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THURSDAY, JUNE 11, 2026

VOLUME 17 EDITION 22

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RECORD PHOTO BY BRETT MITCHELL

Staff and cadets of the 77 RCSCC Daerwood hosted their 77th Annual Ceremonial Review last week at Memorial Hall. See more photos inside.

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<p>Broccoli Bunches USA #1</p> <p>\$3⁴⁹ ea</p>	<p>Burns Smoked Deli Ham</p> <p>\$2²⁹/100 g \$10³⁹/lb</p>	<p>Burns Visking Bologna</p> <p>\$1⁹⁹/100 g \$9⁰³/lb</p>

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Survivor's Hope is opening a new location in Selkirk

Organization that helps survivors of sexualized violence opening physical location in area

By Katelyn Boulanger

Survivor's Hope Crisis Centre is a sexual assault and violence resource centre that provides some pretty important programs in the Interlake Eastern Region of Manitoba. They currently work out of Pinawa but have supported Selkirk and area for many years with great events, education, and support resources. Soon, their staff and residents of our region will be able to connect a little more easily as they are opening an office in Selkirk this summer called SARAH's

House.

"This new location in Selkirk is really a central hub for the Interlake-Eastern region, for our services at Survivor's Hope that already exist in other communities. It's a continuation and a central, accessible spot for those same services that include our SARAH Counselling Program, our SARAH Wellness Circle, SARAH Crisis Services and other training workshops and outreach opportunities,

Continued on page 4



RECORD PHOTO SUBMITTED

New Survivor's Hope location opening on Eveline St. in Selkirk.

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RECORD PHOTOS SUBMITTED

Construction has started at the new Survivor's Hope location opening in Selkirk.

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> SURVIVOR'S HOPE, FROM PG. 3

as well as more community-focused events as well," said Coral Kendel, Co-Executive Director of Survivor's Hope Crisis Cen-

tre.

It's important to have resources like these in our communities, and by having a central hub like this in Selkirk, our entire region will benefit.

"One reason it's vital is because there's a need for (a physical space) that doesn't yet exist, and especially in rural communities, where resources are so limited, to have a central spot where survivors know they can go and get compassionate trauma informed care is so valuable to reduce barriers to accessing those services. It's also incredibly important because of the message it sends that as a community, we're not tolerating violence, and that we are standing up to support survivors in a central location, and our community is supporting this work," said Kendel.

Getting the space was the first part

Continued on page 5

Hey Neighbour
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> SURVIVOR'S HOPE, FROM PG. 4

of their plan, but taking the space from blank walls to cozy and comfortable enough that people who need their services feel welcome is Survivor's Hope's next task. For that, they are livening up the place and are hoping the community will support their 50/50 fundraiser, the proceeds of which will help them buy items to

make the new location home.

"For the 50-50, all of the 50 per cent of the proceeds go directly towards SARAH's House and supporting it being open for folks and all of the pieces that go into supporting its operation, the other 50 per cent, of course, goes to one lucky winner. Tickets are available on the Funding Change platform

(fundingchange.ca/hope), and it runs until June 30, which is the draw date," said Kendel.

The grand opening of the new location will take place on July 22 at 360 Eveline St. in Selkirk.

Kendel hopes that people take advantage of their services, and if they want or need to, stop by SARAH's House when it opens.

"We know the prevalence of sexualized violence isn't accurately represented in the official statistics that we see, and that this is an issue that impacts everyone who is either personally affected by it, or knows someone who is. Our doors are open to support

anyone who feels impacted by this or feels drawn to contribute to this cause as well. And, of course, we do our prevention programs for youth and really want to support youth to see a better future and less violence and harm experienced. We're looking for opportunities to have more youth programming out of this new center as well," said Kendel.

If you'd like to learn more about Survivor's Hope Crisis Centre, make a donation, or learn what services they provide for those affected by sexual assault and violence, visit <https://survivors-hope.ca/>.

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Cst. Paul Human is retiring from the RCMP, but he's not going too far

Human is planning to stay active in the community after retirement

By Katelyn Boulanger

Cst. Paul Human has been the community policing officer in our region for many years now. He's officially announcing his retirement after 25 years of service with the RCMP, early next month, but he's got no plans to slow down and still intends to serve the community.

Human will have served 16 years with Selkirk's RCMP detachment, but he actually started his career in the Lac du Bonnet RCMP Detachment.

"I started in Lac du Bonnet, Pina-wa, and Whitemouth. That's where I learned how to cut my teeth in the RCMP. It was very busy from May Long until Thanksgiving, and then the population just went away. It was rural policing, but also urban at the same time, because we were dealing with the majority of Winnipeg that came into the Whiteshell. It was vast. It was really big. We had a large area that we contained, and this is the days before, we didn't have cell phones. We did all our notes on paper," said

Human.

He explained that, as a young officer without the GPS technology that we have now, learning where you were in a large area sometimes meant not exactly knowing where you were all the time.

"I remember I was in Lac du Bonnet, and I'd gone to a call, and I was coming back, and I got totally lost. I remember calling the office, and they were saying, 'Well, where are you?' And this is right from *The Simpsons*. I said, 'I'm under the sun right now'," he said with a laugh.

Luckily, with many of Manitoba's roads on a grid system, the officer on dispatch advised him to find a road and then keep going until he found his way back.

On a more serious note, Human was on duty when Constable Dennis Strongquill was tragically killed in 2001.

"It was my first year of policing, and

Continued on page 7



RECORD FILE PHOTO BY KATELYN BOULANGER

A photo of Human representing the RCMP at a past community event. Though he is retiring from the RCMP, Human won't be slowing down.

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> PAUL HUMAN, FROM PG. 6

it was the very first time that I've ever (heard) our radio systems do a province-wide announcement. I remember I was driving just outside of Lac du Bonnet, and I remember pulling over to the side of the road, because this was important. I've never heard it before, when our radio operator states 201 and it's province-wide. That really shook me to the core quite a bit. And then to participate in, we worked barricades, and if there was anything that the detachment could do, we did it. It was really scary. Policing, (I) always wanted to make a difference, but this hammered home, one of us has been killed on the line of duty," said Human.

After working in Lac du Bonnet, Human and his family moved to Thompson, and he was with the RCMP there for five years. Human and his wife Tammy, were raising three kids at the time, and he also went into forensics for a year and a half.

"It was the CSI boom at that time. If you remember the first CSI that came out, you know, it really romances what forensics looks like. After I left forensics, I actually did a presentation for kids, so they could see that what happens on TV doesn't really happen in the real world," he said.

He credits his wife for keeping their family life together at this time, as he was all over the north working homicides, and she took care of everything at home while he pursued this aspect of his career.

Human then moved to Selkirk, working general duty and, having had a taste of community policing when going into some of the schools in Thompson, took the community policing job when it came up.

He feels that community policing is very important in connecting police officers and people in the region. Human said that it's all about engagement and sitting down and talking to people about everyday things.

"I think my job in community policing is just kind of being that bridge to be able to explain to people what we do, because to a lot of people, there's a lot of hidden questions there," he said.

As for the past 25 years, he's noticed a pretty big shift in police work, particularly the technology.

"All of our cars now have computers in them. All of our cars now have printers in them. Most members, if they're investigational, wear a live camera. All of our newest vehicles that are coming out now have cameras inside, which means things can be recorded inside the vehicle. If somebody's taken into custody, everything is recorded. I think that's the biggest change that I've seen in policing

and in the world itself. I remember when we came here 16 years ago, if something bad would have happened in Selkirk, and if the bad person decided to drive a vehicle down the main drag, well, we could probably get footage from Petro-Can or maybe a couple other businesses. Now these days, I don't think you can go 30 feet in town without being recorded by something. The introduction of social media and the internet has changed the world," said Human.

With his retirement, Human is planning a new adventure. He felt a calling and is going to be a Deacon with the Catholic Church.

"Being a Deacon is being a representative of the Catholic Church in the community and being able to bring those stories of the community back to the church. It's being able to share the good stories. We can talk theology, and we can talk Bible, and we can talk the stories of Jesus and the gospel and stuff like that. But that stuff's happening today, and it's happening with people. There are lots of good stories out there, you've just got to go out and find them," said Human.

He, of course, volunteers quite a bit in the community and intends to continue to work with the cadets in Selkirk for at least another year. The soup kitchen has also told him that he's not allowed to leave them.

"There's still work to be done. There's always work to be done. It's just now it's more of a volunteer mode, and that's fine," he said.

In his unique position as an avid volunteer, community police officer and community member, Human has some advice for anyone wanting to work to make our community a great place to live.

"I think if all of us at least spent 20 per cent of our time being active with our community, it would grow amazingly. I'm not saying for people to be a part of everything, but grab something and make it grow, whether that be recreational, whether that be the li-

brary, whether that be school systems, whether it be hospitals, or volunteer. I'm going to enjoy being an empty nester with my wife and volunteering in this community, and I think if you could just give a little bit of your time, you'd be amazed at how much this community would grow." he said.

Human invites residents in Selkirk to join him in celebrating his retirement and next steps in a few local celebrations. On June 28, he and his family are inviting everyone to the Selkirk Legion for a come and go event with cake and coffee to celebrate his new vocation as Reverend Mr. Paul Human. You are also welcome to join the parish community as Deacon Paul shares his first homilies

as an ordained minister on June 27 at 5 p.m. at the Notre Dame Parish in Selkirk, and on June 28 at 9 a.m. at St. Anne's Parish in Petersfield, before he returns again to the Notre Dame Parish in Selkirk for 11 a.m. on the same day. If you would like to witness the ordination of Human to the Sacred Order of the Diaconate, it's open to all and takes place on June 26 at 7:30 p.m. at St. Mary's Cathedral in Winnipeg. The gift of your presence will mean a lot to Human, and no additional gifts are needed. However, for those wishing to offer a token of celebration, any monetary gifts will be used towards a future devotional visit to Rome.

Legion celebrates with pancakes!



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Legion recently started celebrating its 100th anniversary year. The first event was a delicious pancake breakfast. In addition to the great activities and events taking place, Legion memberships are free. Stop by to grab yours. Pictured: Eileen Belanger, and John and Heather Austin flipping the flap jacks.



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Wednesday, June 17th BUDGET FRIENDLY BINGO

Doors 12 noon, 1:15 Early Birds, 1:45 Regular Games, SESSON 2 - Doors 5:30pm, Early Birds 6:45pm, Regular Games 7:15pm. Play all the games for only \$20! 5:30 PM-10:30 PM

Thursday, June 18th Fun Cribbage Tournament

Friday, June 19th Sex Toy, Bath & Body Bingo

Doors 6pm, 7:30 Start. 18+ event. Over \$1500 in Prizes with 20 Games to win! \$39.50 each INCLUDES entry, 9tv booklet, comp drink & bonus prizes! Dress to impress theme favourite, celebrity/musician 6pm - 11pm

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PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



SALES & MARKETING
Laura Platt



MARKETING COORDINATOR
Brittany Hiebert



EDITOR
Katelyn Boulanger



REPORTER/PHOTOGRAPHER
Patricia Barrett



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Manitobans can enjoy free park access, fishing this weekend

By Lana Meier

Manitobans will have the opportunity to enjoy provincial parks and recreational fishing free of charge during Family Fishing Weekend from June 12 to 14.

The provincial government announced that vehicle permits will not be required to enter Manitoba's provincial parks during the three-day period, while anglers will be able to fish without purchasing a provincial fishing licence.

Environment and Climate Change Minister Mike Moyes said the initiative is intended to help make outdoor recreation more affordable for families.

"Making life more affordable for families is a priority for our government, and free park entry and licence-free fishing are simple ways we can help Manitobans enjoy time together without added costs," Moyes said in a release. "We want every family to be able to experience the beauty and adventure our parks offer."

While park entry fees are being waived, regular camping fees will still apply at provincial campgrounds.

The province is also encouraging visitors to take advantage of interpretive programming offered throughout the summer. Activities at select parks include guided hikes, historic site tours, campfire talks, living history demonstrations and kayak outings.

As part of the weekend, Manitoba Parks and Manitoba Fisheries will host free tours at the Whiteshell Fish Hatchery on June 13. Visitors will have the opportunity to learn about fish stocking programs, view more than half a million trout and participate in the release of 250 trout into the Whiteshell River.

Moyes said Manitoba's provincial parks offer opportunities to connect with nature while learning more



RECORD PHOTO SUBMITTED

Paislee Westin proudly displays a fish she caught during a recent outing, one of many young anglers expected to take advantage of Manitoba's Family Fishing Weekend from June 12 to 14.

about the province's history and environment.

"Manitoba's world-class provincial parks offer unique opportunities to experience stunning nature, uncover stories of the land and deepen your understanding of our province's natural and cultural history," he said.

Natural Resources and Indigenous Futures Minister Ian Bushie encouraged residents to take advantage of the licence-free fishing opportunity.

"Recreational fishing is a wonderful way for families and friends to come together and enjoy our great outdoors," Bushie said. "I invite everyone to enjoy the many benefits that a day of fishing in Manitoba has to offer."

The province noted that all other angling regulations, including size limits and possession limits, remain in effect. Licence-free fishing does not apply in national parks, where a fed-

eral fishing licence is still required.

Visitors are also being reminded to help prevent the spread of aquatic invasive species by cleaning, draining and drying watercraft and related equipment. Water users leaving aquatic invasive species control zones are required to decontaminate their equipment.

With wildfire conditions continuing in many parts of the province, Manitoba Wildfire Services is also urging park users to follow fire safety practices. Campfires should only be built in approved fire pits, never left unattended and fully extinguished before leaving. Off-road vehicle users are encouraged to inspect their equipment regularly for debris and potential fire hazards.

The province advises visitors to check current park conditions, fire restrictions and advisories before travelling.

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@selkirkrecord.ca. Please include your name, address, and phone number for confirmation purposes.



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Laura Platt: 204-999-1514

laura@selkirkrecord.ca

Brittany Hiebert: 204-485-1419

Email: ads@selkirkrecord.ca

EDITORIAL

Katelyn Boulanger 204-485-3337

news@selkirkrecord.ca

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TROUBLE WITH PAPER DELIVERY?

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Cadets crush the 77th Annual Ceremonial Review



RECORD PHOTOS BY BRETT MITCHELL

77 RCSCC Daerwood cadets were acknowledged for their hard work this year with awards and showed some of what they learned at the 77th Annual Ceremonial Review, which took place on June 2 at Selkirk's Memorial Hall.



Catfish Carvers win at Prairie Canada Carving Competition

Barry Konzelman and Iris Bidinosti take home wins at huge carving competition

By Katelyn Boulanger

Prairie Canada Carving Competition is one of North America's premier competitions. With hundreds of entries from carvers across the prairies, and even some from farther out, the competition is tight. Two local carvers, Barry Konzelman and Iris Bidinosti, represented the local Selkirk carving group, the Catfish Carvers, bringing home ribbons from the event.

The Catfish Carvers are a local carving group that works out of the Gordon Howard Centre. They've been carving together for well over 20 years and have some very talented members who carve in all kinds of styles.

Barry Konzelman

Konzelman took home a best of category ribbon and was in a three-way tie for the Carver's Choice award for his dragon carving.

"It's Chinese Double Dragons, and I've had that piece of wood for 45 years, and finally thought of a place to put it," said Konzelman.

He said that the carving now makes its home above the doors to his dining room and that he took inspiration from Chinese traditions. His dragons actually have the traits of nine different animals that create the mythical dragon, and the carving took him about 160 hours to make.

"The dragons are good luck, and even though they look vicious, they're a good thing to have around," said Konzelman.

He explained that his work is inspired by the world around him, and he's done carvings in many different styles, trying to learn from carvers all over the world.

"I'm always looking for ideas. A number of years ago, I went to Scandinavia, and I thought, 'I want to carve a Viking,' so I did two of those, and I haven't done any since. I'm always looking for ideas, or something I see in nature inspires me, so I move around from thing to thing, so there's no single theme in what I do," he explained.

He said that there will never be another carving like this from him in part because he likes to change subjects, but also because he'll never find a beautiful piece of cherry wood just like this one again.

Konzelman has been carving since his early 20s. Though his father was a carpenter and he picked up some skill

from him, Konzelman explained that he didn't really start carving as he has been now until he retired.

"Now I have more time for it, and then I found out about this group (several years back), and it's a great way to get (inspired) with a group of like-minded people. That's why people join clubs, of course," said Konzelman.

His advice for people just starting with carving is that you can do quite a bit with very little equipment and that older resources are just as good as new ones.

"You can do a lot just with a single good carving knife, even a jack knife. You can whittle so you can do a lot with that. . . we have lots of resources here, in terms of magazines, mostly older, but it doesn't matter, they're timeless," he said.

Though the Carvers are a community group and Konzelman says they don't offer lessons, he invites residents who'd like to join a group of like-minded crafters for some tea, conversation, and project work to check out the Catfish Carvers.

"You get ideas from other people and critiques," he said.

As of now, Konzelman is ruminating on his next project as he finished the previous one several weeks ago.

"I think I'm going to do Green Man, which is European (folklore). It's like a man peering through the forest at you, and there are leaves all over his face. I think that's what I'm going to do, but it's still gelling in my head," he said.

Iris Bidinosti

Bidinosti is a bark carver who creates magical spaces that can only be dreamed up in her imagination. This year, she took home a first place ribbon in open competition from the Prairie Canada Carving Competition.

"It's out of cottonwood bark, and a lot of people do spirit faces out of bark. I'm sure a lot of people are familiar with that, but I like to do houses, castles, lighthouses, and now the one I did is an ancient home," she said.

Her submission this year is her take on the cliff dwellers in what is now Arizona.

"You can still go there, it's a national park at this point, and see the ruins. I deal with big hunks of bark, and it just seemed like the perfect thing to carve because I can hollow it out well and form the houses. It's a little different from my other whimsical houses,



RECORD PHOTOS BY KATELYN BOULANGER

The Catfish Carvers make a variety of amazing carved pieces in a variety of styles.



Barry Konzelman and Iris Bidinosti took home ribbons from the Prairie Canada Carving Competition.

but this is the second one I've done, and I might do another one," she said. She said that taking classes really helps when starting to find her inspiration.

"You get ideas that the instructor is

teaching. I also have a book of carving that's written by a really well-renowned bark carver, his name is Rick Jensen. He's from the States, and

Continued on page 16

Ride for Dad raises \$535,000 for prostate cancer research and education



RECORD PHOTOS BY ETHAN KRESKY SUBMITTED

The 18th Annual Manitoba Motorcycle Ride For Dad took place on May 30. One thousand two hundred and seventy-two bikers came together to raise funds and awareness for prostate cancer. The final fundraising total was over \$535,000, and the best part is that those funds help people directly in our province, being used for prostate cancer research and education. The Ride route starts in Winnipeg but then heads to the Interlake, up through Selkirk, with the turnaround in Gimli.



Selkirk student debuts original composition at Canadian Museum for Human Rights

By E. Antonio

What started as a small Global Issues project turned into a composer debut at the Canadian Museum for Human Rights (CMHR) this May for one Grade 12 student from Lord Selkirk Regional Comprehensive Secondary School.

Carter Anderson composed the song “We Are One” for his Take Action Project — an assignment that encourages students to take steps toward creating positive change in the world. The project recently earned him the Manitoba Council for International Cooperation’s Outstanding Take Action Project Award, which recognizes exceptional, community-driven initiatives by high school students. His piece addresses discrimination and encourages change.

“It doesn’t need to stay a problem forever,” he said. “Discrimination is something we can fix.”

This was Anderson’s first official attempt at composing a song after taking a composition class at school last year. He has been a percussionist in his school band for the past five years — a hobby that began during the pandemic.

“Bucket drumming drives what I do,” he added, noting that music has the ability to unite people. “There’s just something about being able to hit stuff and make music — I love it.”

He described composing “We Are One” as a tedious but worthwhile process that started with a mental visualization and a blank sheet of paper. Over time — and after lots of erasing and at least three rewrites — the song came to life under the guidance of band teacher Kenley Kristofferson.

Anderson explained that “We Are One” underwent several changes, including different keys and a completely reimagined ending, but hear-

ing the Senior Symphonic Band perform the piece became a core memory for him.

“It was surreal,” he said. “It was weird hearing something I had spent so many months on being played, which was nerve-wracking because they could have hated it.”

“We Are One” made its out-of-school debut at the Be an Upstander Showcase at the CMHR, an event that brings together students in Grades 5 to 12 to display projects that amplify youth advocacy for human rights.

The CMHR selected “We Are One” to be part of the showcase, and the Senior Symphonic Band performed the piece, with Anderson joining as a percussionist.

Band teachers Kristofferson and Michael Brandon said they are very proud of the work, dedication and contribution Anderson has made.

“There are a lot of ways to be musical and to be a musician,” they wrote in a joint email. “There are performers, writers, administrators, among others, and LSRCSS music encourages a comprehensive approach to teaching and learning music and to having a musical life.”

Anderson’s Global Issues teacher, Gillian Derraugh, also expressed pride in his accomplishment. She explained that, regardless of the outcome, seeing students make a positive difference is part of the reason she teaches the class, adding that the Be an Upstander Showcase is an incredible opportunity.

“To have a song he composed, with the support of his amazing music teachers, performed by his peers at a national museum — it’s truly a special moment,” she said.

According to his teachers, the performance went extraordinarily well, and Anderson also participated in a short interview with CBC.

Going forward, Anderson hopes to continue composing music with the goal of becoming a published artist.

In the fall, he will begin a post-secondary music degree and is considering pursuing a Bachelor of Education to become a music teacher. He encourages other young artists to take the leap and compose a song of their own.

His advice is simple: the eraser is just as helpful as the pen.

“Sometimes you write something and it doesn’t sit right the first time,” he said. “So you just have to erase it and try again.”

A second LSRCSS project was also featured at the showcase by Selina Kermani Koosheh, Quinn Fyfe, Sarah Grauman and Mia Evashenko. Their project, “Together We Grow,” focused



RECORD PHOTOS SUBMITTED

Grade 12 Selkirk Comp student Carter Anderson composed the original song “We Are One” for the Canadian Museum for Human Rights’ Be an Upstander Showcase on May 21. The Comp’s Senior Symphonic Band performed at the event, including Anderson as a percussionist.



The Comp’s Senior Symphonic Band performs “We Are One” at the Canadian Museum for Human Rights. Anderson is the first student standing from the right.



Quinn Fyfe, Selina Kermani Koosheh, Mia Evashenko and Sarah Grauman also had their project, “Together We Grow,” displayed at the Be an Upstander Showcase.

on food insecurity. Throughout the semester, they raised money through bake sales for the Our Daily Bread Soup Kitchen.

Local twirlers spinning their way to success



RECORD PHOTOS BY KATELYN BOULANGER

The Red River Twirlers held their end-of-year recital last week and invited some acts from Winnipeg's Aerial Fusion to add to the fun. The groups showed remarkable skill and coordination while combining elements of dance with the precision needed to do baton tosses, catches, and some pretty cool tricks.



St. Andrews apprentice earns national recognition at Skills Canada competition

By E. Antonio

What began as a passion sparked in her father's garage has led a St. Andrews apprentice to national recognition.

Cassandra Foy, a Level 4 Autobody Collision Repair apprentice at Red River College Polytechnic, was named Manitoba's recipient of the RBC Best of Region Award at the 2026 Skills Canada National Competition in Toronto. The honour is awarded annually to the competitor with the highest weighted score from each province and territory and includes a \$1,500 scholarship to support further education and training.

Foy competed in the car painting category against students and apprentices from across Canada and said she was caught off guard when she learned she had won.

"My reaction hearing I won Best of Region really surprised me," she said. "Manitoba had lots of hard-working students and I felt extremely proud that I was able to win that award."

The national competition brought together more than 550 students and apprentices from across the country to compete in more than 40 skilled trades and technology events.

Foy said representing Manitoba on the national stage was one of the highlights of the experience.

"I felt proud being able to represent Manitoba and show that Manitoba has lots of dedicated students who work hard and strive to be the best of the best," she said.

Although she entered the competition unsure of what to expect, Foy said her confidence grew as the event progressed. Much of the work required during the competition reflected tasks she regularly performs in the workplace, allowing her to rely on the training she had already received.

She credited the people who helped teach and mentor her throughout her apprenticeship for preparing her for the challenge.

"Believing in what I know and how to do the job really boosted my confidence and helped me stay calm throughout the competition," she said.

One of the biggest challenges came in the area of colour tinting, a skill she identified as her least confident area heading into nationals. To prepare, she worked with a paint representative who visited her workplace and helped her improve her skills. During the competition, she relied on lessons from colour theory and guidance she had received from co-workers and peers.

A turning point came during the painting project on the second day of competition. While observing competitors use different techniques and approaches, Foy became increasingly confident in her own process.

"I felt like I was doing all my steps the best way possible," she said. "I felt very confident in how I was completing each step and finishing each project."

Beyond the technical skills, Foy said one of the most valuable lessons from the event was seeing how competitors from across Canada approached similar tasks in different ways. Despite competing against one another, participants remained professional and willing to learn from each other.

She said competitors often discussed projects and techniques after events concluded, creating an environment where everyone continued to grow and improve.



RECORD PHOTOS SUBMITTED

Cassandra Foy proudly displays the gold medal and RBC Best of Region Award she earned at the 2026 Skills Canada National Competition in Toronto.



Cassandra Foy prepares a bumper for painting during her autobody collision repair training.



Cassandra Foy polishes imperfections from the surface of a vehicle hood as part of the refinishing process.

Receiving the RBC Best of Region Award has reinforced Foy's confidence in her abilities and validated the effort she has invested in her apprenticeship.

"It shows me that my hard work is paying off and that I can feel confident in the workplace," she said.

The \$1,500 award will help her purchase additional tools and pursue specialized training opportunities related to the automotive refinishing industry.

Foy traces her interest in the autobody trade back to her childhood, when she spent time in the garage with her father working on automotive projects. While he focused primarily on auto mechanics, those experiences inspired her to explore the collision repair side of the industry.

Looking ahead, Foy hopes to one day open her own autobody shop alongside her fiancé. Their goal is to build a local business while helping support and mentor future apprentices entering the trade.

Foy also hopes to encourage more women to pursue careers in the skilled trades and become a mentor herself.

For young people considering a future in the trades, she offers advice that has stayed with her since the beginning of her career:

"Know your worth, and never undervalue yourself."

She encourages young tradespeople to continue learning, stay confident in their abilities and remember that growth comes through experience.

"Everyone is learning more every day and you'll never stop learning something new," she said. "It's an evolving trade, so you just have to evolve with it."

Province invests \$650,000 in Wildlife Haven upgrades

By Haley Cvar

The Manitoba government is investing \$650,000 in capital improvements at the Wildlife Haven Rehabilitation Centre, a move aimed at expanding

the facility's ability to care for injured, sick and orphaned wildlife.

Premier Wab Kinew announced the funding, noting the investment will help modernize Manitoba's largest

wildlife rehabilitation facility while supporting long-term wildlife stewardship efforts across the province.

"Wildlife Haven rehabilitates injured, sick and orphaned wildlife so they can return to the wild, and we're supporting them in this important work," Kinew said. "These upgrades to the centre will help support long-term sustainability and our shared stewardship of Manitoba's wildlife."

Founded in 1984, Wildlife Haven has cared for more than 55,000 animals. Annual admissions have grown dramatically over the years, increasing from approximately 200 animals in the 1980s to more than 2,000 each year today.

According to the province, the funding will support a series of capital improvements, including repairs to the centre's main building and raptor enclosures, safety upgrades, modernization of its contact centre, and construction of two new outdoor enclosures for aquatic mammals and waterfowl.

"We're grateful for the opportunity to improve our services and campus

thanks to this support," said Zoé Nakata, executive director of the Wildlife Haven Rehabilitation Centre. "We're excited for the first step in working with the Manitoba government to continue protecting the wild animals of our beautiful province."

The province noted that Indigenous collaboration remains a key component of Wildlife Haven's work. The centre incorporates traditional Indigenous knowledge into wildlife rehabilitation practices, including animal care and release methods, while working with Indigenous communities across Manitoba.

The investment is part of a broader provincial commitment to animal care and rehabilitation infrastructure. The Manitoba government has also committed \$5 million toward a new animal health centre at Assiniboine Park Zoo.

Provincial officials say the investments are intended to strengthen Manitoba's capacity to care for wildlife and support conservation efforts for years to come.

Project Linus moves



RECORD PHOTO SUBMITTED

Project Linus-Selkirk is now gratefully accepting donations of new or unused cotton fabric, acrylic yarn or fleece on Fridays from 9 a.m. to 2:30 p.m. at their new location, The Good Shepherd Lutheran Church in St. Andrews. You can also donate by emailing projectlinusselkirkchapter@gmail.com to arrange for pick-up. The group wants to thank all in the community who support their efforts. Thanks to all of your support, their volunteer group distributed 794 blankets to children in need within Selkirk and surrounding areas, including Winnipeg, in 2025.



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> CATFISH CARVERS, FROM PG. 10

I've actually taken three classes with him. When I go to a carving show, and there is bark carving, I take pictures, so I can get inspired by other people's ideas. Also, I've carved bark since 2007, so ideas kind of evolve and come out of your head. Also, when I look at a piece of bark, I can kind of visualize what's in there, and all you have to do is get rid of the excess," she explained.

Bidinosti has been carving wood since 2005 and has plenty of advice to share.

"Join a carving group if you can, if there's one in your area, and hopefully get some instruction from other members. But, if you can take classes, to me, that really has been helpful, because every time you take a class, you learn something new, which you can incorporate into whatever you're carving," she said.

She also feels that, as a carver, entering your work in a competition like

the Prairie Canada Carving Competition has a multitude of benefits.

"It gives you an idea of how you stack up against other people, and when you go to a competition, there's always a lot of other pieces of your type of carving, and you get ideas," she said.

She hopes that any carvers who are in the community, who'd like to check out the Catfish Carvers, stop by the Gordon Howard Centre for more information.

"You'll find carvers are generally very friendly people. We don't have a thing about keeping techniques or secrets to ourselves. We're very willing to share," said Bidinosti.

The Prairie Canada Carving Competition is hosted by the Prairie Canada Carvers Association annually. To learn more about the competition and the Prairie Canada Carvers Association, visit <https://prairiecanadacarvers.ca/>.

Rocking the Legion



RECORD PHOTO BY BRETT MITCHELL

Generation Gap, composed of Jojo Sokolosky from Selkirk, Wayne Wenz from Lockport, plus Shawn Wenz and Rudy Boecker from the north side of Winnipeg, rocked the Selkirk Legion recently.

Manitoba government passes bill removing PST from groceries

By Haley Cvar

The Manitoba Legislature wrapped up its spring sitting with the passage of legislation that will remove the provincial sales tax (PST) from groceries beginning July 1.

Government House Leader Nahanni Fontaine said Bill 53, the Budget Implementation and Tax Statutes Amendment Act, is among more than 40 bills passed during the third session of the 43rd legislature.

The legislation also increases the Homeowners Affordability Tax Credit to \$1,700 and the Renters Affordability Tax Credit to \$675.

Other bills passed during the session include consumer protection

measures that prohibit retailers from using personal data to adjust prices, legislation aimed at improving patient safety and health-care accountability, measures to implement nurse-to-patient ratios and reduce mandatory overtime for nurses, and amendments limiting employers from requiring sick notes for absences of up to seven days.

The government also passed legislation restricting the sale of long-bladed weapons and pepper spray, as well as changes requiring drivers with Class 1 to 4 licences to maintain zero blood-alcohol levels.

According to the province, investments in front-line staff have contributed to a record number of physicians practising in Manitoba and the hiring of 48 new provincially funded police officers. The government also cited statistics from the Winnipeg Police Service showing a 48 per cent decrease in homicides in 2025.

Fontaine said the government remains focused on lowering costs, improving health care and creating jobs while maintaining what it says is the lowest deficit-to-GDP ratio in Canada.

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Selkirk Legion Initiations and Awards



RECORD PHOTOS SUBMITTED

Recently, the Selkirk Legion held a ceremony to welcome new residents with initiations and recognized Veteran Helen (Peggy) Davies, who received her 55-year pin.

Motorcycle passenger killed in Highway 44 collision

By Lana Meier

A 70-year-old woman from the RM of Brokenhead died following a collision between a motorcycle and a vehicle at the intersection of Highway 44 and Provincial Road 212 on May 31.

Selkirk RCMP responded to the crash at approximately 8:30 p.m. in the RM of St. Clements.

According to police, a motorcycle travelling east on Highway 44 collided with a vehicle that was crossing the highway northbound on PR 212.

The motorcycle driver, a 66-year-old man from the RM of Brokenhead, was transported to hospital by STARS Air Ambulance with serious but non-life-threatening injuries.

The motorcycle passenger, a 70-year-old woman from the RM of Brokenhead, was pronounced dead at the scene.

The driver of the other vehicle, a 19-year-old woman from Portage la

Prairie, was taken to hospital as a precaution. Police said she did not appear to have suffered any injuries.

Selkirk RCMP and Manitoba RCMP Traffic Services continue to investigate the collision.

Police have not released the names of those involved.



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Waabishki Bineshiins offers Indigenous-led support in health system

By Jennifer McFee

June is National Indigenous History Month, a time to honour the culture and contributions of First Nations, Inuit and Métis people — including those right here in the Interlake-Eastern health region.

It's also a time to reflect on the impacts of colonization while taking tangible steps toward reconciliation.

Indigenous cultural perspectives are at the forefront for Waabishki Bineshiins, IERHA's Indigenous-led

health team committed to improving cultural safety, health equity and reconciliation within the health system. Waabishki Bineshiins supports patients in their health journey, helping them interpret health information and understand their options.

The team's work is guided by the teaching that spirit must always come first. To honour this teaching, the team offered tobacco to an elder from one of the communities. Through ceremony, the team asked the elder to help find

a name that would guide their work in a positive way. They received the name Waabishki Bineshiins, or White Thunderbird. This name reflects not only their spiritual foundation but also accountability to their relatives and communities. Each spring, they hold a ceremony and feast to honour the name.

Robert Maytwayashing, a regional elder and knowledge keeper with Waabishki Bineshiins, outlines the importance of Indigenous representation in health care.

"As a people, we have been systemically marginalized in all sectors of society. It's been a long time coming to start to have Indigenous representation in the health-care system, not only for our region but for all regions across the province. It's nice to see a

familiar face when you enter these facilities," he said.

"For the longest time, it was a rare occurrence to see an Indigenous person working in health care. Now there are starting to be more and more Indigenous people involved, and more so with our recent Indigenous Health team. They're there to support our relatives when they enter the health-care system in one of our facilities — to help them navigate and also to support them."

The Waabishki Bineshiins team is made up of three main roles: elders/traditional knowledge keepers, Indigenous social workers and skaabes.

Elders/traditional knowledge keepers carry Indigenous teachings from

Continued on page 19



Calling all Wood Working Creatives

The Gaynor Family Regional Library is seeking local artist(s) who work with large-scale wood structure formats.

This is an opportunity for artists to design/build a commissioned artistic focal point in the new children's wing of the library, enriching the visitor experience.

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All Interested parties are invited to attend.

**Proposal Closing Date: Tuesday, July 14, 2026
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For further info/questions, please contact,
Ken Kuryliw, Library Director at (204) 482-3522.



RECORD PHOTO SUBMITTED

Jaycee Seenie, an Indigenous Health skaabe at Selkirk Regional Health Centre, picking medicine.

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> WAABISHKI BINESHIINS, FROM PG. 18

their ancestors and are knowledgeable in the ways of healing, spiritual care and ceremony. They may provide guidance for staff and patients, personal consultation, cultural care, and support and mentorship to patients and their families.

Indigenous social workers also play an important role by supporting and advocating for Indigenous families who are receiving care. With their knowledge of Indigenous teachings and health care, these social workers help with navigating the system through a cultural lens and facilitate safe care plans.

Rounding out the team are the In-

igenous Health skaabes — an Anishinaabemowin word that refers to a helper who walks alongside elders, knowledge keepers and community members with humility, respect and a deep commitment to service. Skaabes ensure Indigenous patients receive appropriate and safe patient-centred care during their stay in the hospital and throughout the discharge planning process. At the same time, they help build bridges between Western medicine and Indigenous ways of knowing. They listen, guide and connect so pa-



RECORD PHOTO SUBMITTED

Robert Maytwayashing is a regional elder and knowledge keeper with Waabishki Bineshiins.

tients and families feel supported during their health-care journey.

“We need more Indigenous people involved in all sectors of the health-care system,” Elder Maytwayashing added. “We need more doctors, nurses, psychologists, social workers, support staff and senior leadership, the whole gamut.”

In his view, events such as National Indigenous People’s Day on June 21 also help to dispel myths and misinformation about Indigenous people and culture.

“When we have annual event such as this, it’s a friendly reminder that we’re still here. We’re not going anywhere,” he said.

“The sooner we learn to understand, respect and appreciate each other, the better off we’re all going to be.”

The Waabishki Bineshiins team continues to grow, and they’re looking to fill all three roles —elder/knowledge keeper, social worker and skaabe — in Ashern. To learn more, visit ierha.ca/indigenous-health or call 204-482-2144.

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Due to the numerous events planned at the Marine Museum this summer, we will only be hosting one pancake breakfast this year.

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West St. Paul student studies brain disorder

Alexa Storozuk represented Manitoba at the 2026 Canada-Wide Science Fair

By Annaliese Meier

A West St. Paul student is helping advance research into a rare neurological disorder through a complex

science project that examines how brain cells communicate and what happens when that communication breaks down.

Alexa Storozuk represented Manitoba at the 2026 Canada-Wide Science Fair in Edmonton with her project, "Investigating the Mechanisms of ELFN1 Deficiency Disorder."

The national competition, organized by Youth Science Canada, brought together nearly 400 of Canada's top student researchers

from May 23 to 30 at the Edmonton EXPO Centre and the University of Alberta. Students competed for more than \$2 million in scholarships, awards and prizes while showcasing projects in science, technology, engineering and mathematics.

Storozuk's research focused on ELFN1 Deficiency Disorder, a rare neurodevelopmental genetic condition linked to symptoms including ADHD, autism spectrum disorder, epilepsy, seizures and developmental delays.

"Our brains require proper neuronal cell communication to work," Storozuk explained in her project summary.

She studied how a protein called ELFN1 helps neurons communicate at the synapse — the connection point between nerve cells in the brain. The protein binds to a glutamate receptor that helps regulate glutamate, a chemical messenger involved in stimulating brain activity.

When the communication process is disrupted, it can lead to neurological disorders.

For her project, Storozuk examined two specific genetic variants of the ELFN1 protein to better understand how the disorder develops and affects brain function.

"As it is a newly identified condition, there are currently gaps in our literature and understanding of it," she noted. "My research aims to build foundational knowledge of the pathogenic and molecular function of this disorder."

Her findings showed the two variants behave differently within the brain's communication system.

One variant appeared unable to function properly because it showed reduced membrane expression and difficulty regulating receptor signalling. The second variant still appeared to function normally in some ways, suggesting it may instead disrupt signalling pathways inside the synapse and contribute to epilepsy and seizures.

Storozuk said understanding these mechanisms could help researchers eventually develop therapies or treatments for patients living with the disorder.

She also explored the potential use of positive allosteric modulators (PAMs), a type of drug that has previously improved symptoms in mice lacking the ELFN1 protein.

"Such strategies may offer a promising approach for symptom reduction and improved quality of life," she stated in her conclusion.

The project remains ongoing research, with Storozuk planning additional laboratory testing to further study how ELFN1 variants interact with brain receptors and function within cells.

Her future plans include advanced cell studies using stem cells reprogrammed from patient blood cells, as well as research involving mouse models to better understand the disorder and evaluate potential treatments.

"OUR BRAINS REQUIRE PROPER NEURONAL CELL COMMUNICATION TO WORK,"

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St. Laurent: June 17, 2026, 8:00A.M. - 8:00P.M.,
St. Laurent Recreation Centre, Lot 825 Pth 6, St Laurent, MB

Stonewall: June 17, 2026, 8:00A.M. - 8:00P.M.,
Stonewall Curling Club, 500 Main Street, Stonewall MB

Interlake Region polling stations on election day -
JUNE 23, 2026:

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Anglican Church of the Ascension, 435 1st Avenue N, Stonewall, MB <i>Stonewall & Stoney Mountain Citizens</i>	Riverton Curling Rink, 175 Reggie Leach Drive, Riverton, MB <i>Riverton Citizens</i>
St. Laurent Recreation Centre, Lot 825 Pth 6, St Laurent, MB <i>St Laurent Citizens</i>	New Iceland Heritage Museum, 94 1 Ave, Gimli, MB <i>Gimli Citizens</i>
Lundar Luthern Church, 16 1st Ave Lundar, MB <i>Lundar Eriksdale & Scotch Bay Citizens</i>	Teulon Civic Centre, 44 Fourth Ave SE, Teulon, MB <i>Teulon & Madeline Armstrong Citizens</i>
Lakeshore Regional Wellness Center, 5 MB-325, Ashern, MB <i>Ashern & Vogar Citizens</i>	Warren Memorial Hall, 145 MacDonald Ave, Warren, MB <i>Warren Citizens</i>

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When Carmen Germain and her family purchased an acreage near Selkirk, they envisioned a healthier way of life—growing their own food, raising chickens, keeping bees, and embracing a more natural lifestyle. Today, that passion has grown into Prairie Roots Herbals, a holistic health services business dedicated to helping others improve their well-being naturally.

Carmen's journey began as a paramedic in Northern Manitoba before moving into a role with Manitoba Health. Inspired to learn more about the root causes of health concerns, she became a certified herbalist and later completed training in Live Blood Analysis, believing she could better help people by empowering them with knowledge and practical solutions.

At Prairie Roots Herbals, located

at 365A Eveline Street in Selkirk, Carmen works with clients to identify underlying health concerns and develop personalized recommendations that may include herbs, nutrition, supplements, and simple lifestyle changes, including eating healing foods. Her approach is educational, supportive, and judgment-free, helping clients take manageable steps toward better health without feeling overwhelmed.

She believes there is a time and place for Western medicine, but also wants people to understand the power of healthy lifestyle choices, nutrition, and natural wellness solutions. Through Live Blood Analysis and personal Herbal Assessments, she helps clients better understand what may be contributing to their concerns and provides recommendations tailored to their individual needs.

In addition to consultations and workshops, Carmen welcomes visitors to shop a carefully selected collection of clean, chemical-free products, many sourced locally and created by fellow makers who share her passion for helping families make healthier choices.

Carmen is also passionate about sharing knowledge through educational workshops designed to help people take a more active role in their health. One upcoming event is a Medicinal Mushroom Growing Workshop on June 17 at 6 p.m., where participants will learn about the benefits of medicinal mushrooms and take home a mushroom growing kit. The workshop is presented in partnership with River City Mushrooms and reflects Carmen's commitment to making natural wellness both practical and accessible.

Along with maintaining a large garden, raising chickens, and caring for bees, Carmen plans to share the abundance from their harvest with the community. This summer, she hopes to offer free fresh vegetables outside Prairie Roots Herbals on Eveline Street for anyone who can use them. Carmen appreciates the positive support she has received and looks forward to helping Selkirk and surrounding communities feel informed, empowered, and excited about their wellness journey.

Laura Platt

June Awarenesses

- Amyotrophic Lateral Sclerosis Awareness Month
- Aphasia Awareness Month
- Brain Injury Awareness Month
- Canadian Men's Health Month
- Cavernous Malformation Awareness Month
- Dysphagia Awareness Month
- Migraine Awareness Month
- Spina Bifida and Hydrocephalus Awareness Month
- Hidradenitis Suppurativa Awareness Week – June 1 to 7
- National Kinesiology Week – June 1 to 7

- Parachute Safe Kids Week – June 1 to 7
- Clean Air Day – June 3
- World Environment Day – June 5*
- National Health and Fitness Day – June 6
- Action Anxiety Day – June 10*
- World Elder Abuse Awareness Day – June 15*
- International Day Against Drug Abuse and Illicit Trafficking – June 26*
- National Cancer Wellness Awareness Day – June 26*
- International Day of Deafblindness – June 27*
- PTSD Awareness Day – June 27*
- World Scleroderma Day – June 29*



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Your Health

Alzheimer's Walk shows how important dementia care is locally

Two families talk about how resources helped to make their journeys easier

By Katelyn Boulanger

The Selkirk Waterfront was packed last Thursday as residents

gathered to raise awareness, honour the memories of, and advocate for people with dementia in our community.

Because of how common dementia is, most people will, if not be directly affected by it as a family member, caregiver, or someone who themselves has dementia, at least know of someone who has been diagnosed with it. Two families from the area decided to share their stories and spoke about how area resources helped to support their families.

David Oberding and his wife, Barbara-Jean Oberding, had been married for 61 years when she passed away in 2024. She had been diagnosed with Alzheimer's disease about five years or so before.

"We celebrated our 61st anniversary two years ago on the 24th of August. On the 10th of September, she celebrated her 80th birthday, and 11 days later, she passed away," said Oberding.

He described his wife as very family-oriented and open with people. "She had a real knack of bringing people together. In 1965, we went to Regina, and she got a job as a tour guide at the legislative buildings there. Here's this girl from Winnipeg, been there two weeks, and now she's telling everybody about Regina," he said with a smile.

Oberding explained that some of his wife's first symptoms of dementia were lapses in memory. He said that one time she was planning to



RECORD PHOTOS BY KATELYN BOULANGER

The Selkirk Waterfront was packed for the 2026 Alzheimer's Walk.

ride her bike back to the house, but didn't recognize her bicycle as her own.

He said that it was very sad to see such a vibrant person lose themselves in this way, but that he doesn't know what he would have done without the support from the Alzheimer Society.

"I got all kinds of information from just talking to people, like people, and how they were navigating through it," he explained.

He and his wife also participated in the Minds in Motion program, which supports people with dementia and their caregivers with fun programming and time to connect with others in the same situation, and takes place locally in Selkirk and Gimli.

"I always thought that she really enjoyed that. I'm sure she did. . . We got exercise for an hour, which is great, and then interaction with other like-minded people," he said.

After she passed away, Oberding continued to be involved with the Alzheimer Society as a volunteer for Minds in Motion and he even took on the post of manning the barbecue, grilling up all of the hotdogs for Selkirk's Alzheimer's Walk.

"I really enjoy being part of something like this. My whole life I've been a volunteer in different ways, and we always, both of us, wanted to give back to the communities that we live in," he said.

Michelle Hlady brings her whole family, children and grandchildren, to the Selkirk's IG Wealth Management Walk for Alzheimer's annually. The group registers as the Forget Me Nots and walk for her husband Murray.

Murray was diagnosed with early onset Alzheimer's disease at the age of 60, but was showing

Continued on next page

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symptoms before his diagnosis. He passed away two years ago at the age of 66.

Being younger when he was diagnosed, Murray noticed the first symptoms when he was at work.

"He was an accountant by trade, so numbers were his thing, and he was having a hard time at work doing estimates, and that kind of thing," explained Hlady.

She also says that she also noticed that when they were playing cribbage, something their family played often, he was making mistakes that he wouldn't normally make.

"The progression was, it's really sad. It's hard to watch someone's life be stripped away," said Hlady.

Though Murray didn't personally want to be involved with local dementia programming, Hlady explained that she, as a caregiver, was able to access programming that, alongside her family's strong support system, helped a lot.

She was involved with a caregiver support group that she had Zoom meetings with, and she also participated in the Ambiguous Loss Support Group, which is a group for people who are grieving the loss of people who are still with us in body but are losing pieces of who they once were.

"(The Caregiver Support Group) was a godsend. We used to meet once a month, but with our group, we ended up meeting twice a month, because we just needed the support from each other. Everybody's case was different, but they were able to let you know things that were happening that you should be aware of, and then, I could also talk about what I was experiencing for the people who were just coming in. It was a really good support group," said Hlady.

She said that the groups allowed her to feel less alone and would recommend that other caregivers, even if their person with dementia doesn't want to take part, connect with the Alzheimer Society as a resource.

"It was like we were a family. We



The Michelle and Murray Hlady's Forget me nots at the 2026 Alzheimer's Walk.



David Oberding manning the grill at the 2026 Alzheimer's Walk.

even created a chat just for us when we weren't on our call. We could, if something came up during the two week span, text and people would give their support or their ideas," she said.

In addition to getting support, Hlady encourages people to reach out to their families and not hide their loved one with dementia away. In her family, they did this by telling the grandchildren what was going on and making modifications so that Murray could still take part in activities. For instance,

board games were modified, or games that required less skill and more chance came into play.

Both Oberding and Hlady encourage residents who are in or just starting out on their journey with dementia to connect with the Alzheimer Society. They also invite anyone who would like to help spread awareness to attend next year's Selkirk Alzheimer's Walk.

If you would like to learn more about the Alzheimer Society of Manitoba, visit <https://alzheimer.mb.ca/>.

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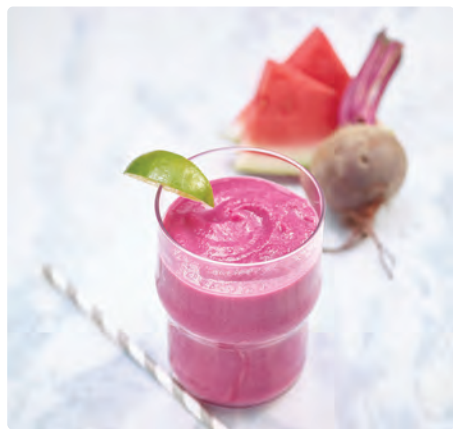
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> MEAL IDEAS



Recipe courtesy of the National Watermelon Promotion Board
 Servings: 2
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Watermelon Beet Post-Workout Smoothie

1 cup chopped watermelon
 1 banana, peeled
 1/2 cup coconut water
 1 cup low-fat, plain kefir
 1/2 lime, peeled
 2 tablespoons honey
 1 teaspoon vanilla extract
 2 tablespoons vanilla protein powder
 In blender, blend beet, watermelon, banana, coconut water, kefir, lime, honey, vanilla extract and protein powder until smooth.



Recipe courtesy of the National Watermelon Promotion Board
 Servings: 3
 2 cups watermelon cubes

Rosy Red Superfood Smoothie

1 cup fresh or frozen raspberries
 1 cup low-fat raspberry kefir
 2 tablespoons orange juice concentrate
 2 tablespoons hemp seeds
 2 tablespoons agave syrup
 ice (optional)
 In blender, blend watermelon, raspberries, kefir, orange juice concentrate, hemp seeds, agave syrup and ice, if desired, until smooth.

Watermelon Protein Shake

Recipe courtesy of Chrissy Carroll on behalf of the National Watermelon Promotion Board
 Servings: 1

1 cup chopped watermelon
 1 cup frozen mango, chopped
 1/4 cup tart cherry juice
 1/2 cup plain, nonfat Greek yogurt
 1/2 scoop vanilla or unflavored protein powder
 1 tablespoon honey or to taste (optional)
 In blender, blend watermelon, mango, cherry juice, Greek yogurt, protein powder and honey about 30 seconds until well combined.

Will or Power of Attorney? Understanding the difference

By Rosemary Hnatiuk, barrister, solicitor & notary public

What's the difference between a will and a power of attorney? Many people are confused about this. In your will you set out what will happen with your property after you pass away. An enduring power of attorney gives authority to a trusted person (a spouse, adult child, sibling or good friend) to look after your affairs while you are alive and become mentally or physically incapacitated.

Once you pass away, the power of attorney is no longer in effect, and the will determines what happens with your property.

Take note! Once you become mentally incompetent, it is too late for a power of attorney. You would have to go to court to get a committee, for someone to take care of your affairs. This costs thousands of dollars instead of a few hundred for a power of attorney. If your family or friends can't afford this then the Public Trustee would likely intervene and take control of your property to finance your care.

About the Author

I travel to people's homes with my laptop and printer to prepare documents.

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Rosemary Hnatiuk is a barrister, solicitor and notary public who provides mobile legal services, helping clients prepare wills, powers of attorney and other legal documents in the comfort of their homes.

- co-habitation agreements
- separation agreements
- documents for estates
- real estate transactions
- uncontested divorces

I am trained in collaborative family law and transformative mediation.

I can provide service in French and German. I understand Ukrainian and Spanish.

Disclaimer

These observations are not intended to be legal advice on any matter discussed. Legal problems are very specific in nature. Legal professionals should be consulted for best results.

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Manitoba energy debate continues as former Stonewall resident calls for nuclear shift

By E. Antonio

A former Stonewall resident is calling for a major rethink of Manitoba's electricity system, arguing climate-driven drought conditions and increasing reliance on imported power are exposing vulnerabilities in the province's hydro-based grid.

Todd De Ryck said his interest in nuclear energy began after hearing a 2012 CBC Radio Quirks and Quarks interview discussing thorium-based power generation. The program, he said, prompted him to reconsider long-term energy options in the face of climate change.

"I knew then that because of climate change and greenhouse gas emissions, we had to stop using fossil fuels and replace them with something else," he said, adding that his early support focused on wind and solar power before shifting toward nuclear research.

Since then, De Ryck said he has spent years researching nuclear energy and broader energy systems, believing a stronger understanding of energy production is necessary to permanently reduce fossil fuel use. He said his interest in microreactors developed later after concluding many large-scale nuclear reactor designs currently in production would not be a practical fit for Manitoba.

De Ryck argues Manitoba's heavy reliance on hydroelectric generation leaves the province vulnerable during drought conditions. In his view, increasing electricity imports from the U.S. Midwest grid highlight those risks.

"Because of the droughts, Manitoba Hydro is losing money too rapidly and is overly dependent on importing electricity from the MISO (Midcontinent Independent System Operator) grid in the USA," he said, noting reliability concerns and emissions intensity on the grid are part of his reasoning for supporting diversification.

He also pointed to Manitoba's geography and transmission infrastructure as additional challenges, noting the long distances between northern generating stations and population centres, along with the ongoing costs of major transmission projects.

De Ryck referenced the approximately \$5-billion Bipole III transmission line project and more recent announcements involving billions more in transmission upgrades. He also argued Manitoba Hydro's management of water levels can impact communities, referencing challenges faced by York Factory First Nation during low-water conditions.

A key part of De Ryck's argument centres on small-scale nuclear technology, particularly molten salt mi-



Dr. Matthew Memmott is the CEO and founder of Alpha Tech Research Corp, the leading organization behind the molten salt reactor development.

croreactors such as the ARC design developed by Alpha Tech Research Corp.

The company was founded by Dr. Matthew Memmott, who recently delivered a presentation at the Manitoba Museum on the future of nuclear energy.

Memmott, who holds both a master's degree and PhD in nuclear engineering, said molten salt reactor technology offers "serious benefits" over conventional systems. He described the reactors as lower cost, transportable, modular, autonomous and capable of operating for decades while safely containing nuclear waste.

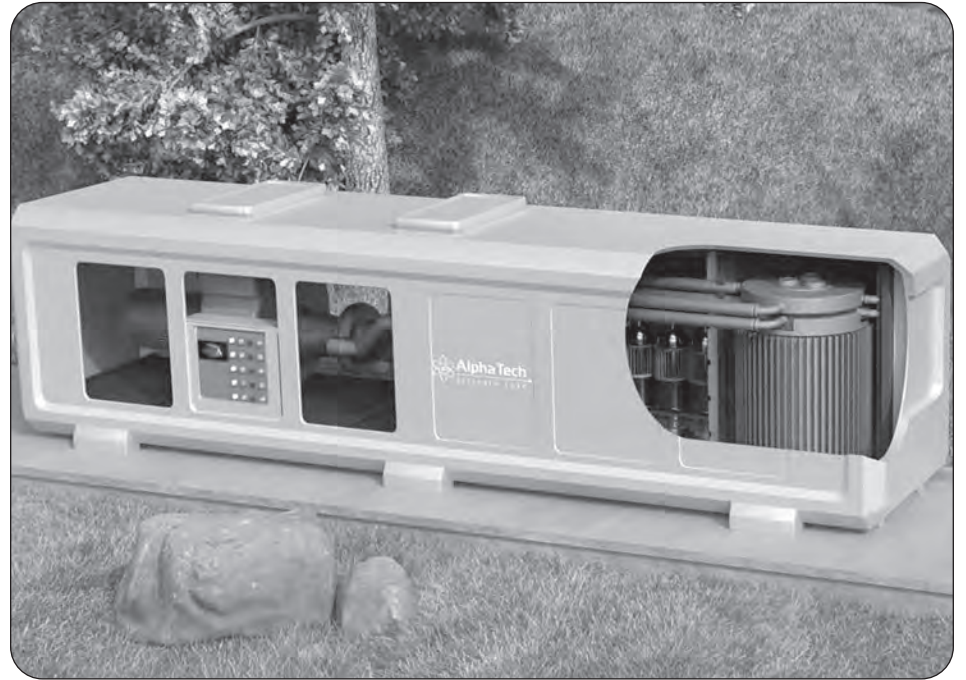
"What these bring is reliability, consistency, long-term security and the opportunity for remote communities to have this power without needing to buy into huge infrastructure," he said. "Once installed, it's designed to last around 50 years, providing power at the negotiated contract price agreed upon installation."

Memmott estimated the cost of electricity generation would range between six and 10 Canadian cents per kilowatt hour, below the current Canadian average of 15 to 17 cents. The pricing structure, he said, would remain fixed under long-term agreements tailored to each community's needs.

"It can be 10 years or 200 years — whatever agreement needs to be made for us to work together," he said.

According to Memmott, molten salt technology allows radioactive material to remain safely contained within the reactor system while enabling spent material to be removed safely. He said the reactors would also require much smaller exclusion zones than conventional nuclear facilities.

"You can stand on the outside of this reactor and hug the blue walls of the reactor all day, every day for a



RECORD PHOTOS SUBMITTED

Researchers and engineers are exploring using nuclear energy, in the form of molten salt microreactors, to become the main power source in communities.

year and not get an appreciable dose of radiation," Memmott said. "The technology of molten salt reactors addresses that concern in a very unique way — its safety is unparalleled."

He said the company's goal is for each reactor site to occupy roughly seven acres while producing about 1.2 gigawatts of energy. The reactors themselves are designed to be compact, continuously generating heat and electricity while using only a small portion of their fuel supply over several years of operation.

After approximately six years of full-time use, the reactors would be replaced and returned to Utah or another future manufacturing location for maintenance and waste removal.

"We designed the reactor to be something that worked with today's framework, with today's technology and today's laws," he said.

Memmott said demand for molten salt reactors is already high, with requests from communities significantly exceeding the company's current production capacity. He said the company hopes to eventually manufacture approximately 1,000 reactors annually, with distribution based on order timelines and agreements.

He added Canada is among the markets being considered for future deployment, with a current target timeline of roughly five years. He also noted the reactors are designed to be transportable enough for remote deployment, including by military aircraft if required.

De Ryck believes the ARC concept stands out because it is designed to operate independently of weather conditions and could be deployed closer to communities, reducing de-

pendence on long-distance transmission lines.

"The ARC molten salt reactor will be capable of operating in all weather conditions, it will not require water, it is capable of providing ancillary services to the grid and does not emit pollution or greenhouse gases," he said.

He also suggested rural and northern regions could benefit the most from localized power generation and reduced reliance on diesel fuel in remote communities.

"Rural and northern communities would likely benefit most, as their source of clean, reliable, quiet power could be located right near them," he said.

De Ryck said he has been actively involved in facilitating discussions on nuclear energy, including organizing virtual conversations with industry representatives and interested organizations. He said some Manitoba Hydro staff and Manitoba Chambers of Commerce representatives attended previous discussions.

He described the reaction from residents and stakeholders as mixed but generally curious.

"Mostly intriguing and prominent business organizations are very interested," he said, adding skepticism is understandable given nuclear energy's public reputation.

On concerns surrounding radioactive waste and safety, De Ryck argued the topic is often misunderstood.

"Nuclear energy and spent nuclear fuel are widely misunderstood; be open-minded and patient," he said, adding he believes spent fuel could

Continued on page 28

United Church of Canada moderator visits local congregation

By Jessica Eblie

Selkirk United Church welcomed Rev. Dr. Kimberly Heath, moderator of the United Church of Canada, from May 28 to 31 as the city hosted the Prairie to Pine Regional Council meeting, bringing delegates from across Manitoba and northwestern Ontario.

The visit was part of the regional council's in-person meeting cycle, which takes place every three years, and included worship services, workshops and discussions on the future of the denomination as it responds to shifting congregational dynamics and community needs.

Throughout the gathering, nearly 200 delegates reflected on the challenges and opportunities facing urban and rural congregations across the region, sharing examples of how local churches are navigating demographic shifts, changing perceptions and emerging realities in their communities.

For Heath, the visit provided an opportunity to see firsthand how regional churches are adapting to changes facing the United Church of Canada at the national level.

"There seems to be a lot of energy," she said. "People are, I think, craving to be together."

She noted that while many United Church congregations across the country are facing declining attendance and fewer ministry leaders, smaller congregations are finding new ways to sustain themselves and serve their communities.

"Instead of bemoaning the fact that we're getting smaller, (we) embrace being small, because I think God does pretty awesome things with small," Heath said.

She emphasized that one of the most significant challenges facing the denomination is maintaining large church buildings with fewer people to support them while also helping fill gaps in local social programming.

Churches are increasingly serving as community hubs by hosting food banks, support groups, arts programs and gathering spaces in areas where third spaces have declined, she said.

That role, she added, is becoming



RECORD PHOTOS SUBMITTED

Rev. Dr. Kimberly Heath, moderator of the United Church of Canada, joins youth delegates in preparing breakfast and visiting with participants during the Prairie to Pine Regional Council meeting at Selkirk United Church.

more important as communities lose what she described as the "in-between spaces" where people of different backgrounds naturally interact.

"We live at the polarized level," Heath said, pointing to increasing social isolation among the general population. "Churches serve as a hugely valuable space of learning to get along with (others)."

At Selkirk United Church, that sense of community is reflected in the building's daily activity, said congregation member M. Chorney, who also serves in multiple roles, including communications and regional governance within the broader United Church of Canada.

"There are people in here every day," Chorney said. "They're always using this space."

Chorney said Selkirk United Church has worked in recent years to make the church more accessible and welcoming, including through a major building renovation, and a decision to become an affirming congregation.

"That's all we wanted," she said. "To have a space that can be really acces-

sible."

Selkirk United Church minister Rev. Cole Grambo said hosting the moderator and regional council meeting was a significant moment for the congregation.

"It was a huge honour to host the moderator at our regional meeting this weekend," he said, adding that Heath delivered "a powerful message of hope."

He highlighted that the regional council gathering brings together congregational representatives for worship, discussion and governance while recognizing new ministers and honouring those who are retiring.

Grambo said the weekend's message emphasized hope, justice and resilience in the face of global and local challenges.

"Many things give me hope about the future of Selkirk United Church," he said, adding that he has seen a growing number of people coming through the church's doors in search of community and belonging.

Heath's visit concluded with a message focused on connection, faith and



Rev. Dr. Kimberly Heath, moderator of the United Church of Canada, addresses delegates.

community renewal — themes that clergy and congregants say reflect the evolving role of churches in a changing religious landscape.

"It's been a delight and an honour to be here and to experience this place and this community," she said.

> NUCLEAR POWER, FROM PG. 27

eventually be viewed as a resource rather than waste.

De Ryck links his advocacy to broader concerns about climate change, energy security and Manitoba Hydro's financial volatility during low-water conditions. He believes expanding

nuclear options could help stabilize electricity supply while positioning Manitoba as a stronger power exporter.

"I hope Manitobans realize we need to make significant changes to our electricity grid," he said, adding he

sees the potential for Manitoba to become a "global clean energy centre of excellence."

While Canada has explored small modular reactor development in several provinces, any future nuclear development in Manitoba would remain subject to extensive federal regulation, environmental review

processes, and public consultation requirements.

Questions regarding molten salt reactor technology can be directed to De Ryck at toddedyck@gmail.com, with additional videos and resources also available online.

Teulon Tractor Pull reaches the end of the road

By E. Antonio

After more than five decades of roaring engines, summer crowds and community fundraising, the Teulon Tractor Pull has come to an end.

Longtime organizer Bert Campbell, 76, confirmed that last year's event marked the final chapter for the long-running tradition, citing rising insurance costs and increasing regulations as key factors behind the decision.

"It's a killer," Campbell said of insurance requirements. "We've been doing it forever and we've never had a problem, but the liability is becoming too much."

The annual event, which ran for approximately 55 years — taking place every year since 1972 aside from a brief pause during the pandemic — became a staple of summer in Teulon. It drew competitors and spectators from across the region while quietly supporting a wide range of community initiatives.

Campbell got involved in 1976 or 1977, first as a committee member, then as an announcer, and eventually as chair alongside his longtime helper, Garry Dola. He explained the Teulon Tractor Pull found its roots with a group of local farmers and businessmen — including Ed Helwer, Irvin Helwer, Bill Skogan, John Skinner and Alec Dawson — who wanted to see who had the strongest tractor.

"It was pretty antique from the very beginning," he said. "And it only grew to be a huge operation as the years progressed."

In the early years, tractors pulled stone boats, with men stepping onto the boat every five feet to add more weight while competitors attempted to pull the load 300 feet.

Later, as tractors became bigger and more powerful, sleds became the preferred — and safer — object to pull.

Over time, high-powered specialty tractors became a major draw, including the four-engine Kernel of the Wakshinsky Brothers, the twin-engine Farmers Dream of Dola Farms, and The Randy Canadian, powered by twin Allison aircraft engines producing more than 6,500 horsepower from a combined 2,300 cubic inches.

Several pulls featured a variety of additional events, including a heavy horse pull, combine crunch, dances, beer gardens and demolition derby to "add a little bit of spice" to the programming, Campbell said.

"The pull just kept getting bigger and bigger each year."

He said crowds reached as many as 1,500 spectators each day, totalling around 3,000 over the weekend.

Many of the guests — and competi-



RECORD FILE PHOTO BY LANA MEIER

A look back at last year's Teulon Tractor Pull, which marked the final edition of the long-running community event after more than 55 years of roaring engines, fierce competition and summer tradition.

tors — came from the United States, as the Teulon Tractor Pull was part of the Red River Valley Pullers Association, a tractor-pulling league made up of communities from Manitoba, North Dakota and Minnesota. Approximately two-thirds of competitors were American, and many had travelled to Teulon to participate in what Campbell said Americans called the "best tractor pull of the association" for two decades.

He said he will miss the camaraderie of visiting with his American friends, having formed several close friendships over the years.

One of his closest acquaintances is Don Dufner, more commonly known as "Mr. John Deere" in the tractor-pulling community. He often stayed at Campbell's home while competing in Teulon.

"He just lives to be on a John Deere tractor," Campbell said. "He's quite the character — like many of the competitors who come up north. They just live to pull."

Campbell said he remains in touch with many of his friends and knows they will miss the event, just as he will miss watching those relationships grow.

"They are just a bunch of friends. And although they compete, they are all there to help and care for each other in the pit."

He credits the success of the pull to a dedicated group of volunteers and sponsors who returned year after

year.

"It was never a money-maker," Campbell said. "But it was something for the community."

Over the decades, the tractor pull raised what Campbell estimates was a couple thousand dollars annually for several local organizations, including the Lions Club, curling rink, fire department, Wish Foundation, museum, cheer board, food bank, local health groups and community park.

The event also featured its fair share of sponsorships throughout the years, including support from Leo's Sales and Service for nearly four decades.

While the event itself operated on tight margins, it also provided significant fundraising opportunities for other groups. The Lions Club, which ran the concession, relied on the weekend as one of its largest annual fundraisers. Other groups managed the beer gardens and gate, keeping proceeds to support their own initiatives.

Attempts to offset rising costs proved difficult. Campbell said increasing gate admission from \$15 to \$20 did not generate additional revenue.

"We had fewer people come, so it was the same at the end."

Despite the financial and logistical challenges, Campbell said the decision to step away was not taken lightly. He said he looked for someone to take over, but no one expressed interest, leading to the end of the Teulon



Longtime organizer Bert Campbell helped lead the Teulon Tractor Pull for decades, serving as a committee member, announcer and chair while helping grow the event into one of the region's premier summer attractions.

Tractor Pull era.

Looking ahead, he said he will miss the chaos and noise that came with the weekend, though he also acknowledged the relief of stepping back from the responsibility.

"It was great while it lasted, but now I will be able to sleep easy without the added stress that comes with organizing this year after year."

Clandeboye Fire Department invites residents to breakfast



RECORD PHOTOS BY KATELYN BOULANGER

The Clandeboye Fire Department hosted a pancake breakfast and open house last weekend. Residents were able to meet local firefighters, eat some pancakes, see our local fire gear in action, explore some fire trucks, buy some plants, and play games, fun activities, and bounce on a bouncer.

sports & recreation

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Interlake players named to Baseball Manitoba provincial boys teams

By Kieran Reimer

Baseball Manitoba has announced the players who will sport the black and gold this summer as part of Team Manitoba at the boys 14U, 15U, 16U and 17U national tournaments.

All four rosters were released last week, with Interlake representation on each team.

The boys 14U development team includes Stonewall's Crew Corbett of the 15U AAA Interlake Orioles as the lone Interlake representative. He will

be part of the team training for the 2026 14U Western Selects, scheduled for Sept. 3-6 in St. Albert, Alta.

Corbett was also selected to the 15U provincial team as one of the youngest players on the roster.

He will be joined by Stonewall's Jake Fortin and Alex Walker, both of the 15U AAA Interlake Orioles, along with St. Andrews' Jensen Freiter of the 15U AAA North Winnipeg Pirates, giving the 15U provincial team four local players.

The quartet will represent Manitoba at the 2026 Ray Carter Cup, also known as the 15U Nationals, from Aug. 20-23 in Summerside, P.E.I.

The boys 16U development team has one local player in Narol's Declan Fisher, who plays summer ball for the 18U AAA Elmwood Giants.

Fisher and the 16U squad will also represent Manitoba at the 2026 16U Western Selects from Sept. 3-6 in St. Albert.

Baseball Manitoba also named

Grosse Isle's Ashton Baldwin of the 18U AAA Interlake Orioles and St. Andrews' Koen Nickel of the 18U AAA North Winnipeg Pirates to its 17U youth team.

Joining the team as an assistant coach is Stonewall's Eric Swanson, the current head coach of the 18U AAA Interlake Orioles.

The team will compete at the 2026 17U Canada Cup from Aug. 5-9 in Summerside.

sports & recreation

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Interlake locals named to Baseball Manitoba provincial women's teams

By Kieran Reimer

Baseball Manitoba have officially released their rosters for the women's teams that will represent Manitoba nationally this summer across the 14U, 16U, 19U, and Women's Provincial Team levels.

Interlake locals Olivia Hagen and Ella Holm, both of Stonewall, along with Arborg's Jamie Johnson and Clandeboye's Liberty Aime were all named to the Women's Provincial

Team roster that will have home field this summer at the 2026 Women's National Championships.

Optimist Park in Winnipeg was named the host of nationals earlier this year, and will see the four locals, along with the rest of Team Manitoba taking on provincial teams from around Canada in the four-day competition from July 9-12.

Due to their age, Aime, Hagen, and Holm were also picked for the

19U Women's Provincial Team and will represent Manitoba at 2026 19U Women's National Championships from July 30-Aug. 2 in Saskatoon, SK.

Hagen was also selected to the 16U Girls Provincial Team that is head coached by Lundar's Blaine Fortin, making it the third provincial team she will play for this summer.

The 16Us will represent Manitoba at the 2026 16U Girls National Championships from Aug. 20-23 in Moncton,

NB.

The 14U Girls Development Team also had local representation named to the team in Lundar's Halle Johnson and Charley Miller, along with Selkirk's Addison Zebinski, while Selkirk's Ty Zebinski joins the staff as an assistant coach.

The team will also have home field this summer at the 2026 14U Girls Western Championships from Aug. 14-16 in Ile des Chenes, MB.

Interlake trio inches toward Team Manitoba selection

By Kieran Reimer

Three locals to the Interlake Region have reached the second round of Team Manitoba hockey tryouts.

Hockey Manitoba Program of Excellence camp rolled on last week with the Girls U16 Top-40 camp from June 5-7 at Hockey For All Centre.

Players from the 2011 and 2012 age groups partook in a series of practices, games, and team building events

over the three-day camp which acts as the final set of tryouts for the Girls U16 Team Manitoba POE.

In Winnipeg, Selkirk's Kennedy Simpson and Narol's Kennedy Vokey represented Team Black in game action.

The pair spent this past season with the AAA Winnipeg Avros White, where they paced the team in points.

Simpson led the Avros with 30 goals

and 20 assists in 28 games while Vokey produced 23 goals and 18 assists in her 27 games played as one of the league's youngest players.

At camp, they faced off with West St. Paul forward Mya Rosenbaum, who made up the lone Interlake representation on Team White.

Rosenbaum is also coming off a successful campaign which she spent with Balmoral Hall U18 Prep, scoring

12 goals and 14 assists for 26 points in 30 regular season games.

Hockey Manitoba evaluators will now determine a final roster that will move on to the Girls U16 POE Competition Phase in August.

The Competition Phase is slotted for Aug. 21-23 back at Hockey For All Centre.

Interlake's Koenig, Gilbraith eye boys U15 Team Manitoba roster spot

By Kieran Reimer

Two Interlake locals have found themselves in contention for Hockey Manitoba's Boys U15 Program of Excellence Team.

Hockey Manitoba held its Boys U15 POE Top-40 camp from June 5-7 at Hockey For All Centre, which acts as the final round of tryouts before an official roster is named.

Among the Top-40 competing in the three-day series of games, practices, and team building events were St. Andrews' Ryan Koenig on Team Black and Selkirk's Owen Gilbraith on Team White.

Koenig is coming off a strong offensive season at forward for the U15 AAA RINK Hockey Academy Winnipeg where he totalled 20 goals and 20 assists in 30 games, Gilbraith meanwhile represented the U15 AAA Winnipeg Thrashers on defence, where he posted three assists in his 30 regular season games played.

With Top-40 camp since concluding, Hockey Manitoba evaluators are now determining their list of players that will move on to the Boys U15 POE Competition Phase in August.

The Competition Phase is slated for Aug. 21-23 back at Hockey For All Centre.

Home team earns championship



RECORD PHOTO SUBMITTED

Members of the Selkirk team defeated Winnipeg A in three sets (25-20, 25-27, 25-18) to capture the Selkirk Malayali Community Volleyball Tournament championship on May 30 at Selkirk Community Church. Pictured left to right, Back row: Rijin Muzhipurath, Alton Tom, Stephin Jose, Aravind Pampackal, Basil Mathew, Abyson Mangaly and Nikhil Antony; Front row: Nibu Jose, Vaisakh Nair and Rahul Paul.

sports & recreation

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Canada vs Mexico: International boxing showdown heads to Selkirk

By Kieran Reimer

A boxing card years in the making is finally set to take place in Selkirk in five weeks.

Maulers Boxing Club will welcome national team fighters from both Team Canada and Team Mexico for an evening of bouts during its Fight Night V card on Saturday, July 4, at the Selkirk Recreation Complex.

It marks the fifth card in the Fight Night series, which began two years ago and has been held in smaller venues and arenas around the city.

Event organizer and Maulers coach Devin Tomko said fans can expect fireworks at what he is calling the club's biggest event yet.

"It's been forever since anything big has come to Selkirk, and that's really what I wanted to do with this event — just bring something fun for the town," said Tomko.

"I feel this is a great pastime and a great event to come watch boxing for your first time as well. You've got no-headgear fights, high-level international bouts and high-level local fights on top of it. It just makes for a great night in Selkirk."

The card will feature 15 fights, including 10 international no-headgear bouts, each consisting of three three-minute rounds.

Headlining the card will be Selkirk-based standout Damir Kudusov, representing Team Canada against Team Ontario's Kamyar Aram in a 145-pound main event. The co-main event will feature Team Canada's Victor Cheung against Team Mexico's Jose Gonzalez.

"Mexican fighters always come to fight, so those are going to be great fights, and Team Canada is on a tear right now, so I'm sure the fighters they are sending will put on a great show for us as well," said Tomko.

Bringing an international card to Selkirk is something Tomko has hoped to do for years. A boxer himself who recently came out of retirement, he spent the past two years primarily coaching Selkirk's next generation of fighters.

During that time, he maintained connections with boxing friends around the world, including several in Mexico, which helped make Fight Night V possible. He also credited the many volunteers who will be busy transforming the more than 2,500-seat recreation complex into a boxing venue.

"If it wasn't for them, none of it would be possible," said Tomko. "It's just a dream come true, really, bringing these fights to Selkirk. It's something that I wanted to do once I got into fighting, and bringing a fight to the rec centre is just sweet."

Doors open at 6 p.m., with the first bout scheduled for 7 p.m.

General admission tickets are available for \$20 and can be purchased at Iron Image Barbell Club and Boston Pizza Selkirk.

Main event

Damir Kudusov (Canada) vs. Kamyar Aram (Ontario)

Co-main event

- Victor Cheung (Canada) vs. Jose Gonzalez (Mexico)
- Aayan Khokhar (Canada) vs. Santiago Montalvo (Mexico)
- Yacine Benaoudia (Canada) vs. Christopher Lucas (Mexico)
- Kuwardeep Manu (Canada) vs. Hugo Padilla (Mexico)
- McKenzie Wright (Canada) vs. Fatima Herrera (Mexico)
- Priyanka Dhillon (Canada) vs. Esmeralda Patino (Mexico)
- Jerzy Gallinger (Manitoba) vs. Mustafa Zahir (Ontario)
- Shaun O'Callaghan (Canada) vs. Nancy Balderas (Mexico)

- Liam Koppanyi (Manitoba) vs. Rosh James (Ontario)
- Victoria Vergos (Canada) vs. Devany Ramirez (Mexico)
- Robyn Grant (Manitoba) vs. Kerowna Hamilton (Alberta)
- Rachel Bourdon (Canada) vs. Almendra Gonzalez (Mexico)
- Kwaj Jok (Alberta) vs. Patrick Soda (Ontario)
- Ben Tibbs (Manitoba) vs. Grayson O'Connor (Ontario)

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sports & recreation

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Royals hand out 44 awards at annual athletics breakfast

By Kieran Reimer

Lord Selkirk Regional Comprehensive Secondary School held its annual athletics awards breakfast last week.

With the school year winding down, the Royals recognized their athletes' accomplishments during the event on Tuesday morning, where 44 awards were presented.

Leading the list of recipients were the Athletes of the Year: Madigan Czarnecki (female varsity), Nolan Dear (male varsity), Jordyn Lemire (female junior varsity) and Carson Salmon (male junior varsity).

All four athletes excelled in multiple sports during the Manitoba High Schools Athletic Association season, helping earn Athlete of the Year honours.

The Royals also celebrated the achievements of athletes and teams that helped Lord Selkirk remain among the province's top competitors in a variety of MHSAA sports.

FULL LIST OF RECIPIENTS:

Athletes of the Year

- Female Varsity Athlete of the Year: Madigan Czarnecki
- Male Varsity Athlete of the Year: Nolan Dear
- Female Junior Varsity Athlete of the Year: Jordyn Lemire
- Male Junior Varsity Athlete of the Year: Carson Salmon

Team MVPs

- Varsity Boys Cross Country: Quinn Fyfe
- Varsity Girls Cross Country: Sara Basanta Paz
- Junior Varsity Boys Cross Country: Hyunmin Park
- Junior Varsity Girls Cross Country: Margeaux Kennelly
- Varsity Boys Volleyball: Nolan Dear
- Varsity Girls Volleyball: Paige Whiteside
- Junior Varsity Boys Volleyball: Jaxon Henry
- Junior Varsity Girls Volleyball: Raina Wollmann
- Grade 9 Boys Volleyball: Jonah Oliveira



RECORD PHOTO SUBMITTED

From left, Carson Salmon, Nolan Dear, Madigan Czarnecki and Jordyn Lemire were named Athletes of the Year at the Lord Selkirk Royals' athletics awards breakfast on June 3. A total of 44 awards were presented to athletes who excelled for the Royals during the 2025-26 Manitoba High Schools Athletic Association season.

- Grade 9 Girls Volleyball: Maya Korell
- Varsity Boys Basketball: Easton Parisian-Nault
- Varsity Girls Basketball: Cassidy Laing
- Junior Varsity Boys Basketball: Youri Vallengduuk
- Junior Varsity Girls Basketball: Jordyn Lemire
- Grade 9 Boys Basketball: Kolbe Michaud
- Grade 9 Girls Basketball: Kay-Lynn Thomas
- Varsity Boys Indoor Track and Field: Dominik Dainard
- Varsity Girls Indoor Track and Field: Fiona Bailey
- Junior Varsity Boys Indoor Track and Field: Finn O'Connor
- Junior Varsity Girls Indoor Track and Field: Hannah Honke
- Girls Curling: Bailey Schmitz
- Boys Curling: Will Waterman
- Girls Hockey: Kennedy Simpson
- Boys Hockey: Jaxon Beasley
- Boys Badminton: Landyn Rempel
- Girls Badminton: Khushi Patel
- Girls Soccer: McKenna Stewart
- Boys Soccer: Carson Salmon
- Girls Rugby: Mackenzie Henry
- Varsity Boys Outdoor Track and Field: Mason Liebrecht
- Varsity Girls Outdoor Track and Field: Sara Basanta Paz
- Junior Varsity Boys Outdoor Track and Field: Noah Hawkins
- Junior Varsity Girls Outdoor Track and Field: Jordyn Lemire
- Girls Golf: Skylar Whitford
- Boys Golf: Matthew Michaleski
- Baseball: Nolan Stewart-McDonald
- Softball: Taylor Henderson
- Girls Lacrosse: Delainey Kiteley
- Boys Lacrosse: Max Ojala
- Jim Schreyer Leadership Award: Nolan Dear

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Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337

The Selkirk Record

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Selkirk's Zoning By-Law Update

As required by provincial legislation, the City of Selkirk is updating its Zoning By-law. The update will better reflect community priorities.

You are invited to attend a public open house to learn more about the proposed improvements and updates.

At the Open House, you can:

- Review information about the proposed improvements and updates
- Ask questions
- Speak with City representatives

Scan to visit the project website or learn more at MySelkirk.ca/MySelkirk.ca/ZoningUpdate

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June 11, 12 & 13, 8 a.m. - 6 p.m., Multi- family Garage Sale. A wide variety of items! Something for the whole family, very few children's items, some collectables. #37141 75N, between Beause- jour & Tyndall, Signs posted.

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INT 684 w/ 3PH + FEL, Case 1100 Sickle Mower, JD GD Manure Spreader, Horse Buggy's, Wagon's, Sleigh's, Parade Harness, Work Harness, Driving Harness, Various Tack, More Equipment, Acreage Items.

Visit: <https://mcsberryauction.com> to Register and Bid!

Ph: 204-467-1858

GARAGE SALES

Multi-family garage sale, #1 Sunrise Bay, just off Lyall Drive, Lockport. Friday, June 12, 12 noon - 4 p.m., Saturday, June 13, 9 a.m. - 4 p.m.

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Upstairs Apartment Rental - Spacious one bedroom/one bath. Rent \$1,100 per month. Utilities extra (hydro, water, phone, cable). Includes parking, security system, appliances (fridge, self-cleaning oven 30 inch stove, dish- washer, AC, washer and dryer), and blinds on windows. Lami- nate hardwood floors, kitchen, living room - open area concept. One year lease, no pets, non-smoking, adults only. Damage deposit \$550. Loca- tion: 204 Clandeboye Ave., Selkirk, Mani- toba R1A 0X1. Phone: 204-785-3097.

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-2 bed/1 bath apart- ment in Selkirk avail- able August 1st for sub-let, short-term lease. One parking spot and hydro includ- ed. \$1,044/month. Call 204-481-7276.

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UPCOMING EVENTS

Old St. Andrews Church is holding a Bake, Book, Bloom Sale and BBQ on June 13th from 10 a.m. to 2 p.m. #3 St. Andrews Road.

Calling all Wood Work- ing Creatives - The Gaynor Family Re- gional Library is seek- ing local artist(s) who work with large-scale wood structure for- mats. This is an op- portunity for artists to design/build a com- missioned artistic fo- cal point in the new children's wing of the library. For further info/ questions, please con- tact, Ken Kuryliw, Li- brary Director at (204) 482-3522. PROJECT PRESENTATION will be on: Monday, June 22, 2026 at 6:00 p.m. All interested parties are invited to attend. Proposal Closing Date: Tuesday, July 14, 2026 at 5:00 p.m. Central Standard Time.

St. Clements Church Mapleton - Pig Roast Father's Day Dinner being held at church hall, Sat., June 20, 2026, 5 p.m. - 1 sitting only. Tickets: Adults \$20; 6-12 \$10; 5 & under Free. For tick- ets contact Jennifer at 204-334-2792 or wejakonwalchuk@mail.com

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ANNOUNCEMENT BIRTHDAY



Helen Hiebert
Happy 93rd Birthday on June 17th
-Love from your family

ANNOUNCEMENT CARD OF THANKS

The family of the late Wes Sewell would like to extend our thanks and appreciation to friends and extended family for their kind words, texts, cards, flowers and meals, as well as donations to the Kidney Foundation. Thanks to Drew Martin for officiating the interment, and to Gilbert Funeral Home for all their help. We are truly grateful for the comforting words and support. "Evidence of a life well lived is found in those who love you."

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ANNOUNCEMENT

IN MEMORIAM

Al (Alverado Smith)
 June 22, 1913 - June 5, 1996
 You were always there for me.
 Calm, quiet, such a good man.
 Admire and love you always.

-Lola

ANNOUNCEMENT

IN MEMORIAM

Dolly Hardwick (Mother)
 - June 7, 2021

Kay Onofreychuk (Hardwick), (Sister)
 - June 19, 2016

Dan Zarichney (Husband)
 - June 30, 2020

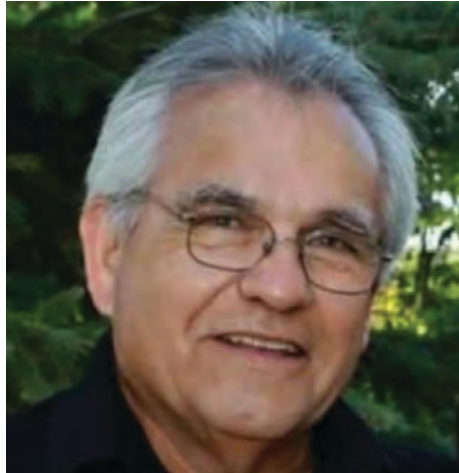
You'll Always be Loved and Remembered.
 Your Voices and Smiles will always
 be with me.

-Ingrid

Remember your Loved Ones
 WITH AN ANNOUNCEMENT IN THE
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 Call 785-1618 or email lucy@selkirkrecord.ca

ANNOUNCEMENT

IN MEMORIAM



Robert Loutit
 June 21, 1947 - June 11, 2020

We miss your smile,
 Your joking ways;
 We miss the things
 You used to say.
 And when old times
 We do recall,
 It's when we miss you
 Most of all.

-Sadly missed and lovingly remembered
 by your wife Leslie
 and your family

OBITUARY

Bill Badiuk

Bill Badiuk, loving husband, brother, brother-in-law, father, uncle, Gido, Great-Gido, and friend, died June 4, 2026, after a brief illness.

Bill loved children. This love led him to a career in teaching and school administration. He began his career in small rural communities in Manitoba. Most of his career was spent with the Winnipeg 1 School Division. After retiring from Winnipeg 1, he fulfilled his dream of finishing his career in northern Manitoba with the Frontier School Division in the communities of Berens River and Brochet. Bill and Helen formed lasting friendships wherever his



career took them.

After retiring from Brochet, Bill and Helen moved to their cottage in Grindstone Provincial Park. Bill vowed to spend time outdoors after retiring, and he kept that vow by mowing the grass, gathering firewood, clearing the driveway, and feeding his birds and deer. He was also the unofficial mayor of Grindstone, going on his daily walks, meeting people, observing the comings and goings, and discussing current events relevant to the park (or not!).

Bill enjoyed community as a member of the Riverton Elks, the local church, the Westshore Singers, and the Back Pew Boys. He loved singing and could often be heard singing as he puttered around the house.

Bill and Helen later moved to the Petersfield area, and Bill continued to play outside, with more grass to cut, a longer driveway to clear, and a John Deere tractor to ride. He also enjoyed the many dogs in his life. He often said, "They are good dogs," regardless of the mischief they got into. He loved them, and they loved him.

Bill had a wonderful sense of humour and wit. He was an avid reader, especially of history and politics. He often came home from the thrift store with "just a few more books."

Bill made a difference in both his career and his life. He was loved by many, and his passing has left many heavy hearts.

The family would like to thank the staff of Emergency and Medicine 1 at Selkirk Regional Hospital and the staff at St. Boniface Hospital for their compassionate care.

Bill chose immediate cremation, and there will be no formal service.

Bill supported many good causes. Donations in his memory can be made to the charity of your choice.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM



In Memoriam
Russell Skalesky
 March 20 1932 - June 12 2025
 We Miss you Dad
 -Love,
 Mom (Theda), Shelley and Bill

**CELEBRATE
 THE SPECIAL
 MOMENTS!**

**Don't forget
 to send
 your special
 wishes to
 your friends
 and family.**

OBITUARY



Helga Mary Lavallee (nee Nordal)

Helga Mary Lavallee (nee Nordal), 96, of Selkirk, Manitoba, passed away with family by her side on May 15, 2026 at the Selkirk Regional Health Centre.

Helga was born on August 11, 1929 in Lundar, Manitoba, to Einar and Flora Nordal.

Helga spent endless years working on the farm and raising her family.

Helga was predeceased by loving husband Albert Henry Lavallee Sr. and her son Albert Jr. and daughter Gloria.

Helga is lovingly remembered by dog Cujo and surviving family members, numerous grandchildren and great-grandchildren.

A graveside service will be held on June 19th at 11:00 a.m. in the at St. Clements Cemetery. All who knew Helga are welcome to attend and celebrate her life.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Larry Fey

Larry Fey, age 71, passed away peacefully on May 28th, 2026 at the Selkirk Regional Health Centre after a courageous, long struggle with cancer. In his final moments, he was surrounded by the comfort and love of his devoted wife and children.

Born to the late Donna and Eugene Fey, Larry grew up on his parents' farm north of Selkirk. He attended school and made many lifelong friends. At 17, he decided to enter the workforce full time. He worked as a laborer for different companies, before starting at the steel mill in Selkirk. It was there he spent over 40 years of combined service, retiring from Gerdau in 2015. Larry lived a life defined by his strength, warmth, and adventurous spirit. He believed in working hard, but also enjoying life to the fullest. He was always willing to lend a helping hand, and to celebrate afterwards for a job well done. He had a lifelong passion for anything cars and motorcycles, loved hitting the road, and cherished every opportunity to travel. Larry and Karen had many holiday and travel adventures together. Above all, his favorite place to be was Mazatlán, where they made many countless beautiful memories and friends.



He is survived by his loving wife Karen, and his sons Calvin (Cheryl), Christopher (Monica), and Tyler (Sadie). He is also survived by his daughter Shannon (Brad) and her son Gabriel, whom he was brought together with after becoming ill and felt incredibly blessed to know. He also leaves his grandchildren Clara, Max, Damon, Lincoln, Dorian and Ivy, who he deeply loved, and was so proud of. His brother Roy (Sandra) and sister Noreen. Larry also leaves a large extended family and many friends, too numerous to mention. And always by his side, his faithful companion Harley, who gave unconditional love and comfort every day.

For all of the care given to Larry throughout his illness, the family would like to thank Doctors Paradoski, Alexander, and Brown, and the nursing staff at the Selkirk Chemo department, and also Dr. Zhang and his staff at the Buhler Cancer Centre in Winnipeg.

Cremation has taken place, and a private family interment will be held at a later date as per Larry's wishes.

To celebrate Larry's life, please join family and friends for an informal tea and luncheon at the Royal Canadian Legion (downstairs hall) on Wednesday, June 17th, 2026 from 1:00 p.m. to 4:00 p.m.

In remembrance of Larry, memorial donations can be made to CancerCare Manitoba. Arrangements provided by Gilbart's Funeral Home in Selkirk, Manitoba.

Tributes: www.gilbartfuneralhome.com

--it's not goodbye, it's see you later--

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OBITUARY



Darrell "Halen" Waterman

It is with heavy hearts that we announce the passing of Darrell "Halen" Waterman on the 1st of June 2026 at his place of residence.

Left to cherish his memory are his son Travis (mother Patsy), his step-son Mike (Jaz), sisters Darlene and Gaylene (Jeff), nieces and nephews, Uncle Tommy, Aunt Danna, his best friends Kenny, Trevor, Keith, and many more.

He was predeceased by parents Bunny and Eleanor, nephew Dusty, great-nephew Zur, and brother-in-law Blake. Darrell's long-time companion, his dog Sparky, who has also recently passed will be buried alongside him.

Darrell was born in Selkirk on 15 January 1964, he had a full career at the Mill in Selkirk and was retired for a few years before his passing. Darrell's most proudest accomplishment was his son Travis. Darrell spent many summers camping with his son, their

most memorable moments being at Clear Lake. Darrell enjoyed outdoor sports such as fishing and hunting especially with his son during the annual Thanksgiving Day Hunt.

Darrell will be missed by many, especially his family.

A celebration of life will be held at a later date.

Rest easy Dad, I love you!

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Stephen Barling Wills

It is with deep love that we share the passing of Stephen Barling Wills, following a courageous but short battle with cancer.

Steve was born in East Ham, UK on June 28, 1951. He immigrated with his family to Selkirk, Manitoba in 1957.

A devoted husband to Kathleen Wills and a proud father to Jennifer Derzaph (Kyle) and Victoria Wills (Mike), he was also a loving and proud grandfather to Weston (Jennifer) and William (Victoria). He took great joy in cheering them on, always championing their sports, their curiosity, and whatever they pursued.

He was predeceased by his parents, Rose and Bill Wills, and his brother Nigel Wills.

A retired member of the RCMP, Steve lived a life grounded in service, community, and connection. In Blind Bay, he was an active member of the Veterans Association and a familiar face at the Curling Club and Shuswap Lake Estates Golf Club. He loved sports, time with friends, and being part of something bigger than himself.

Known as the life of the party, Steve had a gift for bringing people together. He thrived in a room full of friends, on a patio after a round of golf, or at any gathering where there was a story to tell or a laugh to share. His energy was infectious, and his presence made things feel just a little more alive.

He leaves behind his brothers, Richard (Shelley) and Paul Wills, his sister-in-law Cindy, several nieces and nephews, and a wide circle of family and friends who will miss him deeply. Many who knew and loved him as Uncle Steve.

A celebration of life will be held this summer. To leave an online message of condolence, please visit www.bowersfuneralservice.com

Bowers Funeral Service
In care of arrangements

CELEBRATION OF LIFE



**Celebration of Life
Raymond Ronald Hourie**

When: Wednesday, June 24, 2026

Place: Selkirk Friendship Centre

425 Eveline Street

Selkirk, Manitoba

Time: 1:00 p.m.

Burial to follow at

St. Clements Cemetery

Obituary: <https://www.parkplacefuneral.ca>

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SELKIRK MARKET WATCH



43
homes sold



\$337,179
avg sold price



-0.50%
avg sold price change*

JAN 1/26 - JUN 8/26 stats for Single Family Attached, Single Family Detached, & Townhouse properties in Real Estate Zone R14. *over previous year

WE'VE GOT A TEAM EXPERT FOR THAT !!!

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Don't Delay, Connect Today!



FEATURE OF THE WEEK! | 285 EVELINE STREET, SELKIRK | \$388,000



SEE IT AT THE OPEN HOUSE! THIS SUNDAY, JUNE 14TH, 2026 FROM 1:00 - 3:00 PM!

EVELINE ESTATE! Welcome to Historic Fryer House, a 1,775 Sqft 2 Storey residence situated on desirable Eveline Street featuring 5 bedrms, 1.5 bathrooms & countless updates. Gorgeous kitchen updated in 2004+ with island, tons of cupboard space with custom pull-outs, black appliances, & leads seamlessly to your formal dining room fit with wine fridge, more cabinet space & storage closet. Extra spacious living/family room features brick faced wood fireplace & access to 3-season sunroom, perfect for curling up with a cup of coffee and a great book. Main floor bedrm or office & 2pc bath complete the main level. Upstairs there are 4 bedrms, a 4pc bathroom & another 3-season sunroom waiting for some new screens or windows to make use as a sunroom, or continue using for storage! Full, unfinished bsmt houses the laundry, utility & more storage. Outside find a 14'x11' covered deck, 2 sheds, a paved drive for 2 vehicles, as well as a gravel pad accessible from the back lane. Across the street from the scenic Red River, nearby shopping, amenities, parks, golf course & more.

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