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RECORD PHOTO BY LINDSEY ENNS

Cimarein Bryce-Thomas finds some shade under a log on a sunny afternoon while checking out the new nature-inspired playground outside the Selkirk Onashiwin Aboriginal Head Start Program during their year-end barbecue for students and their families last Wednesday. For a story, see Page 9.

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'Doing the right thing pays off'

Insurance returns nearly \$291K stolen from St. Andrews Community Club

By Lindsey Enns

The RM of St. Andrews says the nearly \$300,000 stolen from their local community club by a former volunteer has finally been returned.

The St. Andrews Community Club recently received \$291,500 from Western Financial Group, the rural municipality's insurance company, following a lengthy RCMP investigation and court proceedings.

"We've received a cheque for the damages and theft and this just proves that doing the right thing pays off," said Rob Ataman, a St. Andrews councillor and the club's current president. "The gist of this is to say 'thank you.' Thank you to the board when you could have walked away. Thank you to the community and the people that use the club for being patient with us and giving us the support that was needed."

While standing inside the local arena last Friday afternoon, Ataman wasn't short on words when it comes to the volunteer board members who have and continue to keep the club operating.

"This is an extraordinary group of



people, and to me, they're my heros," Ataman said. "People could have just walked away and let the club disappear, but they didn't."

November In 2017, Sharon Wasny of St. Andrews, the club's former treasurer, was sentenced to 15 months in jail. Wasny was the local club's volunteer bookkeeper between 2005 and 2012 when she used her position to steal nearly \$300,000 for her personal own use. She pleaded guilty to the theft in March 2017.



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: St. Andrews Community Club president Rob Ataman says hardworking past and present volunteer board members have helped keep the club running after all these years. BELOW: Photos and memorabilia hang in a glass case inside the St. Andrews Community Club.



"What people don't realize is the story of the board and how resilient the board was for five years to put up with what they put up with," Ataman said. "I know a lot of people didn't believe what was going on. This is the time to say 'thank you' to those people."

Ataman said nearly \$104,000 of the funds they received from the insurance company will go to repaying the RM of St. Andrews, which helped fund the club's expansion several years ago. This will leave the club with around \$188,000, which Ataman says will be going towards purchasing a new ice resurfacer along with other club and program improvements and they are also looking at hiring a facility manager.

When reached by phone on Monday, a spokesman with Western Financial Group confirmed the RM of St. Andrews is one of their clients but would not provide any information about the payment due to privacy reasons.

> Continued on page 7



Community foundation hands out nearly \$311K

53 groups receive grants during annual gathering

By Lindsey Enns

Selkirk and area's generosity and commitment to community was on full display as the Selkirk and District Community Foundation (SDCF) handed out nearly \$311,000 to local organizations last week.

SDCF held their annual grant awards at Selkirk United Church last Wednesday evening, handing out a total of \$311,034 to 53 community projects.

"The community fund allows people to give back to their community, connects donors with the community's wishes and dreams and provides grants that touch a lot of people," said SDCF chair Gord Henrikson to a packed room inside the local church.

SDCF is a non-profit charitable organization that creates and manages permanent endowment funds and distributes the interest from those funds in grants each year. Grant recipients are always non-profit groups operating in Selkirk, St. Clements and St. Andrews.

Some of the grants handed out last week included \$13,490 to the Growing Years Family Resource Centre to help purchase computers, centre improvements and staff training.

The Rotary Club of Selkirk also received \$20,000 towards the purchase echocardiography diagnostic of equipment. The Red River Basin Commission received \$25,000 towards the Netley-Libau Marsh restoration project and the Selkirk Canoe and Kayak Centre was given \$5,200 towards the purchase of three fully equipped 17foot canoes.

A \$2,436 grant from the SDCF also



RECORD PHOTO BY LINDSEY ENNS

Grade 5 and 6 students from Robert Smith School perform during the Selkirk and District Community Foundation (SDCF) grant awards evening at Selkirk United Church last Wednesday.

made it possible for Robert Smith through the learning of a new instru-School to purchase 40 flutes and other resources.

"The flutes and resources allow the students at Robert Smith School to learn and perform Aboriginal flute music," teacher Katherine Lapp said in a handout. "Students will enhance and improve their music skills ment."

Lapp added students of all cultural backgrounds are learning how to play

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the flutes. The flutes are based on traditional First Nations flutes, but

are made of plas-

sanitized and used by many students. "We're going to be having a group with parents and students, so parents can have a chance to learn as well," Lapp added.

The SDCF also took the opportunity to mention their recently released Vital Signs report, which aims to address gaps within the community, during last week's awards ceremony. The foundation wanted to remind community members that a copy of the report is available at various local businesses and organizations as well as online at sdcf.ca.

The SDCF, which was founded in 1995, is one of the largest rural community foundations in Manitoba. The foundation has \$9.8 million in assets and provides grants to community organizations from the interest off those asses. Over the years, the SDCF has granted more than \$2.1 million to more than 125 local non-profit organizations throughout Selkirk, St. Andrews and St. Clements.





Taking steps to end MS





RECORD PHOTOS BY JUSTIN LUSCHINSKI



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A little rain and humidity didn't stop more than 50 community and area members from taking part in this year's MS Walk in Selkirk last Sunday. Organizers behind Sunday's event say nearly \$30,000 had been raised as of Monday, but a final tally will be determined at a later date as pledges are still coming in. Funds raised will benefit multiple sclerosis research and also help support local MS Society programs and services in Manitoba. Canada has one of the highest rates of multiple sclerosis in the world, with an estimated one in 340 Canadians living with the disease. MS is a chronic, often disabling disease of the central nervous system comprising the brain, spinal cord and optic nerve. It is one of the most common neurological diseases affecting young adults in Canada.



Walking through history

By Justin Luschinski

How much do you know about Selkirk's history?

Local historian Rob Sarginson led a group of Selkirk residents on a historic tour of the city last Sunday. The Saints and Sinners Walking Tour, hosted by the Regional Heritage Group, took participants down Eveline street, to learn about the behind-the-scenes dealings that led to the creation of Selkirk.

Sarginson said that Selkirk's story is one of survival.

"This is a history like all the other prairie towns. Except, we're still around. So many of those proposed towns evaporated, many of them depended on Canadian Pacific Railway doing business in the area," Sarginson said.

Shirley Froehlich, a Selkirk resident who took part in the tour, said it's really interesting to learn about Selkirk.

"I've lived in Selkirk for a long time, it's really interesting to hear about the history around the street names and everything else ... I think it makes it



RECORD PHOTO BY JUSTIN LUSCHINSKI Local historian Rob Sarginson leads a small group of community members on a historical walking tour around the City of Selkirk last Sunday afternoon.

a lot more interesting. We've heard a few stories, but not many, it makes it a more fun place to live," Froehlich said. Sarginson plans to host two more walking tours, one on Sunday, June 10, and another on Sunday, June 24. For more information, call 204-485-4583.

High winds force tree to fall down



RECORD PHOTO BY BRETT MITCHELL

A huge tree fell down along Vaughan Avenue in Selkirk as a result of last weekend's high winds. Curtis Kalyta from Prairie Oak Tree Services and his crew members were busy cleaning up the aftermath on Tuesday morning.





Happy Thought School earns sustainability award

SUBMITTED PHOTO

Selkirk MLA Alan Lagimodiere, pictured right, presents staff and students from East Selkirk's Happy Thought School with an Education for Sustainability Award at the Manitoba Legislature last Tuesday. Happy Thought School was awarded for their number of waste reduction and recycling initiatives, which have helped the school population learn how to incorporate sustainability into their everyday lives. The school also has an outdoor classroom with gardening beds where students learn to grow vegetables which are later used in school meals and snacks. A group of students representing the school also participated in the 2017 Youth Encouraging Sustainability conference where they could share their initiatives with others.



RCMP provide safety tips on International Missing Children's Day

Submitted

On International Missing Children's Day, which took place last week, the RCMP would like to remind parents how to keep their children safe by sharing some prevention and safety tips.

While abductions are rare in Canada, no parent should ever have to say the words, "My child is missing."

Safety Tips

• Always encourage your kids to use the buddy system. It's an effective prevention strategy that is applicable for all age groups and a great safety habit to practice throughout their childhood and young adult years. No matter the distance, travelling in groups is always safer.

• Talk with your children about common lure tactics used by abductors such as inviting them to play the latest video game console, looking for their lost pet, offering them a ride or food, asking for directions etc. Go through "What-if" scenarios with your children and explain clearly that no matter the lure, they are not to go with the person.

• Talk to your kids about strangers and make sure children understand not to go anywhere with anyone, without your permission first. This rule applies even if it's someone they think they know or may have seen before, like a neighbour, or the parents of one of their friends, even one of your friends.

• Develop and discuss a safety plan for times when you're out in large busy places like the mall or an amusement park:

• establish a meeting point that can be easily located – this could be the Ferris wheel at the amusement park, or the food court at the mall,

• if they are lost, tell them to seek out a security guard or a store employee,

• most importantly, tell them to NEV-ER leave with anyone else other than you or who they came with.

• Talk to your children about online safety. Teach your children what not to do or post online, on social media or while playing online video games. This includes never sharing their passwords online, not meeting someone they met through social media or an online videogame site, and to not enter any personal information into pop-up ads or re-directed websites.

By engaging and speaking with your kids today, we can all ensure that no child goes missing. For more information, the Canadian Centre for Child Protection along with missingkids.ca has great resources for parents.

Making art out of antlers

By Caitlyn Gowriluk

The first piece of jewelry Jessica Stanley created was a ring she made for herself from a piece of deer antler. Soon, friends started requesting custom pieces, and word started to spread.

From there, she expanded her products to include other kinds of jewelry, like necklaces and earrings, the latter of which became the top seller for Love Sheds, the business she started in 2015.

"As a little girl, I spent a lot of time exploring the outdoors," said Stanley, who moved to Stonewall from Balmoral last summer. "My dad was my first hunting buddy. He inspired me to be outside, and we like to hunt and we fish and we go hiking. Ever since I've been little, I've been really curious, and I just really like to explore."

Stanley said her father has been collecting sheds – the antlers that deer naturally lose every year – for over 30 years. In that time, Stanley said, he amassed a collection of over 60 sheds piled up in their garage.

Deer shed their antlers every year when their testosterone levels drop after breeding season, which can be as early as December or as late as April, said Stanley. Every year around this time, she and her family — her parents, two sons, and husband – go out looking to collect as many sheds as they can.

Stanley said she also has help collecting sheds from family friends who are farmers.



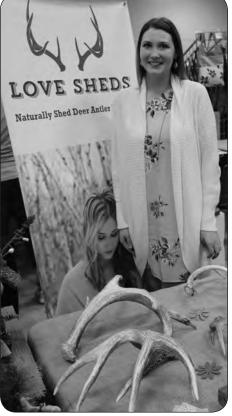
"They have been picking up sheds in their fields because they don't want to run over them with their tractors," she said."Now that I started this business, they have been supplying me with sheds."

From there, Stanley said she has a very simple process, although she's careful not to reveal too many of her trade secrets.

"I start by cutting slices, segments, the tips of antlers. I get a lot of questions [about] how I cut my antlers," she said with a laugh. "That's a little bit of a secret. I kind of just say that I use my power tools."

Stanley has sold her jewelry at craft markets across Manitoba – including in Winnipeg, Oakbank, Stony Mountain, and Teulon – and on her website. She has also recently added a new component to her business: for every order placed, \$1 will be donated to Cystic Fibrosis Canada.

For more information, visit lovesheds.ca



RECORD PHOTO BY LANA MEIER Jessica Stanley uses deer antler to create unique pieces of jewellery.



> 'WE HOPE THIS NEVER HAPPENS AGAIN,' FROM PG. 2

"Once the theft was investigated what we did was pass it onto our insurance company ... Western Financial," St. Andrews Mayor George Pike said. "Once the RCMP do their criminal investigation, the insurance company has agents as well who look over the documents.

"We hope this never happens again." Former St. Andrews Community Club president Kurt Proctor said, "board members took a lot of flak trying to do the right thing."

"Insurance reimbursing the club just goes to prove that we were doing the right thing and sometimes it's a lot harder to do the right thing than it is to do the wrong thing," Proctor said. "It would have been real easy for a lot of people to just quit the board ... but they kept going."

As for the future of the club, Ataman said its looking bright. They recently replaced the club's roof and indoor lighting, with help from numerous grants. The club also recently received a grant for \$4,500 from the Selkirk and District Community Foundation's Gaynor Family Fund towards purchasing a new projection screen for games.

"We're trying to make the club a better place for the next group of people who come through," Ataman said. "We're also looking into hiring a full time manager."

Ataman said the club is the recreational hub of the community and roughly 400 people currently use it just for sporting activities. The club also hosts dances, garage sales, summer camps and other events.

"We've had volunteers creating these fabulous things for free," he said. "When I come here, it almost brings a tear to my eye because we're at this conclusion now."

The club's board is currently made up of around 18 volunteers, but they are always looking for more help, Ataman said.

Those interested in learning more about the St. Andrews Community Club and volunteer opportunities can visit, standrewsrec.com.



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City rolls out waterfront concert series lineup

Staff

The City of Selkirk is hoping to once again celebrate summer with community members during the Selkirk Waterfront free concert series.

The four show concert series gets underway with the Season Opener on Saturday, June 16. The city's signature event – Canada Day – is next on Sunday, July 1. The hugely popular Rock the Waterfront takes the stage on Saturday, July 21 with the annual Waterfront Fest British Invasion wrapping up the season on Friday, Aug. 10.

"The Waterfront Concert series continues to draw a crowd from near and far and increases in popularity every year," said Selkirk CAO Duane Nicol. "Each year, our events team works diligently to create first-class entertainment events that offer free entertainment for everyone to enjoy."

The Season Opener features a tribute to Keith Urban and Neil Young; a two-set affair starting at 7 p.m. on Saturday, June 16.

The annual Canada Day celebrations kick off at 4 p.m. with a kids zone that runs until 8 p.m., local entertainment, cultural performances, a game show, tribute to Cher and an International tribute to the music of Foreigner and Lou Gramm by headliners - Jukebox Heroes.

Jukebox Heroes offer up the live sound and feel as if you were watching Foreigner in their heyday of the late 70's and 80's.

Rock the Waterfront is next up just three weeks after Canada Day at 7 p.m. on Saturday, July 21 featuring a tribute to Guns n Roses and the Tragically Hip.

Something new this year is the Waterfront Fest British Invasion taking place on Friday, August 10. That event, tributes to British Rockers the Beatles, Stones and Bowie will grace the stage for a three-set event starting at 7 p.m.

"Hosting an event on a Friday allows those that leave for the weekend a chance to take in one of our free events," said Vanessa Figus, the city's marketing and communications coordinator.

The city would like to remind everyone that events are never cancelled if it rains. Events are relocated to Memorial Hall for regular events and the Selkirk Rec Complex for Canada Day.

Events are always free, family friendly and feature food vendors. A complete list of the 2018 Waterfront Concert Series is available on the city's website at MySelkirk. ca/waterfrontconcert-series.

Selkink Record



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New pier proves lucky for visiting fisherman

Welcome fishers.

Early last week I pulled my car up to the bow of one of the towering whitefish boats in the Gimli harbor parking lot. Owners and friends were busy getting them ready to be put in the water for summer. I paced quickly by one of the boats catching a glimpse of folks kneeling or laying under the boat painting its underside. One chap, who happens to be a cousin of mine, Clayton Reykdal, was rolling paint on the boats' bottom."Don't miss a spot," I joked as I passed him while making for the pier. I called out to angler after angler, kidding back and forth as I walked by and asking if they caught anything. I was stopped in my tracks when one lady piped up saying, "No, but I caught a guy once!" She went on," I'm Susan Swaikoski and the bushy grey haired guy is my husband, Tim and beside him is our daughter Samantha." "So the guy you caught wasn't your husband?" I joked. Susan, a pleasing lady in features and manner shook her head, smiling and explained. She was shore fishing on the Red and after casting out she felt a tug. She hauled up on her rod and felt the tug again. Tim, beside her said, "Sue, look at that guy way out in the water with hip waders, every time you haul up on your rod, he flinches!" Only then did she realize she had hooked the guy but he was too shy to yell out. Embarrassed, she shouted, "Sorry," as he freed his hip waders of her hook!

Every once in a while I have the happy pleasure of running into an angler who is full of fishing stories and loves to pass them along; without end. Rod Dzlba of Winnipeg was such a guy who I met fishing on the Red River by Selkirk. He and his wife Myra were getting ready to start fishing. Rod's large hands flitted about getting his line dangling straight as he spoke in a muffled, rapid manner. Though big in frame, he had pleasant defined facial features that were emphasized by a dark thin mustache and goatee.

TO PLACE AN AD or for



RECORD PHOTO BY ARNIE WEIDL

Pictured from left to right: Erlinda Delazcruz, Randy Mrasigan and Arnel Elloso who loaned on the extreme right Adam Aranzo a rod so he could spend a little time fishing with them.

Tiny, thin Myra, with short dark hair, was quiet except for occasional comments as Rod gave us his stories. Last summer our new friends were fishing off the village dock at Hecla. There were many anglers on either side of Rod and Myra and the scuttlebutt up and down the line was that no one was catching any fish because of the choppy water, the bracing wind and cold, cloudy day. Rod and Myra having just got there said nothing because both of them almost immediately caught pickerels and now their rods were quivering again. Agitated grunts abounded from their angling neighbors. Then Rod heard a father nearby say to his son, "Walk over there and see what they're using." Rod winked at Myra and as the boy cautiously approached, he held up a frog shaped lure. The boy turned and ran to his dad. The day wore on. Unlucky anglers came and went and those who remained watched enviously as Rod and Myra finally strode from the dock each with their limits on strings. They had been using "crank bait-little perch" and that day it worked like a charm! "Oh and here's another one," Rod continued as he cast out his line. He and Myra were fishing off the Lac du Bonnet pier a few years ago and

Rod looking down into the clear water was shocked to see a gigantic jackfish lazily "roll" out from beside the pier and take his hook. Myra grabbed their large net and came along side her partner to net the monster. Their net was wide but the jacks head was wider or so it seemed. Just as she would get its massive head part way in the net it would "gator roll" away. On the fourth try, the fish seemingly lost patience with the little game and viciously jackknifed snapping the line and disappeared with the lure. Rod was not pleased, that lure was brand new and very expensive!

I have great admiration for the St. Clements municipal administration for their attempts to accommodate anglers at the Balsam Bay harbour. On Saturday I stood on their new pier watching anglers on the rock water break when a guy approached me. He said he was Adam Aranzo from Toronto, here for a short time for work and the folks still up on the rocks had kindly given him a rod so he could spend a little time fishing with them. When they saw us talking they gathered their gear and came to join us. As my picture shows, these outgoing good sports caught a nice mess of fish. So long for now my friends.

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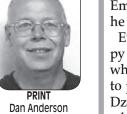
EDITORIAL

Lindsey Enns 204-485-3337

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

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ADMINISTRATION Georgia Campbell

Head Start program welcomes nature-inspired playground

By Lindsey Enns

A new nature-inspired playground has helped breathe new life into a local school readiness program for young children.

The Selkirk Onashiwin Aboriginal Head Start Program found out in January that they had been chosen to receive a grant for \$201,000 through the Public Health Agency of Canada.

Those funds have now been used to build a brand new play structure in a parking lot behind the local head start program as well as a fence around it. They also plan to build a teepee near the playground as well as plant new trees and a garden for the students. Remaining funds are also being used to purchase new kitchen cabinets and flooring for the centre.

Kathy Duncan, the director of the program, said they are federally funded and off-reserve head starts had the opportunity to submit a proposal for the grant.

"Our proposal of course was a playground for our children," said Duncan, who has been with head start since 2005. "It allows children to have access to an outdoor play space, we are hoping to start a garden for the children to grow vegetables and flowers and to show them how to care for it."

Previously, Duncan said they would have to travel to other playgrounds in the city, which wasn't always safe for their students.

"We've really struggled in the past with taking the children to different parks in town because of finding ... needles," she said. "The staff would always have to do a sweep of the playground, which took quite some time away from their play.

"This will allow us to have a clean, safe space for the children."

The centre celebrated the playground opening during their annual barbecue for their nearly 50 students and their family members last Wednesday afternoon.

"They are just overjoyed," Duncan said. "It's just very gratifying to have them have this experience."

The new playground includes a slide, a paint play station, logs to climb and hide under, a balance beam as well as



RECORD PHOTOS BY LINDSEY ENNS

The Selkirk Onashiwin Aboriginal Head Start Program celebrated the opening of their new nature-inspired playground during their year-end barbecue for students and their family members last Wednesday afternoon. A grant for \$201,000 through the Public Health Agency of Canada helped the Selkirk program purchase the new playground as well as build a fence around it.

a driving panel.

"Once we have a teepee, kids will be able to climb that as well," Duncan added.

Selkirk resident Tara Campbell's four-year-old granddaughter attends the head start program and said the new playground is an "amazing" addition.

"We've always wanted a playground in the back of head start," Campbell said. "It felt like a dream but now it's a reality and it's just beautiful ... the kids are so happy."

Duncan said currently the new playground is just for head start students and their security gate will be locked when they wrap up for the summer months.

Head start also recently received a grant for \$4,480 through the Selkirk and District Community Foundation's Gaynor Family Fund towards purchasing new bus tires, a vacuum and a new backsplash for their kitchen.

The Selkirk Onashiwin Aboriginal Head Start Program is offered to First Nations, Métis, and Inuit children aged three and four. The program, which runs from September to June, provides bus transportation, nutritious snacks, crafts and field trips. They also offer cultural and social events as well as parent workshops. For more information about the

ips. cahs@mymts.net. Applications can be
picked up at the Head Start Program,
located at 222 Manitoba Ave. or at the
the Selkirk Friendship Centre.

program, call 482-6419 or email sf-







Petersfield woman's love of animals inspires new picture book

By Lindsey Enns

A new picture book written by a Petersfield woman is helping children learn what it's like to spend time on a farm through the eyes of two lambs.

Lorna Doolan said she felt inspired to write the book entitled, *Timmy and Tina*, after caring for two bottle fed lambs on her farm.

"It was heartwarming to watch them grow," said Doolan. "Lambs grow very quickly and they are adorable at every stage of growth. I thought children would love to hear about spending time on a farm for the summer through the eyes of two lambs."

The 36-page picture book, which was released on April 26, is for ages four and up and will be available in hardcover and paperback. For information on when the book will be available in stores and for purchase, visit atthelambpost.com.

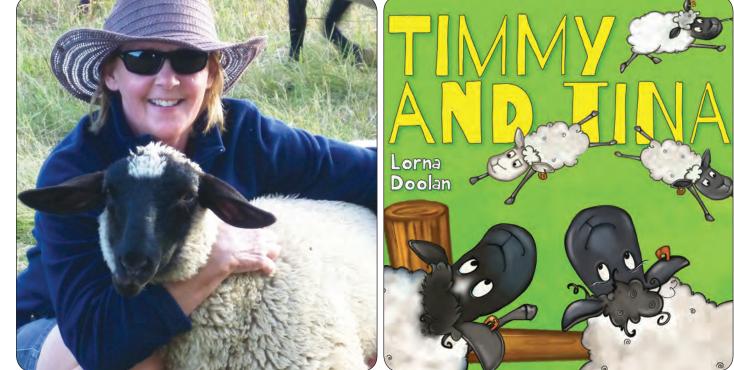
"It's actually a story, based on a true story," said Doolan, adding this marks the release of her first book. "I'm really excited about the book."

The story takes place during lambing season at the farm. Timmy and Tina are tiny newborn lambs that are in need of some extra care and when their mother is unable to feed her babies, Mrs. Jane steps up to help. As the days grow longer, the lambs grow bigger, stronger, and more adventurous.

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SUBMITTED PHOTOS

Lorna Doolan of Petersfield, pictured above left, is pictured with the real lamb Timmy, which is featured in Doolan's first picture book, entitled Timmy and Tina.

The arrival of a new flock also brings new experiences, funny adventures, and a crowded little barn.

Besides the lessons and adventures of Timmy and Tina, Doolan said she hopes the book serves as a learning opportunity about farm animals, es-

elkirk

pecially for children who have never been to a farm.

Doolan said the book is dedicated to her long-time friend and full-time farmer Wendy Church of Garwen Farm in Clandeboye. Doolan said Church has given her lambs over the

deliverv

years to care for for a few months at a time, which she's really enjoyed doing.

"I'm very much an outdoor person so I'm outside all day," she said, adding she has been hobby farming for around 10 years."I just love animals."

Correction

In the May 24 edition of The Selkirk Record in a story about the Selkirk Castoff Crew on Page 3, the headline should have read "Castoff Crew looks to help clean up Selkirk." Incorrect information pertaining to all of the group members appeared in the previous article. The Castoff Crew is a clean up and support group in the city that's looking to better the community. Along with patrolling the city and picking up any drug paraphernalia they may find, the volunteer group also offers overdose response and they are trained to use and carry naloxone. The members also carry hazardous material containers to safely disposal of any drug materials they may find.



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Invasive species awareness bill becomes law

Staff

A private member's bill moved by Selkirk MLA Alan Lagimodiere to advance awareness of the dangers of invasive species passed third reading earlier this month.

The Legislative Assembly's approval of Bill 212, the Invasive Species Awareness Week Act, has positioned it to receive Royal Assent and become law later this year.

When the bill is passed into law, the last full week of April every year will be designated as Invasive Species Awareness Week and Manitoba will become the first province or territory to enact this kind of legislation.

Lagimodiere noted Manitoba's environmental protection laws are some of the strongest in Canada, as the province steps up its fight against aquatic and terrestrial invasive species for the environment and the economy. Under our PC government, for example, the province is using more leaflets and signage for awareness of zebra mussels as well as watercraft wash stations.

Plant sale a sure sign of spring



RECORD PHOTOS BY LINDSEY ENNS Three-year-old Sophie Campbell, pictured above and right, along with her grandmother Judith Campbell of Winnipeg were busy picking out plants during the Selkirk and District Horticultural Society's annual plant sale at Selkirk's Memorial Hall last Friday evening. Judith said she is originally from St. Andrews and has been a member of the local horticulture club for many years.



Picturesque poplar piers



RECORD PHOTO BY LINDSEY ENNS

Blue skies and clouds dance above a poplar pier set up along the shores of Lake Winnipeg in the Village of Dunnottar on May 18. The iconic poplar piers, which are now more than 100 years old, are erected each spring and taken down after the September long weekend.

SERVICE CLU	BS - Serving our	Communities	SelkirkRecord
ARMY, NAVY & AIR FORCE VETERANS IN CANADA Selkirk Unit 151 LADIES AUXILIARY Club Room 482-3941 231 Clandeboye Ave. Selkirk MB R1A 2B2 Meetings are 2nd Wednesday of each month (except July & August) at 6:30pm in downstairs clubroom. New members welcome.	Rotary Club of Selkirk Lesli Malegus, Sec. 204-882-3113 www.clubrunner.ca/selkirk Motto: "Service Above Self" Meetings 2nd & 4th Mondays 6:00pm at Selkirk Golf & Country Club 100 Sutherland Ave, Selkirk, Mb. Rotarians provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world. Guests are always welcome.	ROYAL CANADIAN LEGION NO 42 & LADIES AUXILIARY Office: 482 4319 403 Eveline St. Selkirk, MB R1A 1N8 Bingo Mondays at 7:00pm and Saturdays at 1:00pm	THE SELKIRK & DISTRICT LION Membership Chairma Herb Dubowits 766-238 Motto: "WE SERVE" A non-profit organizatio serving Triple "S" communities. The Lions meet on the fi & third Monday of the month at the Selkirk Lions Centre, 320 Christie Ave. Guests and new membe are always welcome.
LISGAR LODGE #2 SELKIRK Stephen Gwynn 204-482-6656 lisgarlodge@outlook.com Free Masonary way of life Second oldest Masonic Lodge in Manitoba. Meets every third Tuesday of the month except December (second Tuesday), no meetings January, February, July and August Meetings begin at 7:30.	REMORA #26 CODD FELLOWS Meets 1st Tuesday of each month John 204-482-5989	Your area Chamber of Commerce since 1901 Our mission is to promote and expand economic trade and commerce along with civic and social needs of the Selkirk, St. Andrews, St. Clements and West St. Paul regions: Events include Networking Sessions, Speaker Series, Business Awards, Black Friday Weckend and many other community initiatives. 200 Eaton Ave, 482-7176 www.selkirkbiz.ca	WEST ST. PAUI LIONS CLUB Glen Rossong Membership & Sponsorship 204-338-7291 Meetings first Monday of every month.



Gramma Carol's welcomes new manager, unveils plans to expand

By Justin Luschinski

A popular stop along one of Selkirk's busiest streets has recently welcomed a new manager and a familiar face to help run its shop.

For nearly a decade, Carol Manlow has been running Gramma Carol's Gourmet, Bulk and Health. She's enjoyed taking care of the store, checking out trade shows, and giving her customers the best service possible. But recently she's hired a new manager, Ted Wur, who will eventually take over the store.

Manlow said while this is not her original retirement plan, she believes the store is in good hands with Wur.

"I'm extremely looking forward to it. I wanted it to be a little less complicated than it is, but I think it will be good," Manlow said. "I've got some wonderful cards, one from a customer that made me cry, they know who they are. They're worried that the store might close, and I would not do that.

"It's too much of a staple in town to close."



RECORD PHOTO BY JUSTIN LUSCHINSKI

Gramma Carol's Gourmet, Bulk and Health owner Carol Manlow, pictured right, has recently brought on Selkirk resident Ted Wur to help manage the popular shop. Manlow says she's training Wur to eventually take over the store.

Manlow said she plans to stick around, she'll be going to trade shows and bringing in new products for

her customers. She'll also answer any questions from her customers through email, and plans to stop in to teach Wur the finer points of running the business. She said she's just retiring from the day-to-day management of the store, she'll still have a hand in the business.

Wur said he's excited to take over, and he has a lot of plans for the future of Gramma Carol's.

"We're looking to add more parts to it and expand, so we can do bigger things for Selkirk," Wur said. "I live in Selkirk, and I think people will appreciate seeing a local face helping them out."

Wur and Manlow said they plan to add food and catering services to Gramma Carol's. The store will have pre-made meals, healthy desserts as well as fresh food in the near future. Wur also plans to open a cafe area in front of the store, serving coffee and treats to anybody who stops in.

"This place has been around for a long time," Wur said. "It's a statement of this town, it needs to be here."

Gramma Carol's is located at 240 Main St. in Selkirk.

Rural Week for first year U of M medical students gets underway

Submitted

First-year medical students from the University of Manitoba's Max Rady College of Medicine are once again spreading out across rural and northern Manitoba during the annual "Rural Week" (May 28-June 1).

Rural Week 2018, coordinated by the Manitoba HealthCare Providers Network (MHCPN), the university and rural regional health authorities, provides opportunity for 114 medical students to gain first-hand experience of how rural and northern Manitoba medical practices function. It also showcases to students the many benefits of working and living in a rural/ northern Manitoba area.

Interlake-Eastern RHA and physicians working within the region are once again actively partnering with Rural Week to support 21 medical students who are being placed in Arborg, Beausejour, Eriksdale, Gimli, Lac du Bonnet, Oakbank, Pinawa, Pine Falls, Selkirk and Teulon. Students are paired with physicians who ensure they experience work in clinic, hospital and, in some cases, personal care homes and in the community. The hands-on experiences students receive are often noted as the most memorable in student evaluations.

"The experience wouldn't be as rich for these students without the willingness of community leaders, physicians and health care staff who engage and make this a meaningful time for these students. We are thankful for this support that goes a very long way towards making the region attractive to new graduates," IERHA CEO Ron Van Denakker said.

Rural Week first started in Manitoba in 2003 as an optional experience, although it was selected by 70 per cent of the Medicine class. In 2004, Rural Week was officially approved as a component of the first year medical program and now the entire class spends one week within rural and northern Manitoba communities.



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Winnipeg author exposes 'true story' of human trafficking in latest book



Joy Smith, pictured left, and Paul Boge, right, sign copies of Boge's latest book at McNally Robinson Booksellers on May 22.

By Melissa McIvor

On Tuesday, May 22, nearly 100 people joined Winnipeg author Paul Boge and politician Joy Smith at McNally Robinson Booksellers for the launch of his eighth book *The True Story of Canadian Human Trafficking*.

The book tells the story of Abby Summers, a high school student from Markham, Ontario who is lured into the sex trade by the man she was dating. Interwoven into this story is Smith's own narrative as a Member of Parliament and her efforts to both pass bills to end human trafficking in Canada and to rescue Summers from her new-found prison. The perspective of a john (a man who pays for sex) is also featured throughout the text.

Boge wrote the majority of the book while spending time in the Interlake.

"It took about three years to research and write this book," said Boge, via email. "I would interview survivors that Joy [Smith] connected me with. I would listen to their stories to understand their unique perspective on trafficking.

"Abby is a composite character of the girls I interviewed and the trafficking stories Joy introduced me to. The survivors are wonderful people with good hearts. I wanted the audience to come to know what a typical girl goes through when she is being trafficked and what life as a trafficked victim is like."

"One of the big challenges was understanding the psychology of what keeps girls trapped in human trafficking," he continued. "Another challenge was finding a way to craft the story in such a way that people can understand the complexities of human trafficking."

Here, collaboration with Smith, who served in the Legislative Assembly of Manitoba between 1999 and 2003, and was in the House of Commons of Canada from 2004 to 2015, played a key role in telling this story.

"I [was] really encouraged by Joy Smith's story of tenacity for doing what is right," Boge said. "Joy is an incredible person with a genuine balance between tenacity in getting a bill passed and compassion for the survivors of human trafficking."

Another book launch is scheduled for Sunday, June 3 at The Church at Pine Ridge following their 9 a.m. and 11 a.m. services, and on Monday, June 4 at the North Kildonan Manitoba Church at 7 p.m.

The True Story of Canadian Human Trafficking is available at McNally Robinson and through Castle Quay Books or the Joy Smith Foundation website.



See us on OPEN LATE on Thursdays! I lam-8pm

Facebook! SELKIRK COMMUNITY ARTS CENTRE

Tues•Wed & Fri•Sat | lam-4pm

Dozens gather for Selkirk hospital reunion



SUBMITTED PHOTOS

More than 100 former Selkirk and District General Hospital staff members gathered to reminisce and share memories during special reunion at the Selkirk Golf and Country Club on May 17. The reunion was organized by committee members Olga Olender, Elly Garrett and Pat Pruden.





Graduation powwow celebrates student success

By Justin Luschinski

The sweltering heat didn't stop hundreds of community members and students from coming together for the Promoting Aboriginal Student Success (PASS) gathering at the Comp last week.

The 18th annual event, which took place outside the Selkirk high school last Wednesday morning, aims to celebrate Indigenous students and their academic accomplishments. This year the organizing committee handed out a new financial award, called the Ruth Christie Elder Award, to help fund a promising Indigenous student's education.

Steve Richard, the Aboriginal education consultant at the Comp, said the award exists because of Elder Ruth Christie's generosity.

"Elder Ruth Christie has been helping students since the beginning. You can mention her name anywhere, whether that's a church, a community place, even a coffee shop, and people would know who she is," Richard said. "We tried to give her an honorarium, but she'd always give it back, saying that we should give it to a student. We thought, why don't we name (the award) after her? She's incredibly generous, and a pillar of our community."

For it's first year, the award went to Dennis Walker. This award was created in preparation for the 2020 graduation powwow ceremony, where the committee will bring in elders from across Manitoba to attend the festivities.

Many students at the event said they are happy to be graduating, and are honoured they can celebrate their culture.

Ricky Lafreniere and Mackenzie Stewart, the valedictorians during last week's ceremony, said high school can be tough, and they're proud that Indigenous students can get RECORD PHOTOS BY JUSTIN LUSCHINSKI

ABOVE: Harmony Lynxleg from Tootinaowaziibeeng First Nation performing the Ladies Fancy Dance during this year's Promoting Aboriginal Student Success (PASS) gathering at the Comp last Wednesday. RIGHT: Joshua Copenace performs during the PASS event last Wednesday. FAR RIGHT: Evander Twoheart from Sagkeeng First Nation performs a hoopdance last Wednesday.

some recognition.

"I've always been proud to be First Nations ... I always own it," Lafreniere said. "It's great to see so many stu-

dents celebrating, and it's great that they can look up to us in some way. It's a long, long road, and we should feel proud of our success."

Stewart said the event is a great way for students to celebrate their heritage.

"It's a celebration of making it through. Passing high school is one of the hard-





things est to do as a with teen. the drama and everything else. It brings a lot of attention towards Indigenous student success. I'm a proud Méwomtis we've an, worked hard graduto ate, and we made our

ancestors proud," Stewart said.

The event featured traditional Indigenous drumming, singing, and dancing, and students enjoyed hot dogs

following the opening ceremonies. To learn more about PASS and any upcoming events or meetings, search "Promoting Aboriginal Student Success - PASS" on Facebook.



Red River Basin Commission Former mayor recognized for 35 years of service



SUBMITTED PHOTO Former Selkirk mayor Bud Oliver, pictured fourth from left, was recognized for his many years of service and dedication to the Red River Basin Commission inside council chambers last Tuesday.

Staff

A former mayor of Selkirk's dedication to the Red River Basin Commission (RRBC) was celebrated in council chambers recently.

In January, Bud Oliver, who was Selkirk's mayor from 1984 to 2002, stepped down from his position on the RRBC's board of directors, after a 35-year run. Oliver was recognized for his service at the annual RRBC Northern Chapter Fish Gala in March and by Selkirk council at a ceremony last Tuesday.

For Oliver, his time spent with RRBC – an international not-for-profit organization that facilitates a cooperative approach to water management within the basin – was an incredible learning experience in not just waterways, but in how a spirit of co-operation can affect real change across political boundaries.

In 1984, Oliver had just been elected mayor of what was then the Town of Selkirk. One month after his election, the call to take part in a new initiative that involved the American states of North and South Dakota and Minnesota and the Canadian province of Manitoba, all connected through the Red River Basin, arrived on his desk. The new initiative later became what is now known today as the RRBC.

Over the years, Oliver served as the RRBC's vice-chair, then chair, past chair and a board member until this past January. Oliver also has the somewhat unique distinction of maintaining his seat on RRBC even after his political career in Selkirk came to a close in 2002.

"When I was out of office here, they approached me to continue on being

the representative of Selkirk and I was very happy to do that," Oliver said. "That allowed me to continue on with them in a way that normally wouldn't be, normally you have to be a member of the board of directors representing something."

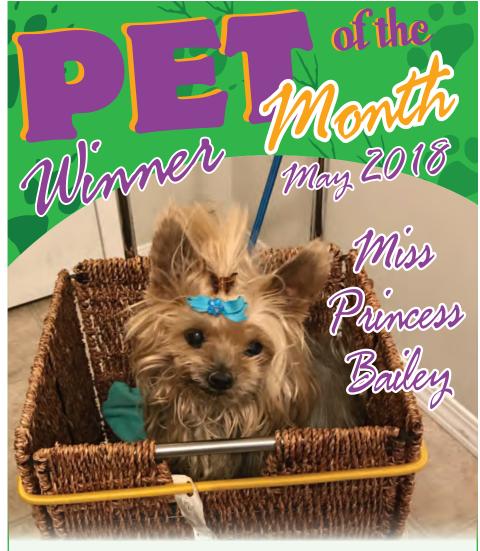
Selkirk Mayor Larry Johannson said the fact Oliver was asked to remain on the RRBC even after his political career came to a close shows the impact he's had everywhere.

"He had such success on RRBC as the Selkirk representative. We appreciate all his time he put in there, all his energy. He's such a smart man and he was a pioneer and a big part of the success that the Red River Basin is having," Johannson said.

The RRBC today is working on a pilot project with the goal of returning dredging to the Red River, and looking at using lidar imaging to formulate plans for storing water in times of flood.

For Oliver, he said his and others determination to stick with an organization that built itself from the ground up and struggled through lean times, demonstrates how important it is to keep slugging away at causes you believe in. And, he said, it's important to keep telling the story, so today's visionaries don't get discouraged when things don't come together as quickly as they'd like.

"I sit in amazement and see what has been accomplished, and think back to the beginnings where there was loans that were made to keep it going and now their budgets are in the million dollar range," Oliver said. "I'll use the word pragmatic. You have to do whatever it takes to work."



Fun Fact: Miss Princess Bailey is a St. John Ambulance Therapy Dog. She loves to ride around in her princess coach and visit students and seniors.

Miss Princess Bailey has won a prize pack from Canvasback Pet Supplies!

> To submit your pet for the Pet of the Month 2018 contest, send a photo and a fun fact to: ads@selkirkrecord.ca



Dozens of artists team up for All Members Show at Gwen Fox

By Lindsey Enns

A wide range of works from more than 30 artists from across Manitoba is being housed under one roof during an All Members Show at Selkirk's Gwen Fox Gallery.

A total of 63 pieces by 33 artists will be on display during the show, which opened on Tuesday, May 29 and runs until June 30.

Shirley Lawrence of Selkirk says she will have two of her carvings on display during the show. Lawrence says she's been carving for about 25 years and lots of her inspiration comes from nature.

"I've always just really liked wood," the 77-year-old said while standing outside the local art gallery last Wednesday afternoon. "It's such a versatile, interesting material."

Lawrence said she started carving after taking a six-week course and has stuck with it ever since.

"I've just kept learning from there," she said, adding she is now a member of the Catfish Carvers, which meets on Tuesday afternoons inside the Gordon Howard Centre. "We're just likeminded people who are interested in wood ... and I get all sorts of encouragement and ideas." She added most of her carvings take <image>

RECORD PHOTO BY LINDSEY ENNS

Selkirk's Shirley Lawrence puts the final touches on one of her carvings entitled "Hunter" outside the Gwen Fox Gallery last Wednesday. Lawrence is among the more than 30 artists who have pieces on display during the All Members Show at the local gallery, which runs until June 30.

her about a year to complete since they are very time consuming and detail oriented. "I work very slowly," she said." I just enjoy the process. Sometimes I have to start over again." Lawrence has called Selkirk home for most of her life and says the arts community continues to grow.

"I think it's becoming more and more supportive," she said. "There's interest from young people, school children of all ages and I think that's super."

When asked about how art has enriched her life over the years, Lawrence simply said with a smile, "it keeps me out of mischief."

"My husband is also very supportive and helpful ... so that is a big help to me and it encourages me to do stuff."

Lawrence said having a range of art under one roof during the gallery's all-members shows is a great time for community and area members to visit their local art centre.

"So many people have different tastes, they like to see different things so maybe it gives them some inspiration to try a variety of things."

An opening reception for the allmmebers show, which is open to the public, will take place on Saturday, June 9 from 1 p.m. to 4 p.m.

For more information about the Gwen Fox Gallery, which is located at 250 Manitoba Ave., visit gwenfoxgallery.com.

Province OK's commercial sale of channel catfish to consumers

Submitted

Coinciding with the start of the commercial fishing season, the Manitoba government has made changes to increase the accountability and transparency of the new open market system for commercial fishers.

"Our open market system has increased opportunities for commercial fishers to market their catch. Under the move to the open market, fishers are already getting better prices for some species," Sustainable Development Minister Rochelle Squires stated in a release last week. "We want to support this important part of our economy and the fishers who make a living from our lakes."

The province announced, based on consultation with fishers, it is restoring the provisions surrounding local marketing of channel catfish by-catch. Channel catfish may now be sold within Manitoba, but only to final consumers, not restaurants, stores or fish dealers. This will provide a balance between commercial fishing interests, which remains relatively limited and protecting the trophy channel catfish fishery on the Red River.

Improvements to the regulations will reduce red tape for commercial fishers who only sell their catch to buyers such as restaurants, community centres and grocery stores in Manitoba. These fishers will be required to become fish dealers but will have streamlined reporting requirements. Commercial fishers will still be allowed to sell their catch directly to consumers without becoming a licensed fish dealer.

The province confirms an investi-

gation by the Special Investigations Unit of Conservation Officer Service of Sustainable Development into allegations of payment defaults to fishers remains ongoing. No charges have been laid to date, but enforcement actions are being contemplated.

Based on preliminary findings of this investigation, the province has enacted several changes to the regulations surrounding the open commercial fish market including establishing reasonable reporting requirements.



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Summer WAVE of art returns to the Interlake

By Melissa McIvor

If you've ever wondered how artists design, paint, mold, sculpt, sew, fuse, etch, capture and create their craft, the 2018 Interlake WAVE Artists' Studio Tour was made for you. The popular event returns on Saturday, June 9 and Sunday, June 10, where 27 studio venues across the Interlake will have their doors open to showcase local artists and the work that goes into creating their pieces.

Heather Dawson, a glassblower and Chair of the Winnipeg Beach Art + Culture Co-op, said that this year's WAVE features many returning artists with new pieces and skills to demonstrate.

"People are always coming up with a different style for different years," Dawson said. "A couple of our artists have started working in different mediums. One of our woodcarvers is now working with metal so she's doing some ironworking and bronze working. There's always something that's a little bit different."

Painter and potter Suzanne Barrow will be one of the many artists displaying her work during this year's art tour.

Barrow is a member of the Manitoba Society of Artists, the Winnipeg Local Colour Art Group, Selkirk Community Art Centre and the Assiniboia Group of Artists, and president of the Gimli Art Club and Gallery.

"My work is varied, realistic works in oils, bold abstracts in acrylic and unique and colourful watercolours," she explained via an email interview. "Every painting has a story and I love to talk and tell you about them. I've even been known to dabble in pottery. My pottery pieces are totally unique, one of a kind, and hand built."

"I describe my artwork as something based on the beauty and nature that surrounds me," she added. "A cloud moving by, the sound of water lapping at the shore. Fluid motion, colours, texture, everything that excites the sens-



SUBMITTED PHOTO

"The Sky Lady" Suzanne Barrow is pictured inside her Gimli home studio. The 2018 Interlake WAVE Artists' Studio Tour runs this weekend throughout the Interlake.

es."

Following a successful 33-year career with MTS, Barrow now runs Barrow House Studio out of her home in Gimli where she displays 20 plus years of artistry that has earned her the nickname "The Sky Lady."

"I tend to paint every kind of sky, in just about any colour over land or water," said Barrow. "When you walk through the doors into my world, the Skies are there waiting for you. Landscapes on the Prairies are really all about the Skies and being from the prairies, well, you paint what you know, right?"

"The skies I paint tend to take on a life and awesomeness of their own," she continued. "Sitting in the passenger seat during our drives in to Winnipeg and back out to Gimli for many years, I was always watching the clouds and the skies change. They are truly a wonder and I do get great pleasure trying to do them justice. A visitor to my studio once came through the door and said to me, 'Is this the studio of The Sky Lady?' and it was from that day forward I thought, 'Well yes, I guess I am "The Sky Lady."' What a great compliment and I work very hard to live up to it."

For Barrow, her art was also a saving grace during a frightening period of her life.

"In January 2000, I was handed a diagnosis of cancer which totally changed the way I looked at things," she recalled. "I spent most of that year going through surgery and treatments and my art took me to a different place and helped me forget about what I was going through. My husband and my art kept me sane."

"Fast forward, it's now 18 years later, living and painting still," she added. "What could be better?"

"I DESCRIBE MY ARTWORK AS SOMETHING BASED ON THE BEAUTY AND NATURE THAT SURROUNDS ME."

Barrow estimates she's created over 500 works of art, many of which she has gifted to friends and family or donated to different charities and organizations.

Barrow has been part of the WAVE art show since 2009, and this summer she and her art can be found at Venue #30, the Gimli Art Club Gallery. Tours of her home studio can also be made by appointment.

To plan your WAVE weekend, download a map of venue locations at www. watchthewave.ca. Paper copies are also available at many Interlake business locations.

If WAVE leaves you wanting more, the Winnipeg Beach Art + Culture Coop has also launched a new year-round Adventures with Art program this year, which allows individuals to book customized events for themselves or a small group.

"If you want to have a paint night for a small group with your friends, you can contact our coordinator for the program and they'll set it up directly with the artist," explained Dawson. Small, customized studio tours are also available.

A show titled Light and Shadow is also coming to the New Iceland Heritage Museum from September 27 to October 28, and will feature live demonstrations and artist-run workshops.

Additional information on all of the WAVE programs can be found at www. watchthewave.ca as it becomes available.







Recipe courtesy of pitmaster Sterling Ball

Prep time: 10 minutes

Cook time: 1 hour

Servings: 3-4 1/2 Smithfield Prime B

1/2 Smithfield Prime Boneless Fresh Pork Loin

1 sweet onion, cut into 1-1 1/2inch square pieces

1 red bell pepper, cut into 1-1 1/2-inch square pieces

- 2 cups pineapple chunks
- 3-4 tablespoons barbecue rub
- 2 1/2 cups teriyaki marinade



Servings: 6-8 Garlic Chipotle Marinade: 14 garlic cloves, peeled 1 medium white onion, quartered 1 1/2 cups light Mexican beer 3/4 cup olive oil 1 tablespoon coarse black pepper 4 tablespoons Tabasco Chipotle Pepper Sauce

1 teaspoon salt

2 flank steaks (1 pound each)

Sweet Chipotle Marinade:

8 garlic cloves, peeled

1 red bell pepper, de-seeded and

stemmed 1 small white onion

- 1 teaspoon ground cinnamon
- 1 teaspoon smoked paprika
- 8 tablespoons olive oil
- 8 tablespoons agave syrup

Pineapple Pork Kebabs

3-4 flexible skewers Heat grill or smoker to 250 F. Cut pork loin into 2-inch cubes.

Season pork loin, sweet onion, red bell pepper and pineapple chunks with rub.

Thread pork loin, onion, pepper and pineapple on skewer; repeat until length of skewer is almost full. Repeat with additional skewers.

Put assembled kebabs in large re-sealable bag and add teriyaki marinade. Carefully remove air from marinade bag and refrigerate 20 minutes.

Remove kebabs from marinade bag and place on grill over indirect heat; cook 12-14 minutes, remove and set aside.

Increase grill temperature to 400 F. Sear kebabs at high heat, until caramelized. Using meat thermometer, check pork loin cubes for doneness; remove from heat once pork reaches internal temperature of 145 F.



It's spring again, and everyone is getting so 'busy'. Between sports, lessons, and school activities, it can seem like everyone is going in a different direction. I went for a walk recently in the middle of the afternoon and saw a mother and her three little children planting a garden. It reminded me of when I was a child, and how busy my Mom was. She was busy in a different way, though. She did not work outside of the home, nor did she directly spend a lot of time with us. She just did her thing, and we did ours.

We might find her in the basement on Mondays, doing the laundry. We'd go visit with her a bit until we got bored, and then run upstairs to get back to our play. In summer she was generally outside, tending to the flowers in the rock gardens she made, or digging in the vegetable garden. She would always explain what she was doing, and why. I would recoil when she uncovered earthworms, but then she would explain why they were good to have. She was an artist, and the evenings would find her doing art at the kitchen table. We would often want to do what she was doing, so she'd set us up with paper and paint, always encouraging us.

Other times we would find her at the sewing machine, generally sewing

onion, cinnamon, paprika, olive oil, agave, lime juice, orange juice, water and chipotle pepper sauce.

In separate re-sealable plastic bags, divide marinade over chicken and shrimp. Allow shrimp to marinate 8 hours and chicken 24 hours.

To prepare meat: Remove steak, shrimp and chicken from marinade and set aside. Heat grill to mediumhigh heat. Brush off excess marinade and grill chicken first, to desired doneness, then steak and shrimp.

Note: Cooking times will vary depending on cuts of meat and desired doneness. For best results, use a meat thermometer.

Serving suggestion: Place steak, shrimp and chicken on large platter and serve with side items such as fresh guacamole, pico de gallo, grilled onions, fresh limes and fresh corn tortillas.

Have We Actually Over-Scheduled Our Lives

clothes for us. She did not have to go to exercise class, because she "worked out" in the garden. She did not have to drive us to our activities, because we would walk, even if it was a half hour walk. She did not watch T.V., because she was 'busy', so we didn't either, except for Saturday morning. We grew up to be very independent, relying on her only when we really needed her. I sometimes wonder if we have overscheduled our lives, and the lives of our children, thus making them more dependent. If we are so busy running from one thing to the next, we lose those spontaneous moments that arise in the process of simply living, doing what we love, and sharing our enthusiasm, knowledge and wisdom with our children.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www. gwen.ca. Follow Gwen on FaceBook for daily inspiration.





Parrillada Mixta with Garlic and Sweet Chipotle Marinades

4 tablespoons fresh lime juice

- 1 1/4 cups orange juice
- 1 1/4 cups cold water4 tablespoons Tabasco Chipotle
- Pepper Sauce

salt, to taste

2 pounds extra-large shrimp, peeled, deveined and tails on

4-6 boneless, skinless chicken breasts

To make Garlic Chipotle Marinade: In blender, puree garlic, onion, beer, olive oil and pepper. Transfer puree to large mixing bowl; add chipotle sauce and salt.

Place steaks in re-sealable plastic bag and pour in marinade.

Note: Marinating time depends on the cut of beef selected. For fajitas or skirt steak, marinate at least 6 hours. To make Sweet Chipotle Marinade:

In blender, puree garlic, bell pepper,



Royals girls and boys have a blast at the beach

By Brian Bowman

The Selkirk Royals had quite the great time at the beach last weekend. Selkirk was dominant at the beach

volleyball provincial championships at the Sargent Park Beach Volleyball Centre and Melrose Community Centre in Winnipeg.

Selkirk's pairing of Holly Feschuk and Makenna Wyryha was crowned the junior varsity girls' provincial champions.

The Royals defeated a team from Kelvin 30-28 in an exciting final. Selkirk trailed by five points at one time in the match before making a comeback.

"They had a really tight match in their very last game," said Royals' coach Kier Dear. "It was back-andforth the whole time and just at the end they came together. They started a little bit slower and then picked it up."

Feschuk and Wyryha did a real good job playing as a cohesive pair in the sand.

"They placed the ball really well," Dear said. "They saw the openings and when they could, they would place the ball.

In varsity girls' action, the Royals' duo of Kely Warmington and Annika Loeppky placed fourth.

The varsity boys' division, meanwhile, saw Cam Gayleard and Jack Harrison place third in the province.



RECORD PHOTOS SUBMITTED

Left photo, the Royals' Holly Feschuk and Makenna Wyryha won the junior varsity girls' High School Beach Volleyball provincial banner in Winnipeg last weekend. Right photo, the Royals' Cam Gayleard and Jack Harrison placed third in the varsity boys' division.

Selkirk's duo defeated St. Paul's in the bronze-medal match. The Royals were relegated to the bronze-medal game after losing a semifinal match to a Brandon team.

"They did well, too," Dear said. "Again, off to a slow start. They were down quite a bit and they then started hitting the ball...Cam was hitting beautiful balls and they just couldn't dig them."

Beach volleyball is a popular sport in Selkirk and the Royals have had some great success in recent years. "We probably had fewer teams this year than we have had in the past," Dear admitted. "We often have a number of teams and we usually field competitive teams. Our varsity boys won last year."

Royals' boys' soccer season ends in penalty-kick loss

By Brian Bowman

The Selkirk Royals' boys' soccer season ended in the cruelest of ways.

Selkirk led the West Kildonan Wolverines 1-0 in their third-place game May 22 but gave up a goal with about five minutes remaining in regulation time before eventually losing 2-1 in penalty kicks.

West Kildonan's goal in regulation time came while the Wolverines were playing with one less player due to a red card.

"We just got caught playing with the ball in our own end and we didn't get rid of it and they capitalized," said Royals' head coach Kevin Lopuck.

The penalty-kick went six rounds before the Wolverines' finally won.

Justin Gillespie scored Selkirk's goal early in the second half after converting a juicy rebound. The goal was set up by a really good cross into the box by Noah Friesen.

Despite the loss, this was a pretty good season for Royals' boys' soccer. The future looks real good, too.

"We were cautiously optimistic because we have a really young team but we will have these guys for a couple of years," Lopuck said. "In that (third-place loss), maybe we showed some immaturity in the sense that we are young.

"But I think there are some good things to come for this team because a lot of them are soccer players and they are going to continue to get better. "We're super excited going forward." As for this year's team, Lopuck wanted to thank his Grade 12 players – Tanner Berube, John Martin, Xander Miller, and Jordan Brooks – for their contributions to their program.

All four players worked extremely hard with the Royals.

"Tanner Berube, our captain, did a phenomenal job day in and day out," Lopuck noted. "He led by example all of the time, so he's going to be very much missed."

KPAC took a step forward this season with the guarantee of multiple games. Selkirk also had a good start to the season with an indoor tournament.

Hopefully, KPAC continues to take

steps forward in providing a good high school soccer experience for its players.

"KPAC being at least two games was a baby step," Lopuck said. "Would I like it to be the way it was years ago where it was round robin and then playoffs, yeah absolutely. Will we get there, I'm not sure."

Meanwhile, in KPAC women's action, Selkirk ended its season by defeating Murdoch Mackay 3-0 in the consolation final.

Toni Sledz scored twice for Selkirk while Raechelle Poirier had the third goal.

Kaitlyn Mryglod earned the shutout in goal.

Parker's Eagles Golf Program helping youth

Spontsarecreation

By Brian Bowman

The key to keeping golf popular in a community is to reach out to the kids. And that's exactly what Parker's Eagles Golf Program is doing in Selkirk.

The Selkirk Food Bank Golf Tournament adopted the Parker's Eagles Golf Program for their annual fundraiser about three years ago.

Since that time, the tournament went from about 75 golfers to 144-plus, said Brandon Sutherland, who sits on the board of that tournament fundraiser.

"It obviously has made a lot more money," Sutherland said, noting he wanted to thank the community for their support. "So, we decided to put that money back into the community in some of the mouths that kind of feed us. Our thought was to start a junior golf program."

The idea of the program is get kids golfing and having fun.

"Kids just don't golf anymore," Sutherland said. "It takes up too much time and maybe it's getting expensive and kids don't get that instant feedback with a cell phone or video game."

The program started last year with four girls from Daerwood School get-

ting involved. This year, Centennial School has also jumped on board for the six-week program for Grade 5 and 6 students.

"My goal is to get two students from every school in Selkirk to come out and enjoy the program and learn the game of golf," Sutherland said. "Once you get a couple of kids from each school and they realize how fun it is, it's pretty easy to convince a 10 year old to go on the golf course when the other kids are having fun."

The Selkirk Food Bank donated \$2,000 to start the program, said Sutherland, which went towards buying clubs and Selkirk golf course memberships.

"The golf course helps us out a ton with giving the kids free golf memberships for the year and a complimentary set of clubs and then a heck of a discount in the pro shop," Sutherland noted.

So far, the response from the kids has been great.

"The four girls that did it last year, three of them have been down to the golf course a ton already with the golf clubs they got," Sutherland said.



ARRENOOD SCHOOL

RECORD PHOTO BY BRETT MITCHELL

Matthew Prince and Tyson Prince are part of the Parker's Eagles Golf Program.

"And all three of them want to come back to the tournament this year and help out. They were out last year helping out on one of the hole-in-one

holes just meeting everybody and introducing themselves."

This year's Selkirk Food Bank tournament is slated for July 19.

Interlake Blue Jays split doubleheader in Altona

By Brian Bowman

The Interlake Blue Jays had mixed results in Altona on Sunday.

Interlake started the doubleheader with an impressive 13-0 win but then lost Game 2 by a 12-7 score.

No box score from either game was posted on the league website by press time.

On Friday evening, Interlake was defeated 9-2 by the St. James A's.

St. James led 3-0 after two innings and then added four runs in the third and singles in the fourth and fifth.

The Blue Jays, who were outhit 11-1, scored both of their runs in the fourth inning. Baily Proctor and Ryan Moros scored Interlake's runs. On May 23, the Blue Jays beat the Elmwood Giants 4-3 in Winnipeg.

Brennan Cheasley crossed the plate twice for the Blue Jays while Derek Petrasko and Quin Arsenault also scored.

Cheasley belted out three hits while Arsenault and Proctor each had a pair.

Moroz went seven strong innings on the mound, striking out nine while allowing just two earned runs. Interlake (3-4) will play the Carillon Sultans (2-5) Wednesday and then the Elmwood Giants on June 6. Both road games start at 7 p.m.

The Blue Jays were in fifth place and 4.5 games back of the A's (8-0) heading into this week's action.

Collings tops at match play senior men's qualifier

Staff

Matlock's Garth Collings, who golfs out of Breezy Bend, was first overall at the Match Play Championship senior men's qualifier last weekend at the Winkler Golf Club. Collings carded a pair of 71s to

finish at 142.

Rounding out the top five were Pine Ridge's Ted Antoniuk (146), Elmhurst's Brian Katchnoski (147), Niakwa's Ken Warwick (148) and Clear Lake's Keith Fawcett (153).

At the men's qualifier, Selkirk's Wesley Hoydalo finished tied for fifth after rounds of 74 and 70 to finish at 2-over 144.

That tied him with fellow Elmhurst clubmate Josh Neufeld.

Breezy Bend's Justin McDonald and Southwood's Colwyn Abgrall were the low golfers after finishing at 1-under 141.

Breezy Bend's Aaron Ryback and Elmhurst's Jordy Lutz were one stroke back at 142.

The women's qualifier saw Glendale's Shannon Wales place first after a 145 total. That was five strokes in front of Breezy Bend's Charmaine Mackid 150.



Kennedy commits to Bison women's soccer program

Staff

The University of Manitoba Bison women's soccer program introduced its 2018 recruiting class at the thirdannual Pursuit of Excellence Awards Dinner on May 21.

The impressive class of 11 recruits includes six players from Manitoba. There are also players coming from Nova Scotia, Ontario, Alberta, British Columbia and Minnesota.

Among that list is Drew Kennedy, a defender from West St. Paul, who last played for FC Northwest.

The Garden City Collegiate graduate was a member of Team Manitoba at the 2017 Canada Summer Games in Winnipeg. Kennedy will study Kinesiology and Recreation Management at the University of Manitoba.

"I would like to thank my parents and all the coaches I've had throughout the years, but a special thanks to Jason McGrevy for making me to be the player I am today," Kennedy said on the Bison sports website.

"I'm so excited to continue doing

what I love here at home with my friends and family around me."

The other Bison recruits featured Britney Blunderfield, Mackie Burdeny, Nicole Davis, Katelyn Isfeld, Juliana Jarmoszko, Alexis Anderson, Karina Bagi, Brea DeBettingnies, Rebecca Waterman, and Gabrielle Clark.

Royal athletes advance to track and field provincials

By Brian Bowman

The Selkirk Royals' contingent heading to the MHSAA track and field championships at the University of Manitoba will be a small one.

But they definitely are a talented group.

Selkirk had some very good results at the KPAC championship last week.

"Â lot of them were multipleevent winners," said Royals' track and field coach Scott Gurney. "Our top three, Ben Kelly, had a really good day with all of his throws - javelin, discus, shot - so he will be advancing in all of those."

Kelly had a monster throw in the javelin at 45.76 metres.

Asha Gurney has also advanced to provincials in several events. She will be competing in the 80m hurdles, high jump and triple jump after winning all three of those events at the KPAC finals.

Heath Kurys, meanwhile, was good in both the 800m and the 1500m races. Emily Lazaruk and Liam Allen were both solid in the triple jump.

Selkirk girls' throwers also did really well.

Emily Green and Aurora Gatchell qualified for provincials in both the shot put and discus.

Kely Warmington had a great performance in the long jump at the KPAC championships. Tim Juvonen is also showing a lot of promise in the jumping events.

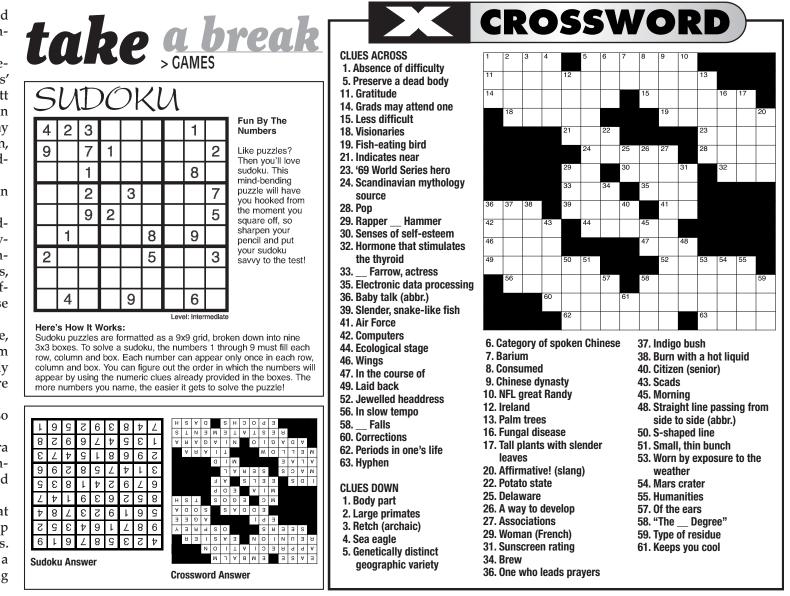
Noah Friesen was tops in the junior varsity boys' shot put while Tyrell Cook was good in the JV boys' 400m race, finishing third.

Selkirk's team of eight athletes headed

to provincials is a small one compared to past years. The KPAC meet also was down in numbers.

"I don't exactly know what to attribute that to," Scott Gurney said."I think there's just a ton of things going on in the building these days. This year, we had ringette, rugby, lacrosse, soccer, club volleyball, baseball. There is no shortage of stuff for kids to choose.

"It's a small group, but the kids that were there were good."



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ANNOUNCEMENT BIRTHDAY



Jones Elliott Ostash is celebrating his 1st Birthday on June 1 Proud parents are Jane Storoschuk and Jon Ostash Grandparents are: Jennifer and Rick, Heather and Cal, And Jean and Terry Great-grandparents are: Liz and Walter, Rae and Bruce, and Arlene and Lyle And the best aunty ever, Kara Storoschuk



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ANNOUNCEMENT IN MEMORIAM



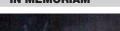
Melvin J. Bedard February 8, 1929 - May 19, 2014 Four years have passed

And we think of you and miss you each day. - Always in our hearts and always loved by

your wife Bea, children Marie 'Bootom', Linda (Robert), (June and John),

and son Paul, all your grandchildren, great-grandchildren and great-great grandchildren, nieces and nephews

ANNOUNCEMENT





Norman Jorheim In memory of Norman who left us on June 4, 2015 We hold you close within our hearts, And there you will remain; To walk with us throughout our lives, Until we meet again.

-Lovingly remembered and sadly missed by your wife and family

by your wire and failing

ANNOUNCEMENT

Bonnie Goertzen May 30, 2016 Our lives go on without you, But nothing is the same; We often hide our heartache When someone speaks your name.

Those special years will not return, When we were all together; But with the love that's in our hearts, You'll walk with us forever.

-Love your family



OBITUARY

Our ownert Sur

Susan Jane McKellar Feb.17, 1957 –May17, 2018 "Slangevar"

Our sweet Susan passed away at Burnaby General Hospital with her siblings and her two best friends by her side on Thursday, May 17th after a courageous battle with cancer.



Lawrence Drialich

Lawrence (Pop's) Drialich, 75 years young ended his battle with cancer Saturday, May 26, 2018 with his daughter Debbie at his side in the home he built alongside his family.

He was predeceased by the love of his life, Virginia (Ma) Drialich and his parents, Gladys and Adolph. Left to cherish his memory are his children Rick, Debbie (Wayne), and Allan (Marisa); grandchildren, Terri (Troy), Wayne, Jessica, Megan, and Harley; great-grandchildren Celina and Tristan; along with his dear sister, Lorna Martell.

At an early age he was bounced around from family to family and at the age of 10 he had met the love of his life, Virginia. Virginia and Lawrence then later on ended up marrying.

Lawrence had started working at Bristol Aerospace where he built parts for planes and rockets. During his employment in this

career his true passion for snowmobiles took over him. When he realized his true calling was for snowmobiles he then started his own business, LAD Enterprises. In this business he wanted to make sure that he offered the best service possible for snowmobiles. While LAD Enterprises was being built he made ends meet at home by working for Purvis Navcom where he worked on big ships in the Northwest Territories. Lawrence was so happy when the time finally came that he could focus only on building LAD Enterprises, he was also extremely happy to be home for the summers with his family.

Lawrence was proud to say that he and his family received the award for '96/'97 Ski-Doo dealer of the year in Canada and they also won many other service awards from BRP along with other magazines. Lawrence owned LAD for the past 40 years and only up until around a month before his passing is when his final box of parts were shipped out. In the 1980's and 90's Lawrence was involved in the Festival on the Red and helped out with the ice drags.

Lawrence enjoyed many other things like woodworking, baking and casino nights with Mom, Debbie, Dan Oitzl and many other good friends.

Lawrence and Virginia also liked to watch country bands play, whether it was at the Merch or at banquets. He actually met one of his best friends, Brian Mayo and Pony Express Band Boy's at their country concert.

Dad was quick to anger but also quick to forgive, he lacked a filter and had no problem speaking his mind though he was rough around the edges he had a heart of pure gold.

Lawrence touched the heart of many family and friends and many business people, Lawrence will be missed by all.

A memorial service will be held on Wednesday, June 6, 2018 at 11:00 a.m. in the Gilbart Funeral Chapel, Selkirk, MB.

Condolences, pictures and videos may be left on Lawrence's tribute wall at www.gilbartfuneralhome.

Gilbart

OBITUARY

Emily Marie Wilson

Sadly and unexpectedly, our beloved mother, grandmother and great-grandmother passed away on Sunday, May 27, 2018 at the age of 86 years.

A memorial service will be held in the Gilbart Funeral Chapel in Selkirk, MB. on May 31 at 11:00 a.m. Condolences, pictures and video may be left on Emily's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.







OBITUARY

Eva Chuhie (nee Gushta) October 31, 1930 – May 24, 2018

Mother passed away peacefully surround by her loving children, Lorna Stelmaschuk, Joyce Banash-Frego (Russ), Philip Chuhie (Cary), Anna Recksiedler (Richard), Valerie Recksiedler (Arther), Debbie Westphal (Ed), Theresa Lagodkin (Peter), and Patricia Wallis (Ian); 15 grandchildren and 13 great-grandchildren. She is also survived by her sisters Jeanette and Valerie, and brother Albert (Anne); sister-in-law Pat, and numerous nieces and nephews. Mom was predeceased by her husband William; sons-in-law Alex and Paul; grandsons Kyle, Joshua, Christian and granddaughter Charlene.

Mom was born and raised in Libau, MB. She met our dad, the love of her life and they married in 1948. They raised their children

together on the family farm where they taught us the rewards of hard work and family values. Mom spent many hours with her girls pinching perogies, and quiet time knitting and needlework. Other hobbies included gardening, making preserves and baking homemade cookies which she always had available for the grandkids.

In keeping with her wishes, cremation has taken place and a memorial service will be held on Tuesday, May 29, 2018 at 11:00 am in the Gilbart Funeral Chapel in Selkirk MB.

Special thank you to the doctors and nursing staff at the Selkirk Regional Health Centre.

In lieu of flowers please make a donation to a charity of your choice.

Condolences, pictures and videos may be left on Eva's tribute wall at www.gilbartfuneralhome.com Vichnaya Pamyat!

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Kerry John Taylor

Sadly, on Friday, May 25, 2018, Kerry Taylor, aged 62 years of Petersfield, Manitoba passed away. A celebration of his life will be held on Wednesday, June 20 at 2:00 p.m. in the Gilbart Funeral Chapel in Selkirk, Manitoba.

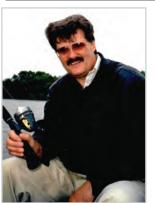
Full obituary to follow in next week's Record. Condolences, pictures and videos may be left on Eva's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home. Selkirk in care of arrangements.



Announcements

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George William Vandor March 28, 1941 – May 25, 2018 Peacefully, with his family by his side, George graduated to

Peacefully, with his family by his side, George graduated to heaven last Friday. He leaves behind an extensive family and many friends who will miss him dearly. George was born in Hungary as the only child to George and

George was born in Hungary as the only child to George and Aranka. In 1956 he and his parents fled to Canada during the Hungarian revolution, settling in Winnipeg. George would often tell stories of his childhood in Hungary, and it was easy to see his passion for the country. Nonetheless, it was once in Canada where he said he found freedom to live the life and have the family and adventures he longed for.

George was an avid outdoorsman, with a love for fishing, hunting, shooting, flying, and he combined those passions whenever he could. What made him truly unique was his witty sense of humor, his nothing-is-impossible attitude, and his aspiration to find new

ways to do things. Anybody who knew him would know that the phrase "You never know what George is going to do next" was entirely common.

George's talent for originality was predominantly used in his career as a denturist. In 1967 he sold his Mustang to pursue a career in the dental field, starting as a laboratory technician and becoming a denturist in 1971. Soon after, he founded Vandor Denture Clinic in Selkirk. He loved his profession, and through personal highs and lows, he always said it was the fulfillment of serving his patients and helping them smile that kept him going. He worked right up until he suffered a stroke in 2010.

For the past eight years, the Betel, in Selkirk, was his home, and the family would like to sincerely thank all of the staff for caring for dad and lovingly accommodating his adventurous spirit. Dad's funeral will be on Monday, June 4th, at 11:00 a.m. in the Gilbart Funeral Chapel in Selkirk.

Condolences, pictures and videos may left on George's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.







