



The Selkirk Record

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THURSDAY, JUNE 17, 2021

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RECORD PHOTO BY BRETT MITCHELL

Robin Nishibata, Bucky Anderson, Barb Lavallee, and Lorie Fiddler at opening day of Indigenous Week. This year National Indigenous People's Day is being celebrated in Selkirk all week with a virtual celebration. Learn more on page 18.

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Community parade celebrates CDKL5 awareness and 10th birthday

Gracie turned 10 years old last Sunday where a long line of vehicles drove past in celebration

By Sydney Lockhart

East Selkirk helped celebrate the 10th birthday of Gracie Spence with a parade and donations for CDKL5 awareness.

Gracie and her mom Sara, dad TJ, and sisters Karly and Ella watched as last Sunday the Spence family's road was lined with fire trucks and vehicles honking and cheering as they passed by Gracie, dropping off cards, balloons, posters, and donations going toward CDKL5.

The family wanted to thank the St. Clements and East Selkirk Fire Departments which lead the parade, Bucky Anderson who played Metis music over his loudspeaker, Selkirk GM for participating in the event, and everyone who showed up for Gracie.

CDKL5 deficiency disorder is a rare genetic disorder caused by the mutation of the CDKL5 gene. According to CDKL5 Canada it causes "intractable epilepsy and neurodevelopmental delay impacting cognitive, motor, speech, and visual function."

Gracie's mom Sara Spence said when she gave birth to her daughter, she could tell that something was different about her, but she was told by doctors that she was a perfectly healthy baby.

She said no one took her concerns seriously until Gracie had her first seizure, even then she was diagnosed with epilepsy, not CDKL5.

Spence explained that it was in fact the developmental worker who gave light to what was going on with Gracie when she suggested that they test for CDKL5.

The developmental worker had found a video of a child online who

was acting like Gracie and was diagnosed with CDKL5.

With a simple blood test, the family could find out if this was the condition that Gracie had.

"At 18 months Gracie was finally diagnosed with this disorder saying yes, you're right, it was CDKL5. Having a diagnosis is something you search for, and you want, because you want to know what it is, what is wrong with your child. But it changed nothing," said Spence.

After being diagnosed Spence was told that the life expectancy for children with CDKL5 was around 5 years old. Sunday, June 13 Gracie turned 10 years old, officially doubling what the doctors told her family.

"I kind of hope that neurologists and doctors stop giving us these ages because they're so wrong. A lot of the time and it doesn't give parents, or even people hope anymore," said Spence.

While visiting with specialist doctors in Denver, Spence said doctors were shocked to see how well Gracie was doing and couldn't recommend any further therapies above what Gracie's family was already doing for her.

"They looked at her file and they're like, 'I don't understand how this child is breathing'. I'm like, 'What do you mean,' and they said, 'Because she doesn't even have the gene'. The gene is deleted out of her body," said Spence.

She added that she was told Gracie was a miracle kid.

"Unfortunately, she can't talk and she can't walk, but she can laugh, and she can eat. There are things that she can do and the kids all get a kick out



RECORD PHOTO BY SYDNEY LOCKHART

Gracie and her family at her 10th birthday parade celebrating and raising awareness for CDKL5.

of her because she loves to dance and she loves to get excited," she said.

Continued on page 4

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> GRACIE'S BIRTHDAY, FROM PG. 3



RECORD PHOTO BY SYDNEY LOCKHART

Gracie and her family at her 10th birthday parade celebrating and raising awareness for CDKL5.



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Happy Thought School made doughnut themed decorations for Gracie to bring home for her birthday, to decorate her driveway for her drive-by birthday parade.

"Kids go to school, and this is the best chance for children to learn about Gracie, because now when they grow up later on in life, they are not afraid of disability," she said.

Now Spence is a member of the CDKL5 Board of Canada where she speaks to moms who have received the same diagnoses for their children.

"Spreading the word is the easiest thing that we can do because there are so many kids out there who are undiagnosed right now and maybe it takes my story to say hey let's test for it and see," she said.

Spence said her goal is to educate as many people as she can on CDKL5 and help people understand disability and be more comfortable around people.

"I rather people talk to me than stare at me or stare at her, or giggle. I've gone through 10 years of seeing people laughing, giggling talking behind my back about it. You know and it's been 10 years, but it's been a lot of years of me holding back the tears and not wanting to yell at somebody, you know like stop staring at my child," she said.

Spence said she wants people to be comfortable to approach them and ask about Gracie's disability to learn more.

"It's been a rough road, but I feel like the more support that we get through the community and from school and our friends and our family, I just feel that she's so loved," said Spence.

June 17 is International CDKL5 Awareness Day where places around the world will light up bright green in support.

To donate to CDKL5 Canada go to <http://www.cdkl5canada.ca>.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

To the person or persons who left the children's shoes on the steps of Knox Presbyterian Church, thank you. It was a visible, tangible reminder that we simply cannot turn our backs on the injustices that were done in the name of government and church in regards to the residential school system. Two hundred and fifteen lives ended too soon: that's on top of the ones we knew about before, and the ones that will likely be discovered in days to come. It is a blight upon our nation's government, as well as on the churches that participated. It cannot be ignored.

As the minister of this congregation, I felt compelled to address the issue more strongly than ever before in our service. We cannot, as Christians, expect that the damage that was done can be resolved by just a single apology. And yes, the Presbyterian Church did present a confession and apology back in 1994, but with each revelation of the wrong-doings that were perpetrated, we have to re-acknowledge the pain that was caused, and seek

ways to be part of the solution.

My heart aches for the families affected – for those directly connected to the school in Kamloops, but also for all who suffered because of this policy. May Creator's grace touch your hearts with comfort and healing, and may all those who call themselves by the name 'Christian' be ready to be used by our Creator to overcome the brokenness that has resulted.

- Rev. Anthon Bouw, along with the elders of Knox Presbyterian Church, Selkirk



RECORD PHOTO SUBMITTED
Shoes left outside of Knox Presbyterian Church.

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Restrictions cannot stop remembrance of 215 children

Selkirk's recognition of discovery of children at Kamloops Residential School documented

By Katelyn Boulanger

After learning about the discovery of the first 215 children who had been found in unmarked graves at the site of the Kamloops Indian Residential School in Tk'emlúps te Secwépemc near Kamloops, B.C, Julie St. Croix put the call out to the community to remember at Selkirk's Anishnaabe Mashkiki Gitigaan - The People's Medicine Garden by bringing shoes to the site. Jeannie Red Eagle wanted to make sure that St. Croix's act would not be forgotten with time so she gathered people together in order to create a video to keep the memorial alive.

"[The video will] highlight and draw awareness to the community outpouring of support [that started with] one young, single mother's initiative to memorialize the 215 children whose remains were uncovered at Kamloops former residential school in Tk'emlúps te Secwépemc," said Red Eagle.

The video, titled Stand Strong, will feature a dance from jingle dress dances Pearl Henry, from Roseau River Anishinaabe First Nation who danced to a hand drum performance by Michael Esquash Sr. who is a councillor at Swan Lake First Nation as well as an elder and knowledge keeper.

Red Eagle chose to have a jingle dress dancer as part of the video's ceremony as it is a healing dance.

"We needed that for the people and we needed that for the spirits of those children. Even though it happened in the past, their families never got to



RECORD PHOTO BY ANDREW MARSH

Pearl Henry from Roseau River Anishinaabe First Nation performed a healing Jingle Dress Dance on June 4 at the People's Medicine Garden in Selkirk accompanied by hand drum singer, Mike Esquash Sr., a knowledge keeper from Swan Lake First Nation and lead singer with Spirit Sands Singers.

honour their passing in the way that they should have been able to. So this is our way of helping those little innocent spirits travel on their journey into the spirit world," said Red Eagle.

She also wanted to record the reactions of the community to the display of shoes and so, as restrictions didn't allow for gatherings, approached those in our community who were passing by giving them an opportunity to speak.

"And now this can be shared with everybody. Everybody in the community can say, this is what we did in

Selkirk and even though they weren't necessarily a part of it, the healing garden, that belongs to the people," said Red Eagle.

She says that this project is not just to remember the children who died at Kamloops Indian Residential School and other residential schools, however, but also to recognize the trauma to survivors and the intergenerational trauma that was caused by the residential school system the need for healing from that.

"If hurt people can hurt people and we understand that, what can healed

people do?" said Red Eagle.

She suggests that people can make a stop at the healing garden, which is in the pocket park right beside 222 Manitoba Avenue if they would like to continue to hold space with each other as it's a safe spiritual space.

To view the video go to <https://youtube.com/channel/UCZfPgNy-wqeqqaaUak76EJLQ> or visit the Anishnaabe Mashkiki Gitigaan - The People's Medicine Garden Facebook page after June 21.

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Petition MB for nurses

The petition has gained thousands of signatures of people wanting the province to give nurses a fair contract

By Sydney Lockhart

The group Manitoba Nurses Matter has created a petition to gain public support for nurses to get a fair contract from the provincial government after their previous one expired four years ago.

The petition was started by Jay Hill who is not a nurse but says he couldn't stand by and watch nurses be unsupported by the public.

"The mission statement is to show the Pallister PCs that there is public pressure, that the public wants this," said Hill, "They don't believe the public actually cares about this issue. So, the end game is to put as much pressure on them as possible to the point where they realize they cannot win another election without solving this."

The petition first launched 2 weeks ago and has since gained over 10,000 signatures from Manitobans across the province.

"It's literally a life-or-death topic, if we don't have enough nurses in the province, we are not going to have illnesses, diseases, viruses or injuries treated. We are having a shortage [of nurses] and there will be people that will get subpar care and there will be people that die as a result," said Hill.

Last week Manitoba nurses voted 98 per cent in favour of a strike, hoping the province will agree to binding arbitration before the union decides to call the strike.

Hill said he will not stop petitioning in favour of the nurses until "The day the MNU sends out a message and says, we met with the government, we agree to their terms, we have a contract that is a fair contract."

On the Manitoba Nurses Matter

website, you can sign up to get a yard sign to show support for the cause.

Hill said he hopes people research and understand that this isn't just about fair wages

"I think that for PCs, for conservatives in general, you have to show that concern [that] other conservatives in the community care about the topic," said Hill, "That's a piece of what we're going to be doing as well —showing how many people that have signed are voting conservatives."

The Manitoba Nurses Union said the province wants to include a float pool that would be able to redeploy nurses to different hospitals and wards throughout the province.

The MNU's Instagram posted "So when we think about a strike vote, let's remember it isn't just about a bump in salary, it's also about being able to go to bed and not have to think about starting a new job over and over again, being moved around to wherever you are needed most. Although just as magical, nurses aren't unicorns. They're real people."

Hill said he hopes people will consider single parents when signing the petition, saying they don't have the ability to pick up their life and move around for their job if a float pool is introduced.

Manitoba Nurses Matter is also selling t-shirts to raise money for Fionn MacCool's campaign which is trying to feed hungry and overworked healthcare workers during the pandemic.

To sign the petition, buy a t-shirt or order a lawn sign go to <https://www.mbnursesmatter.ca>.

HAPPY FATHER'S DAY

Jeff Wharton
 MLA for Red River North
rrnorthca@mymts.net

Alan Lagimodiere
 MLA for Selkirk
alanlagselkirkmla@mymts.net

Call to help make grad special for Comp students

Outdoor graduation ceremony second year in a row

By Katelyn Boulanger

With restrictions making graduation ceremonies unconventional this year, the graduation committee at the Lord Selkirk Regional Comprehensive Secondary School is asking that residents lend a hand in celebrating this year's class of 2021.

This year's grad will take place at LSRCSS's bus loop on June 29 and see the roughly 290 students driving through in order to pick up their diplomas and have their photos taken.

"The grads are going to ride with their parents in a vehicle and they're going to be dressed up in their convocation gown and cap. When they arrive, they're going to arrive in groups according to their last name, and each group will arrive at a certain time, starting at about 10 o'clock in the morning," said graduation committee member Char Henrikson.

Though the streets around the high school will not be closed during the ceremony they do ask that if members of the public are driving by, that they avoid Mercy St. near the school after 10 a.m. on that Tuesday in order to avoid traffic.

The route starts at the corner of Pacific Ave. and Mercy St. and then proceeds to the school on Mercy St. where the grads will loop through the parking lot to get their names checked and then towards the loop for their big

moments. They will then proceed out of the loop towards Manchester Ave., up to Main St. and then to Taylor Ave.

"While they're in the loop of the student lot [we] will have music for them. There'll be a big screen where we'll be playing a video of a lot of the pictures that have been taken over the last three years here. Usually, there's a couple of kids in every graduating class, that put together a little video of candid shots from their years in school and that will be playing on this large screen so that as they're in the loop they can be entertained by the music," said Henrikson.

The video will also contain speeches from the valedictorian, the school board, and the superintendent so that everyone has a chance to hear them.

Henrikson and the rest of the committee are looking for help from the community to decorate the graduation route with signs of support which can be dropped off at the school between June 21 and 24 and for businesses to decorate their business fronts to make the event extra special this year.

"We're going to try and make that stretch of Mercy Street, we're going to decorate it, we're going to try and do everything that we can to make it look special for the grads. So if the rest of the route is like that, that would be gravy," said Scott Gurney, also a member of the grad committee.



RECORD PHOTO BY KATELYN BOULANGER

Lord Selkirk Regional Comprehensive Secondary School.

The graduates have also been asked to decorate their vehicles for the occasion.

He hopes that grads embrace this graduation ceremony.

"I hope that they look at this graduation, as still a positive milestone in their in their lives, and not something that wasn't exactly what they had hoped for. Like, I hope it's still a great day for them," he said.

Signs for graduates can be purchased at Home Hardware, General Signs, and Daerwood Press.

Because the graduates will be in vehicles with their own families and only come out of their cars to pick up their diplomas and the ceremony will be on school grounds all COVID-19 restrictions are being adhered to.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

Based on information that I have been able to gather in Manitoba, we have a Cabinet that is out of control with Backbenchers playing the role of trained seals when it comes to passing legislation in this province.

From what I understand, there were around 40 bills plus around 8 private members bills up for discussion over an estimated timeframe of 8 long days. There is nobody capable in any part of society that can go over these bills, determine the benefits/negatives in these bills, and establish an informed opinion before casting their vote either way [in this amount of time]. In other words the MLA's are being told by cabinet how to cast their vote.

Both Cabinet and MLA's forget that they were elected by Manito-

bans as a 'board of directors' of the province to manage affairs — including financial — in an honest and ethical manner. From what I am observing this is not being done.

My question is, when are the MLA's of this province going to develop the guts to stand up to cabinet instead of acting like trained seals and start earning your pay?

The way you are being manipulated now leaves you responsible for legislation that you had little or no contribution in its design.

As MLA's in my opinion, you have two choices — start contributing or if you can't stand the heat get out of the kitchen.

- Harvey Dann
West St Paul

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Restrictions having desired effect: Roussin

Case numbers of COVID-19 beginning to trend downward

By Lorne Stelmach

Case numbers continued to trend in the right direction this past week as the province edged closer towards further easing restrictions.

"The restrictions that have been in place have had that beneficial effect on our case counts, and that's why we have been able to just slowly ease some of those restrictions," chief provincial public health officer Dr. Brent Roussin said at his Monday update. "We need to continue to bring these numbers down, we need to bring the vaccines up, and that's going to help us be in a position to start to reopen."

There were two new deaths reported Monday bringing the total number of deaths in Manitoba due to COVID-19 to 1,102.

The current five-day test positiv-

ity rate was 10.7 per cent provincially with 124 new cases of the virus identified, including four new cases in the Interlake-Eastern health region.

The active case counts included four in Arborg/Riverton, 14 Beausejour, 89 Eriksdale/Ashern, 25 Fisher/Peguis, two Gimli, 25 Northern Remote, four Pinawa/LacduBonnet, 42 Powerview/Pine Falls, 14 Sellkirk, seven Springfield, 15 St. Clements, five St. Laurent, eight Stonewall/Teulon, 12 Unknown District, one Whiteshell and 12 in the Winnipeg Beach/St. Andrews district.

The total number of lab-confirmed cases in Manitoba was at 54,481 with 3,111 active cases and 50,268 recoveries, while 297 Manitobans remained hospitalized with COVID-19 in Manitoba and neighbouring provinces

Meanwhile, eligibility for second

doses expanded to include individuals who received their first dose on or before May 10. Only those eligible to book appointments based on the date of their first dose or other criteria should book second-dose appointments at this time.

Additionally, all Indigenous people in Manitoba and individuals with specific health conditions are also eligible to book their second dose as long as they meet the minimum time interval between doses.

All people aged 12 and up are eligible to book first-dose appointments.

You can book online at <https://protectmb.ca> or by calling toll-free 1-844-MAN-VACC (1-844-626-8222).

Public health orders ease gathering restrictions slightly

Indoor private gathering restrictions remain in place

By Ashleigh Viveiros

Public health officials eased restrictions slightly with the latest public health orders.

Starting last Saturday, Manitobans are now able to gather in small groups outdoors.

In public outdoor spaces, up to five people are permitted to gather. In private outdoor spaces, up to five visitors from no more than two other households are allowed, in addition to the people who reside at the hosting household.

All other restrictions, including those banning indoor private gather-

ings and restricting capacity limits in retail businesses, remain in place.

"As our case numbers and test positivity rates start to drop, our vaccine rates continue to rise, however we still have significant demands on our health care system," said Dr. Brent Roussin, chief provincial public health officer, in announcing the new orders. "So we're not in a position to open everything at once, certainly, but we are in a position to slowly ease, very minimally, some of our restrictions."

Roussin urges Manitobans to remain cautious in their interactions with others outside their household,

even outdoors.

"While the risk of transmitting the virus is certainly diminished in an outdoor setting, it's not zero," he said, stressing that the fundamentals are still important: stay home when you're ill, maintain physical distancing, wear a mask, reduce contacts outside your household.

Roussin also encouraged people to continue booking not only their first but second dose of the COVID-19 vaccine. A second dose is required for full vaccination.

"It continues to be up to us to make a difference, to bring down these numbers, to bring down the strain on the acute care system," Roussin said.

The new orders will be in effect until Saturday, June 26.

> 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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Christy Brown, Distribution Mgr.: 204-467-5836

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Don't miss a flippin' good time at the Marine Museum's pancake breakfast

After a year off, the museum is back to serving up this delicious tradition

By Katelyn Boulanger

The pandemic couldn't stop the Marine Museum from plating up breakfast in order to preserve our marine history with this year's pancake breakfast taking place drive-thru style June 19.

"With COVID, it's totally changed our way of thinking because we can't have anyone come sit down like we traditionally do. [We also had to consider that] the museum is still closed based on restrictions. We still wanted to do a fundraiser for the museum, [however] because that's a huge part of whether our doors stay open or closed in the long run," said Shaylene Nordal, Museum Manager of the Marine Museum of Manitoba.

Residents should expect for it to be a little different this year when they pull up to the Marine Museum. They will be greeted by members of the Selkirk Fire Department who will be doing traffic control. There will be a loop set up where people first buy their tickets and then at the next stop get their pancakes, sausage, and coffee or juice before taking their breakfast to go.

"With your breakfast [this year], you

will receive a voucher for a return visit once the museum does open to tour the museum because traditionally, with our breakfast, you're allowed to tour the ships, but because we're closed, we can't do that," said Nordal.

Even though residents haven't yet been able to check out the marine museum this season Nordal says that the museum is looking great and ready to open when restrictions allow.

"We have summer students this year that will be working on more painting on the ships. We're also trying to put up a few new exhibits before we do open, which will be something new for visitors to come and see. So, there's quite a bit happening behind the scenes. I mean, yes, the doors are closed, but we are still working hard to make it a new fresh experience," said Nordal.

As for those new exhibits, Nordal hinted that one would allow residents to experience navigating stormy waters while they are also working on a Lord Selkirk display.

The pancake breakfast drive-thru will take place between 8 and 11 a.m. with adult meals costing \$10 and chil-



RECORD PHOTO BY KATELYN BOULANGER

Selkirk's Marine Museum.

dren 12 under getting their breakfast for \$5. All proceeds go towards the marine museum.

"We're hoping to have lots of people [pass through]. We would love to see

lots of faces and it's a way for people to get out. It's on a Father's Day weekend so why not treat dad to a pancake breakfast on Saturday," said Nordal.

MB Interlake Caucus updated on pandemic supports

Municipal leaders from the Interlake Region sit down with Minister Carr

By Staff

Earlier this week, the Honourable Jim Carr, Minister and Special Representative for the Prairies, met with 14 mayors and reeves from the Interlake Region to discuss Budget 2021 and the Government of Canada's plans to stimulate local economies and improve the quality of life for all Manitobans. This includes over \$72.5 million provided to 136 communities in Manitoba through the Gas Tax Fund in 2020-2021, which allowed municipalities to plan important infrastructure projects, while creating jobs in their communities.

"With more people getting vaccinated every day, we are able to turn our attention to what Canada's future will look like. We know recovery is going to look different in every region and will require different programming

that responds to local needs. Discussions like these will help ensure federal policies reflect the unique needs of Manitobans so we can build a recovery that works for our province."

-The Honourable Jim Carr, Minister and Special Representative for the Prairies and Member of Parliament for Winnipeg South Centre.

Throughout the pandemic, municipal leaders in Manitoba and across Canada have been at the forefront, leading their communities and connecting their citizens with the support they need.

During the meeting, they discussed pandemic support packages, including the Rent Subsidy and Lockdown Support programs, which helped more than 9,000 Manitoba businesses

Continued on page 10



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Selkirk's Canada Day concert moves online

Other activities like scavenger hunts will also be taking place.

By Sydney Lockhart

The City of Selkirk is going virtual for Canada Day this year creating a safe way for the community to celebrate.

"Last year, because of the pandemic we didn't really do anything. In a normal year, we would have this grand celebration at the waterfront with performers, fireworks, but we haven't been able to hold it," said the city's culture coordinator Ellie Longbottom.

This year on Canada Day at 3 p.m. the concert will stream on their Facebook page with performances from many local artists performing across Selkirk.

"It will focus on showcasing local talent to celebrate Canada Day," said Longbottom, "Our strategic plan [directs us] to provide the best recreation opportunities for Selkirk residents."

The official lineup for the event has not been announced yet but will be posted to the city's Facebook page prior to the event.

Longbottom said the concert will be pre-recorded with artists to ensure that the best possible virtual Canada Day is created, including many of Selkirk's different backdrops with performances at the Waterfront, Marine Museum and Water Tower.

"It was in the back of our minds, since the beginning of the year to have

a backup plan in case we could not hold Canada Day normally, so we've been thinking of this for a couple of months now," said Longbottom.

By following the instructions laid out on the City of Selkirk's Facebook page people who are going to the online event can enter to win a camping prize package that is worth over \$1300.

The concert series that usually spans the summer will also be held virtually like the Canada Day celebration as COVID-19 restrictions prohibit them.

In addition to the Canada Day virtual concert, the city has created a photo scavenger hunt event for residents to solve that brings them on an adventure through Selkirk where they take photos of themselves at secret locations.

"From June 29 to July 1 at 4 p.m. we are encouraging people to follow our clues [which will lead them] around Selkirk. Each location they visit will have a unique photo challenge.

When residents submit the photos of themselves when the scavenger hunt is complete, they are entered to win a prize.

"We will also be giving away free Take and Make kits. So, if someone prefers to stay home they will have this little kit that will have some activities they can do on Canada Day," said Longbottom.



RECORD PHOTO SUBMITTED

The City's culture coordinator Ellie Longbottom at the Marine Museum which will be used as a backdrop for the Canada Day virtual celebration.

More information about the Canada Day events will be posted on the city's website at <https://www.myselkirk.ca/canada-day/>.

> MB INTERLAKE CAUCUS FROM PG. 9

with rent, mortgage, and other expenses, and new initiatives, like the Canada Recovery Hiring Program proposed in Budget 2021, which will help offset a portion of the extra costs that employers take on as businesses reopen.

Minister Carr also highlighted the creation of a new Prairie Economic Development Agency that will include a 70 percent increase in funding

and more resources dedicated to enabling and facilitating the Western Canadian economy.

The Government of Canada is committed to working directly with municipalities on our shared priorities as we plan a recovery that is more inclusive and puts Canada on a path for future prosperity.

Reaction from local leaders

"The Interlake Caucus was pleased to meet with Minister Carr and discuss issues of importance to our region as we begin the road to recovery from the COVID-19 pandemic. We thank the federal government for their support for mu-

nicipalities through programs like the Gas Tax Fund and their ongoing commitment to engaging with municipalities," said Larry Johannson, Mayor of Selkirk and Chair of the Manitoba Interlake Caucus.

"Our Interlake Caucus group, made up of Mayors and Councillors from the Interlake Region, is working diligently to address the concerns of residents in our communities. As a shared voice, we have a great opportunity to work together for the region. Having the opportunity to speak directly with Minister Carr, a federal Cabinet minister ensures the needs of our communities and our residents are taken directly to the federal government to address. Our meeting with Minister Carr created a forum to talk about the pandemic response, funding for our small and medium-sized businesses, infrastructure funding and better internet connectivity. It highlights the significant benefits of having an Interlake Caucus that can

build relationships as municipalities and work directly with the federal and provincial governments to get things done," Cheryl Christian, Mayor of West St. Paul.

"Thank you to Mayor Johannson for bringing together the leaders of various municipalities, from different political backgrounds, to share their perspectives. The Town of Stonewall appreciates meeting with Minister Carr and having the opportunity to ask questions about issues that matter to our community," said Clive Hinds, Mayor of Stonewall.

"It was wonderful to have Minister Carr join our Interlake Caucus meeting and we are grateful for receiving Gas Tax funding again this year. Minister Carr gave us hope for a strong economic recovery in these unprecedented times" said Joy Sul, Mayor of the Rural Municipality of St. Andrews.

Ed Teplyski

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Murray Sinclair talks Truth and Reconciliation

Submitted by the Retired Teachers' Association of Manitoba

The Honorable Murray Sinclair, now retired from the Canadian Senate, addressed a recent meeting of the board of the Retired Teachers' Association of Manitoba (RTAM). In Zoom attendance were representatives of the Manitoba Teachers' Society and the Manitoba School Boards. This was a unique opportunity to hear from the Chair of the Truth and Reconciliation Commission about how education can contribute to the reconciliation process.

Beginning with the 'Truth' part of the Commission, the Honorable Murray Sinclair spoke in broad terms of how the relationship between the newcomers and the Indigenous people began as one of equality. Both groups needed each other; those newcomers needed to know what plants would thrive in their fields, and which river routes were best for trading. The Indigenous peoples wanted trade goods from Europe. It was a mutually beneficial relationship.

Eventually Canada was formed in 1867 with Ontario and Quebec, Nova Scotia, and New Brunswick. There were no Indigenous people at the table. Treaties were signed with First Nations groups, and promises were made.

By 1883, our first Prime Minister, Sir John A. Macdonald, was quite blunt in the House of Commons when he said, "The Indian child should be withdrawn from their parental influence," and later used the words "Central training industrial schools."

The Residential School system was being born.

Indigenous children were now to be molded into a European-style civilization. Both churches and schools were enlisted. Canada went on to have seven generations of this devaluation of

the Indigenous culture, language, and society. "For seven generations" Sinclair said it over and over.

Going on to the 'Reconciliation' part of the Commission, Sinclair referred briefly to the amount of time it would take to regain a balance of mutual respect. He expressed his sincere appreciation of the vital role that teachers will play.

"Education is the key to Reconciliation. Education is the way that we are going to be able to influence the way our children and grandchildren will talk to each other and treat each other in the future."

The presentation was spellbinding. It was recorded and is available for all to view at this RTAM link:

<https://drive.google.com/file/d/1GvrnbywlHjEuXyLuCcfKIzabY2OBPg/view?usp=sharing>

RTAM has become part of this reconciliation process by introducing an annual Indigenous Bursary through the University College of the North.

Three years ago it gave its first bursary to a First Nations student studying at the University College of the North. The recipient was Brie Phillips, of Creighton, Sk., then of The Pas. We had stumbled onto an assignment of hers, beautifully written. It was just before the Manitoba 150 Celebration; we decided that along with Brie we would publish this as a book and then gift it to all the libraries in Manitoba, including school libraries.

The title of this book is ROOTS. It is the recounting of a story told to Brie by her grandma, about how all folk and creatures belong equally on this sacred Mother Earth.

Brie had also done her own artwork. She is currently living with her twin sister, teaching from Saskatoon, waiting patiently for COVID-19 distancing policies to be removed so that she can actually meet her new students in



RECORD PHOTO SUBMITTED

The Honorable Murray Sinclair.

person.

It is so fitting that Brie, who identifies as a Métis, was able to present her first copy to Murray Sinclair, himself a great storyteller.

"Do you know who will read this

book? It will be the grandmothers, reading to their grandchildren," Sinclair said upon receiving the book.



Jalapeno Turkey Bombs

Ingredients

1lb (454g) ground turkey
10 strips smoked turkey bacon
3 tbsp (45 ml) jalapeno pepper, diced
1/2 cup (125 ml) old cheddar, shredded
1 tbsp (15 ml) corn meal
1/4 cup (65 ml) egg whites
1/2 tsp (2.5 ml) sea salt
1/4 cup (65 ml) barbecue sauce

Directions

Preheat barbecue to 350°F (175°C). Combine all ingredients except bacon and mix well. Cut bacon strips in half lengthwise. Place a heaping tablespoon of mixture on each piece of bacon and roll into bombs. Grill over direct heat for about 10 minutes on one side. Turn and brush generously with barbecue sauce and then grill for an additional 10 minutes or until a digital thermometer reaches 165°F (74°C).

Find more recipes & cooking tips at turkey.mb.ca



Honouring National Indigenous Peoples Day



Jeff Wharton
MLA for Red River North
rrnorthca@mymts.net



Alan Lagimodiere
MLA for Selkirk
alanlagimodiere@mymts.net

RM of St. Clements declared summer 'staycation' spot

Jeff Wharton spoke of his love for the area in a Private Members Statement

By Sydney Lockhart

MLA Jeff Wharton declared St. Clements as a 'staycation' destination for this summer in Private Members Statement.

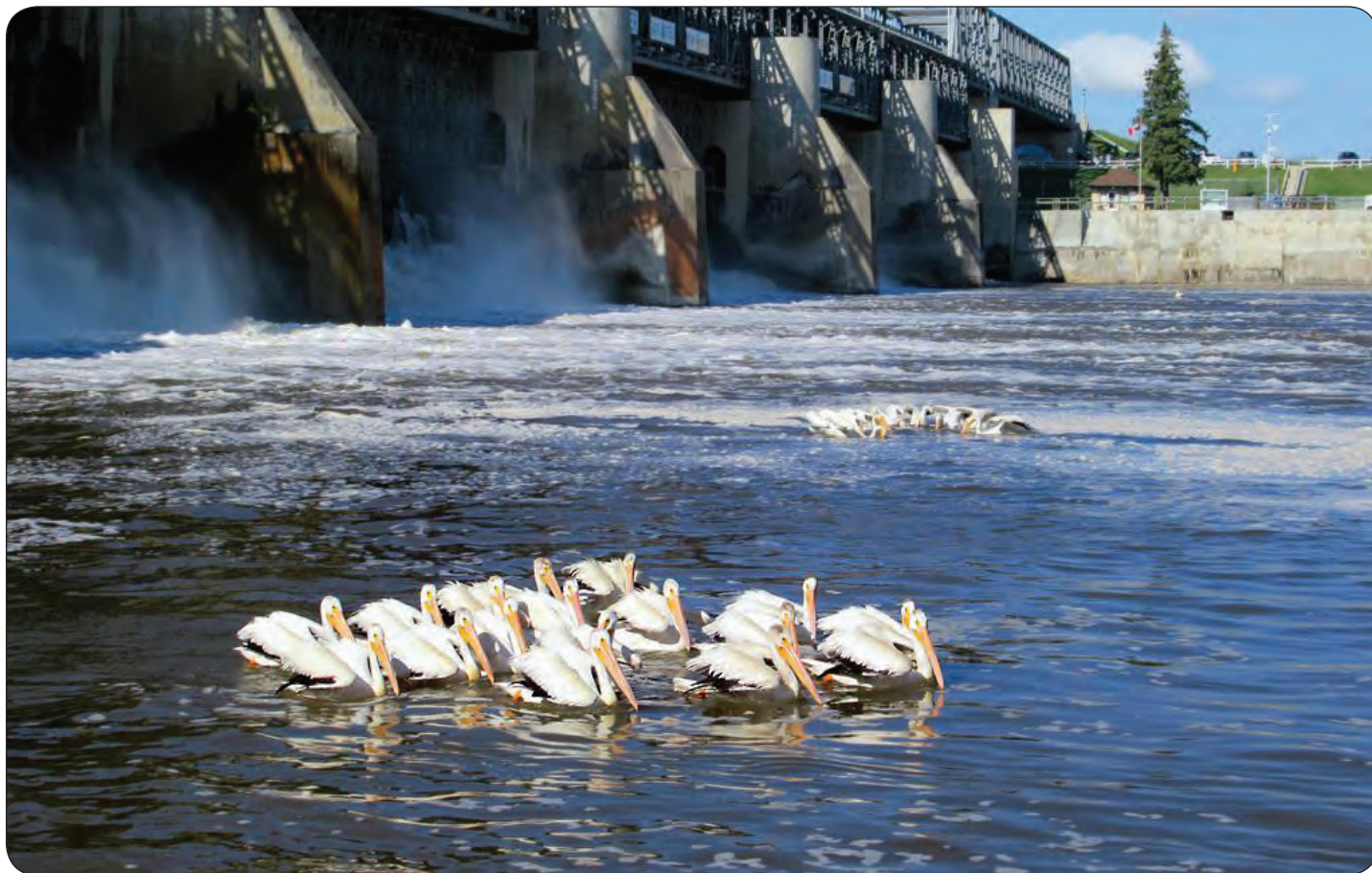
"During these times of COVID, the RM of St. Clements provides one of the best staycation places in the province," said MLA Jeff Wharton, "The terrain in the RM of St. Clements is diverse, from rolling plains to rich forest and marshland, to pristine beaches."

Wharton said that he hopes his statement can help the community out during the pandemic by bringing more people into the community on day trips to help out businesses.

"Getting people to come up and see what we have to offer in St. Clements is definitely a motivation for me as represented to the communities, and certainly it helps in the communities continuing to be sustainable and grow," said Wharton.

He added that the municipality has an ecological preserve that would be interesting to people wanting to see more of Manitoba this summer.

"I really believe that we can try to shed a light in the communities we represent. During these very dark times and that's what gave us the motivation to write the Private Member's



RECORD PHOTO SUBMITTED

Mayor Debbie Fiebelkorn said she was happy to hear a public figure acknowledge her area for its great outdoor areas.

statement

Mayor Debbie Fiebelkorn of the RM of St. Clements said that Wharton asked her to join in the meeting to be present online for his Private Members Statement.

"I was really taken aback by his words and just to promote the municipality as he did," she said.

Fiebelkorn said she believes her RM is a great spot for people to enjoy the outdoors with fishing, swimming, and walking trails.

"I would hope that they do go to the businesses in the area and support them, you know we've got a lot of businesses that are only seasonal so some of them are not opened in the winter in any event, so you know if you're coming our way

at this time of year I would hope that you would support the businesses," she said.

Fiebelkorn added that she is proud of her community and the great things it has to offer and that she hopes everyone enjoys the area this summer.

"We have trails right from the south end of the municipality right up to Grand Marais, I should say. So, you know, those are used quite readily," she said.

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West St. Paul Canada Day video highlights event's history

Due to the pandemic the RM has postponed their Canada Day events for another year

By Sydney Lockhart

West St. Paul is creating a Canada Day video celebrating their annual community traditions virtually and recognizing their fire department for their volunteer efforts.

"People from all over the region, come to West St Paul for this. It's part of our identity. It's something that we're proud of and it literally attracts people to West St Paul that come here and attend Canada Day," said the CAO of West St. Paul Brent Olynik.

The video will be sent out to com-

munity members who are signed up for the RM's email blast on Canada Day for them to be able to look back at past Canada Day events.

"The idea of that video is we present some history on Canada Day to keep the community engaged, have something that we can be proud of, and, we have all these new people moving to West St. Paul, so [now we] can get them involved," he said.

The video will showcase not only past events, but volunteers who have dedicated their time for many years

to create the local Canada Day events and festivities.

"Many people don't realize that this has been driven and organized and set up by our volunteer fire department. So, there's no better time than this year to pay tribute to them. It's a good opportunity to thank them for all of the volunteering that they've done," said Mayor Cheryl Christian.

West St. Paul's Canada Day events and fireworks usually gather a crowd of about 5000 people, but due to COVID-19 restrictions, this is not able to happen for the second year in a row. The RM wanted to still put out something to keep the excitement alive and get people ready for Canada Day 2022.

"It's really a history legacy video encouraging more volunteers to par-

ticipate as well so people will be able to watch this video. It's a short review of the history of how Canada Day got started in our community, who was involved, how it's grown, and where we see it going in the future," said Christian.

The video is being filmed and created over the next few weeks to be released on July 1.

"If we want our Canada Day event to continue, it's exciting to encourage new families in West St. Paul to jump in and help," she said.

To register for local email updates and to receive the Canada Day video sign up at <https://www.weststpaul.com>.

Selkirk RCMP search for missing male

By Staff

On June 7 at approximately 12:30 p.m., RCMP received a report of a missing person from the RM of St. Clements.

Clifford Joseph, 40, was last seen leaving his residence on Road 44 East, in the RM of St. Clements, at 3:30 a.m. on June 7.

Later that day Joseph's vehicle, a 1997 green Ford Ranger, was located abandoned in a rural area, off Road 44 East, in the RM of St. Clements

RCMP Search and Rescue were later deployed and began conducting a search of the area.

On June 11, the RCMP put out a statement saying that Joseph's disappearance was being investigated as suspicious in nature and the RCMP Major Crime Services have taken the lead on the investigation.

Clifford Joseph is approximately 6'0", 145 lbs with black hair and brown eyes. He was last seen wearing blue jeans, a black t-shirt and black Champion shoes.

Information to the public was updated on June 14 when Manitoba RCMP declared 34-year-old Eric Paul Wildman, from the RM of St. Clements, a suspect in the homicide of Joseph. Wildman had previously been a person of interest in relation to his disappearance.

Wildman is described as 6'2", 170 lbs with blue eyes. He's considered armed and dangerous and was last seen on foot in the East Kildonan area in the City of Winnipeg.

He's known to frequent the City of Winnipeg and the RM of St. Clements.

The Manitoba RCMP have issued a

warrant for arrest of Wildman.

He has been formally charged with Unsafe Transportation of a Firearm as well as the Possession of a Prohibited

Device without a License. These charges are in relation to his vehicle being recovered on June 11 and searched on June 13.

In addition to firearms, officers also recovered police tactical equipment, police patches and other items resembling police clothing. It is unknown if Wildman has any additional police related clothing or equipment.

The Manitoba RCMP reminds the public that Wildman is considered armed and dangerous. Do not approach him.

He may have further access to firearms and police items.

A tip line has been set-up for any information relating to Eric Wildman - anyone with infor-

mation is asked to call 431-489-8551. Similarly, if you have any information on Clifford Joseph please call Selkirk RCMP or Crime Stoppers.

RCMP continue to investigate.

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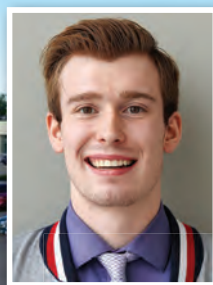
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Pandemic bike shortage still having effects on local stores

Certain bike parts manufactured in Asia have been slow shipping to Canada due to COVID-19

By Sydney Lockhart

Keystone Source for Sports is struggling to keep bikes in stock due to the demand and production shortages caused by the COVID-19 pandemic.

"We've had a hard time getting inventory, there's been just a full shortage of bikes. In general, right across, If I'm not mistaken, Canada. I know others source dealers are having trouble getting any inventory on bikes," said owner of Keystone Source for Sports Rob Martens.

The pandemic has caused a high demand for bikes with more people having time on their hands to get outside or to bike instead of drive when they are going somewhere. Because of this any bikes that Martens gets in his store sell out very fast to the point that he can no longer keep them on his shelves.

"Our suppliers are telling us that the shortage of bike components, being the braking systems or shifting systems, are [causing them to] not be

able to get those onto the new bike frames to deliver," said Martens.

He said their initial shipment of bikes for the summer arrived with 50 per cent of the bikes they ordered missing because they became unavailable from their supplier. This shortage started at the beginning of the pandemic and is still having lasting effects as suppliers try to get back on track with the number of shipments that are behind or missing.

"So, we just got a few bikes in last week and already those are moving," he said.

Martens said the amount of maintenance work they have received for bikes has increased significantly with the amount of people who are now using their bikes more than a few times a year.

"We are seeing probably an uptick in maintenance. People are definitely getting out more on their bikes that have been sitting in garages for a number of years. They are coming in



RECORD FILE PHOTO BY BRETT MITCHELL

Connor and Lucas riding their bikes.

for tune-ups and such which shows that part of the bike business is pretty steady and helps fill some of the gaps," said Martens.

He added that he is glad they are an all-sports store as opposed to a bike speciality store because the other sales are keeping them afloat despite the significant drop in all sport-

ing good sales with the closure of all sports with public health restrictions.

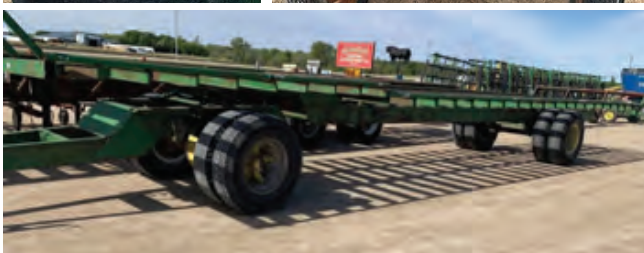
Martens said if people are looking for bikes, they can phone the shop to find out what they have in store as they have sold out a few times already.



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The pros and cons of irrigation systems

Maintaining a lush, green lawn and thriving landscape that includes shrubbery, flowers and trees requires time, money and often some sweat equity. However, the beauty that results from such effort compels many homeowners to take on the landscaping challenge.

Forgetting to water the greenery or getting hit with a drought can cause a lawn to deteriorate rapidly. An irrigation system may seem like a smart investment, but homeowners should weigh the pros and cons of such systems before having one installed.

Irrigation systems are installed to protect landscaping so plants can thrive year-round. Irrigation systems come in various forms, from sprinkler to drip to surface irrigation systems. No system is necessarily better than another. That's because each is designed to address specific watering needs.

Here's a look at various irrigation systems and the pros and cons of each.

Sprinkler system

Sprinklers are popular because they tend to be very affordable and easy to set up. Manual sprinkler systems utilize a hose and sprinkler head, while automatic systems are programmed and do all the work once they're installed. Sprinklers cover a lot of ground and can irrigate large spaces quickly. However, that same benefit can be a disadvantage as well.

Sprinklers are indiscriminate in their watering, sometimes hitting pavement or driveways. Also, the Gardening Channel says that water from sprinklers is lost due to evaporation on hot, windy days. In fact, as much as 80 percent of the water used may not make it onto the grass or plants.

Surface irrigation system

Sometimes called gravity irrigation, these systems use channels or furrows throughout the cultivation area. Once the water runs through these channels, gravity distributes it accordingly.

Surface irrigation systems require minimal effort but are best suited for farms and commercial enterprises because they require a large reservoir or pond to accumulate water. Also, uneven terrains could divert the water.

Drip irrigation system

This type of irrigation system is used



primarily in arid regions. It is made up of lateral lines of flexible or rigid polyethylene pipe. Drip irrigation allows homeowners to focus watering on a particular garden area. It provides moisture directly to the soil. Therefore, there is no water waste from runoff or evaporation. Drip irrigation waters plants slowly and can cause less soil erosion and reduce nutrient leeching.

While easier and more effective than some other irrigation methods over the long haul, a drip irrigation system has a substantial startup cost. In addition, the system can get clogged at times. When gardening season is finished,

a drip irrigation system will need to be drained and dismantled.

Irrigation systems can help care for plants and lawns. However, they can be costly and some require significant maintenance. Weather and pests also can reduce the effectiveness of yard irrigation systems by damaging equipment or directing water in directions homeowners did not intend. Customers are urged to do their research regarding which system, if any, is best for their properties.



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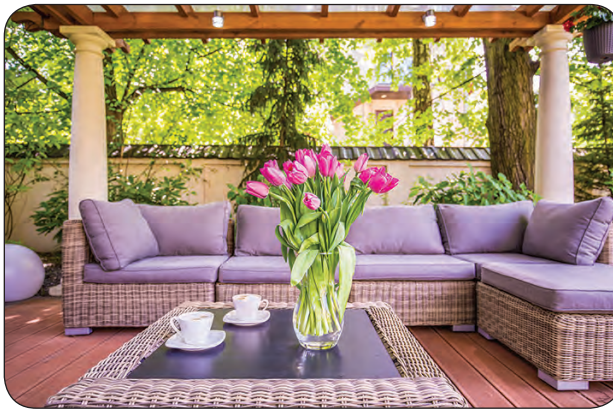


Exploring different backyard structures

Designing an ideal backyard space requires forethought and an eye for style. Knowing which features to include in a yard often boils down to what homeowners want to achieve in the space. Will it be a relaxing oasis or a central entertaining focal point?

People often look to various structures to add height and visual interest to outdoor spaces. Homeowners will likely come across structures like arbors, gazebos, pergolas, and even trellises as they wade through the variety of features they can incorporate into backyard plans. Each of these structures can add appeal, but they also can offer shelter from the sun and privacy when enjoying the yard. There are significant differences between each structure, so here's an in-depth look at what sets them apart.

• **Arbor:** An arbor is one of the more simple garden structures. It is usually a frame that is arched or square-cornered. Most homeowners use it as an entryway to a garden or even the front of the home. Those with green thumbs may cover the arbor with climbing and trailing plants. The Spruce says arbors date back to early Egyptian and Roman gardens



and were used throughout Europe by the late 16th century.

• **Pergola:** The words arbor and pergola are often used interchangeably, but to suggest the two structures are the same would not be accurate. Pergola comes from the Italian word "pergula," which means "projection." Pergolas were once projected from exterior walls and supported on one side by pillars or columns. Today, arbors are usually free-

standing units with two or four posts. Pergolas may be connected on one side to a home or another structure. Some are freestanding units supported by four posts. Pergolas tend to be larger and offer more privacy and shade than arbors.

• **Gazebo:** Gazebos are more defined garden buildings, states the contractor referral site Network. Gazebos are freestanding units that can be built in various shapes. Some are octagonal, others are square. Like a pergola, a gazebo is supported by columns and may have low railings or built-in benches. Gazebos also may have a more solid roof than arbors or pergolas, providing sun and other weather protection. The roof may have added architectural appeal, like a cupola.

• **Trellis:** A trellis is a simple, geometrically-shaped structure that provides a surface for climbing plants. A trellis also may support fruit-bearing trees. Trellis work may be used in conjunction with an arbor or pergola, or be installed on fencing.

Incorporating structures into backyard designs can provide functionality and appeal.

Signs your HVAC unit could be fading

A day outdoors soaking up the sun's rays is many people's idea of the perfect way to spend a summer afternoon. On such days, a periodic retreat indoors into an air conditioned home can offer some much-needed relief from the heat.

HVAC systems are worth their weight in gold during the dog days of summer. Of course, such systems must be replaced from time to time. Learning to recognize the signs of a

fading HVAC system can help homeowners replace their units before they cease working, saving everyone the uncomfortable ordeal of being stuck at home without cool air on hot summer days.

Weak air flow

An HVAC unit operating at peak capacity produces a strong flow of air through the vents of a home. The experts at Select Home Warranty note that when the air flow from the vent is

weak, this could be a warning sign of a damaged AC compressor or blocked or damaged vents. Damaged vents might be replaceable, but issues with the AC unit might require a replacement. That's especially so if the unit is old. Repairs might be possible, but it might be more cost-effective to replace an aging unit rather than commit to costly repairs.

Excessive moisture around the unit
Excessive moisture around the unit



may indicate that its refrigerant is leaking. In addition, Home Select Warranty notes that large pools of water around the unit could contribute to mold growth and floor damage. Homeowners are urged to contact a qualified HVAC technician immediately if they notice any leakage or moisture issues around their units.

Interior temperature

If your home is not quite the respite from summer heat that it once was, despite the AC being on and running, then this could be indicative of a fading system that may need to be replaced. Hot interior temperatures also may be indicative of clogged ductwork. Qualified HVAC technicians may be able to fix clogged ductwork



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How to keep gardens safe in summer heat waves

Summer is a season to relax and enjoy the warm weather. Basking in the summer sun is a great way to relax, but only when the temperatures are safe. Summer heat waves can compromise the health of human beings as well as their pets. Gardening enthusiasts also may need to go the extra mile to keep their plants and gardens from wilting under harsh summer sun.

Extreme heat stress can be very harmful to plants. The online gardening resource Gardening Know How notes that some plants can withstand summer heat waves better than others. For example, succulents conserve water in their leaves, helping them to withstand heat waves when the dog days of summer arrive. But succulents are unique, and many plants will require a little extra help to withstand a heat wave.

Take a proactive approach with mulch. Gardeners need not wait until the heat arrives to protect their plants from searing summer heat. The sustainable living experts at Eartheasy recommend utilizing light-colored mulch during heat waves. Such mulch will reflect the sunlight and help to

maintain cooler surface soil conditions. Eartheasy even notes that grass clippings, once they've turned from green to light brown, can make for the perfect mulch to protect plants from the heat. Clippings also are free, making them a cost-effective solution.

Water wisely. The horticultural experts at Yates Gardening note that water only helps plants withstand heat waves if it's applied effectively. If water is only applied in short bursts and not long enough so it can penetrate all the way to the root zone, roots will then stay near the surface. In such instances, roots will dry out during a heat wave and plants won't make it through the season. Timing also is essential when watering. Eartheasy recommends watering in the morning to avoid heat scald and also ensure as little water is lost to evaporation as possible. When watering during a heat wave, do so by hand rather than through a sprinkler. Hand watering allows gardeners to direct all of the water onto the plants that need it most during a heat wave.

Let your plants pitch in. When planting new plants, it's important that gardeners recognize it takes time for these plants to establish their roots so they're strong enough to withstand heat waves. In the meantime, strategic planting can help them make it through their first heat waves unscathed. Eartheasy notes that planting by taller, more established plants can provide new plants with shade that can help them survive heat waves. Just make sure new plants can still get the sun they need to thrive.

Heat waves are inevitable and potentially harmful to gardens. Gardeners can help their plants beat the heat in various ways.



> HVAC, FROM PG. 16

without replacing the AC unit. If the issue persists even after ducts have been cleaned and unclogged, then a new unit might be homeowners' best bet.

Foul odor

Sometimes the nose knows best when an AC unit needs to be replaced. Unusual odors emanating from the vents when the AC is on suggest that the unit is distributing mold or mildew throughout the home. If a moldy or mildew-like smell coming from the vents could indicate a host of issues, including a dirty evaporator coil, a clogged drain line or leaky air ducts. Each of these issues can be fixed, but homeowners must weigh the cost of fixing them versus the cost of replacing an aging unit.

Come the dog days of summer, homeowners want a reliable AC unit to cool their homes. Recognizing signs of a malfunctioning AC unit is a good first step toward ensuring homes remain cool, relaxing respites from the heat this summer.

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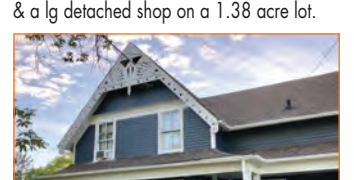
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**National Indigenous
Peoples Day
JUNE 21**

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Celebrating National Indigenous Peoples Day a little differently

Cultural heritage doesn't stop when pandemics strike

By Katelyn Boulanger

This year National Indigenous Peoples Day won't feature the powwows, jingle dress dancers, or the beautiful booming sounds of drums that we've come to enjoy on June 21, however, that doesn't mean that residents in our region will go without in 2021.

The Indigenous Week Committee, a group formed from members of The Red River Métis Local, the Selkirk Friendship Centre, The Selkirk and District Foundation, Frontier College, Louis Riel Institute, and the Manitoba Métis Federation, have come together along with the City of Selkirk to put on a virtual celebration of Indigenous Culture.

The week of fun started June 14 but all events are still continuing until

National Indigenous Peoples Day on June 21.

"We've always had National Indigenous Peoples Day, of course except for last year because of COVID. So, this year, we decided we didn't want it to go by another year with nothing so we decided to go with a virtual event with some self-directed activities in the community," said Lorie Fiddler member of the Indigenous week events committee.

Fiddler says that this event isn't just for Indigenous people or even just for people in Selkirk as they are inviting anyone who wants to join in on the event.

"We want absolutely everyone to participate. Because, that's how we learn, right? How we learn about cul-



Don't miss the Metis flag at Selkirk Park.

ture, and how we how we'll be able to come together and make and start

making real change," said Fiddler.

She says that events like this are for all Canadians.

"We're all connected to the treaties, not just Indigenous people, but Non-Indigenous as well. We're all connected to Indigenous culture [because] if we aren't Indigenous, then we came into this country and it's important to know that's how it all started and that we are all connected," she said.

One of the community activities that will take place is an Indigenous culture themed scavenger hunt at Selkirk Park. The scavenger hunt will be a search for First Nations, Inuit and Métis symbols in the park and residents will be invited to take photos of themselves with the symbols to be entered into a draw.

"Then on June 21, there'll be trails and tales Storywalk that is also self-

Cont. on next page



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directed so people can social distance and they'll walk around the dike near the forest and there'll be an Indigenous story. Then, at the end, they'll be allowed to take a book home," said Fiddler.

She says that residents should not miss out on the website that's launched alongside the event as in addition to giving more info on the Selkirk Park activities, it also will have videos from Indigenous musicians, artists, and dancers as well as greetings from dignitaries, an orange shirt day logo contest, and a space to celebrate Indigenous graduates this year as restrictions mean that ceremonies will not be able to happen in the way that they were able to before COVID.

She encourages everyone to come out to "the celebration of learning about Indigenous culture, and for Indigenous people, to take pride and all of the things that they've contributed to this community, this country."

To participate in this virtual event check out their website at selkirkin-igenousweek.com and visit their Facebook and Instagram pages by searching Selkirk Indigenous Week.



RECORD PHOTOS BY BRETT MITCHELL

Barb Lavalley, Robin Nishibata, Lorie Fiddler and Bucky Anderson at the opening day of Indigenous Week.



A york boat on display at Selkirk Park as part of Indigenous week.

The Selkirk Record

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One dose of COVID-19 vaccines less effective against variants, especially delta (B16172)

By Patricia Barrett

British researchers are stressing the importance of getting both doses of two-shot COVID-19 vaccines as one dose has been found to be less effective against the alpha (B117) variant and “notably lower” in effectiveness against the delta (B16172) variant.

Those findings were released in an observational study titled “Effectiveness of COVID-19 vaccines against the B.1.617.2 variant,” which was issued as a preprint but has yet to be validated by peer review.

It’s the first study the researchers say they’re aware of that reports on the effectiveness of the Pfizer-BioNTech COVID vaccine and the AstraZeneca COVID vaccine against the delta variant.

“After two doses of either vaccine there were only modest differences in vaccine effectiveness with the B.1.617.2 [delta] variant,” the researchers wrote. “Absolute differences in vaccine effectiveness were more marked with dose one. This would support maximising vaccine uptake with two doses among vulnerable groups.”

The study analyzed 12,675 cases of which 11,621 had the alpha variant and 1,054 had the delta variant.

One dose of Pfizer was found to be

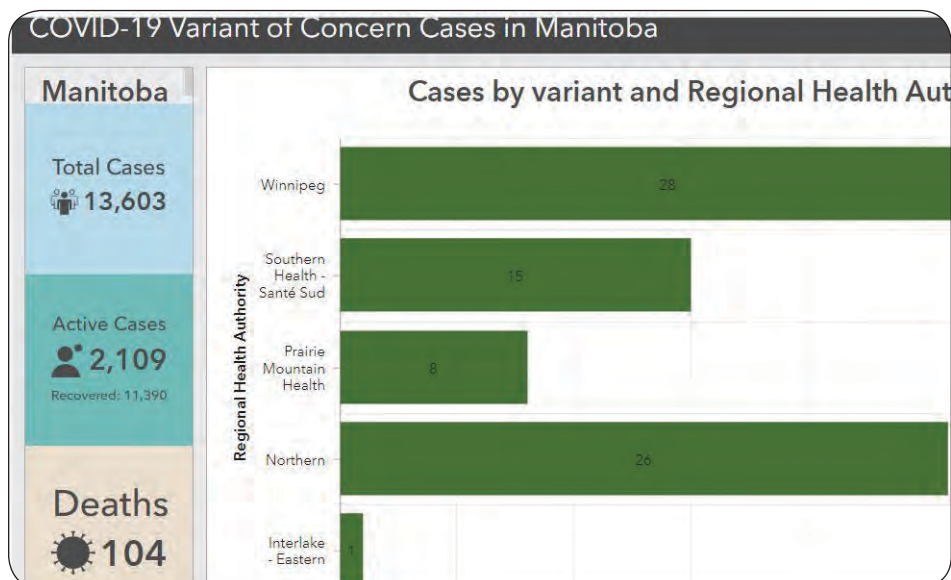
49.2 per cent effective against the alpha (B117) variant, and 33.2 per cent effective against the delta (B.1.617.2) variant. One dose of AstraZeneca was found to be 51.4 per cent effective against the alpha variant, and 32.9 per cent effective against the delta variant.

Two doses of Pfizer were found to be 93.4 per cent effective against the alpha variant, and 87.9 per cent effective against the delta variant. Two doses of AstraZeneca were found to be 66.1 against the alpha variant, and 59.8 per cent effective against the delta variant.

“In the ‘any vaccine’ analysis, effectiveness was notably lower after one dose of vaccine with B.1.617.2 cases 33.5% (95%CI: 20.6 to 44.3) compared to B.1.1.7 cases 51.1% (95%CI: 47.3 to 54.7),” the researchers wrote.

The delta variant caused infections to skyrocket in India in March, they wrote, and within a few months the country was experiencing around 4,000 deaths a day.

Delta has spread across the world, primarily to the United Kingdom, whose government as of early last Sunday had yet to decide on whether to delay its imminent summer re-opening plan.



RECORD PROVINCE OF MANITOBA

There have been 78 cases of the delta variant (B16172) in Manitoba as of June 12, according to the province’s COVID-19 variant dashboard.

Delta, which has been classed as a variant of concern, has also been detected in Manitoba with some experts predicting a fourth wave should full vaccinations (two doses) fail to keep pace with the variant’s high transmissibility.

The Winnipeg health region has had 28 delta variant cases, Southern region (15), Prairie Mountain (8), North-

ern (26) and the Interlake-Eastern (1) for a total of 78 cases, according to the province’s dashboard showing cases by variant and regional health authority as of Saturday, June 12. The related kappa variant (B16171), currently considered a variant of interest, has also been detected in Manitoba with 13 cases in the Winnipeg region and one in Southern health.

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> MEAL IDEAS



Prep time: 25 minutes
Serves: 12 (1 roll per serving)
Water
1 head Boston or oak leaf lettuce, ribs discarded (12 leaves)
1 pound firm tofu, drained and cut lengthwise into 1/2-inch thick planks
1 large carrot, peeled and shredded
1/2 English or hothouse cucumber, peeled, seeded and cut into 2-inch long matchsticks
2 cups mung bean or clover sprouts, blanched
24 medium-large mint leaves
12 round (8 inches) rice papers



Fresh Vegetable Summer Rolls

Fill flat, round cake pan with water. Place clean, smooth kitchen towel on work surface. On plate, arrange lettuce, tofu, carrots, cucumber, sprouts and mint in individual piles.

Put one rice paper in water. Soak until pliable. Place rice paper on top of kitchen towel. Blot dry. Paper should be sticky, not slippery. Stack ingredients on side of rice paper closest to you as follows: one lettuce leaf, one tofu plank, carrot, cucumber, sprouts and two mint leaves next to each other.

Fold farther side of paper tightly over filling. Be careful not to tear it. Fold in sides and roll to end. Repeat with remaining ingredients.



Mini Pecan Lemon Berry Tarts

oven to 350 F. Line mini muffin tin with paper liners or spray with nonstick cooking spray.

In food processor, blend pecan pieces, butter and sugar until mixture forms coarse dough.

Scoop about 2 teaspoons pecan mixture in each muffin tin. Use back of wooden spoon or fingers to press mixture evenly along bottom and up sides of each muffin cup.

Bake 12 minutes, or until crusts are golden brown. Allow crusts to cool completely before removing from pan.

To assemble crusts: Spoon 1 teaspoon lemon curd into each mini pecan crust. Top with one raspberry or three small blueberries. Dust with powdered sugar, if desired.

Total time: 22 minutes
Servings: 24
Mini Pecan Crusts:
Nonstick cooking spray
2 cups pecan pieces
1/4 cup butter, melted
2 tablespoons sugar
Lemon Filling:
1/2 cup lemon curd
1/2 cup blueberries, raspberries or combination powdered sugar, for dusting (optional)
To make mini pecan crusts: Preheat



Buffalo-Pecan Pimento Cheese Dip

Total time: 15 minutes
Servings: 30
1 cup raw pecan pieces
1/2 pound (2 cups) sharp cheddar cheese, freshly grated
1 jar (4 ounces) sliced pimentos
2 tablespoons red hot sauce
2 tablespoons mayo
1 teaspoon kosher salt
1/2 teaspoon fresh cracked pepper
1 tablespoon chives, freshly chopped
veggies, for serving
crackers, for serving
Preheat oven to 350 F.

Why Manitoba summers are king!

Submitted by Julie Germaine

I don't know about you, but the return of green grass and warm sunny skies after half a year of winter just makes you appreciate summer all the more. The on-going inability to travel surely affected many of us, making it even more important to start getting outside for vitamin D and exercise as much as possible.

Unfortunately, we've all been leading a more sedative lifestyle, so it can be difficult to flip the momentum in favour of better health. There are many ways to burn calories, get active, and breathe fresh air that are fun for the whole family! If you can find one that you enjoy, it will be easy to shed that stubborn winter weight and belly fat that naturally creeps on during the Manitoba hibernation season.

My toddler was very excited to help her grandmother plant seeds in the garden this spring, and is more than willing to tote along her little watering can to tend to them when needed. This activity is suitable for all ages, and you'll work up a sweat lifting, carrying, and digging in nature. If you are more able-bodied, perhaps this is a great year to transplant some of your young trees to upgrade your yard, or dig a new garden for vegetables.

I truly believe we have some of the most beautiful and expansive parks in the world right here! If you don't have a rack to bring along your bicycle, rollerblading the paths or hiking the wilderness is exciting and invigorating.

Need baby steps when it comes to increasing your fitness? Simply hit the beach! Toting along your snacks and beach accessories, and walking through the thick sand counts as



Health and Wellness Fitness expert Julie Germaine

a workout to me these days – I am happy just to know you're moving your body and venturing out in public. (Obviously your snack choices should be somewhat healthy please.)

You may find you drag your feet when it comes to preparing for these outings, but I guarantee you will have more energy afterwards and be looking forward to the next one! Just remember to stay hydrated and be safe.

I am passionate about helping men and women achieve their fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one live video workouts! www.juliegermaine.com

Julie Germaine is a 2x Pro Fitness Champion, Certified Nutrition Expert and Specialized Weight Loss Coach. She has helped thousands of men and women achieve inspiring body transformations through her virtual coaching since 2005.

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Province maps out Manitoba's reopening plans

By Lorne Stelmach

The Manitoba government last week announced its plan for reopening the province, but Premier Brian Pallister stressed fewer restrictions for Manitobans beginning by Canada Day is very much connected to vaccination and following the rules.

Pallister said their aim with the 4-3-2-One Great Summer Reopening Path is to reward Manitobans with greater freedoms as more people continue to get vaccinated.

"It sets out a clear path for more openings and fewer restrictions as more and more Manitobans roll up their sleeves and get fully vaccinated," he said. "The key to reopening safely and staying open is you getting vaccinated, not once but twice, to get your life back."

"For the past few months, we have been in a race between variants and vaccines, and the variants have been winning. But thanks to the efforts of Manitobans to roll up their sleeves, the vaccines are starting to make a difference."

Chief provincial public health officer Dr. Brent Roussin echoed that message.

"As vaccinations increase, we can start moving towards a post pandemic

Manitoba ... a post pandemic Manitoba is not post COVID Manitoba. COVID is likely to be with us for the years to come," he warned.

"Public health supports this phased in approach to reopening. It strikes a good balance between where we are now and where we want to and need to be. This plan also gives some flexibility so we can monitor the situation and make the best decisions based on the data at that time."

The reopening plan focused on four reopening categories: gathering and socializing, travel and tourism, shopping and services, and dining out and entertainment. As well, it sets out three summer holiday milestones for phasing out restrictions: Canada Day, August long weekend and Labour Day.

Key to reopening safely is Manitoba's collective progress in getting vaccinated and reducing COVID-19 spread in communities and hospitals, Roussin stressed,

"Reopening activity levels will be tied to the first and second immunization dose targets," he continued. "The plan is built on two key principles: higher vaccination rates and the need for Manitobans to keep following the public health orders ... these will be

key."

Each holiday milestone for reopening will have a one-dose and two-dose immunization goal to guide progress in keeping Manitobans safe, the province says. The goals include:

- Over 70 per cent of all Manitobans aged 12 and over to have received their first dose and over 25 per cent to have received their second dose by Canada Day.

- 75 per cent or greater of all Manitobans aged 12 and over to have received their first dose and over 50 per cent to have received their second dose by the August long weekend.

- 80 per cent or greater of all Manitobans aged 12 and over to have received their first dose and over 75 per cent to have received their second dose by Labour Day.

Reopening activity levels will be tied to the first and second dose immunization targets, including:

- Meeting vaccine targets by Canada Day means businesses, services, and facilities can open at 25 per cent capacity or greater levels.

- Meeting vaccine targets by the August long weekend means businesses, services, and facilities can open at 50 per cent capacity or greater levels.

- Meeting vaccine targets by Labour

Day means businesses, services, and facilities can open with limited restrictions.

Manitoba NDP Opposition Leader Wab Kinew criticized the plan and announcement for being too short on details.

"Many Manitobans right now are asking questions like is my kid going to be able to go back to school this year? Are they going to be able to play sports? When will I be able to go to the gym? Can we have a family barbecue this summer?" said Kinew.

"Really, this announcement today didn't answer any of those questions. It's so vague that what we actually saw was not a plan but just a graphic and a press release. There's so many important details that Manitobans should have been told," he said. "What is the test positivity rate? What is the ICU number? What are the hospitalization numbers that are going to have to be cleared in order for us to move forward with a reopening here in Manitoba."

For more information on the 4-3-2-One Great Summer Reopening Path, you can go online to www.manitoba.ca/covid19/prs/reopening/index.html.

Three words you should know when wearing dentures

By Elisha Vador

The happiest people who wear dentures will tell you that their dentures look good, feel good and work good. When these three words – look, feel, and work, unite together in a good way, it makes people say, "I have no issues". And that's the golden sentence every person who's wearing some sort of denture in their mouth strives to say every day, while eating their toast.

When Lorraine came to see us she was due for a new upper denture. She initially addressed two main concerns with her old denture. First, when she smiled, too much of the gums showed. So, we classify this as a 'looks' concern and ultimately an opportunity to improve her confidence when smiling. Second, her denture was starting to feel loose, uncomfortable, and not fitting properly.

Essentially, it didn't feel good anymore, and that's a huge issue many denture wearers experience.

Creating a custom natural-looking denture is honestly the easy part, thanks to our smile design guru, Sharina, who meticulously shapes and places each tooth in an individual's denture to create their custom look. She references pictures of the patient and follows Brock or Matthew's specific guidelines for design. Every patient who receives new dentures from us goes through the four-appointment process. It's during these four appointments you and the Denturist pick the tooth shape, size, and colour together and ensure you like the way your teeth look in your mouth when you smile before taking them home at the fourth and final appointment. If changes need to be made, we can adjust each

tooth individually, align the upper and lower bite correctly and give you that look of confidence when walking out the door for the first time with your new smile.

Now Lorraine is "so so happy", as she describes her experience at Vador Denture Centre. "You guys are awesome, professional, friendly...I love this place. My teeth feel amazing. The fit is excellent. I have no gums showing anymore. I am very very happy with them, thank-you so much. The first thing I'm going to do is show my family because everyone is waiting. It's just a very pleasant and excellent experience." Such a wonderful compliment, thank-you Lorraine!

We want you to have the look, feel, and work good dentures too. Consultations are always free. Phone or email to book your appointment.



Lorraine is so happy with the new look and fit of her new denture, made by Matthew the Denturist.

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COVID restrictions inspire metalwork for local artist

By Nicole Brownlee

A St. Andrews metal workshop has found success throughout the COVID-19 pandemic.

Kerry Hill started working with metal at her husband's metal workshop in St. Andrews in 2019. At the time, Hill was working full time at a Salisbury House in Winnipeg but enjoyed designing and creating metal artwork.

When the COVID-19 pandemic hit, Hill's hours at the restaurant became more inconsistent, which gave her more time to experiment with metalwork. By September 2020, Hill started creating pieces for her friends from work. By October, orders picked up, and Iron Image Metal Art launched.

"I really started getting into it like really heavy because I found that not only was it occupying my time because I used to work, you know, four in the morning until three in the afternoon. I was bored out of my mind," said Hill. "But I found that it occupied my time, and I really enjoyed doing it."

"At Christmas time it really took off," said Hill. "I didn't realize there was such a big demand for stuff like this."

Hill had added photos of signs she made for her son's garden onto Facebook Marketplace to see if she could sell some of her work.

"People were phoning me like crazy for these things," said Hill.

After her success with the garden designs, Hill started getting requests for custom designs for house signs, monograms, pet portraits and more.

"One day is never the same as the next," said Hill.



After cutting, the pieces get sanded and painted with a powder coat in the client's desired colour.

For each order, Hill consults with a client and receives a photo, mock-up or a rough idea about what they'd like.

She then draws a design using a computer program, which transfers to a plasma table and cuts the design.

Depending on the intricacy and size of the piece, cutting can take anywhere between five to 30 minutes, said Hill. The piece is then sanded, painted with a powder coat and baked in an outer coating oven for around an hour and a half.

Throughout the process Hill checks in with the client to ensure the design, product and colour choices fit their expectations.

"You've got to, kind of, understand



RECORD PHOTOS SUBMITTED

Kerry Hill started Iron Image Metal Art in 2020 after gaining popularity throughout the COVID-19 pandemic.

what the customer wants," said Hill. "It's all about the creativity of it."

One of Hill's favourite pieces she's worked on was a sign for the centre of a house's peak. The sign featured the client's name and was meant to be a gift for the client's husband.

"It was so challenging to get that one done because the sign was five feet high," said Hill with a laugh. "It barely fit in our oven."

With the help of her husband, Hill cut, painted and baked the sign exactly how the client wanted it.

"I find it a lot of fun, and the customer seems to really enjoy it, and I really enjoy making the

customer happy," said Hill. "It really makes it worthwhile."

To learn more about Hill's work, search Iron Image Metal Art on Facebook.

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

The Selkirk Record



One of Hill's first projects was to create garden signs for her son. The design, shown on the far right, has become a popular request through the Iron Image Metal Art Facebook page.

The Selkirk Record

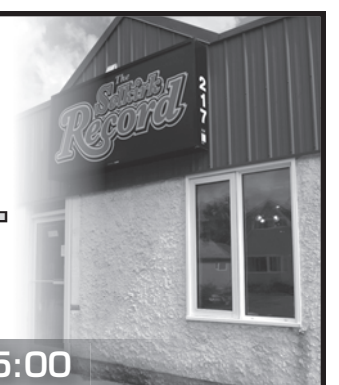
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Mondays at 4 p.m.

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



sports & recreation

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MJHL implements new Anti-Racism Player Education Program

From the MJHL website

The Manitoba Junior Hockey League announced the implementation of a new Anti-Racism Player Education Program which will strengthen our league policies regarding verbal taunts, insults, and intimidation actions based on discriminatory behaviours.

The MJHL continues to enhance our current Policies and Code of Conduct in support of our indigenous and racialized community athletes, staff, families and communities.

Anti-Racism Player Education Seminars

Beginning in the 2021-22 season, anti-racism education seminars targeted for MJHL players, coaches, and support staff will be provided to each member team covering a range of Indigenous topics and issues, sensitivity and cultural awareness training in anti-discrimination and anti-oppression education.

The goals of the anti-discrimination education seminars are to:

Provide players/staff with language and terminology concerning anti-discrimination and anti-oppression.

Assist players/staff in recognizing and identifying problematic behaviours in themselves and others.

Involve players/staff to actively engage and commit to promoting a respectful and supportive hockey culture.

Topics that will be covered during the education seminars will lay the foundation for learning about racism and discrimination:

Positionality and Intersectionality, Culture and Socialization, Prejudice and Stereotypes and Discrimination and Racism.

The seminars will be led by MJHL alumni Wade Houle. Houle graduated from the Faculty of Education at the University of Manitoba in 2006 and also completed his Education Graduate Diploma from Brandon University

in 2018. He grew up in the Metis community of Vogar, MB. His mother is from the Lake Manitoba First Nation and his father is from the Ebb & Flow First Nation, from which Houle is a band member.

Presently, Houle is a high school teacher in Dauphin, has been an educator for the past 15 years, and is currently completing his Master's Degree Thesis in the Faculty of Graduate Studies at Brandon University.

In February of 2020, he started a small business called Bright Sky Consulting where he works with a variety of businesses and organizations with the implementation of their in-house discrimination and racial sensitivity training.

"I am excited about the opportunity to work with the Manitoba Junior Hockey League and contributing to players and personnel on becoming anti-racist and anti-oppressive," Houle said. "This shows not only a commitment to the teams, but a commitment to creating contributing and caring citizens in the Manitoba community."

"Through internal discussions as a league over the course of the past season, it became apparent that there is much more that the MJHL could and should be doing to address racism and discrimination in our sport while also providing important and necessary anti-racism education for our players/staff," said Kevin Saurette, MJHL Commissioner.

"We know that discrimination unfortunately still exists in our society and this type of education is required for change to take place. This program will play an important role in the MJHL being part of the solution going forward."

The MJHL Board of Governors passed a motion during the 2021 MJHL AGM to strengthen MJHL policies and review procedures regarding verbal taunts, insults or intimidation

actions or behaviors based on discriminatory grounds (race, religion, color, sexual orientation, etc.).

Going forward, any player, team official, executive member, or any other Hockey Canada member who is found, to have acted contrary to our Anti-Discrimination Policy, will be assessed the following minimum automatic penalties:

First Infraction—Minimum three Game Suspension

Second Infraction—Minimum five Game Suspension

Third Infraction—Indefinite Suspension

Any party failing to cooperate with the fact-finding process may be subject to suspension as determined by the MJHL.

Currently, if any of the above are reported in the on-ice officials post game report, following investigation, it is an automatic minimum suspension following the above suspension guidelines.

"The MJHL is committed to providing a positive, respectful and inclusive hockey experience for all participants in a safe sporting environment, free of discrimination," said Saurette.

Hundreds of young athletes of all backgrounds from across North America have taken to the ice in the MJHL over the years and continue to greatly contribute to the success of the league. The MJHL prides itself on working to ensure an inclusive atmosphere for all players, staff and their families.

"Through this balanced approach of both educating players and strengthening our review and sanction policies, we aim to raise awareness within our players and staff, to contribute positively to society and nurture an inclusive Hockey Culture within our league," Saurette concluded.

Murray Clearsky

"It's been ongoing for many years but it's now time to try and do some-

thing about it, it affects everybody. To experience it first hand, it really pisses you off. Every non-treaty person in this country should be educated. We are all equal and it doesn't matter what colour you are," Waywayseecappo First Nation Chief, Murray Clearsky said.

Taylor Harnett

"This is exactly what the game of hockey and other sports need, is education. Educating our players is the first step in eliminating this from our game. Understanding what a negative impact racism and discrimination has on people, will make a difference. This by any means is not an epidemic in our game, but it is present. The changes implemented to the MJHL's policy regarding discipline and suspensions will hopefully be a last resort. It is our mission to eliminate this from Society and we are hopeful other leagues in sport take notice," shared Taylor Harnett, Wolverines Head Coach and General Manager.

Morley Watson

"The MJHL has become truly diverse not only on the ice but in the stands and with corporate sponsorship as well. It is for these reasons the MJHL is standing up to racism so our great product can be enjoyed by all in an inclusive atmosphere," Wolverines Governor, Morley Watson said.

MJHL APTN Hockey Hopes Program

The MJHL and APTN teamed up last season to help share the importance of inclusivity in the game of hockey through the APTN Hockey Hopes Program and look forward to making visits in person this coming season.

APTN Hockey Hopes has each MJHL team making two school visits to First Nations and non-First Nations schools in their region, where players will read to a classroom, share the importance of inclusivity in hockey and answer questions from the curious students.

U18 'AAA' baseball hoping to start season July 4

Staff

The Winnipeg Amateur Baseball Association has set an objective to start the U18 "AAA" season on July 4 if approval is given by the provincial government.

Coaches were sent an email outlining the league's plans on Sunday

morning.

The league hopes to have a six-week schedule with games finishing on Aug. 15 followed immediately by playoffs with an end date of Aug. 22.

The exact details of how the playoffs would be structured to accommodate both Zone 1 and Zone 2 teams has yet

to be finalized.

All teams who originally had a 28-game schedule would now play 18 games, with doubleheaders every weekend and a single game during the week.

Brandon and Pembina Hills would be allotted a 12-game schedule with

doubleheaders every weekend. South Central is invited to join the league and would play a 12-game schedule with weekend doubleheaders.

The new schedule is in the process of being drafted.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Canadian Tire makes donation to East St. Paul Skating Club

Submitted by the East St. Paul Skating Club

In February, Canadian Tire Corporation announced an additional \$12 million commitment to Jumpstart's Sport Relief Fund to help sport and recreation organizations build back sport and play in Canada.

Jumpstart conducted a State of Sport study via Ipsos which revealed the pandemic has not only impacted current access to sport and play but has real long-term effects as well. The East St. Paul Skating Club (ESPCC), and the communities it serves, have experienced the impact of the pandemic first-hand.

We recently received confirmation that we are amongst over 500 sport and recreation organizations nationally to be provided with grant support through the latest round of Jumpstart's Sport Relief Fund.

In 2021, Jumpstart has already disbursed over \$9 million in funding to more than 800 organizations across Canada through Jumpstart's Sport Relief Fund. We are beyond grateful to receive this news and know the



Leah Profeta skates while Holly Profeta looks on.

positive impact it will have on sport and recreation organizations, and ultimately, on kids across the country. With Jumpstart's support, we'll be able to offer safe, inclusive and afford-



RECORD PHOTOS SUBMITTED

The East St. Paul Skating Club is a recipient of a Canadian Tire Jumpstart Sport Relief Grant.

able programming for all ages and skill levels. We hope to add more programming in our satellite locations, and therefore, reach a more diverse community and bring Skate Canada programs into these communities. ESPSC will also be able to upgrade our equipment and teaching aids to better train our athletes in all programs. Some of the funds will go to-

wards rehiring staff that were cut due to COVID restrictions to some programming, and will enable ESPSC to further educate our coaches, should they wish to pursue furthering their NCCP coaching.

Thank you Canadian Tire Jumpstart Sport Relief Fund for your continued support of sport and recreation organizations.

2021 Manitoba Open cancelled

Staff

The 2021 Manitoba Open, part of the Mackenzie Tour-PGA Tour Canada - has been cancelled.

The announcement was made last Thursday.

The four-day event was scheduled to be played at the Southwood Golf and

Country Club in support of the True North Youth Foundation.

"Unfortunately, we are sad that with so much uncertainty this spring and summer around the COVID pandemic, we are unable to move forward with our tournament this year," the host committee said in a media re-

lease.

"The tournament volunteers, Southwood members and staff, and our friends at True North Youth Foundation look forward to seeing you all at our championship layout on the banks of the La Salle River in St. Norbert next August."

Province announces changes for golfers

From Golf Manitoba's website

The Province of Manitoba announced last Wednesday a new public health order that into effect June 12 at 12:01 a.m.:

Guidelines specific to the golf industry include:

Golf is allowed with a maximum of five participants per group.

Pro Shops will remain open at 10 per cent capacity, to a maximum of 100 people.

Under the retail guidelines, individual one-on-one club fittings by appointment only can be conducted indoors and outdoors.

Individual (one-on-one) golf lessons are permitted at this time, group lessons remain prohibited at this time.

Restaurants, bars and patios remain closed to in-person dining but can still provide take-out and delivery services.

If an appropriate barrier is in place, such as a plastic shield between the driver and passenger, two people from separate households can share a golf cart.

The prohibition of "organized team games" does not apply to men's or ladies nights, league play and other team games or competitions such as

Ladies Nassau and Mundie Putter, if the participants come to the course, play their round of golf and then leave the premises when they have finished their round of golf. The golf course is responsible to take steps to ensure that the golf teams are not more than 5 persons and that the teams are well spaced from each other and that separate teams are not gathering together on the course as the outdoor gathering limit of 5 would apply.

Please note that this public health order is in effect until June 26 at 12:01 am.

Volleyball Canada cancels 2021 Beach National Championships

Staff

Volleyball Canada's 2021 Beach National Championships, originally scheduled for Aug. 20-22 in Toronto, have been cancelled.

This decision, made in consultation with the event co-host, the Ontario Volleyball Association, comes after Volleyball Canada announced the cancellation of the 2021 Indoor Nationals, originally scheduled for May 2021 across Canada.

This marks the second straight year that the Indoor and Beach events have been cancelled due to restrictions surrounding the COVID-19 pandemic.

The annual competition was expected to bring close to 500 athletes, officials and volunteers to the beach at Ashbridges Bay.

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HELP WANTED

Busy auto repair shop requires tire / lube / general mechanic. Wage dependent on experience. Contact Terry, Petersfield Garage 204-738-2552.

The Window Factory located at 605 Mercy St, Selkirk is now hiring installer assistant and manufacturer assembly personal. Please apply in person to the office Monday - Friday. Valid driver's licence required for installer assistant.

HELP WANTED

Growing pump repair company requires shop helper. New facility we are COR Certified. Duties: cleaning organizing shop, washing & cleaning of vehicles and equipment, parts pick ups, grass cutting, some out of shop work on job sites when required. Qualifications: able to work unsupervised, Class 5 license (class 3 asset willing to send right candidate to school to obtain), basic mechanical skills, basic carpentry skills. Possible apprenticeship in future. Flexible hours. Summer employment seekers welcome to apply. Wage based on experience. Please call 204-757-7219 or email: Matthew@pumptechplumbing.com

Homecare-like duties, 2 positions, \$16/hr, no experience needed. 1st position-every 2nd weekend; 2nd position-Mon-Fri, split shift, 2 hrs in morning, 2 hrs in afternoon. Please call 204-406-5667.

HELP WANTED

Survivor's Hope Crisis Centre is hiring SAR-AH Program Counselor - responsibilities include one-on-one counselling, support groups, and workshop delivery. For more information, visit: www.survivors-hope.ca/get-involved/

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RM OF WEST ST. PAUL EMPLOYMENT OPPORTUNITY

OPERATIONS CLERK

Job Type: Full-Time Permanent (40 hrs per week)
Salary: Dependent on Qualifications
Closing Date: July 8, 2021

The RM of West St. Paul is a fast-growing municipality in the capital region of Winnipeg with a population of over 6,000 people. The RM of West St. Paul welcomes creative and skilled individuals to join our team. We uphold values of financial, social, and environmental sustainability and are committed to serving the community. If you are looking for interesting and challenging work, this is a great opportunity for you to join the West St. Paul team.

Duties:

Reporting to the Public Works Manager and Municipal Legislative Officer, the Operations Clerk provides support to the operations of the municipality by; providing support to the Public Works Manager and Community Services Officer, acting as the request for service system administrator, supporting the Solid Waste, Recycling and Yard Waste Program, assisting residents/customers, and providing general office administrative support.

Qualifications:

- Diploma or certificate from a recognized post-secondary institution in a business-related field, or equivalent combination of education and experience.
- Certificate in Manitoba Municipal Administration (CMMA), or the ability to complete the program within 5 years of hire, or the equivalent education and experience.
- Minimum 2 years experience in a related position.
- Demonstrated proficiency in the use of business software, including Microsoft Word, Excel and Outlook.
- Office experience with excellent communication and customer service skills.
- Experience in a municipal work environment would be considered an asset.

Applications should be marked "Application for Operations Clerk". References shall be required upon request. If you have any questions regarding the posting please contact Lainie Shaw, Municipal Legislative Officer at 204-336-0306.

Apply to:

Lainie Shaw, CMMA
Municipal Legislative Officer
RM of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3
Fax: 204-334-9362
Email: admin@weststpaul.com

The RM of West St. Paul wishes to thank all candidates for their interest in this position, however, only those individuals considered for an interview will be contacted.



REQUEST FOR PROPOSALS 2021-02 DESIGN/BUILD CONSTRUCTION SERVICES PUBLIC WORKS FACILITY

The Rural Municipality of West St. Paul is seeking Design/Build proposals for the construction of an addition to the existing Public Works facility.

Request for Proposal packages are available online at www.weststpaul.com.

Sealed submissions clearly marked **Request for Proposals 2021-02 - Design/Build Construction Services Public Works Facility** will be received by the undersigned at the address below until 12:00 noon on Friday, July 2, 2021. Late submissions will not be accepted.

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

All inquiries related to the Request for Proposal should be directed to Rick Friesen, Public Works Manager by email rfriesen@weststpaul.com or by phone at 204-334-0092.

Mr. Brent Olynyk, CAO
Rural Municipality of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3

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ANNOUNCEMENT

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(especially Linda, Malcolm and Hannah)

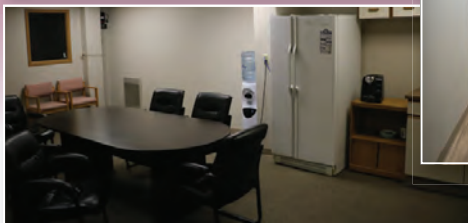
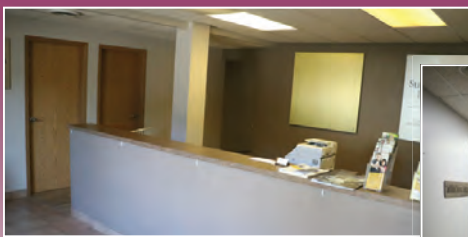
ANNOUNCEMENT

BIRTHDAY



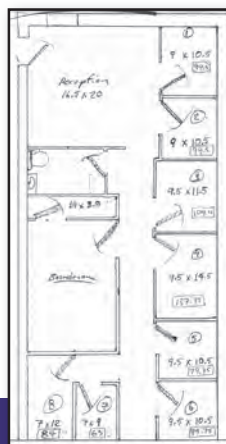
Happy 65th Birthday
Maureen Bell Petersen
on June 16th
Love and Best Wishes
on this Special Day!
Family and Friends are Priceless Gifts,
that we hold Dearly in our Hearts.
-Love Mom, (Dad - dancing in heaven),
sisters Marilyn, Barb and Kim,
and family and friends
XOXO

CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include The Lord Selkirk Teachers Association, Sun Life Financial, two Massage Therapists, an Esthetician and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



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BIRTHDAY



Happy 70th Birthday
Peggy
on June 21st, 2021
-Love Dennis,
Pam and Graham, Mathew and Pam



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IN MEMORIAM



Liz Nicol
August 15, 1951 - June 21, 2006

My Love

My Life

My Wife

I miss you so much.

Love you Liz.

-Wayde

*Remember your Loved Ones passed
with a message in the Record*

ANNOUNCEMENT

IN MEMORIAM

Anita Carroll

July 7, 1955 - June 21, 2020

In the face of adversity

You showed great strength and

Still room for empathy and joy of life.

We will always miss you.

-Love the Carroll family

ANNOUNCEMENT

IN MEMORIAM

In Loving Memory of
My Daddy, Tim Loane
on Father's Day

My first Father's Day without you.

I miss you Daddy.

You will always be the best Daddy,

Nothing can replace the fun we shared.

Precious memories keep you near.

You always had a smile for me.

I will always love you Daddy.

You will always be a part of my life,

I wish you were still here.

You may not be here in person,

But you're always with me.

-Loving you forever,
your son Chris

ANNOUNCEMENT

IN MEMORIAM



Kay Onofrechuk (Hardwick)
June 19, 2021

In memory of my Dear Sister,
Sweet memories will linger forever,
Time cannot change them it's true,
In my heart your memory lingers,
There's not a day, dear sister
I do not think of you.

-Love you and miss you so much, Sis,
Ingrid

ANNOUNCEMENT

IN MEMORIAM



In Memory of
Dick Boon

June 7, 1938 - May 23, 2013

Dick will always be lovingly remembered by his beloved wife Frances, beloved son Robert and beloved daughter Tammy. He loved the Lord and enjoyed attending with his family a smaller church the last 5-6 years of his life and believed in doing special things for his community. At the time of his passing we were working on a neon electrical sign museum, had already had a major donation of a large neon spectacular sign from Sign Friends, and a 3 1/2 acre property we had purchased December 31, 1996 now located on a now major Winnipeg thoroughfare within the Perimeter where it is to be located with a coffee shop beside it. It was the thrill of Dick's life. The family corporation Inter City Neon Plastic Signs and Services we co-founded - working with his wife and son 24/7 for 25 years plus daughter Tammy when available. We travelled all over Manitoba, east to Thunder Bay and simultaneously had a customer base in Winnipeg. We had memberships in Sign Association of Manitoba, Sign Association of Canada, National Elect. Sign Association, International Sign Association, NALMCO (lighting contractor), developing friends throughout North America and the Winnipeg Chamber of Commerce.

He enjoyed working in Selkirk and surrounding areas the last 25 years of his life and appreciated his friends and customers.

He enjoyed our CN friends, especially an Alaskan cruise. Dick fixed the CN sign on Union Station, also the large clock at City Hall, and installation of major signs at Portage and Main as well as maintenance of them and other high rise buildings in Winnipeg, Regina and Calgary. His favourite saying was "I've been everywhere" and song was "Until Then I'll Go on Singing" and loved to yodel at the top of the skyscrapers as he found working at heights very calming and peaceful.

He is forever loved by his family (predeceased by his much beloved mother Jenny, nee Vandorp, Boon).

We had worked together on special projects, some under Tambor Enterprises.

He had a life well lived.



R.M. OF ST. ANDREWS ZONING BY-LAW 4066 ZONING BY-LAW AMENDMENT NO. 4357 PUBLIC HEARING

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

**We are
Listening.**

What is Zoning By-law Amendment No. 4357 about?

The general intent of this By-Law amendment is to amend the R.M. of St. Andrews Zoning By-law No. 4066 by:

- Refining the definition for the land use of "Truck Terminal";
- Introducing new definitions for land use of "Truck Operation" and "Truck Service & Repair"; and,
- Including these three land use categories within the Commercial and Industrial land use tables.

The RM office is closed to the public due to COVID-19. Planning meetings will be available live through YouTube. The link will be provided at www.rmofstandrews.com to view the meeting. The public is required to email edo@rmofstandrews.com by 2pm the day of the meeting with a written submission OR to register to speak via telephone; or to register as for, against, or for information.

For more information please contact the Red River Planning District.
Red River Planning District Mon-Fri*
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm

*excludes all statutory holidays

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

**Public
Hearing
Tuesday,
July 13, 2021
5:00 PM
ONLINE
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OBITUARY



Kathleen (Kaye) Dewar

Kathleen Dewar (née Massey) passed away peacefully on the evening of June 8, 2021 with family at her side. Kaye had just reached her 98th birthday on March 8 and was the matriarch of her family of six children, eight grandchildren and four great-grandchildren, with another great-grandchild due this fall. She loved them all very much, and they adored her in return.

Kaye was the oldest living Massey, having survived all five of her siblings. She'd also been challenged by the loss of the love of her life, Stewart, in 2004, and her beloved granddaughter Kirstin in 2014. She also dearly missed her sister and best friend, Doreen Massey, who passed away in 2019.

Kaye loved music, especially playing the piano for other people, something she was doing just nine days before she passed. She was also the organist at the Cloverdale United Church, retiring in

2000 after 30 years. If there was a piano in the room, you would find Kaye seated at it, entertaining all those around her. Her last big performance was on her most recent birthday, playing for a small audience of family members. She was thrilled that her love of music was passed on, and that many of her children and grandchildren have followed in her footsteps as musicians and vocalists.

Kaye had deep roots in Selkirk. Born there in 1923, her father, Ben Massey, was the Mayor from 1958-1965, and Kaye knew countless people in the town of her birth. As the family historian, she could put names to faces in most photos in her collection.

After marrying Stewart Dewar in 1950, Kaye moved to the home Stewart built in Cloverdale, where Kaye relished her role as a farm wife. It was hard work, but she and Stewart enjoyed the simple pleasures of life in the country, raising six children, as well as farming grain and cattle. Living across the road from her mother-in-law, Kaye became equally well-versed in the Dewar family history and their connection to the land close to Oak Hammock Marsh.

Kaye was a natural beauty and took pride in her appearance. She loved wearing bright colours, beautiful clothes and jewelry. That was Kaye's signature style. She had an active social life and a large circle of friends, many of whom lived in the Lion's Centre, which Kaye called home for the last 10 years. She was always ready to greet visitors with a smile and a cup of tea.

Prior to marriage, Kaye worked as a secretary at the Legislative Building in Winnipeg, and after her children were grown, she started a new career as a home care worker. She enjoyed earning her own money, as well as the chance to help others. Kaye cherished her independence and was proud that she remained in her own apartment until the end.

She was an intelligent and curious woman, still reading the newspaper every day, checking out numerous books from the library every week, and completing the daily crosswords and word searches. She was also a very funny woman, entertaining whoever she happened to be around, and was always the life of any party she happened to be at. She was also a good friend, and those around her treasured the advice and support she gave them.

Mom was our rock, and it will certainly never be the same without her.

Left to celebrate Kaye's life and to cherish their many memories are her children, Gary (Heather), Karen (Bob) Lorenz, Randy (Karen), Greg (Kathleen), Allison, and Laurie (Rick) Sutherland, as well as grandchildren Camryn Dewar, Andrew Lorenz (Cassandra Smith), Brent (Marilyne) Dewar, Nicole Dewar, Shea Dewar (Jessica Smith), Kathleen 'Katie' Sutherland, and Kelsey Sutherland (Kylie Timmerman). Kaye held a special place in her heart for her great-grandchildren, Xavier Snider, Nate Lorenz, Scott Dewar and Myla Mae Dewar. Kaye was also pleased to be called Mom and Grandma by friends of her family.

The family is grateful for all the support, friendship, and care that Kaye received. They'd like to thank the home care workers who made it possible for her to stay in her apartment, and Dr. Shoewu for his compassionate care.

Donations in Kaye's memory can be made to Kirstin's Walk for Kids, through the Selkirk and District Community Foundation (www.sdcf.ca), or to the Cloverdale United Church Fund, c/o Mary Ann Millar, 805 Cloverdale Road, St. Andrews, MB, R1A 4J8.

No funeral is planned at this time due to COVID-19 restrictions. A memorial service is tentatively planned for later this year.

If tomorrow starts without me,
please try to understand,
that an angel came and called my name
and took me by the hand.
She said my place was ready
in a heaven far above,
and that I'd have to leave behind
all those I dearly love.
So when tomorrow starts without me,
don't think we're far apart,
for every time you think of me,
I'm right here in your heart.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Elaine Karen Rach

It is with heavy hearts and profound sadness that we announce the passing of Elaine Rach on June 11, 2021, after a brief but courageous battle with cancer.

She was predeceased by her loving husband Lloyd Rach of 41 years.

She is survived by her sons, Kirk, Kenny (Denielle) and Lonny (Michelle); her precious grandchildren Ty, Bayley, Hayley (Jacob), Kennedy, Madison, Jase, Jakeob and Landon, whom will miss her dearly.

A family memorial service will be held at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Mulvina (Dolly) Hardwick

April 28, 1930 – June 7, 2021

With great sadness our family announces the passing of our beloved mother, grandmother, great-grandmother and great-great-grandmother Dolly Hardwick, aged 91 years.

Dolly was predeceased by her husband Walter (Bud) Hardwick; daughters Marion and Kay; sons-in-law Dan and Stogie.

She is survived by daughters Ingrid, Dena (Dale), Darlene (Ian) and Heather (Ryan); son Bob (Wanda); numerous grandchildren, great-grandchildren, great-great-grandchildren, nieces and nephews.

Mom enjoyed her Breezy Point cabin which held many years of family gatherings. She loved her bingo, playing cards and bowling. She was the best cook ever, she was very musical and most of all loved her family.

Cremation has taken place as per Mom's wishes. A private family service will take place at a later date.

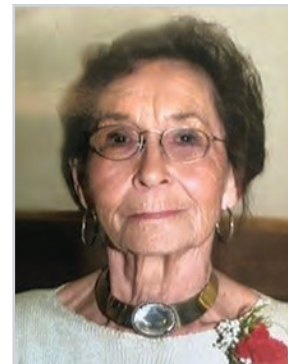
Special thanks to Gimli Betel Home Foundation for the special care that was given to our mother and also the support that was given to our family.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Gladys (Doreen) Olson

1926 – 2021

On the morning of Sunday, June 6, 2021, Doreen passed away comfortably with her daughter Sandra at her side.

Doreen was predeceased by her parents Stanley and Dorothy Olson; her brothers Murray, Stanley, Percy and her sisters Qwen, Ollie and Mildred.

Doreen, a mother, grandmother, great-grandmother, sister, auntie, cousin and friend will leave a huge void in all our lives.

The memory of Doreen will live on in her daughters Sandra (Irv) Koch, Heather (Duncan) Matheson, Lois (Marcel) Ongenae; son Sanford (Pam) Stiff and daughter-in-law Brenda Stiff. Doreen will be especially missed by her nine grandchildren and 13 great-grandchildren. Surviving sisters Connie (Don) Teed, Beebe (Paul) Fedoruk will have to cope with the loss of another loved one.

Doreen worked hard her entire life. Mom was a strong, independent woman who single handedly raised her four children in Ontario and then back to her home province of Manitoba. Doreen loved to dance, play cards and travel. In her retirement years she volunteered as a companion to seniors. She was also an active member of St. Paul's Anglican Church and the RCL Ladies Auxiliary (over 50 years) until her health began to limit her lifestyle.

Thank you to the staff at Misericordia Interim Care and Rosewood Lodge Personal Care Home for caring for our Mother with kindness, respect and dignity. Mom had "special angels" at both of these facilities – you know who you are.

Kisses were Mom's constant request.

We would also express our thanks to Dr. Kerr Graham for his compassionate direction of care for our Mom.

Cremation has taken place and we hope to celebrate Doreen's 95 years as soon as COVID restrictions have been eased.

In lieu of flowers donations may be made in Doreen's memory to a charity of your choice.



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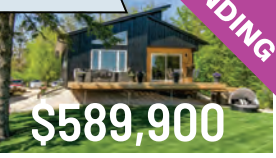


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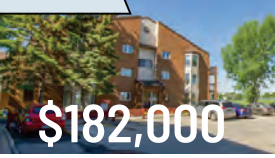
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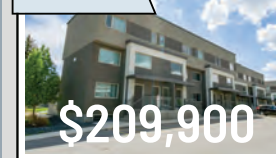
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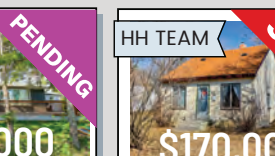
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