjoy all of

the benefits that increased flexibility provides.

· Choose the right activities. Harvard Medical School notes that activities that lengthen and stretch muscles can help active men and women reduce their risks for injury while potentially preventing back pain and issues that may affect their balance. When done correctly, yoga can improve balance and flexibility. In addition, numerous studies have linked yoga to additional health benefits, such as stress reduction, that can make people less tense, thereby improving their flexibility.

· Drink more water. Drinking water helps to prevent tightness and muscle cramps. In fact, tightness or muscle cramps in the large muscles of the leg may be indicative of the early stages of dehydration. Drinking plain water is the most effective way to stay and

remain hydrated. Don't count coffee, tea or sports drinks as water, as such beverages many contain caffeine. Caffeine is a diuretic, and while diuretics cause the increased passing of urine, they also decrease the amount of water that is absorbed by the kidneys, potentially contributing to dehydration. Drink plenty of water before, during and after workouts.

· Start over after an extended break. If it's been awhile since you last worked out, resist the temptation to push yourself when returning to the gym. Depending on how long it's been since you last exercised, you may need to start back at square one, which means reducing the amount of weight you lift and decreasing the resistance during cardiovascular exercises. Putting too much strain on

muscles that have been sedentary for an extended period of time can cause aches, pains and even injury. Muscle tightness also may develop if you go too hard too quickly, greatly reducing flexibility.

· Get up and go. Poor flexibility may be a byproduct of your lifestyle. Men and women who live sedentary lifestyles are less likely to enjoy the full range of motion from their muscles than those people who are more active. Get off the couch when spending time at home, and if you work in an office, take routine breaks to stand up and walk around.

Poor flexibility can be painful and inconvenient, but there are many ways for men and women to improve their flexibility and, as a result, their quality of life.

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Selkirk hairstylist takes her career to the opera stage

By Becca Myskiw

A Selkirk hairstylist is behind the hair in the Manitoba Opera.

Jill Buhr is head of the wig department at the opera. She took over the position from her longtime mentor a few years ago and has since done wigs for three operas - *The Telephone* and *la Vois Humaine*, *La Cenerentona* *Cinderella*, and *Cosi fan Tutte*.

She's been a hairstylist since she finished high school, falling in love with the craft after getting her hair done for a wedding when she was 16.

"I just fell in love with making people look beautiful," she said.

So, after high school, she completed a hairstyling program, and started working with scissors every day. Her first job in the industry was at Cloud Nine Hair Fashion. There, she finished her apprenticeship, and shortly after that, was asked if she'd buy the hair salon and make it her own.

And that's just what she did. In 2006, Buhr opened *Jilly-B's Hair Care*, and her salon has been busy every day since.

"It's amazing," she said. "I love it."

Since finishing her apprenticeship and opening her own shop, Buhr has done nothing but continue to upgrade her knowledge of all things hair. She's perfected certain tricks, learned new ones, and is always looking for an opportunity to learn and perfect more. That's why a year into owning her salon, she took the opportunity to do hair for the Manitoba Opera when it was offered to her.

Her then-representative for a hair product company was the head of the wig department at the opera, and she thought Buhr would be perfect for the job.

"It sounded interesting, so I went and tried it out," said Buhr.

And she hasn't left since. After having the torch



Selkirk hairstylist Jill Buhr is head of the wig department at the Manitoba Opera.

passed onto her from her mentor, Buhr's been in charge of what spectators see on the opera stars' heads. She's the one making sure the audience understands the tone of the performance, the era of it, the mood of it.

"It's actually really fun," she said. "It's a lot different from everyday hair."

The opera director will tell Buhr their vision. They'll explain the production and tell her what they want with the hair, what they want people to see from it. Then, the rest is up to her.

Buhr has a big book of hairstyles from almost every era — 1920s cuts, 1950s curls, 1900s updos. When deciding how she'll style each wig, she typically starts with the book and by researching what would have been trendy during the specific time era. She creates each wig depending on the social status of the character and their job and what the director wants out of it.



RECORD PHOTO SUBMITTED

This wig is the red "Bride of Frankenstein" one Buhr created recently. It's one of her favourites.

When working with a synthetic wig, Buhr first sets it in rollers, then steams it and lets it set and dry. She then gets to styling, the entire process of one wig taking a minimum of three hours. Depending on the production, Buhr may be doing more than 10 wigs at a time.

"I just think it's so neat," said the hairstylist. "It's different. It's expanded my skills as a hairstylist to learn how to work with different textures and different eras of hair."

One of her favourite wigs she's done was for a recent performance by the Manitoba Opera when she had to create a *Bride of Frankenstein* wig — in red. The hair went straight up like *Marge Simpson's* and had white streaks on either side of it. Buhr said though it was a lot of work, she had a lot of fun with that one.

"It's rewarding just to know my work is out there and it's being shown to audiences," she said. "It's a good feeling."





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Carlo's Cucina sees no winners yet in burger eating challenge

By Becca Myskiw

It's a nearly impossible challenge to finish Carlo's Cucina's Herkules burger.

This summer, Carlo's Cucina launched an eating contest not for the faint of heart. A monster of a burger, the Herkules is spelled the way it is to honour Icelandic kings, Carlo Guzzi's way of getting his community on the map.

Guzzi is the owner of Carlo's Cucina and the creator of the Herkules burger. He wanted to create something families could enjoy together, hence the massive burger, but decided to also make a challenge with it, having success in this field before.

When Carlo ran the kitchen at the Elmwood Curling Club, he had a burger eating contest with a burger he dubbed the "Eighth Ender". To win, people had to finish the eight-patty burger in 15 minutes or less, and only one person could do it.

A woman ate the entire burger in five minutes and four seconds. No one else came close to completing the challenge, let alone beating her time.

Guzzi knew he could do it again because of how well that eating contest went. So, with the Herkules burger, families can either order it to enjoy together or one person can order it and prepare to beat the challenge.

The challenge: eat the entire burger plus a 2.5 lb poutine in 37 minutes or less and get your meal for free — plus, win more than \$500 from the burger pot. Every time Guzzi sells one of the Herkules burgers (\$75), he adds \$20 to a pot for the eventual winner to take home. The pot started at \$250 and now sits at \$560.

Why finish the burger in 37 minutes? A good friend of Guzzi's is Winnipeg Jets goalie Connor Hellebuyck, who wears number 37. When Guzzi created the burger, a friend completed the challenge in 40 minutes, with breaks in between. Guzzi then knew he could include Hellebuyck in the challenge this way and knew it would be attainable for someone.

The Herkules burger is a 1.5 lb bun made in the Arborg bakery. It comes with ketchup, mustard, pickles, jalapenos, fried onions, 12 certified angus beef patties, one chicken burger, 12 pieces of bacon, 12 pieces of cheese, an order of onion rings, 12 tomatoes, lettuce, and mayo.

"We're known for our mega boardwalk burger," said Guzzi. "This is like the monster boardwalk."

Since the season started in May, 11 people have dared to complete Guzzi's challenge, but none have prevailed.

"I definitely do hope someone demolishes it," he said. "I have a bigger burger coming out next season."

Next year, Guzzi's burger challenge will be with a 17-patty burger he'll call the Triceratops. Before that, though, he'll be competing in Le Burger Week, something he won in his first year participating.

Guzzi said his Le Burger Week entry is something North America has yet to hear. With its Italy inspiration, the burger will pay homage to Guzzi's family, and he knows he will win with it.

"This is only the beginning for what's coming from Carlo's Cucina," he said.



RECORD PHOTO SUBMITTED
Carlo Guzzi created this Herkules burger for an eating contest or family meal. If someone can finish this burger and a 2.5 lb poutine in 37 minutes or less, they'll get it for free and win over \$550.

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How to pick paint for home interiors

Many components combine to define a home's interior. Some homeowners may be partial to certain styles, such as ultra modern or farmhouse, while others may opt for a more traditional look that cannot necessarily be categorized as one style or another. Though many homeowners may spend considerable time and devote a lot of energy to making their home embody a certain style, those who aren't willing to commit to a particular look can lean on one component to make a stylish statement all their own: paint.

Color can be a part of every homeowner's design arsenal. Bold colors can be used to create a stunning accent wall, while homes with open concepts often utilize color to define rooms. Homeowners who want to revitalize their home interiors can do so with paint, and this approach doesn't require homeowners to commit to a whole new design style.

Though paint may seem simple to novices, homeowners who have painted home interiors in the past recognize how complicated the process of picking paint can be. Paint retailers have a seemingly endless swatch of paint colors to choose from, and before long homeowners heads may be spinning as they try to narrow down their options. The following tips can help homeowners pick the perfect paint for their home interiors.

- Take stock, and photographs, of your current furnishings. Many interior designers rely on a simple technique when recommending color schemes to their clients. Choose a standout color from existing furnishings, such as the dominant color from a patterned decorative pillow or piece and then look for the same shade to paint the walls. A photograph of the item can be handy when visiting the paint store.

- Lighten colors as you go up. The home renovation



and design experts at HGTV recommend picking darker color values for the floor, medium color values for the walls and light values for the ceiling. This approach mimics the look of the great outdoors, where the ground tends to be darker than the trees, and the trees are darker than the blue sky.

- Utilize paint to create the vibe you want. The home renovation experts at This Old House note that colors evoke an emotional response. Cool colors like blue and green give off a relaxing vibe, which makes them ideal for bedrooms and bathrooms. Red is an intense color that can up the energy ante in any room, which can make it an option for homeowners who want to spark debate around their dinner tables.

- Give personal preference its place at the table. Though interior designers may have years of experience picking paint colors for a home and researchers may have determined how certain colors can be utilized to create a desired ambience in a given room, ultimately homeowners are the ones who will be living in the home. So, it's important that homeowners pick colors they like for their home interiors.

Paint is an inexpensive way to transform a room. Homeowners can rely on a combination of color strategies and their personal preferences as they try to decide which colors they want on their interior walls.

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What to know about kitchen countertop materials

Kitchens are the busiest rooms in most homes. Kitchens have become more than just places to prepare meals, with many functioning as gathering spaces and even go-to dining spots in homes that do not feature formal dining rooms.

So much time spent in the kitchen makes it worthwhile to invest in these popular spaces. Kitchen renovations are high on many homeowners' to-do lists, and there's many decisions to make once they commit to redoing the room. When renovating a kitchen, homeowners will have to choose which countertop material they want to install, and the following rundown of popular options can help simplify that decision.

Quartz
Quartz is considered a low-maintenance and durable countertop material. The home improvement experts at This Old House note that quartz countertops are typically 94 percent ground quartz and now come with an honed, sandblasted or embossed treatment, which makes them appealing to homeowners with varying ideas on the ideal look of a kitchen countertop. Quartz can crack if it's not handled properly, and edges and corners can chip over time. Rounded edges can minimize the risk of chipping. Costs vary by location and product availability, but quartz typically costs about the same as natural stone.

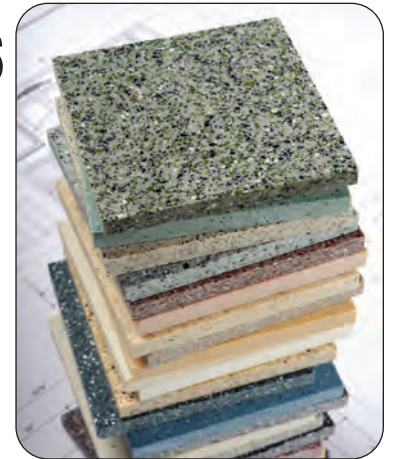
Granite
Consumer Reports notes that no two slabs of granite are the same, and that uniqueness has long appealed to homeowners. Tests run by Consumer Reports found that heat, cuts and scratches did not harm granite, though this material, like quartz, can crack around edges and corners. Granite is a durable material that, if properly maintained, can last several decades. Granite also is nonporous, which makes it resistant to bacteria.

Laminate
Laminate countertops appeal to budget-friendly homeowners and that they're easy to install. The countertops come in a wide range of colors, textures and designs. Laminate countertops also are durable, which helps budget-conscious homeowners stretch their dollars even further.

Laminate countertops are easily maintained, though it's also easy to permanently damage them with knives, so Consumer Reports recommends always using a cutting board when preparing meals on laminate.

Butcher Block
Butcher block countertops are among the more unique options homeowners may consider. Sometimes referred to as "wood countertops," butcher block countertops are made from wooden strips that are fused together. The butcher block is among the more affordable materials, but the final cost will be dictated by location and availability. Butcher block countertops are highly sensitive to liquid, so exposure to moisture should be limited. Sealing butcher block countertops immediately after installation can help protect against bacteria and warping. Though butcher blocks can be high maintenance, many homeowners find the unique look is well worth the extra elbow grease.

Kitchen countertops can define how the room looks, and homeowners have many options to choose from when designing a new kitchen.



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Your FARM



Gimli ranch introducing Valais Blacknose sheep to Canada

By Becca Myskiw

A Gimli couple is introducing a rare breed of sheep to Canada one lamb at a time.

Joachim De Smedt and Idris Dheedene moved to Manitoba from Belgium in 2014. Just over a year ago, they started breeding Valais Blacknose sheep, an adorable farm animal originating in Switzerland.

This hardy sheep is from the mountains in the Valais region of the country. They have a completely black nose with their white wool coming over their eyes, making for one of the cutest animals known. They're typically bred for both their wool and meat but De Smedt and Dheedene breed them for pets on Tribble Ranch.

"They're super cute," said De Smedt. "We sort of fell in love when we saw the pictures of them online."

The breed is also known for being extremely friendly — that's the main

reason De Smedt and Dheedene decided to add them to their farm. He said that fact has rung true. Tribble Ranch's sheep are curious towards people and will run up to the fence when they see them, waiting to be loved.

Their sheep were recently at the Carman Country Fair petting zoo and De Smedt said the entire time, they stood by the edge of the fence so they'd get ample petting time.

The Valais Blacknose sheep is not commonly found in Canada, likely because you can't import the animal here. Instead, breeders have to import the breed's embryos or semen samples and start their own bloodline — that's exactly what De Smedt and Dheedene are doing.

Right now, the couple has four purebred Valais Blacknose Sheep and seven crossbreeds. As they breed up, they're making crosses of Valais and



RECORD PHOTOS SUBMITTED

Joachim De Smedt, left and Idris Dheedene have started breeding Valais Blacknose sheep with the hopes of establishing the breed in Canada.

Shropshire. The crosses will have a larger percentage of Valais in them each time, eventually leading to their

Continued on page 23

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Your FARM



> VALAIS SHEEP, FROM PG. 22

own purebreds of the breed. "We figured the Shropshire would make a nice match," said De Smedt. "They have a lot of the same characteristics as the Valais like black in their legs and face."

De Smedt and Dheedene are importing high quality embryos and semen samples from different countries and bloodlines to keep their herd's genetics diverse.

"Inbreeding is always a concern when you're trying to establish something new," said De Smedt.

So, they're working hard to ensure that doesn't happen.

Valais Blacknose sheep are known in Switzerland for having a different textured meat. De Smedt and Dheedene can't attest to that themselves, but they can say the sheeps' wool is unique. It's a different kind of fibre, very curled and light. As the Valais Blacknose sheep has to be sheered twice a year, they've already seen twice the quality of this wool.

"They grow very fluffy," said De Smedt. "When they come running to you, you can see their coat coming up and down."

As the sheep isn't widely known in Canada, the market for their wool is quite small. The couple has, however, managed to find people who want it to make beautiful creations. Their goal is to keep breeding and growing their herd, getting big enough to sell lambs as pets for more and more Canadians.

Taking care of the sheep is not a hard task. In fact, they might be one of the easier farm animals to have as they're built for tough mountain conditions. De Smedt said almost immediately after a newborn lamb is up, they can go play in the snow and be absolutely fine. While they're nursing, De Smedt and Dheedene give the ewes a sheep feed mixture to give them the extra nutrients needed, but otherwise, the Valais Blacknose sheep just graze off the land and drinks water.

"If you're into sheep I think it's the best sheep you can get," he said.

Right now, Tribble Ranch is a hobby for De Smedt and Dheedene but they're hoping it will get big and busy enough to become a full-time job. They're already selling lambs from



The Valais Blacknose sheep are used for both wool and meat.

their herd — seven are still available from this year. To see which lambs are up for grabs (and to see just how cute this breed of sheep is), go to www.tribbleranch.ca.



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Dunnottar Community Club opens new playground, greenspace

By John Zajic

The Dunnottar Community Club celebrated the completion of its inclusive and accessible playground and green space with a grand opening event on Aug. 12.

The playground was officially opened with children from the community participating in a ribbon-cutting ceremony.

“The revitalized playground builds on the existing asset to provide a recreational space that is open and accessible to all throughout the year,” said John Zajic, playground committee chair.

The playground and green space revitalization committee — composed of Zajic, Penny Berntt, Marry Kraigsley, Christine Gawlick, Glenda Knoll, Bob Campbell and Brett Duncan — secured over \$304,000 for the project.

A total of 128 individuals, families and businesses contributed through a fundraising raffle and a capital campaign.

Additional financial support was provided from the community club, the Village of Dunnottar and the provincial government.

The new green space includes an accessible 5,500 square foot playground,



Children from the community, Mayor Rick Gamble, MLA Derek Johnson and Committee Chair and cottager John Zajic cut the official ribbon to celebrate the completion the Dunnottar Community Club playground.



RECORD PHOTOS SUBMITTED

The new playground and green space features numerous amenities and will be accessible year-round.

disc golf stations, a ball pit, outdoor gazebo, new club signage and a new accessible front deck for the club.

The community club was established in 1942 and provides summer recreational programming to children and families of Dunnottar. It is located in Matlock, at the corner of Park Avenue and Community Road.



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Catch the Selkirk and District Ukrainian School of Dance at Folklorama



RECORD PHOTOS COURTESY OF JNC PHOTOGRAPHY

The Selkirk and District Ukrainian School of Dance lit up the stage at Beausejour Heritage Days and they aren't stopping anytime soon. The group will be at Folklorama performing at the Ukraine Kyiv Pavilion this Friday, Aug. 18 during the 6:45 p.m., 8:15 p.m. and 9:45 p.m. shows.

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> MEAL IDEAS



Warm-Spiced Chickpeas and Couscous with Grapes and Arugula

Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4
2 tablespoons extra-virgin olive oil
1 small onion, chopped
1 1/2 teaspoons ground cumin
1/2 teaspoon kosher salt, plus additional, to taste, divided
1/8 teaspoon ground allspice
1 cup Israeli pearl couscous
3/4 teaspoon ground turmeric
1 1/2 cups water
1 can (15 ounces) no-salt-added chickpeas (garbanzo beans), drained
1 cup red Grapes from California, halved
2 tablespoons chopped fresh cilantro or

parsley
freshly ground black pepper, to taste
4 cups lightly packed baby arugula
lemon wedges
In large saucepan over medium heat, heat oil. Add onion, cumin, 1/2 teaspoon salt and allspice; cook, stirring, until onion is softened, about 3 minutes. Add couscous and stir 1 minute to toast lightly. Add turmeric and water; bring to boil. Reduce heat, cover and simmer until couscous is tender, about 15 minutes. Stir chickpeas, grapes and cilantro into couscous then season with salt and pepper, to taste. Transfer couscous-grape mixture to large bowl, add arugula and toss well. Serve warm or at room temperature with lemon wedges.



Mac and Cheese with Pecan Breadcrumbs

Cook time: 50 minutes
Servings: 6
8 ounces cavatappi pasta
1 teaspoon salt, plus additional for salting pasta water, to taste
1 tablespoon butter
1 block (8 ounces) cheddar cheese
1/2 cup raw pecan pieces
15 ounces part-skim ricotta cheese
4 tablespoons sour cream
1/4 teaspoon ground pepper
1 large egg, lightly beaten
Preheat oven to 375 F.
Cook cavatappi in salted boiling water.

Drain, reserving 1/2 cup pasta cooking water. Return pasta to pot and stir in butter.
Using box grater, shred cheddar cheese. Using food processor, combine 1/4 cup shredded cheddar cheese with pecans. Process to coarse breadcrumb consistency.
Add remaining cheddar cheese, ricotta, sour cream, 1 teaspoon salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add 2-4 tablespoons reserved pasta water to loosen mixture; stir until smooth.
Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping.
Bake 30 minutes.
Substitutions: Use pre-shredded cheese in place of cheddar cheese block. Use pasta of choice in place of cavatappi.



Cook time: 40 minutes
Servings: 14
15 Medjool dates (9 ounces)
1 cup pecan pieces
1/2 cup gluten-free oats
1 tablespoon chia seeds
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1/4 teaspoon kosher salt

Preheat oven to 200 F.
In food processor, process or pulse dates until chopped and rough texture forms. Add pecan pieces, oats, chia seeds, vanilla extract, cinnamon and kosher salt; process about 1 minute until crumbly dough forms.
Line baking sheet or jelly roll pan with parchment paper. Dump dough into center of parchment paper and use rolling pin to roll into 6-by-

10 1/2-inch rectangle. Cut dough into 14 bars about 1 1/2-by-3 inches or into desired shapes.
Bake bars 30 minutes. Cool bars to room temperature then refrigerate in sealed container between sheets of wax paper.
To package for on-the-go snacking, cut 4-by-6-inch rectangles of wax paper, wrap around bars and secure with tape.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Sitting here eating my lunch at Keele University School of Medicine, my face is about to fall off from smiling so big. It's like my wedding day all over again. And I'm almost as happy today as then. No, I'm not becoming a doctor. I mean, seriously? I had a massage the other day and said, out loud to myself, "Wipe your face when you get to the car." Did I remember after 15 short steps? Nope. Then I met a new neighbour and talked to her for 15 minutes before heading into the house. As I caught a glimpse in the mirror, I almost fainted from the reflection. Think raccoon that's just stumbled home from a rave. Not exactly doctor material.

No, I am smiling because I have the honour of helping medical students learn, and I get to give my two cents about the patient experience as someone with a chronic illness.

Not only did they practice manoeuvring my limbs, poke me with toothpicks, and hammer my knees and elbows for a neurological exam, but the professor let them ask me questions.

"How does diabetes affect your daily life?"

"Does the neuropathy in your feet hurt all the time?"

"What's the one thing you want us to know to make us better doctors?" I sat taller on the exam table with

each question until I almost jumped up and started dancing at the last one!

I tell you all this because when students learn to be doctors, they care. And sometimes, I think after years of practicing medicine, some get jaded or worn out from being on that side of the desk. A bit of their humanness disappears.

But I think (usually) they still have it – the desire to care well for people. And when we as patients build strong relationships by being prepared, being on time, being patient, and giving them our respect, even if we disagree with the treatment plan, we witness their compassion – their buried humanness.

And guess what my answer was to that last question posed?

"See your patients as people and not as a number. We have fears and frustrations, and our health, as scary as that is, isn't even our only problem. Please treat us with compassion and respect.

Hmm...
It seems to go both ways – this humanizing each other at the doctor's office.

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!

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CPS' alteration to silica sand mine raises concern from fishers, Indigenous group

By Patricia Barret

A Lake Winnipeg commercial fisher and analyst says mining promotes pollution and he's raising concerns about an Alberta-based company's plan to alter its silica sand mine project on the east shore of Lake Winnipeg across from Hecla Island.

Bill Buckels, who lives in Gimli and fishes in the lake's narrows region along with hundreds of other fishers, said Canadian Premium Sand Inc. issued a notice of alteration document for its mine. And with a limited window for feedback, now is the time for commercial fishers to make themselves heard.

He wants fishers to "unite" for the greater good of Lake Winnipeg and contact the provincial government with their concerns about mining on the shore of an already heavily polluted lake. Hazardous by-products from mining could affect not only the commercial fishery and the small communities that rely on it for their livelihoods, but also the recreational fishery on which the government relies for tourism revenue.

"Fishers need to speak out. But they're not so this will get worse," said Buckels. "Things like this mine on the shore of Lake Winnipeg will become normalized if we don't say something to our political leaders."

Scientists, environmental NGOs and Camp Morning Star, an Indigenous group that set up a peaceful protest camp near CPS' mine site, have been raising concerns for the past six or so years about the risks to the land, to surface and ground water and to Lake Winnipeg from heavy metals and acid runoff, which occurred at an abandoned silica sand mine on Black Island about three kilometres offshore. They also contend that airborne silica dust, which can cause silicosis, will be generated by mining operations. The mine is near the communities of Seymourville, Hollow Water First Nation, Manigotagan and a cottage development.

CPS needs approval from the Manitoba government to alter its mine project. Its report titled "Wanipigow Sand Extraction Project, Notice of Alteration" is dated November 2022 and was posted on the provincial government's website on July 28. The report states that it was prepared "to describe proposed alterations to the project, and to assess the environmental and human health effects resulting from the alterations."

Those alterations include adding water and wastewater management components to the site, modifying how sand is transported from the quarry to the wet sand processing



RECORD PHOTO COURTESY OF BILL BUCKELS

Commercial fisher Bill Buckels, standing on the shore of Lake Winnipeg, says mining promotes pollution and is opposed to the provincial government giving Alberta-based Canadian Premium Sand Inc. a licence to extract silica sand on the east shore of the lake.

facility via water and slurry lines, using water sprayers and tarps for dust control, modifying the wet plant design to focus wet sand processing on reducing iron content in the silica sand, and reducing the overall scope of extraction activities and sand transport traffic.

CPS will mitigate acid rock drainage and metal leaching from the mine through a "management plan," and that an annual operating plan will be submitted to government 60 days prior to commencing operation, the report says.

"Therefore, potential adverse effects of the altered project on environmental and human health components are predicted to be adequately mitigated," it states (p. 31).

But Buckels says that in no way means that environmental damage and human health risks will be averted.

"In the conclusion of this report, they use the word potential. That's the same as saying they don't know what the effects are going to be. They're saying that maybe there won't be any adverse effects on the environment and human health through mitigation. But we don't actually know," said Buckels. "I'm saying maybe there will be adverse effects; in fact, I'm predicting there will be. If they can predict that harms will be adequately mitigated, I can predict they won't. Unless we can prove they're killing us, they're just

going to go ahead and kill us."

Sand quarrying will take place 10 hours a day, seven days a week for about seven months each year except during extreme weather events, states the report. The extracted sand will be used for CPS' solar glass plant in Selkirk. The plant itself will require a separate Environment Act Licence from the government.

The report states there'll be no impact on fish habitat "due to the absence of fish habitat within the project site."

"They're saying they've cleaned up their act and there'll be no impact on fish habitat, and that it must be fine to carry out mining on the shores of Lake Winnipeg," said Buckels. "And praise the province for not doing any public consultation."

Lake Winnipeg is a highly polluted waterbody. It receives wastewater – and raw sewage – from the City of Winnipeg and municipalities around the lake, as well as runoff that carries agricultural chemicals and animal waste. It's further stressed by frequent algal blooms that create dead zones where organisms can't live and by aquatic invasive species such as zebra mussels.

"There's only about half the feed for fish in the lake than there was in 2002, according research carried out by the Namao [Lake Winnipeg Research Consortium vessel]," said Buckels. "Combine that with the fantastic pol-

lution coming from the USA and other points and our health and fish habitat are at greater risk each year. We can't hit reverse on things like zebra mussels that give pickerel sunburn [zebra mussels clear the water column letting sunlight burn the fish], not to mention the climate crisis that's heating up the water."

He attends water conferences held by oversight bodies such as the Red River Basin Commission and the International Joint Commission and said he doesn't hear about "how the lake is getting worse" or about clean-up initiatives that will actually generate effective solutions.

"Last winter we fishers – my father-in-law and I – stood alone against the International Joint Commission and Manitoba bureaucrats. The Americans in Washington tell our provincial Conservative government what to do and they do it," said Buckels. "Nutrient targets for Lake Winnipeg are set at double what they should be."

A spokesperson for Camp Morning Star said in a statement that Manitobans need to weigh in on the provincial government's new "open-door policy to mining" that was signalled by the recent release of the Critical Mineral Strategy.

"The new Notice of Alteration Report introduces acid rock drainage and metal leaching with no opportunity for public meetings, no Clean Environment Commission, no Section 35 [Indigenous] consultations and only a 30-day deadline to comment on a mine that sends harmful silica into the air and water," said the spokesperson. "Why anyone would want to add toxic metals to an already at-risk lake is perplexing."

Four communities were promised there'd be 150 jobs created by the mine and that's now reduced to 17 jobs "meaning little benefit and all the destruction," said the spokesperson. "Rural and northern communities are vulnerable to the whims of government. Stronger oversight is needed."

Camp Morning Star and the Manitoba Energy Justice Coalition will be holding a "day of action" on Saturday Aug. 19 in south basin communities. For more information about the event, email campmorningstar@outlook.com

Fishers and the public are encouraged to email their MLA to provide feedback on CPS' latest proposal.

CPS' notice of alteration is posted under the Manitoba department of Environment and Climate's website (Permits, Licences & Approvals, Environmental Assessment and Licensing, Public Registry File: 5991.00).

SCI graduate named CEO of Manitoba Possible

By Becca Myskiw

Stonewall-born and raised Lindsey Cooke is breaking barriers for Manitobans with disabilities — and she has been for years.

Cooke's high school French classroom had a job posting on the chalkboard: a family was looking for someone to work with their son who had autism. Thinking she might enjoy it, Cooke applied and got her first introduction to disability services.

After high school, Cooke followed her initial goal at the Asper School of Business. After two years, though, she realized her heart was still with that family she had worked with, and she went to Minnesota to finish her degree and work for the firm there that was currently supporting that family.

"It was supporting them and working with them and seeing their passion and their commitment to their son and improving things in Manitoba that really opened my interest into continuing to work in the field," said Cooke.

After school, Cooke moved back to Manitoba and took a job at St. Amant, working as an administrative manager in their autism programs.

St. Amant supports over 2,200 people in Manitoba with developmental disabilities, autism and acquired brain injury. They are a not-for-profit organization that offers a wide range of support for adults, children and their families. Cooke's work there, allowed her to reconnect with the disability community in Manitoba and she quickly got into trying to improve the services for children with disabilities in the province. She could dip her feet into almost every aspect of the work — strategic planning, budgeting and finances, and advocating for additional resources.

In her seven years of employment with St. Amant, Cooke was part of starting consultative services for school-aged children with disabilities and establishing a site-based program that's now the basic classroom model in many schools in the province. That model gives children with disabilities access to a specialized team of experts who work with their families to ensure they have all the necessary resources to learn.

"The occurrence rate of Autism Spectrum Disorder (ASD) continues to climb and early intervention is a really important component of helping children," she said. "I'm proud of [the program]. It provides early access to intervention for kids who might not have access to that program otherwise. Some of the most impactful moments of my career were working alongside those passionate families."

In 2015, Cooke decided to explore more of the disability sector in Manitoba and started a supervisor role with what's now Manitoba Possible in the Winnipeg children's service coordination and in the Interlake and Estman offices. This job marked the first time Cooke worked outside the ASD community.

Manitoba Possible was formerly the Society for Manitobans with Disabilities (SMD). The non-profit organization provides services to Manitobans with disabilities and their families and communities.

Soon enough, Cooke took a manager position with the organization and was overseeing children's service coordination and the communication centre for children who are deaf or hard of hearing. With her background in American Sign Language (ASL) and previous work in the community, Cooke fit in fine. In this position, she made sure these children



RECORD PHOTO SUBMITTED

Lindsey Cooke, right, shown with her daughter Ellie, was recently named CEO of Manitoba Possible. In work and life, she's an advocate for Manitobans with disabilities.

had access to visual language if needed and ran the early intervention program for children who are deaf or hard of hearing.

"It was just really interesting to get to know them and their families," she said.

Cooke then stepped into a director role with Manitoba Possible. Her job was to provide leadership and implement the board's strategic vision for children's and newcomer programs.

Cooke doesn't stop working when she closes her office door for the day — she does a lot of advocacy work outside of the office and Manitoba Possible is happy to let her. Cooke is part of Barrier-Free Manitoba, the Children's Coalition, and Disability Matters Vote.

"I try to give back to the community that has afforded me a really beautiful life in Manitoba," she said. "I love what I do because of these people and I feel like an important part of my honouring my privilege is bringing awareness to issues important to disabled Manitobans."

Cooke said her time as a director with the organization brought her some of the most rewarding parts of her career. She was allowed to be an advocate, make change, raise awareness, bring voices forward, and implement services. She found her place in being able to do these things.

When the CEO of Manitoba Possible retired, she

took the opportunity to throw her hat in the ring. On July 4, Cooke became the CEO of Manitoba Possible.

Because of her previous roles at the organization, Cooke had already had a hand in shaping the organization's direction. Now, she gets to be ultimately responsible for that direction.

"I think we have some really exciting opportunities," she said. "We want to continue to provide more services and programs with federal work and newcomer work. I have ideas about the needs and gaps in the community and how we can support that."

Manitoba Possible recently started working in the enterprise sector with Care Possible, an online community of people needing homecare services and people offering those services. Cooke is looking forward to making this resource better and more known.

"I really want to continue the legacy of our organization, which is paying attention to the community and the needs of the community and then responding," said the CEO. "I want us to be unapologetic in our pursuit of the best programs for Manitobans with disabilities."

Interlake Brewing Co. opens its doors in Gimli

By Becca Myskiw

A lineup of people down the street welcomed the staff of Interlake Brewing Co. on opening day.

The brewery opened its location in Gimli on July 29 and saw no downtime from when its doors opened at 4 p.m. until they closed at midnight. Owner Kristin MacCary said they were expecting a busy day, but they didn't foresee people waiting outside over half an hour before they opened.

MacCary and her husband, Graeme MacLean, launched Interlake Brewing Co. in the fall of 2021 as a contract brewery. That means they've been contracting a brewery in Winnipeg to produce their beer since then. Since they started, Interlake Brewing Co. has come out with eight beers:

- Rainy Daze: an early grey wheat ale
- Sunny Days: an earl grey lem-

on shandy

- Bay Dreaming: a Kolsch
- Whitecaps: a wheat IPA
- Wild River: a wild rice red ale
- Hoppy Pelican: a dry hopped pale ale
- Winter Sky: a cranberry hibiscus session ale
- Day Tripper: a rye IPA

Every beer they produce has been very carefully crafted. Interlake Brewing Co. doesn't use concentrates in their beer — every ingredient is natural. When they first started brewing, MacCary said they played around with using tea instead of fruit to stay away from sugary beers. From there, they just kept going.

"It's all beer we like to drink," she said.

Interlake Brewing Co. has sold its beer in Manitoba Liquor Marts, pri-

Continued on page 32



RECORD PHOTOS SUBMITTED

Interlake Brewing Co. owners Kristin MacCary and her husband Graeme MacLean opened their storefront in Gimli on July 29.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bobby J tourney all in fore raising funds for SDCF

Submitted

If you've been out on the course countless times this summer, you've got the kinks worked out and you're more than ready to compete at the annual Bob Jefferson Memorial Golf Tournament, presented by IG Wealth Management.

But even if you haven't swung a stick since last year's tournament, fear not, you're welcome to compete for the Most Honest Golfer title. At the Bobby J, skill counts but takes a back seat to having a good time.

Michael Buhr, Senior Financial Consultant with Buhr Blaylock and Associates, IG Private Wealth Management, says the man who was 'One in a Million', loved golf and a good time.

"Bob was as generous as they come and his love for his hometown was legendary," Buhr said.

"But he loved fun, he loved a good time and he loved when people could come together and have a laugh or two. He'd want everyone to come out to his tournament, good or bad, experienced or just learning, his tournament was to raise money for the Foundation and to bring people together for fun."

This year's tournament is set for

Sept. 7 at the Selkirk Golf & Country Club.

Jefferson, a lifelong Selkirk resident and one of the city's biggest cheerleaders, passed away December 2013. His annual golf tournament had been raising funds for the Selkirk and District Community Foundation since 1998 and had topped more than \$90,000 at the time of his passing. To date, it has raised more than \$150,000.

Jefferson ran the tournament through his Century 21 Real Estate company, and after his passing, IG Wealth took over and continued it in Jefferson's memory.

Bev Clegg said the tournament pays homage to Jefferson's love of the game, community and philanthropy.

"Bob was one of a kind, and he was tireless in his commitment to all things Selkirk," Clegg said.

"The Selkirk & District Community Foundation was blessed to have Bob as a friend of the Foundation, and we're honoured that 10 years after his passing his name is still synonymous with the Foundation through this tournament. It's still Bobby J's party and it always will be and we're thankful that IG Wealth Management continues to honour Bob's memory with



RECORD PHOTO SUBMITTED

Michael Buhr, left, and Bob Jefferson with a really big cheque for the SDCF in 2011.

the tournament."

The tournament is a Texas Scramble with a 10 a.m. shotgun start. Participants receive a breakfast snack, on-course food and a post-tournament snack while prizes are being awarded.

Registration is open now and closes Aug. 24.

To receive a registration form, call the SDCF office at 204-785-9755.

See you on the course Sept. 7!

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk Curling Club ready to rock in 2023-24

By Brian Bowman

The Selkirk Curling Club is getting set for another season of great curling action.

Rumours had been circulating that the club would not be operating this season.

That's simply not the case.

"I hadn't heard any rumors and if there are any circulating, it couldn't be further from the truth," said Selkirk Curling Club president Scott Szydluk earlier this month. "We did have a plant failure right at the end of the season. We were shutting down the plant on Sunday and on Friday we had a catastrophic failure and it wasn't repairable. We bought the part, the pieces we needed to fix it and everything is going to plan and we'll have ice on schedule in the fall. We'll be full speed ahead."

The club received a pair of public grants which helped out tremendously.

"It was huge. Without the grants, the bank account balance would have been near zero," Szydluk said. "With

the grants, that's given us a cushion in case there is anything more that needs to be done, just as simple as changing light bulbs. So we still have money in the kitty. As with any facility, there are always ongoing things that need to be done and any help that we can get from our provincial or local government is welcomed and appreciated."

The Selkirk Curling Club took a hit in terms of registration during the two years of the COVID pandemic. But they expect an uptick in registration numbers this year.

"We have every reason to believe that we will have a much better turnout this year but there's still lots of room," Szydluk said. "We're encouraging everyone to come check it out and give it a try. We have lots of leagues, lots of different leagues, stuff for juniors - our junior program is very strong. There is room for anyone who wants to participate."

Leagues start in the first week of October and registration will take place Sept. 14, beginning at 6:30 p.m. At 7:30 p.m., the club will host its annual



RECORD FILE PHOTO

The Selkirk Curling Club is looking forward to having a successful season in 2023-24.

general meeting.

"Everyone is invited to the annual general meeting so they can get an idea as to what the club is expecting

from the season and any news that involves the club and leagues is discussed at the annual general meeting," Szydluk said.

Selkirk FC edged by IPAC Ukraine United

Staff

Selkirk FC was defeated 2-1 by IPAC Ukraine United in Manitoba Major Soccer League 3rd Division action on Aug. 8 at the Buhler Recreation Park in Winnipeg.

Jordan Bruenig scored in the losing cause. Petro Rizun and Maksym Oliinyk replied for IPAC Ukraine United.

Selkirk FC, now 4-5-1, will host Triumph on Aug. 17 at the Recreation Complex. Game time is 6:45 p.m.

The Tri-S Strike Force, meanwhile, was shut out 11-0 by Thunder FC in MMSL 5th Division play last Wednesday.

Thunder FC goals were scored by Mark Troshuk (two), Patryck Skorupski (two), Chase Pacey (two), Brett Oleschak, Ranvir Pandher, Justyn Chernak, Marcus Hay Poole, and Matthew Lischka.

The Strike Force will host Azzurri this Friday at the Recreation Complex. Game time is 6:45 p.m.

Manitoba posts 2-4 record at 2023 Baseball Canada Cup

Staff

Manitoba's U17 boys' baseball team finished with a 2-4 record at the 2023 Baseball Canada Cup in Regina that wrapped up Monday.

That record put Manitoba in a tie for seventh place in the 10-team tournament with Prince Edward Island.

Manitoba's roster included Stonewall's Spencer Schaeffer, Selkirk's Gilbert O'Connor, and St. Clements' Ethan Debiuk.

Team Manitoba started the tournament with losses to Alberta (6-2) and New Brunswick (5-3) before doubling Newfoundland and Labrador 8-4.

After an 11-1 loss to Quebec, Manitoba was edged 4-3 by Prince Edward Island.

Team Manitoba closed out the tournament with a dominating 13-2 win over Newfoundland and Labrador.

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> INTERLAKE BREWING CO., FROM PG. 30

vate vendors, and on-tap in various restaurants across the province for the past two years. Before they started selling their products commercially, MacCary and MacLean were home brewers.

"We've developed a lot of recipes over time," said MacCary.

Along with trial and error, MacLean has worked in the industry and shadowed pub owners in Montreal as they brewed their beer. The couple became increasingly interested in taking their passion professional, and when the space their business now sits in came on the market, they took the plunge.

Their building is at 72 1st Avenue in Gimli, across from the Lakeview Hotel parking lot. Before the space was Interlake Brewing Co., it was Whitecaps, and before that, The Falcon. To honour the businesses that came before them, Interlake Brewing Co. named a beer after Whitecaps and, during renovations, left the original flooring from the Falcon.

"We've preserved the original floors," said MacCary. "We removed the carpet, and underneath it's this beautiful terrazzo stone. At the front door, there's a falcon in it from the original owners."

Bringing the building up to the 2023 code and making it their own took MacCary and MacLean a while, but the couple said it was all worth it. They added a rooftop patio with bathrooms and an unobstructed lake view during renovations. The 5,700-square-foot building also has all-new electrical and plumbing, and it's ready for the couple to brew in-house. MacCary said they'll get to brewing in Gimli as soon as all their equipment comes in and start offering even more beer flavours.

Interlake Brewing Co. has two beers brewed specifically for their location in Gimli. MacCary said they'll continue to have special offerings only in-house until they're brewing everything at their location. They'll always have 10 taps of their products for customers in-house, along with one rotating tap of another brewery's beer and one tap of cider.

Though beer is in the name, MacCary wants everyone to know their establishment is family friendly and they've put a lot of effort into their menu.

Interlake Brewing Co. hired a talented chef from Winnipeg who created their menu. They gave him a few ideas for what they wanted to offer, then let him have the freedom to start creating. Including him, the brewery created 25 jobs for locals — and MacCary is beyond proud of their



employees after opening day. Despite the packed restaurant, she said the longest someone waited for food that Saturday was 15 minutes.

The couple is also sourcing as much as they can from local businesses. Their buns are from the Arborg bakery, the pickerel is caught locally, their chips are from Tomahawk Chips in Riverton, their coffee is from Flatland Coffee Roasters, and it goes on.

Because they're still getting their footing, Interlake Brewing Co. will have reduced hours until they're more comfortable and know what to expect. Right now, they're open 2 p.m. to 10 p.m. Tuesday to Thursday, 2 p.m. to midnight Friday and Saturday, and 2 p.m. to 10 p.m. Sunday and closed Mondays.

"We're new, and we're growing," said MacCary. "We have this beautiful space, and we want it to be this community gathering space where everyone is welcome."

They plan to have live music and events at the brewery once they're more situated.

Interlake Brewing Co. will have a 500-litre brewhouse at their location in Gimli, making them one of the smallest microbreweries in Manitoba. Because of this, every can and glass of their beer will be as fresh as possible. MacCary said small batches will also allow them to experiment more and offer more drinks once they get to brewing.

Interlake Brewing Co. has created by 25 local jobs to staff their restaurant and brewery.



A lineup of people waited over a half an hour to be seated for opening day.

Classifieds



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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.

SCRAP METAL

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

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Hesston 565A round baler in good condition, serviced and field ready. \$6,000 obo. Phone, text or leaver message at 204-280-9134.

FARM EQUIPMENT

For Sale- Three 1650 bushel flat bottom grain bins, Arborg, MB. Call Brian 204-376-5637.

HAY

Round hay bales of alfalfa/brome mix. Call 204-461-0722.

APARTMENT FOR RENT

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

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

For rent, just south of Lockport, entire first floor, marvelous river views, big windows, private entrance, 1,046 sq. ft., gas heat, fireplace and central A/C. 3 piece wash-room, 1 bedroom, kitchen, family and dining rooms, 1 garage parking space. 6 month lease. For more info call 204-904-9012.

GARAGE SALE

Saturday, August 19 Garage Sale and Barbecue at St. Andrews Church, 3 St. Andrews Road. 10 to 3 p.m.

HELP WANTED

The Window Factory is accepting resumes for full-time employees working in production and manufacturing. Please bring in resume into the office located at 605 Mercy St, Selkirk, Manitoba.

J&L Truck Recycling is looking to hire a licensed heavy duty mechanic or mechanics helper full time wages negotiable. Please call 204-338-1458 or email: jltruckrecycling@gmail.com

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MISCELLANEOUS

For Sale: portable LG A/C, 12,000 B.T.U., cools 400 sq ft, L.E.D. remote control, 3 functions, cooling, dehumidify, multiple fan speeds, auto cool, auto power failure reset. In excellent condition, used only for 2 seasons, \$375; chain link fencing, approx. 60 to 70 ft, includes pipes, clamps & joiners, can be free standing kennel, includes 1 gate, \$150; reclaimed maple hardwood flooring, 3/4" x 2 1/4" T&G, approx. 140 - 150 sq ft. \$150; 40 sidewalk blocks, 24" x 30", \$12 each or all 40 for \$10 each. Prices are firm, not negotiable. Phone Herb at 204-479-2069.

SHARPENING

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

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SUDOKU

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

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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!

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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!

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Request for Proposal 2023-03 COMMUNITY MURAL

The Rural Municipality of West St. Paul is seeking proposals for the development and completion of a site-specific mural on an exterior concrete wall approximately 25 feet high and 50 feet wide. This mural will have a strong visual presence and will play a significant role in defining the character of the community while contributing to the appealing quality of the public space.

The mural will be commissioned to be completed Fall 2023. Request for Proposal packages are available online at www.weststpaul.com.

Sealed submissions clearly marked **Request for Proposal 2023-03 - Community Mural** will be received by the undersigned at the address below until **11:00am on Thursday, August 31, 2023**. Late submissions will not be accepted.

The Municipality retains the right to reject the lowest or any proposal if it does not meet the needs of the Municipality.

All inquiries related to the Request for Proposal should be directed to **Lainie Shaw, ACAO** by email admin@weststpaul.com.

Ms. Lainie Shaw, ACAO
 Rural Municipality of West St. Paul
 3550 Main Street
 West St. Paul, MB R4A 5A3

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

WANTED
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.

UPCOMING EVENTS
August 20th St. Matthews Church Cemetery Service at 2 p.m. If you wish, bring flowers to be blessed on love one's graves.

FLIGHT ACADEMY
Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

NOTICES
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.

NOTICES
BACK TO SCHOOL HIRING? REGISTERING PEOPLE for the fall? SOMETHING FOR SALE? HAVING AN EVENT? Book your Blanket Classified Ads NOW in the 31 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call the Selkirk Record at 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

HEALTH
Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

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Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper. We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

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

Please forward your resumé along with three writing and photography samples to:
Lana Meier
Email: news@stonewallteulontribune.ca



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

Sudoku Answer

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

WE ARE HIRING

JOIN OUR NUCLEAR REACTOR DECOMMISSIONING TEAM

TIERED RESPONSE FORCE OFFICER

Canadian Nuclear Laboratories' (CNL) Whiteshell (WL) site located near Pinawa, Manitoba, is looking for **15 Tiered Response Force (TRF) Officers.**

WHAT WE ARE LOOKING FOR:

This role is responsible for providing rapid, efficient and safe responses to security events.

The TRF ensures the safety and security of employees, visitors and contractors by monitoring the site and proactively preventing or reacting to hazards, emergencies and threats using appropriate methods, tools (including Use of Force), techniques, skills and training.

Find out more at: cnl.ca/careers
Pour en savoir plus : cnl.ca/carrieres

NOUS EMBAUCHONS

REJOIGNEZ NOTRE ÉQUIPE SPÉCIALISÉE DANS LE DÉCLASSEMENT DES RÉACTEURS NUCLÉAIRES

AGENT OU AGENTE DU GROUPE D'INTERVENTION ÉCHELONNÉE

Le site de Whiteshell (WL) des Laboratoires Nucléaires Canadiens (LNC), situé près de Pinawa (Manitoba), recherche **15 agents pour son groupe d'intervention échelonnée.**

PROFIL RECHERCHÉ :

Ce rôle consiste à apporter des réponses rapides, efficaces et sûres à des événements touchant à la sécurité.

Le groupe d'intervention échelonnée assure la sécurité des employés, des visiteurs et des entrepreneurs en surveillant le site et en parant ou en réagissant de manière proactive aux dangers, aux urgences et aux menaces en employant les méthodes, les techniques, les compétences, les formations et les outils (y compris le recours à la force) appropriés.

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Announcements

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or email: lucy@selkirkrecord.ca

ANNOUNCEMENT

ANNIVERSARY



Russ and Theda Skalesky

Congratulations on your 70th Wedding Anniversary on August 22

Russ Skalesky and Theda Jorginson first met while attending Junior High. Mom was skipped a grade and ended up in the same Grade 8 Class as Dad at Selkirk's Central School and they have been together ever since.

Mom and Dad married in 1953 in Selkirk and have made Selkirk (and East Selkirk) their lifelong home. Congratulations on 70 years of marriage!

Your commitment, kindness, and generosity to each other, your family and the community are examples for all of us.

Wishing you continued love, laughter and happiness.

We love you so much!

-Your children,

Rusty, Teddy (Sandy), Shelley (Bill)
and families

ANNOUNCEMENT

BIRTHDAY



**Happy Birthday Debbie!!!
Today you're 65**

It's the perfect time to say,
You're a very special person
And you deserve a special day!!!

-Love 'The Girls'

Remember your loved ones or send your special wishes to your friends and family.

Selkirk Record

Call 204-785-1618 Today!

CITY OF Selkirk NOTICE OF PUBLIC HEARING

ZONING BY-LAW AMENDMENT

The City of Selkirk, under the authority of *The Planning Act*, will hold a public hearing to receive representation from any persons in respect to **By-law No. 5381** being an amendment to Zoning By-law No. 4968. Any person wishing to make a representation to Council can do so during the public hearing.

APPLICATION DETAILS

Civic Address: 646 & 648 Manitoba Avenue
Selkirk, Manitoba

Legal: Lots 919 through 923 Plan 4
WLTO in RI 56 and 57 Parish
of St. Clements

Proposal Intent:

The purpose of this zoning by-law amendment is to re-zone the shaded area as shown on the map from "R" Residential General to "R3" Residential Multi-Family Dwelling to enable the development of a multi-family building.



A copy of the above proposal and supporting material may be inspected and copied by any person from 10:00 AM to 4:00 PM, Monday to Friday, at 200 Eaton Avenue, Selkirk, MB.

PUBLIC HEARING DETAILS

Date & Time: 6:15 PM, August 28, 2023

Location: 200 Eaton Avenue
(Council Chambers)

We ask that anyone wishing to submit advance written statements to do so prior to 2:00 PM on Friday, August 25, 2023. Materials can be sent by email to citizensupport@cityofselkirk.com or by regular mail.

INFO ON CONTACTING US

CitizenSupport@CityofSelkirk.com

204-785-4900

MySelkirk.ca/PublicHearing

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Buying large amounts of coins & coin collections!



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Todd
250-864-3521

IVY ROGERS & THE ESTATE OF NORMAN BRUNEAU ONLINE AUCTION. AUGUST 17, 2023 AT 6:00PM. ONLINE AUCTION LAC DU BONNET MB, CA



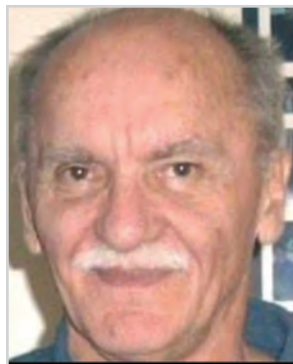
Description: Items must be removed no later than August 25. If you cannot make that deadline, it is imperative that you do not buy. No loading will be available on site. Buyers are responsible for their own merchandise. Directions: North through Lac du Bonnet to Smith Road. Turn West on Smith Road for approx 2 kms. Yard is on the South/left hand side. #381 Smith Road. Payment & Pickup: Friday August 18 from 10am to 5pm. Open House: Thursday August 10, 2023 from 10am to 2pm.

For more listing www.billklassen.com/nextlot



**Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484**

OBITUARY



Ron John Hunnie
December 22, 1944 – August 4, 2023

With heavy hearts the family announces the peaceful passing of Ron, husband, father and grandfather at home with his loving wife Doreen and son Kelsey by his side.

Ron was predeceased by his father John, mother Katherine, brother Eugene Hunnie, sisters and brothers-in-law Pat Brunnette (Maurice), Phyllis Mousseau (Rick) and Ward R.

Pizzey. Ron was predeceased by his nephews Randy and Rick Hunnie and Jean Paul Brunnette.

Left to cherish Ron's memory are his wife Doreen of 50 years and their children, Vanessa (Jarrod Lewis), Michelle and Kelsey Hunnie and grandchildren, Courtnee and Cameron Massey and Evan and Olivia Lewis; sister Debbie Mozel (Larry), sisters-in-law Janet Hunnie and Gloria Pizzey; extended family and friends. Ron leaves his fur babies Jade and Meso.

Ron was raised in Libau, MB, worked at Atlas Copco, Red River Esso and South Beach Casino.

During his retirement, Ron enjoyed fishing, camping, computer games and fun times with his family, grandchildren and friends.

As per Ron's wishes cremation has taken place and no formal service will be held.

Donations in memory of Ron would be most appreciated and can be made to a charity of your choice.

Friends and family are invited to visit Ron's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to

Interlake Cremation & Memorial Services
204.482.1040

OBITUARY

Troy Motkaluk

Troy passed away peacefully with his mother Shauna (nee Halipchuk) at his bedside on November 16th, 2022.

Funeral Service will be held on Monday, August 21st at 11:00 a.m. at Gilbert Funeral Home in Selkirk, MB.

Gilbert Funeral Home, Selkirk in care of arrangements.



SALES CAREER OPPORTUNITY

Big and Colourful 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.

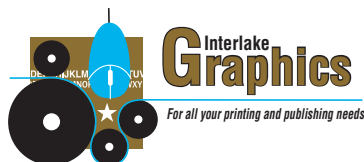
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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



Selkirk Record

Announcements

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ANNOUNCEMENT

IN MEMORIAM



In Loving Memory
Karen Starke
August 19, 2020

They say it's a beautiful journey,
From the old world to the new;
Someday we'll make that journey,
Which will lead us straight to you.
And when we reach that garden,
In which there is no pain;
We'll put our arms around you,
And never part again.

-Sadly missed and always loved,
Herb, Kailee, Kris, Chris and James

ANNOUNCEMENT

CARD OF THANKS

Bobbi wrote her own thank you before passing.

I would like to thank Dr. Prematilake, as well as all the staff of the Dialysis Unit and Medicine 1 Ward of the Selkirk Regional Health Center for their outstanding care throughout my illness.

Thank you also to Doug Hill and his family for all their help and to all my friends who helped care for me during my illness, enabling me to remain at home as long as I did.

-Bobbi

ANNOUNCEMENT

IN MEMORIAM

In Memory of
Tim Loane

Three years have come and gone.

It still feels like yesterday.

Though you are not here,

You'll always be in our hearts.

Our love for you will go on for eternity,

We know Vidar is now with you.

-Love you
Mom and Dad

Deep in our hearts you are fondly remembered

OBITUARY

Armande Angeline Marie Delorme
April 8, 1937 – August 2, 2023



We are deeply saddened to announce that our Mother, Grandmother, Great-Grandmother, and Great-Great Grandmother has passed away. Armande Angeline Marie Delorme (nee Godard) passed away on the afternoon of Wednesday, August 2, 2023, at the age of 86 years old at the Selkirk Regional Health Centre after an extended period of declining health.

Armande is predeceased by her loving husband Ulysse; parents, Annette and Alphonse Godard; sister Olive Sacchetti, her grandparents; and many other special brother and sister in-laws.

Left to mourn are her four children, Daniel (Suzanne) Delorme, Raymond (Elaine) Delorme, Jerry Delorme, and Darlene (Ian) Cockerill; grandchildren, Derek, Jennifer (Keith), Tina (Ethan), Janessa, Kristin (Dan), Patrick (Megan), Micheal (Emma), and

Kelly (Casey); eight great-grandchildren; one great-great-grandchild; sister Lorraine Walton; brothers Roger Godard and Marcel Godard, and numerous other extended family members and friends.

Armande was born on April 8, 1937, in Morris, Manitoba. She married Ulysse Delorme on September 4, 1955, in St. Vital and together they welcomed four children into their lives: three sons and a daughter. As a family, they spent time living in Winnipeg, St. Andrews, and Petersfield. There were many summers spent camping, visiting, and enjoying large gatherings with extended family. Armande excelled in many vocations during her working years; most notably spending time working in clothing manufacturing and at the Selkirk Mental Health Centre. Armande enjoyed sewing and would craft the most stunning designs. She was an exceptional artist and could easily teach herself new mediums of art that she generously shared. She was never too busy to take the time to teach someone how to properly finish a seam, add shading to a drawing, or put the finishing touches on an important project.

Her home in Petersfield was a warm and welcoming place to spend the day on Netley Creek. It was here that Armande earned the nickname "Grandma Beach" as she will be lovingly remembered by many of her grandchildren. Armande spent the later years of her life living in Selkirk, Manitoba where she enjoyed bowling and card games (especially Canasta). Her final years were filled with many outings with her daughter, Darlene, where they spent quality time together doing the activities that Grandma most enjoyed. She always had a spot at the kitchen table or in the sunroom to hear about a problem and offer support; she was the best listener. Her accepting nature and caring demeanor will be greatly missed.

Armande will be remembered foremost for her generosity, wisdom, and quick-witted sense of humour which she maintained even in her final days. She was humble, intelligent, and creative. We will miss the deep conversations about issues big and small, the moon and the stars, and will cherish the memories that we have made with her over the years. The profound impact she has had on those around her will be long-lasting and held close to the heart.

At Armande's request, a private graveside service will be taking place at Green Acres Funeral Home and Cemetery.

Our family would like to extend a special thank you to the staff at the Betel Personal Care Home who provided quality and compassionate care to Armande for the past three years.

Announcements

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Today - Call 785-1618

Selkirk Record

OBITUARY



Leslie Riehl

Les passed peacefully at Tudor House after a courageous battle with Lewy body dementia.

Les was a kind, generous person who always put others before himself. You could always count on him. He was a wonderful big brother to his sister, Cathy.

Though a gentle soul, Les was a master of sarcasm. His wit entertained the staff at Tudor House, who thankfully, found it amusing. He could be heard saying, "Are you trying to kill me."

I would like to thank the wonderful staff at Tudor House who went out of their way to care for Les. Your kindness and compassion was much appreciated. Thank you also for supporting me (Cathy) when things got tough and when Les passed.

A special thank you to my friends who have been there for me at this difficult time. I am touched by the number of people who reached out to me.

As per Les' request, there will not be a funeral.

In lieu of flowers, please give to the recreation department at Tudor House.

A message or story about Les can be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Peter Chodak

Peacefully, with family by his side, Dad passed away at home on August 11th, 2023. He was born to Michael and Teena Chodak on July 12th, 1934 in Grandview, MB. Later moving to Winnipeg where he met and married Judith Chodak (Bragg) on August 26th, 1967.

Peter will be dearly missed and is survived by the love of his life Judith Chodak, his daughter Gaylene (Peter) Halayko, his sons Brad Chodak (Debby Grant) and Montie (Debbie) Chodak of Saskatoon, along with five grandchildren, Ty, Owen, Lexi, (Birds Hill) and Cody and Jessica (Saskatoon), along with two great-grandchildren, numerous cousins, nieces, nephews and their families.

He was predeceased by his parents and his 11 siblings, Wesley, Mary, Anne, Stan, Mabel, Rose, Nell, Edward, Michael, Sophie and his youngest brother Murray. Dad was the last of his generation.

Dad loved wood working, farming, golfing, wiener roasts at the farm, watching the Jets and Bombers games, ice curling and floor shuffle. Dad loved adventure, and in his younger years he could be found waterskiing, taking his Harley for a cruise out to Nova Scotia or flying his airplane, where he made his own runway in a field at the farm. He worked in Edmonton and then Winnipeg being a foreman on construction sites and worked at Canada Mortgage and Housing as an inspector, until he started the family farm in 1982. Dad built all six homes that we lived in and was a very hard worker. He loved farming and raising his family in his dream home that he built on Earl Grey Rd and farmed for many years. Dad loved animals and was at his happiest when in the yard with his horses, his loyal canine companion Buck, family cats, chickens, peacocks, pheasants, turkeys and baby goslings that imprinted on him and followed him around the yard. Dad also loved carpentry and wood working. He built bedroom suites for his children, bird houses, sheds, or whatever we asked for, and was always there when we needed something or something needed fixing. He could build or fix anything and was a Jack of all trades. He even built his own shuffleboard where many a game and good laughs were had, all the while listening to his old time favorites Johnny Cash, Kenny Rogers, Tanya Tucker, Loretta Lynn and Dolly Parton.

Dad loved golfing with his buddies Jim, Glen and Clarence (Chief). He also loved going for coffee with his early morning coffee crew (including Cliff and Willard) at the St. Andrews airport. Some of his favorite things were having wiener roasts at the farm, watching hockey games and playing cribbage, sometimes we even would get a quick game in - between periods. He adored his sister Sophie and her family in Brandon, where Mom and Dad would take weekend trips, playing 31, telling stories and laughing until all hours of the night. Dad had a great sense of humour and could always make people laugh. He loved going for coffee after church on Sundays until he was unable to attend. Memorable family vacations include a road trip to BC when we were kids, where Dad made sure we had a good time and that we also made good time.

He was a kind and caring person who loved time with his family, grandkids and friends. Dad will be dearly missed by so many and lived a full life. We will love you forever Dad, please watch over us all as you are reunited with your family in Heaven. God Bless.

Funeral service will be held on Thursday, August 17th at 11:00 a.m. at the Blessed Virgin Mary Ukrainian Catholic Church at 530 Donald Rd in St. Andrews, with Father Yaroslav Buduykevych officiating. Interment to follow.

Donations can be made to a Humane Society of your choice or a Ukraine Humanitarian Relief Fund.

A big thank you for the outpouring of support from family and close friends. Thank you to the staff at Selkirk Hospital for taking such good care of dad and keeping him comfortable until we could get him home.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Gordon "Wayne" Little
April 03, 1951 - August 03, 2023

It is with heavy hearts that the family announces the passing of Wayne on August 3, 2023 at the age of 72.

Wayne was predeceased by his parents, Gordon and Molly Little and is survived by his brother Garry (Kay).

Wayne graduated from Selkirk Collegiate and received his R.N. from Misericordia Hospital. He worked at HSC for a short period and then moved on to work in the lab at Rolling Mills in Selkirk for 42 years.

Wayne loved animals and took joy in having treats for the neighbour's pets.

The family would like to thank Don and Chris for always being there for Wayne.

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

In lieu of flowers donations can be made to any no kill animal shelter.

Family and Friends are invited to share memories and condolences on Wayne's memorial page at www.interlakecremation.ca

Arrangements entrusted to



OBITUARY

Eileen Ruth Cyr (nee Baskerville)



On August 11th, 2023, Eileen Cyr spread her wings and departed peacefully, entering through the golden gates of Heaven. Eileen, known to many for her steadfast invisible wings on Earth, has now taken flight with her Heavenly wings, a symbol of her enduring faith and unwavering spirit. Her life was a testament to service, dedicated to her community, her church, her friends, and above all, her cherished family. We can imagine a chorus of applause and the joyful reunion with her parents, Dawson and Josephine, her husband Keith (fondly called Chubby), and her son Curtis.

Eileen's legacy lives on in the hearts of her surviving sons, Craig and Brent, daughter-in-law Patricia, grandchildren Aaron (Kaitlyn), Jessica (Andrew), Megan, Brenna, Nolan (Madison), Trevor, great-grandchildren Macey, Nina and Easton as well as numerous relatives, each touched by her grace and love.

Born on February 8th, 1938, in Vita, Manitoba, Eileen's large family made Dominion City their home and it always held a special place in her heart. From her earliest days, a spark of determination and kindness shone brightly in her. It was in those formative years that her lifelong devotion to her purpose began to take shape, laying the foundation for the remarkable life she would live.

At the tender age of 19, Eileen embarked on a journey that led her to Selkirk, Manitoba, where she would carve out a place for herself. Her journey began with the Manitoba Telephone System, and her bond with former coworkers remained strong throughout the years. Eileen was proud of her lifelong career with MTS and was a dedicated employee who held her job in high regard as she often shared stories and cherished memories with friends and family.

Immersing herself in Selkirk's close-knit community, Eileen became an integral part of its fabric. She joined bowling teams, contributed to the MTS social committee, and found a home in her local church. The Anglican Church became her sanctuary, and she poured her heart into ensuring its Sunday services ran smoothly. Eileen's passion for the church extended to outreach services across Selkirk's care homes, a reflection of her abiding faith and love for God.

Eileen and Keith raised three sons in a quaint home on Strathnaver Avenue. They worked hard to ensure that their sons had opportunity and involvement in sport, specifically hockey. Eileen's impact on the hockey community was profound, from coordinating referees for the Selkirk Minor Hockey Association to managing admission at Junior B hockey games. Despite her busy schedule, she never missed her sons' games and took on the challenge of being a committee member for the Selkirk Recreational Foundation. Her dedication played a pivotal role in the development of the Selkirk indoor arena complex. Her dedicated contributions earned her the title of Selkirk's Citizen of the Year in 1983.

As her sons started families of their own, Eileen embraced her role as a devoted grandmother to six cherished grandchildren. Soccer games, hockey games, figure skating competitions, volleyball matches, piano recitals, graduations, weddings, etc., she was a constant presence, and a guiding light in their lives. Her home was always a place of comfort and joy where the Cyr family gathered to create treasured memories.

In 2017, a stroke brought about a change in Eileen's journey, but her resilient spirit remained unbroken. Adapting to her new life at Red River Personal Care Home, Eileen approached every day with positivity and gratitude. Her earthly mission fulfilled, we are confident that her Creator welcomed her with open arms, proclaiming, "Well done."

The legacy Eileen leaves to us all is woven with love, dedication, and boundless generosity. In her passing, we find comfort in the knowledge that her earthly struggles have ceased, and she rests free from pain. We know that her spirit is forever alive in the hearts of those who were privileged to know and be loved by her.

The family would like to thank Eileen's extended family, friends and co-workers who took the time from their busy lives to stop in and visit with her over the past five years. It always put a smile on her face and cheer in her heart. And to Eileen's dear friend Joan, thank you. To the staff at Red River Place, we thank you for the wonderful care Eileen received and you did it with great compassion and empathy.

Cremation has taken place and a private family service will be held.

In lieu of flowers, donations can be made to the Selkirk and District Community Foundation.

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

Gilbart Funeral Home, Selkirk in care of arrangements.

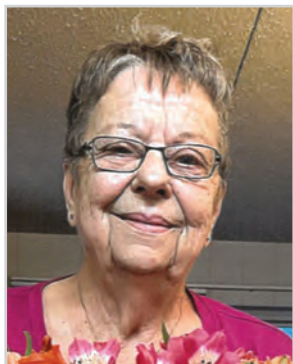


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OBITUARY



Yvonne Carter

It is with heavy hearts that we announce the passing of Yvonne Carter on August 8, 2023 after a brief battle with leukaemia. She passed peacefully in her sleep.

She is predeceased by her husband Peter Frisch and her daughter Valerie Bertrand.

She will be greatly missed by her family and friends.

Yvonne was born March 30, 1942 in Selkirk where she lived most of her life. She was well known for her cooking and baking. She loved to garden and always had a successful crop of fresh veggies to cook with. She loved visiting and talking with friends and family.

We would like to thank the staff at the Selkirk General Hospital for their caring compassion on her short stay there. Thank you to Gilbert's Funeral Home for their compassion in this difficult time.

We would also like to thank Home Care staff for their daily check ins and care they have provided over the years. Thank you to all who helped to make her final hours peaceful.

Thank you for sharing our life and we will cherish your memory.

She requested not to have a service, so we will respect her wishes.

In lieu of flowers, donations can be made to Cancer Care.

Rest in peace Yvonne.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Franklin Louis Fekete

It is with great sadness the family of Franklin Louis Fekete, announce his peaceful passing, at home with his family by his side.

Frankie leaves to mourn his wife Shannon, son Cody, his brother Joey (Tammy and children), his mother-in-law Peggy, sister-in-law Debbie (Ray), brother-in-law Bobby, his nieces Karrissa and Brandy, nephews Tyson and Keenan, his great-nephews Jaxyn, Leo and Karter and his namesake great-niece Avagail Frankie. He also leaves many wonderful friends.

He was predeceased by his mother and father Pat and Frank Fekete, two uncles John (Nellie) and Hendy (Maria) Lee and two aunts Mary (Stan) Wood and Rose (Fred) Appelt, and father-in-law Laurie Clarke.

Frankie was born in Selkirk, Manitoba, where he remained his entire 58 years. He loved music and he went everywhere with his

'tunes', especially his favourite musician Bob Seger. He loved aviation and building models from a young age and throughout his entire life. His most successful model, the Titanic, was displayed at the Manitoba Museum of Man and Nature as part of the Titanic Exhibition. They even made souvenirs (fridge magnets and keychains) to sell in the gift shop from his Titanic.

He loved collecting coins, his favourite team merchandise and of course, his favourite Godzilla and had every movie ever made. He enjoyed working on puzzles and diamond art, especially these last years, as he liked to keep busy. He loved to garden and take care of his fruit trees. He was also a die hard CFL and NHL fan and as we all know, his favourite teams were The Boston Bruins and Edmonton Elks. He loved bicycling and would bike to work through the whole year, even the winter.

Frankie took pride in caring for everything he had, from his vehicles, to his home, yard and valued a good friendship and as many of his friends have said, he was a good friend.

Frankie was a union steelworker, working in a few steel plants in his career and took pride in his work ethic, never missing a day if he could help it.

No words could ever express how saddened we are, but we are sure, he is no longer in pain and watching over us. We loved him tremendously and our memories will last forever.

Frankie planned a party on July 22, 2023, so he could enjoy the company of friends and family. As per Frankie's wishes, no formal service will be held. Cremation has taken place and a private burial will be held at a later date.

Family and Friends are welcome to visit Frankie's memorial page at www.interlakecremation.ca where memories and condolences may be shared.

Arrangements entrusted to



OBITUARY



Denis Gilbert Joseph Remillard

It is with great sadness that we announce the sudden passing of our beloved husband, father, and grandfather Denis Remillard on August 9, 2023.

Denis will be lovingly remembered by his wife Patricia; sons John (Sandi) and Robert (Jo-Ell); daughter Michelle (Guy); grandchildren, Kirsten, Cheyenne, Hunter; niece Kimberly; brother-in-law Rick and sister-in-law Darlene. Lifelong friends Ron and Nellie DeFoort.

He was predeceased by his parents Aime and Louise and sister Lorraine.

Although his parents originated from St-Jean Baptiste (Manitoba), they primarily settled in St. Boniface, Manitoba where he was raised. He was well known for his love of hockey and football growing up with hockey becoming a lifelong passion.

He spent many evenings on the backyard community club playing pick-up games of shinny and skating circles around all who would challenge him, young or old. Some of his favorite pastimes also included fishing and hunting, snowmobiling (including racing), and weekend family camping trips.

The family would like to extend a special thanks to Dr. Edward J Pilat and Denis' doctors, nurses, and aids at Riverview Health Centre a few years ago after his stroke, as well at Concordia Hospital in January 2023 and most recent health issues that resulted in his passing, Park Manor Personal Care Home, and lastly to the Winnipeg Fire & Paramedic staff that have expediently and graciously served him in his times of need over the years.

At Denis' request no official service will be held. Cremation has taken place. He will be honored and remembered at a private family gathering.

Family and friends are invited to visit Denis' memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:



OBITUARY



Terry Palmer

It is with great sadness we announce the passing of Terry Palmer on August 8th, 2023 at the age of 72.

He leaves to cherish his memory his spouse Donna; daughters Pauline (Sean), Genevieve, and their mother Maria; step-daughter Rhonda; step-son Rodney (Linda); grandchildren, Kallie, Emily, Cassidy, Warin, Jayden, Coral (Jordan), Braydon (Shay); great-grandchildren Jace and Casey; his siblings Larry, Butch (Bonnie), Kenny, David, Evelyn, Dorothy. Also include extended family, many nieces, nephews and friends.

He was predeceased by his parents, brother James, sisters Alice and Marjorie and best friend Billy.

Our family would like to express a heartfelt thank you to the first responders who attended to Terry, the staff at Selkirk Regional Health Centre and Health Science Centre for their care,

compassion and professionalism.

There will be a memorial service for family and close friends.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Eleanor Thomas

Peacefully, on July 19, 2023 at the Selkirk Betel Home, Eleanor Thomas, aged 73 years, passed away.

Her funeral service will take place on Wednesday, August 16, 2023 at 11:30 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

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

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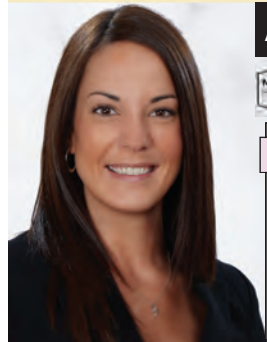
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