



# The Selkirk Record

THURSDAY, JULY 29, 2021

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# Saving Manitoba's landfills from toxic waste

By Ligia Braidotti

With the rise of technology, people are collecting much more tech gear than ever, and most have no clue how to dispose of their electronic waste.

West St. Paul's Jordan Dearsley has been working on educating people and making it easier for others to get rid of old electronics that end up piled up in their basements. She has been organizing an electronics recycling drive in Winnipeg, West St. Paul, and Selkirk since March and wrapped up her task on July 25 at the Selkirk Legion.

She has been running this project through the Electronics Recycling Association's scholarship which allows students the opportunity to get financial help with schooling while getting involved with the community and helping reduce e-waste. She has also won first place in the Humane Education Network's 31st Annual A Voice For Animals Contest with her research on the impact of e-waste on Manitoba's wildlife.

Now, Dearsley is hoping the electronics she collected are repurposed and reused.

"I'm really passionate about the environment, and being able to physically see how much waste I'm helping to divert from the landfill is really awesome," she said. "So much of our electronics end up in the landfill. Our current process of making electronics is incredibly resourcing, and it requires a lot of labour and a lot of shipping, so there are so many emissions that come from producing technology right now, so when it goes into the landfill, it is an absolute waste."

Dearsley explained that once electronics are in the landfill, they start leaking toxins that contaminate the soil. Electronic waste also ends up shipped overseas, where they are often improperly pulled apart and portray a massive risk to human health.

Community members brought in

all sorts of tech products at the drive, but mostly tube televisions, computer towers, printers, and copiers, which Dearsley said have a short life span. However, she also commented that most of the electronics were still working.

"It's planned obsolescence. The new thing comes out, and then your old computer isn't as appealing anymore," she noted.

At the end of the drive, she took her collection of old electronics to the Electronics Recycling Association's depot in Winnipeg, where it will be recycled or reused. She doesn't have a final total but said she was surprised with the amount of waste she collected. She explained recycling centres are not easily accessible to most people.

"Most of them here are not great for the hours, so many people just have all of this stuff stored in their basement because they recognize that it's something they can't throw out anywhere. The options aren't really that clear for recycling, and people feel like holding on to it."

Dearsley wants to see tech companies take responsibility for the waste



RECORD PHOTOS SUBMITTED

Jordan Dearsley hosted several electronic recycling drives since March. She is pictured standing next to some of the e-waste she collected.

they produce. She believes that they were held accountable, they would create products that last longer.

"It should be up to the companies that produce these products to be in charge of their waste. I feel that for all items being sold, but particularly for tech companies. People have to end up paying for that disposal themselves, so the tech companies get off the hook from this," she continued.

"If they were held responsible for the amount of waste that their products create, they would start to build

products that last longer. If they had to pay for all of those five, six printers people have in ten years; if they had to pay for that disposal, they would start to make a printer that lasts longer."

Dearsley is planning to host more electronics recycling drives in the fall.

"Everyone was so incredibly grateful. Everyone was so happy to be cleaning up their basement. They said, 'I've been holding on to this stuff for 35 years.' (The drives) were incredibly well received."

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# BIG DOLLAR



# Library opens to residents at 50 per cent capacity

## Patrons can now head into the Gaynor Family Library

By Katelyn Boulanger

Having fun isn't hard with a Gaynor Family Library card and residents are now able to get even more out of their membership as they can actually get into the building and browse the shelves thanks to a loosening of COVID-19 restrictions.

"We were really pleased. We really missed the public being in the building and the joy of seeing them take advantage of the full services of the library. So I was really pleased that we were allowed to return to 50 per cent normal occupancy, and basically full services," said Director of Library Services, Ken Kuryliw.

Patrons can now check out and browse from the library's collections which include materials like books, CD's and DVD's, computers will be available, and wifi, as well as outdoor kid's programs.

Some things that aren't back yet are indoor kid's programs as well as the café in the library. However, for people who would be more comfortable sticking with curbside pick-up that service will remain.

"Our curbside services are going to continue. Some people really enjoyed the service and there's still a lot of anxiety over COVID so we're going to continue where you can order your books online

the night before and pick them up the next day," said Kuryliw.

He says that though the library is almost back to normal that doesn't mean that things are exactly as they were before, as residents will still have to abide by current public health guidelines.

"You do have to wear a mask, unless you're three years [of age] or younger that's a requirement. We're still expecting people to social distance and [observe] proper COVID hand sanitization, that kind of stuff. But, the rest should be pretty similar to what people are used to, although we are encouraging people to limit their time to one hour or less that way, we won't run into the 50 per cent occupancy [limit] and it'll be safer for everybody," he said.

Though the library was still operating at about two-thirds of its normal lending amount through curbside Kuryliw says that there are definitely some benefits to patrons being able to access the library in person.

"One of the biggest benefits is that curbside works really well if you know, the authors that you're wanting, and the books that you're wanting but a lot of people like to browse [to find

new titles] and the librarians that we have, the staff, myself and Lauraine [can select and recommend] materials that get really good reviews, but aren't as popular," he said.

Eventually when more people are fully vaccinated

**"WE REALLY APPRECIATE THE CONTINUED COMMUNITY SUPPORT FOR THE LIBRARY"**



RECORD FILE PHOTO

A library staff member welcomes patrons back to the library.

Kuryliw hopes that the library will be able to return to its role as a meeting place for the community as well as an amazing free resource.

"We really appreciate the continued community support for the library. The last year and a half has been tough on everyone but we're glad to be a municipal partner with our community," he said

Get your latest Gaynor Family Library updates by signing up for their newsletter at <https://gfrl.org/>

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# Residents asked to keep their communities cleaner

Sheri Skalesky hopes community members do more to keep garbage where it belongs

By Katelyn Boulanger

You may know Sheri Skalesky from the Selkirk Biz but you might not know that she's also a Selkirk resident who is very passionate about keeping garbage out of our communities so that everyone can enjoy the beauty that our region has to offer.

Skalesky regularly walks around Selkirk and what she's seeing is an increase of items around that should be in either a garbage can or recycling bin.

"I spend a lot of time walking here in the community and I'm mainly walking down the main arteries, so I'm going mainly Main Street, Eveline [St.] that type of road and down some residential streets, but that's my main route. I started back in the spring because the snow was melting, it was becoming quite evident what was underneath the snow. It was quite concerning at the time and I'm seeing a lot of cigarettes waste. I'm seeing packaging," she said.

In addition to that Skalesky is seeing take out containers, products that don't even come from our community, and new inserts that come with the purchase of cigarettes with warnings of the effects of smoking.

"You've got cigarette butts, you've got the packaging, which is cardboard and plastic and then you have these inserts in. So, I was quite shocked because it's creating more litter and really if they have messaging on the outside, why was the need for the extra message inside. So I was quite disappointed to see that," she said.

She suspects the uptick in food

waste containers is a result of the COVID-19 pandemic and the shift to at home eating of restaurant food which unfortunately means that more packaging is needed and more of it has ended up gathering.

"Ultimately the end result is it becomes the responsibility of the community and relying on tax dollars to clean that up. Most communities, they need to be very cognizant of where all the tax dollars are going and there's only so much to go around, it's a very fine balance, if there's more need, it's not as easy as just raising the taxes, because then everybody's going to get upset," she said.

Skalesky also notes that there's no shortage of places to put trash in our community.

"The community is doing a great job in making that available to people, yet, people are choosing to do the opposite, and having a disregard for where they're placing it. So it's quite sad," she said.

Another reason she believes this year has been a particularly problematic year as more people participating in outdoor activities which means more time outside and more likely that things will get left.

"There's a huge increase in people visiting and doing those activities, whether it's in the Selkirk Park, whether it's along the riverbank, and people are noticing there's a huge increase in trash," she said.

She has contacted groups in our community who specialize in raising awareness and cleaning up our



RECORD PHOTOS SUBMITTED

Garbage that Skalesky has found on her walk around the region.

communities as well as our local municipalities but she also hopes that residents now knowing about the problem will do their part to keep trash where it belongs.

Skalesky personally has been cleaning up the community where she can and if it is safe for them to do so encourages other members of the community to also lend a hand in keeping

our community clean but she hopes that this message will also influence people to try to put their garbage in the proper place, to begin with, so that cleanups aren't needed.

"I have a little thing that I've always used, in my personal life with my own children. It's leaving things cleaner than how you found it," she said.



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# St. Andrews bridge construction starting soon

## Residents attend community virtual meetings for updates

By Katelyn Boulanger

After hearing feedback from the community about the lack of public engagement on the St. Andrews Lock and Dam Bridge Deck Replacement Project, Public Services and Procurement Canada employees hosted a digital meeting last week to keep residents in the loop about what will happen in the first few months of the operation.

The meeting was moderated by Stephen Chiasson the project manager, from Associated Engineering.

"Our goal today is to make sure that you have updated knowledge on the project, and that your concerns and comments are heard and addressed," he said.

He also acknowledged that COVID-19 has made communication with residents less than ideal in this situation.

"While we all would have preferred to do this meeting face to face, we are limited by the challenges that COVID-19 presents us. I thank you in advance for your patience and understanding as we share our planning update on this project virtually," said Chiasson.

The St. Andrews Lock and Dam bridge is the last remaining Camere-style dam in the world spanning 270 metres and connecting the RM of St. Clements from the RM of St. Andrews. The lock and dam was officially opened by former Prime Minister Sir Wilfred Laurier in 1910.

The current project is set to expand the roads and sidewalks while improving accessibility to the bridge. It will also improve the structure of the bridge to allow for increased speed and load limits should the provincial government choose to make those changes.

Chiasson added in the meeting, that the construction would address the health and safety of staff and the travelling public first and foremost through function and safety improvements to the structure. He said that it would also restore the bridge condition and extend the life of the bridge by another 50 years by replacing key aging elements while reducing operations and maintenance costs by integrating new designs and technology.

The last time maintenance was done on the project was in 1993 and the bridge itself was built after the construction of the lock and dam in 1951.

"In a few weeks is when you can expect to see traffic interruptions beginning including the closing of the North lane on the bridge. The entire project is required to be substantially complete by the fall of 2022," Chiasson said.

The most recent development on the project has been a construction contract being awarded to M.D. Steele Ltd. on June 16, 2021, which means that both Richard Wilson, resident and Nicholas Withoos, project manager of M.D. Steele were able to give residents an update from their perspective at this meeting.

Residents will probably have noticed their equipment mobilizing around the bridge, however, construction isn't



RECORD PHOTO BY BRETT MITCHELL

Construction is set to begin soon on the St. Andrews Lock and Dam Bridge Deck Replacement Project.

scheduled to start until sometime next week with no specific date for this as of press time.

"We've now started the installation of the under-bridge platforms in the West approach span and also then started bringing materials for the attachment platform within the under mechanical walkway of the dam itself in preparation for demolition of the deck. Also, on the East side we've fenced off and we started the excavation for preparation for the foundation work of the East approach span which gets new bed foundations there. Looking ahead in the next coming months, we are looking at starting the temporary lighting installation in the next couple of weeks on the south side of the bridge, so there'll be intermediate lane closures at [during the night]. Also, we will be looking at installing the precast barriers to start the lane closure of the north side as well as then once that is all installed, we'll look at doing the milling of the concrete in the West approach span and then starting the demolition of the main bridge deck as well as starting some structural steel installation this fall," said Withoos.

Chiasson then took over again discussing the traffic accommodation plan that sees traffic flow reduced to one lane with a timed lighting scheme in place. The plan is to have the North lane close first and then when that half is complete traffic will flip using the newly completed North lane for travel while the South lane is un-

der construction.

"There's going to be several ways to look for traffic accommodation updates throughout the duration of this project. There will be variable message signboards posted at key intersections, and, for those of you driving through the Lockport area, this week, you may have already seen those on the on the road indicating that that lane closures are going to be coming. The project team is also going to be keeping the Manitoba 511 website updated so anytime you go on 511 you should be able to find the most current traffic restrictions in the area. The project team is also going to post public notices in the paper both the Selkirk Record and La Liberte newspapers and there's the SALD website as well," said Chiasson.

The information presented at the meeting covers the next few months of the project and so the PSPC team is planning to have another public meeting sometime in September or October of this year to let everyone know what will have been done at that time and what will be planned for the future.

For any questions about the project residents are invited to email Malcolm Leong the project's strategic portfolio advisor from PSPC at Malcolm.Leong@pwgsc-tpsgc.gc.ca. The SALD website also has more information about the project at <https://www.tpsgc-pwgsc.gc.ca/biens-property/pdb-bdd/standrews-eng.html>

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# New month new gallery exhibit for residents to enjoy

Judy Brown, Mary Louise Chown, Arlene Rattai, and Wanda Slawik, make their marks in August

By Katelyn Boulanger

The unofficial theme of this month's Gwen Fox Gallery exhibit is variety with Judy Brown, Mary Louise Chown, Arlene Rattai, and Wanda Slawik bringing examples of oil pastels, oil on porcelain, watercolour, pastel, weaving and mixed-media for residents to experience and draw inspiration from this month.



RECORD PHOTOS BY KATELYN BOULANGER  
Judy Brown.

Judy Brown

Brown is a travelled Canadian artist having lived in three provinces and drawing inspiration from everywhere she visits.

"I like the landscape and we've travelled across Canada and it's always inspiring the different seasons, the different colours and the trees and that's what inspires me," she said.

She started taking art classes as a child but stopped investing as much time in the practice when her children were young. However, the creative bug didn't sleep for long as she picked it back up in the 1980s when she decided to take a watercolour class.

This month she will be exhibiting 20 pieces of watercolour and pastel art many of which are landscapes and florals which grab her attention.

Though she lives in Winnipeg, she has an aunt who lives in Selkirk and when visiting her she discovered the Gwen Fox Gallery.

"I would come in here and last summer when I was in here, and talking to some of the artists, they found out that I was an artist myself, and encouraged me to join. So I got the information about it," said Brown.

Her advice for new artists is that they can do it and that we all have hidden talents that we just have to let out.

Mary Louise Chown

Chown is an artist who lives out near the Whiteshell and went back to art school in her 40s. Though she uses many mediums to relay her art she feels that her main medium is in fact storytelling and she plans to incorporate that into the exhibit this month.



Mary Louise Chown.

She has brought oil pastels, acrylic paintings, mixed media and cooled wax pieces to the gallery for residents and is hoping that they will stop by the gallery during the days that she will be there this month so that she can tell them stories about some of her pieces that are on display.

"I tell myths and folktales and historical stories and personal stories and stories that people have told me that they want me to tell and legends. There are just millions of stories. Absolutely, from all over the world, and we're such a multicultural country right now that and I feel as a storyteller that the stories should be spoken. You've got to get them up off the page because then it brings more life into them," she said.

She will be at the gallery on July 31, Aug. 3, and Aug. 19.

Some of the most distinctive pieces that she will have this month are her paintings that are in the shapes of turtles. They were inspired by the petroforms in the whiteshell as well as the turtles that come to the dock at her home.

She encourages residents to head to the gallery even if they don't think that they are going to make a purchase.

"We just want people to come and see it and sure, if you want to buy a piece, that would be lovely, but there's no point in [our art] just sitting around in our homes stacked against the wall. It's there for people to enjoy," she said.

Arlene Rattai

Rattai started art more recently than some of the other artists in the gallery this month taking it up after she retired as she wanted something to keep her busy. She started with oils on porcelain and then branched out to watercolour, oil, and pastel works.

"I saw a lady's work in porcelain, just some pieces that were done and I really liked it she was a customer of mine from my business. I took her name and number and held on to it for several years and then when I was kind of getting close to retirement, I thought, 'I need to find something. I don't think I could just retire on and do nothing.' So I started painting in '95 and started with that and then I just branched



Arlene Rattai

into other things," she said.

Most of her work is heavily inspired by nature and her surroundings, however, possibly her most striking piece at the gallery this month is a beautiful painting of her granddaughter.

"I just had to do something with her and she is a beauty so I had to do something," she said.

Though she now lives in Lorette, Mb she isn't a stranger to the area with her husband teaching in Selkirk for 35 years and her previous residence being the RM of East St. Paul.

She advises artists that are new to come to galleries and look at the art for things that they think that they might be interested in.

"Some people just do watercolours and others just do pastels, others [work in many mediums]. I don't know why I got into [so many types of art] I guess maybe because I had the time," she said.

Wanda Slawik

Slawik is originally from Poland and was educated in art there but moved to Manitoba many years ago. After taking time to settle in and raise her family she started making pieces first for her own home and later for others.

"I finished one [piece] and suddenly I have another one. I'm a Manitoba artist as I came to Manitoba and took me so long to realize how peaceful, family-friendly, and how easy and slow Manitoba is. Every time I [go places] and I travel to Europe and travel to different parts of Canada and the states, every time I come back. I'm more sure that it's a good place to be," said Slawik.

Continued on page 10



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## Taking steps to a post-pandemic Manitoba

By Lorne Stelmach

Provincial officials remain encouraged by the continuing positive trend with COVID-19 case counts, but they also still stress the need remains for more Manitobans to be vaccinated.

"This is continuing our path to a post-pandemic Manitoba," chief provincial public health officer Dr. Brent Roussin said during his daily update on Monday.

"We know COVID-19 is still going to be with us," he noted. "In that post-pandemic Manitoba, this is going to be a Manitoba with public health guidelines rather than public health restrictions.

"We know we have some Manitobans that still are hesitant ... the more Manitobans that become vaccinated, the sooner we'll be to that post-pandemic Manitoba."

Roussin touched on what further measures might be considered in terms of tighter or looser restrictions depending on vaccination rates, which remain notably lower in the

RM of Stanley and City of Winkler.

"When we see low rates, especially clustering geographically, it does put us at risk for that fourth wave," he said. "We have had in the past local restrictions, and so nothing is off the table.

"We really recognize that vaccine is our way through this pandemic ... we really want to encourage Manitobans to hit those targets," Roussin stressed. The province is hoping to see at least 80 per cent of all Manitobans aged 12 and over with a first dose of the vaccine and over 75 per cent with a second dose by Labour Day. At press time, 78.7 per cent of eligible Manitobans had had their first shot and 66.5 per cent their second.

Also on Monday, Roussin announced 103 new cases of the virus were identified over the weekend, including 62 on Saturday, 30 on Sunday, and 11 on Monday.

Of the 11 cases reported Monday, two were in the Interlake Eastern health region.

Active case counts are on a down-

ward trend in the Interlake-Eastern region this week, with Beausejour reporting seven cases on Monday, Eriksdale/Ashern eight, Fisher/Peguis 78, Northern Remote 18, Pinawa/Lacubonnet one, Powerview/Pine Falls 63, Selkirk 2, Springfield one, St. Clements two, Stonewall/Teulon four, Teulon four, Unknown four and St. Andrews/Winnipeg Beach five.

Provincially, there were two new deaths in people with COVID-19 reported from the weekend. The total number of COVID-19 deaths in Manitoba is 1,172 with 47 of those in the Interlake-Eastern region.

The current five-day COVID-19 test positivity rate was at three per cent provincially and 1.8 per cent in Winnipeg.

There were 528 active cases overall and 55,756 recoveries. A total of 110 Manitobans were hospitalized with COVID-19 at the start of the work week, including 26 in intensive care.

## Highway construction project to close intersections permanently on north Perimeter

Submitted by Manitoba government

Manitoba Infrastructure officials advise construction will begin on the north perimeter starting Monday, July 26.

This project will involve intersection improvements including:

- construction of turning lanes, concrete pavement repairs and graveling of existing service roads; and
- removing intersections and median openings.

Work will begin on the west perimeter working toward the east and the project is scheduled to be completed

by October 2021. Traffic control will be in place, and will include temporary lane closures and reduced speed zones.

The project will permanently close the following intersections on the perimeter highway:

- Road 64 North,
- Inkster Boulevard,
- Prairie Dog Trail,
- Summit Road,
- Klimpke Road, and
- King Edward Street.

The annual road repair season is underway and motorists are re-

minded to slow down and drive safely when they see construction signs and flaggers at the roadside. Drivers are required to reduce speeds to specific limits in construction zones under the Highway Traffic Act.

For more information on the project, visit <https://engagemb.ca/north-perimeter-safety-review/>.

The latest information on Manitoba's road conditions are available any time at 511 (toll-free), at [www.manitoba511.ca](http://www.manitoba511.ca) or by following the Twitter account at [www.twitter.com/MBGovRoads](http://www.twitter.com/MBGovRoads).



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

TROUBLE WITH PAPER DELIVERY?

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

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# Interlake livestock farmers using winter feed; province, federal assistance a Band-Aid solution

By Patricia Barrett

It's only mid-July but some Interlake livestock producers are using up feed they would normally reserve for the winter in a bid to keep their animals alive and hang on to their farms.

Pastures have shrivelled from lack of moisture, crops are failing to thrive and grasshoppers are eating everything they can as the region continues to suffer from extreme drought and intense heat.

The unfolding agricultural disaster has already seen some producers sell all or part of their herds at emergency auctions while others have already started to use or shortly anticipate using winter feed.

Allen Pfrimmer and his wife have a cow-calf operation of almost 200 head near North Shoal Lake, where most of his pastures have been decimated.

"Our pastures have been grazed right off. What the cattle haven't eaten, the grasshoppers have cleaned right up," said Pfrimmer last week. "You can almost see the soil. That's how bad it is."

Pfrimmer hasn't been able to cut much off his hayfields because there's "nothing to cut," he said. And he currently has his herd in a pasture that's probably going to "run out of grass in a couple of weeks."

"I'll have to put the cows in my hayfields and let them graze those off until their gone. Then I'll have to start feeding them," he said.

He's looking at all options to feed his animals before he starts buying hay. He's trying to find better parcels to hay before pastures "dry right out." And he has gone back to work as a carpenter "so I can buy some hay and feed and what we need as a way to generate a few dollars to support my cattle."

By mid-August, he said he'll probably have to start feeding his herd.

"What we are going to feed our cattle in the middle of August is usually what we need to get them through the winter," said Pfrimmer. "But once that hay is gone, I don't know what I'm going to do for the winter."

He's not ready to sell right now because his cattle would be valued at half of what they're worth. He has spent about 25 years building up his herd and his family would have "nothing in the end" if they had to sell.

Other producers in the Shoal lakes area are resorting to cutting cattails (for feed) off parcels they used to hay before the massive flood of 2011, said Pfrimmer. The area east of Lake Manitoba was waterlogged for years. Now, North Shoal Lake is drying up, he said, estimating it has receded a couple hundred feet from the shoreline.

The provincial government needs to step in with relief. "They need to understand producers have been in a drought cycle for I would say almost four years and under constant stress," said Pfrimmer.

Peter Doerksen of Vestfold Ranches has a 1,200-head bison operation in the municipality of Coldwell along the borders of St. Laurent and Armstrong municipalities. He said he has no pasture left and no hay he can make.

"We've gone to feeding our bison full feed just like we would be in the wintertime," said Doerksen last week. "Our pastures are done and we won't be harvesting any hay. We hope to get a



Cattle near the Armstrong-Gimli border in April 2017.

RECORD FILE PHOTO BY PATRICIA BARRETT

bit of our corn, but it's starting to tassel [early tasseling indicates stress]. Unless we get a good amount of rain from here on in, we won't get a lot of corn."

He has begun cutting bullrushes for feed, he said, even though they're not a "good feed source" in terms of nutrition, and has lined up a supply of straw.

Doerksen said his best guess is that cattle numbers in the Interlake will shrink by 75 per cent, and that will give rise to "ghost towns." He has spoken with producers near Gypsumville, Brandon and other areas and they're having to sell all or part of their herds.

"They're being forced out. Guys in their 60s won't get back in," said Doerksen, who has had 32 years in the industry. "I'm hoping people don't make the decision to starve their animals. That could be a shame in all of this."

People with hay to sell may try to get as much as they can for it because they need the income like everyone else, he said. But there may be limited supply as the drought is bigger than just Manitoba; it stretches across Canada and dips down into the U.S.

"Who knows if there will be enough feed in the country to feed all the animals that farmers are trying to hang on to," he said. "There could also be a shortfall of feed produced by feed mills."

Although some livestock producers are insured under AgriStability and others under crop insurance programs, Doerksen said the programs "aren't as producer friendly as they should be." And he has had recent discussions with provincial and federal politicians about making them worthwhile.

"Politicians can't make it rain, but they can make adjustments to these programs to help our industry," he said. "And adjustments can't happen at turtle speed. The severity of this [drought] has increased tenfold. When I have to make a decision about my operation, I don't spend a year making that decision."

Last Thursday the federal and provincial gov-

ernments announced a financial top-up under the jointly funded AgriInsurance program for those with drought-damaged crops. Insured forage producers can turn their crops into livestock feed by cutting them while the plants are still green and get \$44 a tonne extra.

A forthcoming plan was also announced to implement a livestock tax deferral for beef producers forced to sell a significant number of animals, as was possible assistance for the cost of purchasing livestock feed, transportation and water infrastructure.

Federal agriculture minister Marie-Claude Bibeau and provincial agriculture minister Ralph Eichler were among a group of politicians and ag association representatives touring parts of the Interlake last Thursday to see the devastation.

"Our government is working closely with our provincial partners to respond on a rapid basis to the evolving drought situation in Western Canada," said Bibeau in a July 22 federal news release. "I am here to listen and help those farm families hard hit by this extreme weather."

In addition to addressing the immediate feed crisis, Bibeau reiterated a previous federal offer to raise the AgriStability compensation rate from 70 to 80 per cent.

Continued on page 11

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# A big thank you from Damon's family

Residents come together to help out boy in need, family overwhelmed with joy

By Katelyn Boulanger

Damon Campbell is a young boy who has beaten the odds in his life, and his family want to thank the members of our community who have supported him in his journey so far.

"He's just a happy little guy. He smiles for his mom. He loves Grandpa and to tease Grandpa and for Grandpa to tease him. He loves Grandma but not as much as he loves Grandpa," said his grandmother Lillian Lucyshyn.

When his mom was 10 weeks pregnant, doctors informed her of the rare condition her child would be born with, an omphalocele which means his organs were outside of his body. In addition to that, he was later diagnosed with pulmonary hypoplasia, pulmonary hypertension and congenital heart disease which left three holes in his heart.

After 2 years in the Children's Hospital and defying the odds in making it that far Damon was able to go home.

Now approaching his fourth birthday Damon is a happy kid with a big smile, four older siblings who have his back and parents who advocate for his having the best life he can which includes occasional trips outside of the house.

"He loves Paw Patrol and he loves

all cars driving by since he was able to see cars. Even standing at the window. He loves to watch cars going by," said Lucyshyn.

Unfortunately, Damon hasn't been able to go on many car rides because he is wheelchair or stroller bound because of the equipment still needed to keep him going.

"Just recently, [his mom] was able to get a tummy protector so he can now sit in a car seat but he has so much equipment that goes with him to take him into a vehicle now, nobody else can ride in the vehicle because he's got so much equipment," said Lucyshyn.

Because this severely limits where they can go, the family decided to start fundraising for a new van that will be able to accommodate Damon now and into the future. They did this by selling T-shirts with custom designs made by his mom Rebekka as well as having a raffle in our community.

Through their efforts, they have now raised over \$18,000 which is enough to be able to afford the van itself which will be a big improvement.

His grandmother says that this wouldn't be possible without the support from our community which included not only many people who bought tickets but also vendors at

the Petersfield Farmer's market who helped to support and even raise money to support Damon.

Though they will still need to continue fundraising in order to make changes to the van so that it can accommodate them in the future this new purchase is exciting news for Damon's family.

"[His parents will] be able to take them all to the zoo together. [They]'ll be able to take him out to give him a life with his siblings. Instead of being in a house all day, he'll be able to go places where they can all go and they can go together," said Lucyshyn.

She wants to thank all of the people that contributed to getting them this far in their journey.

"Right from when Damon was a baby, people of every faith and religion have put Damon into their heart, prayed for him and wanted him to live no matter. It's just been amazing," she said.

If you wish to support Damon his grandmother is still accepting donations. Residents can reach her or his grandfather Chris at 204-785-9142.



**RECORD PHOTO SUBMITTED** Damon Campbell will now be able to go places with his family thanks to support from the community which allowed them to purchase a van large enough for his medical equipment and siblings to fit at the same time.

## > WANDA SLAWIK SAYS, FROM PG. 7

Her art is very Manitoba focused with landscapes and weaving being inspired by Bird's Hill Park, the beautiful Manitoba skies and many other beautiful places in the province.

Though she lives in Winnipeg Slawik says that the Gwen Fox Gallery is very special and unique in the province because of how friendly it is to artists.

"You can become a member without any big, tons of paper or explaining your education or background," she said.

Slawik says that many other places require a lot of work to join their communities while the Gwen Fox Gallery is welcoming of anyone who wants to join.

This month she has primarily pastel and weaving pieces in the gallery to show.

She recommends that new artists start by slowing down and recognizing the beauty around them.

"Just go out and see what's what is next to your house," she said.

She also encourages more places in the area to decorate their walls with art from Manitoba artists as the best



Wanda Slawik.

way to support artists from our province is to give them a place to hang their work and be seen in our communities.

The Gwen Fox Gallery is open Tuesday to Saturday weekly from 11 a.m. to 4 p.m. Residents who come in must follow COVID-19 health restrictions which include a sign-in for contact tracing purposes, social distancing, and mask wearing.

*Thank You*

On behalf Chris and Lillian Lucyshyn and Damon we would like to thank the following people and businesses for their generous donations for the raffle and fundraiser Wheels for Damon:

Big Rig Collision (Ian & Sue)	World of Water Victoria's Florist	Netley Creek Getaway	Alain Cayer Bridgeview Bed & Breakfast	Jennifer Zitting Safeway
Gord & Lynn Hooker	Mighty Kiwi	Life a Little Sweeter	Aaron's No Frills	Shoppers Drugmart
Selkirk GM	Denise Warkinton	Lillian Magnusson	Prairie Princess Originals	Joan & Paul Still
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Magnusson	One Stop	Signs by Summit	Norwex (Gracinda Nicolas)	Donna Henderson
Doug & Tracy Maxwell	Plants Plus	Jeannie Sasley	Doris Harding	On Point
Daerwood Press	Canadian Tire	Roxi's Uptown Cafe	Karolyn Smigel	Matlock Store
Rosalie McAuley	Maureen Petersen	Tyler Sutherland	Jodie Shepit	Barb Hazlitt
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Thanks to all that sold tickets and all that purchased. Congratulations to WINNERS:

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Special big thank you to Joan Still for her hard work and fantastic ideas.





RECORD PHOTO SUBMITTED

Ida Theodore taking part in the Manitoba 55+ Games virtually this year.

## Manitoba 55+ Games carry on through summer

By Sydney Lockhart

The Manitoba 55+ Games is usually a three-day event. But this year, because of COVID restrictions, they have morphed into a virtual summer-long activity challenge for those wanting to participate and stay active throughout the warm season.

"That was pretty exciting basically we are about halfway through now," said Karyn Heidrick, the Manitoba 55+ Games coordinator, "We wanted to be able to give seniors at least something that they could look forward to and stay connected to the Games and to each other because a lot of them are friends and they see each other, year after year."

The Games usually gather approximately 800 to 1,000 participants in a Manitoba community. Communities bid to be the host of the Games, but due to the pandemic they have not been able to do that the past few years. As a result, the 2020 Games were outright cancelled with the risk of COVID-19 too high.

"We still want anyone who is interested to be able to sign up, because we still have a lot of summer to go in Manitoba, we kind of like to get every inch of summer out of that we can," said Heidrick.

By keeping track of activities as a registered participant, prizes can be awarded at the end of the Games, things such as walking poles, exercise bands, and gift certificates. All events are done virtually by participants tracking their own activity, preventing travel during the pandemic.

"It's really interesting to see the participants that have already signed up.

**"WE WANT TO BE ABLE TO GIVE SENIORS AT LEAST SOMETHING THAT THEY COULD LOOK FORWARD TO AND STAY CONNECTED TO THE GAMES AND TO EACH OTHER."**

What they've been doing is challenging their friends or their relatives or their neighbors to some friendly competition," she said.

Participants such as 82-year-old Ida Theodore from Swan River participate every year. Although Theodore has played golf in all but one 55+ Games since she became eligible to participate, she has been golfing almost every day this month to participate in the games.

The Games started in 1983 and have aimed to keep seniors healthy and active through sport and community. Some of the oldest participants are in their 90s. The Manitoba-wide competition includes walking, running, cycling, golfing, bocce ball, pickleball and many more.

Manitoba 55+ Games is asking that participants submit stories and photos of their virtual experience this year to share them within their community. To sign up, visit [activeagingmb.ca](https://activeagingmb.ca) or [sirlibrary.com](https://sirlibrary.com).

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## > BIBEAU SAYS, FROM PG. 9

She "urged Prairie governments to match it." Manitoba had taken part in talks last year about improving the program but didn't sign on.

Eichler said in a provincial news release issued the same day that the government recognizes it has been an "extremely difficult year" for many producers. "With pastures drying up and minimal sources of feed for livestock, it's important to give producers the resources they need to secure feed to maintain their herds."

The governments' immediate focus on feeding livestock is only a short-term "band-aid" solution to the disaster, said Paul Gregory, Keystone Agricultural Producers' Interlake representative. And the relief applies to producers who are insured under AgriInsurance.

"The \$44 a tonne sounds good, but in reality it won't help the majority of producers, which is unfortunate," said Gregory last Friday. "I would say around here, in the north Interlake region, three quarters of the producers don't have insurance for hay because it's a marginal program. A bunch of cattle producers have never been in it. They look at the cost and the benefits and say, 'No, we're not going to do it.'"

Even if the weather takes a turn for the better, he can't envisage producers being able to bounce back quickly. It will take time and they'll need assistance.

"With our pastures and hay fields beaten up this badly, this crisis isn't just going to blow over. It will be years before these fields return [to good condition]," he said. "And if you're having to pump water to fill up dugouts, that's a huge amount of work and cost. Given the outlook on the weather, I think people are going to sell. There's simply no feed."

Gregory said it typically takes livestock producers about 30-40 years to build up a nice herd, and many won't recover from this disaster. If they have to sell, it will be a "very emotional thing."

For free, confidential counselling, farmers can call Manitoba Farm, Rural & Northern Support Services at (toll free) 1-866-367-3276.

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## Johnson & Johnson recalls aerosol sunscreens; Health Canada issues alert

By Patricia Barrett

Johnson & Johnson Inc. voluntarily recalled two brands of its sunscreen with various SPFs after detecting benzene, which can cause cancer with repeated exposure.

The American pharmaceutical and consumer health company pulled all its Neutrogena and Aveeno aerosol sunscreen lines and has asked consumers to stop using them as benzene is classified as a human carcinogen.

"While benzene is not an ingredient in any of our sunscreen products, it was detected in some samples of the impacted aerosol sunscreen finished products," states J & J in a news release issued July 14. "We are investigating the cause of this issue, which is limited to certain aerosol sunscreen products."

The affected products are Neutrogena Beach Defense aerosol sunscreen, Neutrogena Cool Dry Sport aerosol sunscreen, Neutrogena Invisible Daily defense aerosol sunscreen, Neutrogena Ultra Sheer aerosol sunscreen, and Aveeno Protect + Refresh aerosol sunscreen.

J & J said the public could call its consumer care line or contact their healthcare provider if they have concerns related to the affected products.

The company makes other well-known brand-name products such as Tylenol, Motrin, Lubriderm, Listerine, Nicorette, Reactine and Polysporin. It also makes a one-shot COVID-19 vaccine.

Benzene is an industrial chemical found in petroleum and is produced naturally by forest fires. It's used to make detergents, dyes, pesticides, plastics, synthetic fibres and drugs. According to the Wisconsin Department of Health Services, it can be found in gasoline, glue, cleaning products and paint stripper, and be absorbed through the skin.

Benzene is on the Government of Canada's toxic substances list, and Health Canada issued an alert asking Canadians not to use J&J's affected aerosol sunscreens.

"While there is no safe level of benzene," states the health agency's July



RECORD PHOTO COURTESY OF HEALTH CANADA

Neutrogena Ultra Sheer aerosol sunscreen is among five sunscreens consumers shouldn't use because of benzene, a carcinogen.

17 alert, "long-term (over a year of more) and repeated exposure to elevated levels of benzene may lead to serious health effects, including various forms of cancer such as leukemia, anemia (low red blood cells), and bone marrow failure."

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# Selkirk's grocery heroes



RECORD PHOTO BY BRETT MITCHELL

Grocery Heroes Day was on July 19 and was started by the Grocery Business Magazine. Selkirk Safeway was encouraged to embrace the day to recognize the hard work and dedication of grocery employees. "I wanted to step out to recognize the staff at our store, who from Day 1 worked to fill the needs of our customers. Through product shortages, increased business, our staff continued to work diligently through all the obstacles that faced us," said Harry Oppeneer, Selkirk Safeway store manager.

## COVID testing at Winnipeg airport

Submitted By Manitoba Government

Testing for COVID-19 is now available at the Winnipeg James Armstrong Richardson International Airport, which provides a convenient option for people travelling to Manitoba who need a COVID-19 test, Central Services Minister Reg Helwer and Economic Development and Jobs Minister Jon Reyes announced Monday.

"As international travel reopens in the weeks ahead, we are making sure individuals arriving in Manitoba are able to get a COVID-19 test quickly and conveniently," said Helwer. "By offering this service in advance of an increased number of visitors entering the province, we are ensuring we keep Manitobans safe and healthy."

With the recent announcement of international flights returning to Winnipeg James Armstrong Richardson International Airport, the Manitoba government will be implementing all safety measures necessary to wel-

come international passengers.

"As we continue to hit our vaccination milestones, more people are able to travel and support the economic recovery of the province," said Reyes. "Offering this conveniently located testing option for in-bound travelers is just one more way to help keep Manitoba moving forward."

The new testing site is located on the arrivals level of the main terminal. Testing is available for inbound travelers Monday to Friday from 8 a.m. to 4 p.m., starting July 19. Results from this testing site will be available securely online at <https://sharedhealthmb.ca/covid19/test-results/>.

If someone does not have a Manitoba health card or is not a resident of Manitoba, they can call Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257 to access their test results.

For more information on COVID-19 in Manitoba, visit <https://manitoba.ca/covid19/index.html>.



## Communities in Bloom 2021

The Selkirk Communities in Bloom Yard of the Week and Commercial Property of the Week contest continues to showcase well cared for yards and businesses within the City of Selkirk. If you would like to enter a yard or business, please email [ads@selkirkrecord.ca](mailto:ads@selkirkrecord.ca) and let us know whose place is looking great!



Yard of the Week: **414 Moody Ave.**



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# RAAM clinics a proven success in Interlake-Eastern region

## Almost 600 patients have accessed help with reducing substance abuse

By Ligia Braidotti

The Rapid Access to Addictions Medicine clinic in Selkirk has been significantly changing the lives of those struggling with substance abuse since its opening more than two years ago.

The Selkirk RAAM clinic already helped almost 600 patients and will continue to provide the community with resources to treat their addictions. These clinics provide patients with assessment, counselling, appropriate medication, and connections to community treatment programs and primary care physicians.

The province has made it easier for people to access the clinics by not requesting appointments or referrals, so patients can easily walk in when they feel the need to reduce or stop their substance use. People who have substance-related illnesses such as hepatitis, pancreatitis, and infections can also seek treatment at any RAAM clinic. However, if anyone is experiencing urgent medical attention or mental health symptoms like psychosis, agitation, risk of harm to self or others, they should seek the E.R. instead.

"RAAM clinics have been an entry

point to care for thousands of Manitobans over the past three years, making it easier for people impacted by substance-use to navigate our health system. The RAAM clinics give people timely access to the care they need, all in one place, without a referral or appointment," said Dr. Erin Knight, co-medical lead, RAAM program, Shared Health. "By removing barriers that prevent people from accessing care, our interdisciplinary team can help more Manitobans struggling with addiction, including those in the Interlake-Eastern health region, to get the care they need, when they need it."

Patients are greeted by non-judgmental staff who will ask questions to determine the best way to help them. They are also welcome to bring a support person if they are feeling anxious about going to a RAAM clinic.

The Selkirk location has helped people from the Interlake-Eastern region since November 2018. Now, through collaboration and partnership with the Addictions Foundation of Manitoba the clinic is adding an enhanced opioid treatment clinic to increase access to opioid agonist treatment and build local OAT capacity.



RECORD FILE PHOTO SUBMITTED

Dr. Erin Knight, co-medical lead for the RAAM program.

Mental Health, Wellness and Recovery Minister Audrey Gordon said clinic physicians, nurse practitioners, nurses, counsellors and other staff members are working hard to help those struggling with addictions.

"These sites are seeing good success and are building a real community for the clients they are helping," said Gordon. "We will continue to support RAAM clinics across the province to ensure people can access the services they need on their journey to recovery."

There are six RAAM clinic locations in Manitoba, with two locations in Winnipeg and one each in Brandon, Thompson, Selkirk and Portage la

Prairie. Nearly 1,600 new clients were seen in a 12-month period ending in April 2021 throughout the province, with at least 6,564 follow-up appointments made in the same period.

The province continues to advance Manitoba's RAAM clinics. Most recently, they invested more than \$819,000 to expand RAAM clinic services in Winnipeg to address an increased need for services, which will help hundreds more on their healing journey.

For more information on RAAM clinics in Manitoba, go to <https://sharedhealthmb.ca/services/mental-health/raam-clinic/>

# Decide on dental implants before it's too late

By Elisha Vador

Time flies by fast when we get older. I can attest to the rapid progression of time as I've been married for eight years and find myself saying, 'it feels like yesterday.' The other day I had a patient call me thinking she saw us a couple years ago (sometime in 2018) when in reality it was over 5 years ago! Needless to say, time flies by when we're not paying attention and unfortunately this can restrict your choice for teeth replacement options.

Your window of opportunity to get dental implants is limited. Once your teeth are pulled, the clock starts. I like to call it 'The Jaw-Bone Clock'. For a recent patient, she finally decided it was time to solve her lower loose denture problem with dental implants. When she came to see us and expressed her enthusiasm to finally get dental implants,

we had to be the bearers of bad news and say that it was too late. You see, her jaw bone had shrunk to the point of no return. That's tough news to hear because essentially, she'll have to make it work with alternative methods, like denture adhesives.

I wish there was a way to personally measure the amount the jaw bone shrinks per year, but x-rays can only provide such answers. Here is a good reference picture.



As you can see, your jaw bone shrinks significantly over time. Anyone who has decided to pursue the dental implant option for teeth replacement is required to have an x-ray of their jaw to see if there is enough bone available. The dental implants need enough

bone to properly integrate and be used as a solid foundation for a denture to snap or screw into. The benefits of a dental implant supported denture greatly outweigh the fear (that most have) of having them placed into the jaw. We think the best time to have dental implants placed is right when you have your teeth extracted, unless there's an infection. In fact, some patients don't even realize that the dental implants had been placed after extractions.

Thankfully, for most people there's still enough time, but it might not be that way for everyone. If you've been thinking about dental implants, but unsure. First, find out if you're still a candidate by booking your free consultation appointment.



- supplied photo -

Glenn decided on dental implants a few years ago and he hasn't looked back.

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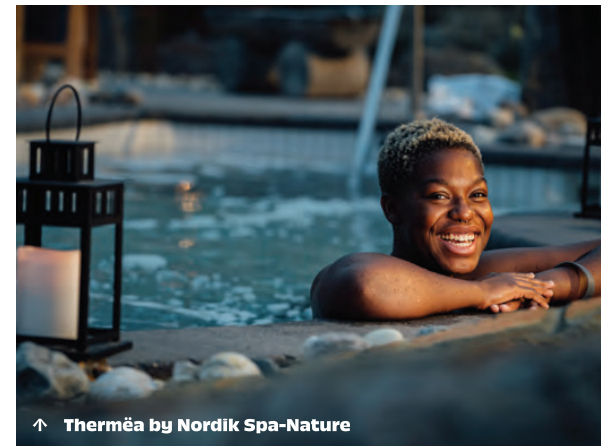
Keep yourself and others safe as you explore Manitoba. Remember to:

- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Follow all local travel restrictions

Travel Manitoba cannot guarantee that the attractions and businesses featured will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.



↑ St. Boniface Cathedral



↑ Thermëa by Nordik Spa-Nature



↑ Nature Playground



↑ Winnipeg Art Gallery

## 1 PASSION & HISTOIRE

When you visit Winnipeg's **St. Boniface** neighbourhood, you'll find its Francophone history, architecture and culture lining the streets. Cross the striking **Esplanade Riel** pedestrian bridge that links The Forks and downtown Winnipeg to St. Boniface.

Start at the information centre inside the former **St. Boniface City Hall** building on Provencher Boulevard. Here you can book a walking tour, get information or watch a documentary about the history and passion of Manitoba's Francophone community.

Next, check out le **Musée de Saint Boniface Museum**, the oldest building in Manitoba. Built more than 170 years ago, the building was originally a convent. Today, it is full of Francophone history and art, including a permanent exhibit on Louis Riel, the founder of Manitoba. A block away is the **Saint Boniface Cathedral**.

The current church was built in 1971 after a fire burned the majority of the previous church. The old facade from 1894 still stands tall in front of the modern building, making for stunning photographs. Louis Riel's tombstone sits in the cemetery in front of the cathedral, where a plaque informs visitors about his life and legacy.

Another St. Boniface treasure is **Fort Gibraltar**. This replica of a 19th century North West Company fur trading fort features costumed interpreters who bring the fur trade period alive. You can also visit **la Maison Gabrielle Roy**, the original home of the renowned Franco-Manitoban author. Her hometown and the house itself are featured throughout much of her work. Round out your visit to St. Boniface with a croissant from a local bakery, a beverage from a neighbourhood coffee shop or a meal at a bistro.



↓ Assiniboine Park Zoo

## 2 A WALK IN THE PARK

A day spent at the **Assiniboine Park Zoo** is an absolute must. The Journey to Churchill exhibit features an underwater viewing tunnel to watch swimming polar bears and playful seals. See Arctic fox, caribou and wolves, along with tigers, gibbons and other exotic animals. Check

out Aunt Sally's Farm, where colourful bridges give safe passage to goats and kids can play next to the animals. Another playground option in **Assiniboine Park** is the wide open space in the **Nature Playground** or spend some time in the tranquil **Leo Mol Sculpture Garden**.

## 3 THE ART OF RELAXATION

The **Winnipeg Art Gallery's** iconic downtown building features a modernist design and more than 27,000 works of art. Browse the galleries where local Manitoba and Canadian artists are at the forefront, along with international works representing various cultures, centuries and mediums.

Now open is **Qaumajuq**, the WAG's Inuit art centre. The architecture was inspired by Canada's northern landscape and it is home to more than 14,000 pieces of Inuit art, many of which are on display in the visible vault. The first of its kind in the world, Qaumajuq offers a space where Inuit voices are held front and centre. This accessible space combines art and technology to create direct connections to the land, people and culture of the North.

After all that exploring, you're probably ready to relax.

Check out the outdoor oasis set in a quiet nook of the city, **Thermëa by Nordik Spa-Nature**. The signature thermal experience is the ultimate way to relax. It follows a hot-cold-rest cycle. Steam rises over the dreamy temperate and hot pools, while the cold plunge beckons the brave. Enjoy a variety of saunas and steam rooms. During the rest period, lay down on a slab of hot rock or lean back on a heated seat and be soothed into a slumber with the aid of relaxing music overhead.

Winnipeg boasts a variety of hotel options to suit any need, from trendy boutique hotels in the heart of downtown, to family-friendly hotels with pools and waterslides close to your favourite attractions. Many hotels offer special packages, so now is a great time to stay overnight in Winnipeg.

Find a hotel and plan your Winnipeg getaway at [travelmanitoba.com/road-trips](http://travelmanitoba.com/road-trips).



# St. Andrews council approves new residential subdivision despite objections

By Patricia Barrett

The municipality of St. Andrews council approved a proposal to build a new residential subdivision close to the border of Dunnottar despite a substantial outcry from area residents over the destruction of the environment along Lake Winnipeg.

A 20-acre lot at 2560 Gimli Road will be developed by Steinbach-based Castlerock Realty. The lot is 500 metres (just over a quarter mile) from the lake and borders a conservation area called the Netley-Libau Marsh Important Bird Area.

The subdivision will have lots for 43 dwellings and two small lots for public reserves. The lots will be serviced by wells for drinking water and holding tanks for waste.

St. Andrews council held an online public hearing July 13 to discuss the development. It received over 40 letters of objection from area residents and several more letters expressing concern.

Gwen Armbruster, a seasonal but soon to be full-time Dunnottar resident, said the 20-acre lot was a former bee farm and is mostly forested land. The land and surrounding area are vital habitat for wildlife, insects and plants.

"This shouldn't be allowed to proceed until they've done an environmental impact assessment," said Armbruster by phone a few weeks ago. "All over the world governments are protecting existing ecosystems and rehabilitating those that have been degraded because of the environmental crisis we're facing. This is a treed lot with a nature-based solution to climate change. Trees capture and store huge amounts of carbon."

Armbruster is a member of the Dunnottar Bird Watch group, which conducts annual bird counts that are used by scientists and organizations trying to save dwindling habitat. She said the whole area around Warner Road (near the development) is a "birding hotspot."

"It's also part of an Important Bird Area where we document migration and count species," she said. "The IBA runs along the shoreline, and this development is about a block from there."

The group has documented around 20 species that stop and nest in the area, she said. Several are listed in the Canadian federal Migratory Birds Convention Act, which protects and conserves migratory birds (either as populations or individual birds) and their nests.

"We've also discovered one species at risk here – the eastern wood pewee," said Armbruster.

She and other residents have requested that an environmental impact assessment (EIA) of the area be undertaken before the development goes ahead.

"We think a full inventory has to be done of the birds on that lot. That would be done under an EIA," she said. "We've also got bees and butterflies declining. We walked around the rail tracks that border the back end of this property and we could see milkweed and other native plants growing there. Pollinators are vital to our food system. We could have fewer crops without them."

The province has 36 IBAs. Each one is significant in terms of birds and biodiversity. Manitoba IBA coordina-



RECORD PHOTO SUBMITTED

A photo submitted to St. Andrews council by Charlie McPherson shows a similar type of habitat to that which will be lost when the subdivision is built.

tor Amanda Shave said Netley-Libau contains a variety of habitats for migratory and breeding birds.

"During fall migration, upwards of 100,000 waterbirds use the IBA as a stopover site to rest and recuperate on their way south. The IBA status has also been triggered by high concentrations of rusty blackbirds (federal species of concern) also using the site as a stopover on spring migration," said Shave by email. "Both the west and east sides of the IBA are home to nesting red-headed woodpeckers, which are classified as endangered at a federal level and threatened provincially."

Other important species in the area are the eastern wood pewee (federal species of concern), least flycatcher, American redstart, eastern kingbird and cedar waxwing.

"Most of these bird species are facing increasing threats due to habitat loss and fragmentation, climate change and associated impacts, pesticides and invasive species," said Shave.

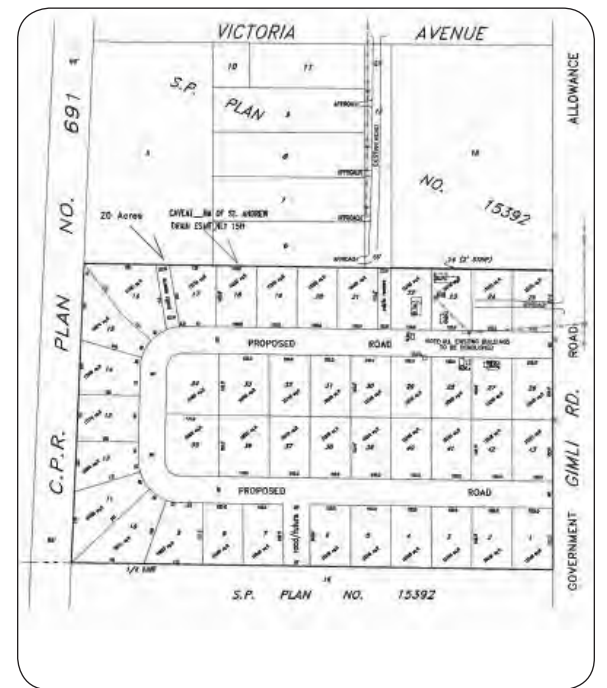
Birds are important pollinators, distributors of plant seeds, consumers of insects and can be a tourist draw, she said.

In addition to concerns about habitat destruction to make way for development, Armbruster said there are other issues relating to the environment.

"They haven't studied the aquifer which provides the same water we use in Dunnottar," she said. "You're putting in an additional 43 wells and we're in a drought. This is the third year of drought. They haven't done any studies to see if this property can actually accommodate 43 wells."

Residents from different communities in the area are also opposed to destroying habitat and questioned the effect the subdivision will have on Dunnottar's services and ratepayers.

Del Sexsmith from Matlock wrote: "Will this entire area be clear-cut to accommodate dwellings and driveways alone? I notice that several of the proposed lots are not in compliance with



RECORD PHOTO SUBMITTED BY THE RED RIVER PLANNING DISTRICT

A schematic of the subdivision south of Matlock.

the minimum lot requirement of 100 feet. This is a formula for crowding and the elimination of habitat," she wrote. "I also do not see a letter of support from the adjoining municipality of Dunnottar (in which we reside). Is there support for mutual resources such as the aquifer for potable water?"

Doug Hillier wrote that "the decision to approve this piece of land for development without accounting for the many environmental impacts is short-sighted. Currently, the potential damage to flora & fauna (including damage to critical migration areas) and the effect on the infrastructure of the current community is unknown."

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# Manitobans break their own recycling rate records

Submitted by Recycle Everywhere

Recycle Everywhere recently completed its annual recovery rate audit and is pleased to announce that in 2020, 71 per cent of all empty beverage containers and 79 per cent of all PET plastic beverage containers sold in the province were recovered.

"Congratulations go out to Manitobans and Recycle Everywhere as we reach this new recycling milestone," said Sarah Guillemard, Minister of Conservation and Climate. "We are now only four percentage points away from achieving the government-mandated goal of recovering 75 per cent of all empty beverage containers sold in Manitoba. Every container counts. I encourage all Manitobans to 'help close the loop' by recycling even more."

In 2019, the recovery rate for all empty beverage containers and PET plastic beverage containers was 68 per cent and 77 per cent respectively. Year over year, Manitoba's PET recovery rate is consistently among the highest in Canada.

"Manitobans should be proud of achieving one of the highest PET recovery rates in Canada," says Ken Friesen, Executive Director of Canadian Beverage Container Recycling Association (CBCRA) and the organization that runs Recycle Everywhere. "By putting your empty beverage containers into blue bins you are not only diverting waste, but also extending their lifecycle by enabling the materials to come back as new containers or other products."

Recycle Everywhere has introduced



RECORD PHOTO SUBMITTED

Cynthia Beck received \$25,000, the semi-annual grand prize, for recycling her empty beverage container at a Recycle Everywhere bin.

new initiatives to help move the needle as recycling efforts inch closer to the government mandate. An incentive program and mobile app were recently launched in an effort to give back to Manitobans. The program encourages good recycling habits and offers cash and prizes of up to \$25,000. To that end, recently Cynthia Beck received \$25,000, the semi-annual grand prize, for recycling her empty beverage container at a Recycle Everywhere bin in Winnipeg.

The organization also launched a campaign that asks Manitobans to

Help Close the Loop – a concept inspired by looking at how recycling plastic fits into the circular economy.

"When it comes to PET plastic bottles, we are focused on seeing the bottles recycled many times, over and over again," Friesen adds. "That's the circular economy, which is central to our philosophy and what we need to do in Manitoba to get to 75 per cent."

The Canadian Beverage Container Recycling Association (CBCRA) is a not-for-profit, industry-funded organization whose membership includes beverage brand owners and distribu-

tors. CBCRA implemented and operates the Recycle Everywhere program. Recycle Everywhere strives to educate Manitobans on beverage container recycling and ensure that it is convenient to recycle empty beverage containers no matter where citizens live, work or play. CBCRA is committed to reaching the government-mandated target of recovering 75% of beverage containers sold in Manitoba. Learn more at [recycleeverywhere.ca](http://recycleeverywhere.ca) and [cbcra-acrcb.org](http://cbcra-acrcb.org).

## > ST. ANDREWS SUBDIVISION, FROM PG. 16

Louise Buelow-Smith and Eric Smith from Pokenah also noted their concern about the aquifer.

"There is no confirmation that there is sufficient water within the aquifer system to sustain this level of development, nor an assessment of impacts to existing settlement," they wrote. "There may be statements from government departments, but no evidence of the level of scrutiny or assessment."

They said the development will push people to Dunnottar to access beaches and other services.

"Almost all activities related to the use of this land as proposed require getting in a car and going to the Village of Dunnottar, which itself is struggling with the impacts of increased road and off-road vehicular traffic," the Smiths wrote.

In the planning package from the Red River Planning District – which recommended the subdivision application be approved by council – concerns were noted by entities such as Canadian Pacific Railway, the Evergreen School Division and Manitoba Con-

servation and Climate (regarding wastewater).

The lot is sandwiched between a CPR line and Gimli Road. According to a map of the layout, seven lots along the western border touch the rail line.

"The safety and welfare of residents can be adversely affected by rail operations and CP is not in favour of residential uses that are not compatible with rail operations," CP wrote in an email. "CP freight trains operate 24-7 and schedules/volumes are subject to change."

It's unclear whether council required the establishment of a buffer zone.

The Evergreen School Division asked that council consider land for a school or require the landowner to provide money to the municipality or school board/district in lieu of land for school purposes.

ESD secretary-treasurer Amanda Senkowski wrote the division made the request in the interest of "long term planning of any growth or development in the area as sufficient growth over time will result in a future need for a school."

The provincial department Conservation and Climate asked Castlerock to "obtain confirmation from the RM of St. Andrews that there is sufficient capacity for the additional volumes of sewage at the

wastewater treatment lagoon."

It's unclear whether the wastewater lagoon being referred to is next door in the Village of Dunnottar or in St. Andrews (at Petersfield).

St. Andrews Assistant CAO Colleen Sailor said council approved the subdivision with conditions.

"Council passed a resolution conditionally approving the subdivision. What this means is that there are many conditions that must be met prior to the subdivision actually being registered at Winnipeg Land Titles," said Sailor by email. "This could take up to two years to complete and in some cases for larger subdivisions such as this one, a one-year extension is required."

She declined to answer other questions including what conditions were imposed and whether the RM has an agreement with the Village of Dunnottar to use Dunnottar's wastewater lagoon.

The Record left a message for Dunnottar Mayor Rick Gamble requesting comment about the subdivision but he didn't respond. The Record also contacted the CAOs at the Dunnottar municipal office but did not receive a response.



# Unite 150 announces artist lineup for free live-streamed event

By Jennifer McFee

Unite 150 plans to bring together an impressive lineup of Manitoba talent for a free live-streamed event next month.

On Saturday, Aug. 28, the Manitoba 150 event will be live streamed through CTV Winnipeg.

The event was originally planned as a free all-day live concert on the Manitoba legislature grounds, but the pandemic pushed those plans back to the drawing board.

Instead, the long-anticipated concert will be moved to Shaw Park in Winnipeg, where limited admission will be available to fully vaccinated audience members. This venue will allow for contact tracing and adherence to current health and safety regulations.

In an effort to increase the live audience capacity, Unite 150 will feature two separate shows, with one scheduled for the afternoon and the other for the evening. The venue will be cleaned during intermission.

A limited number of tickets will be available for those interested in attending the live taping at a cost of \$4.99 each. Funds will be donated to the Manitoba Association of Friendship Centres.

The capacity is still being determined, but organizers expect that it will be capped at about 6,000 attendees per show.

The afternoon show will start at noon, hosted by Tom Jackson and Jocelyne Baribeau. Chantal Kre-



RECORD PHOTO SUBMITTED

Bachman Turner and Burton Cummings will be together again live in concert celebrating the music of the Guess Who on Aug. 28.

viazuk with the Winnipeg Symphony Orchestra will headline the concert. Other performers include William Prince, Fred Penner, Tal Bachman, Andrina Turenne, Rainbow Stage's MA-BUHAY!, Red Moon Road, Jocelyn Gould and Indian City.

The evening show will start at 6:30 p.m., hosted by Ace Burpee and Laura Lussier. Bachman Cummings will headline the concert, which will also feature Tom Cochrane, Begonia, Doc Walker featuring Sierra Noble, Tom Jackson, The Lytics, Sebastian Gaskin, Kelly Bado and The Manitoba Youth Cho-

rus.

A series of short videos on Manitoba and its history will be interspersed throughout the performances.

Tickets will become available at Ticketmaster.ca on Aug. 10 at 10 a.m. The live stream of the Unite 150 concert, which is presented by Bell MTS with support from the provincial and federal governments, will be available to view through CTV Winnipeg at manitoba150.com.

## Proof of COVID vaccination in IERHA hospitals required for visiting, not for medical care

By Patricia Barrett

A man who attended Gimli's Johnson Memorial Hospital for a medical appointment last week said he's disappointed the hospital is not requiring proof of COVID-19 vaccination status, and allowing unvaccinated people to mingle with the vaccinated.

At the hospital's check-in desk, where all visitors must report before they can proceed to other areas, the Gimli resident said he saw a homemade sign saying vaccination QR codes are "not accepted."

A QR or Quick Response code is a machine-readable barcode that stores information and can be read by phones and other devices.

Everyone entering the hospital should be required to show either a COVID vaccination card or a QR code downloaded on their phone, he said.

"Gimli hospital is failing to separate the anti-vaxxers from those who were compliant and got their COVID shots," said the resident, who does not want to be named as he's concerned about possible health-care service repercussions and being targeted by social media users. "Why can't the hospital have this extra level of security to keep us and their health workers safe? I don't feel safe going into the hospital and sitting there with others who aren't vaccinated."

In the past few months, it has become apparent that the virus and/or

its variants are capable of infecting fully vaccinated people. The vaccines are said to mitigate against serious health complications, but none can mount a failsafe defence to keep the virus from entering the body in the first place. A few recent studies have also shown vaccine-induced antibodies waning over time although there is as yet no scientific data to indicate a corresponding susceptibility to infection or at what point in time that begins to happen.

A number of residents at the Arborg Assisted Living facility were fully vaccinated by the end of March but were infected with COVID earlier this month (see July 22 Express). Some countries, such as the U.K., and vaccine-maker Pfizer-BioNTech have suggested a third booster shot may be necessary this autumn.

The Gimli resident said he's still waiting for surgery he was scheduled for long ago. Manitoba Health has postponed certain procedures so that health-care resources and personnel could be allocated to care for people with COVID.

The majority of Manitobans being hospitalized with COVID as of late are those who haven't been vaccinated, according to the province's chief public health officer Dr. Brent Rousin during an update a few weeks ago.

"Why are they letting in unvaccinated people to the hospital when we've

already got a backlog of procedures in the health-care system?" said the man. "Unvaccinated people with COVID will use up the medical resources and we'll have an even longer delay getting our surgeries. My elective surgery is on hold."

He has a QR code on his phone and could walk into other establishments that have the technology to read it and prove he is fully vaccinated, he said. Gimli hospital should have that same technology set up and be using it. He is still waiting for a paper card he ordered from the province.

"How can Manitoba Health issue a vaccine card and a QR code and then not accept them in their own hospitals?" said the man.

A spokesperson for the Interlake-Eastern Regional Health Authority said proof of COVID vaccination status is only being checked in certain situations, such as when visiting a hospitalized patient. To do that, people need to be fully vaccinated. The name on their vaccine card/code is also being checked against personal identification.

"Currently, anyone who has confirmation they are 14 days past their second dose of COVID-19 vaccination may visit someone in hospital who has two vaccinations and is 14 days past their second dose as well," said the spokesperson by email last Wednesday.

Other restrictions are also in place. Visitors should call the hospital to "ensure all conditions can be met" before they come for a visit.

"For instance, if a patient is sharing a room, we need to confirm all patients in the room have been vaccinated twice and are past the 14 days or try to make other accommodations for the visit to occur," said the spokesperson. "In certain situations, we may accommodate visitors regardless of vaccination status (such as end of life). As more people get vaccinations, we expect some restrictions will be eased."

COVID screening protocols are still in place at all IERHA hospitals. Everyone who enters a hospital is screened and provided with a medical mask they must wear at all times.

But people seeking medical care from an IERHA clinic, some of which are attached to or embedded within hospital buildings, are not required to show proof of their COVID vaccination status.

"For people attending primary care appointments with their local physician or nurse practitioner in an Interlake-Eastern RHA clinic, we currently do not check vaccination status upon entry," said the spokesperson. "People attending appointments will be screened and expected to wear a mask while in the facility."



# Selkirk artists creates work honouring 215 and beyond

Cynthia Flett wants to recognize what happened to children found in unmarked grave yards at residential schools

By Katelyn Boulanger

After the discovery of 215 unmarked graves at the former Kamloops Residential School more residential schools have been searched and many more unmarked graves have been found. Wanting to recognize the lives of the children who were lost, Selkirk resident Cynthia Flett created a painting titled '>215'.

"The original idea for the piece was in response to learning about the discovery of the unmarked graves of the 215 children at Kamloops Residential School and I started the piece when it was just only the first discovery and then it became greater than 215 because as we know, that was only the first discovery," said Flett.

She wanted to bring awareness to the tragedy in a way that would really bring to the forefront how extensive what happened to these children was.

"I think that I feel that art has a crucial role in shining light on important issues and it's a catalyst for discussion and change," said Flett.

She incorporated many elements that Indigenous issues activists use to remind people of the effect that colonialism had on Indigenous people and continues to have because of intergenerational trauma as well as racism and biases that persist in our society.

"The piece is a large piece because it had to be large so that people would take notice and wouldn't pass by it. Because of the issue, it's painted or-

ange because orange is the colour for orange shirt day and every child matters," said Flett.

Every Child Matters is the movement that has strung up after the discovery of the original 215 unmarked graves and is a way of recognizing that these children do matter. Orange shirt day takes place on Sept. 30 and is a day when communities come together in a spirit of reconciliation to recognize residential school survivors. The day is so named because of the experience of Phyllis Webstad who's grandmother bought her a new orange shirt for her first day of residential school in 1973. That shirt was taken away from her when she arrived.

"The large painting has a suggestion of the contour of a map of Canada and it's meant to be only a suggestion so people had to really stop and think and have to stare at it for a while before the shape became clear to them. And then, [I added] the slashes. The first slash that I did actually with a knife was that I just pierced through the canvas in the spot where the Kamloops Residential School is located on the map of Canada. Then the rest of the slashes were just close in proximity to many of the residential schools, although I couldn't slash as many as the 130 residential schools that actually existed in Canada," said Flett.

When Flett isn't making art she spends her time as a teacher and believes that not just students but everyone in our communities Indigenous



RECORD PHOTO BY KATELYN BOULANGER

Cynthia Flett's painting recognizing the children buried in unmarked graves at residential schools.

and non-Indigenous need to start to have discussions about this topic.

"[Some] feedback came from non-Indigenous people who felt strongly enough to kind of reach out to me to talk more about the painting. So in the conversations that I had, they acknowledged how important it was that we focus on what has happened. And, a woman called it Canada's hidden history, and that it cannot be forgotten as we move forward together," she said.

Another comment that Flett received about this piece was that people didn't realize that there were so many residential schools throughout Canada.

She hopes to make more pieces along this similar vein and continues to draw inspiration from the continued news articles that talk about more children who have been found. She hopes her next pieces will focus more on the children themselves.

## Province opens applications for the Healthy Hire Manitoba program

Submitted by Manitoba government

The province is now accepting applications for the Healthy Hire Manitoba Program, a wage support program designed to help private-sector employers reopen and encourage employees to get fully vaccinated, Economic Development and Jobs Minister Ralph Eichler announced last week.

"Our government remains focused on getting all eligible Manitobans vaccinated as quickly and safely as possible, and the Healthy Hire Manitoba Program helps support that goal and complements our '4-3-2-One Great Summer' Reopening Path that rewards Manitobans with fewer restrictions as more and more Manitobans get fully vaccinated," said Eichler. "The goals of this program benefit employ-

ers, employees and Manitobans alike as it encourages vaccination and helps to safely restart our economy as it increases staffing levels and brings more employees back to work to provide Manitobans with the goods and services they depend on."

Under the Healthy Hire Manitoba Program, local employers can apply for up to \$50,000 in provincial support to help cover the wages of new employees who can attest they have been vaccinated, intend to be vaccinated or are unable to be vaccinated. Eligible employers will receive a grant equivalent to 50 per cent of wages for a maximum of 10 employees, with a maximum of \$5,000 per employee. The wage support covers full pay periods for employees hired on or after June

10 with the last pay period ending Oct. 15.

Eichler noted the Healthy Hire Manitoba Program will be amalgamated with the previously announced Manitoba Youth Jobs Program for a total of \$45 million available to support employers as they bring employees of all ages safely into the workplace. New applications will no longer be accepted under the previous Manitoba Youth Jobs Program and employers that have already applied will be notified regarding next steps.

Employers are encouraged to view the guidelines and resources online to support them in the application process. A larger list of eligibility requirements is also now available online. Along with confirming em-

ployee attestation that they have been vaccinated, will be vaccinated or are unable to be vaccinated, eligible employers must declare they have supported public health protocols in the workplace including providing new hires with public health vaccine information.

Key dates, full eligibility criteria, and more information on the new Healthy Hire Manitoba Program can be found online at [www.gov.mb.ca/covid19/programs/healthy-hire-mb.html](http://www.gov.mb.ca/covid19/programs/healthy-hire-mb.html). Questions about the Healthy Hire Manitoba Program can be directed to a new email address at [HealthyHire@gov.mb.ca](mailto:HealthyHire@gov.mb.ca).



# get inspired

> MEAL IDEAS



Prep time: 25 minutes  
 Cook time: about 1 hour  
 Servings: 4  
 4 red bell peppers  
 1/2 cup, plus 1 tablespoon, vegetable oil, divided  
 1 cup white onion (about 1 medium), 1/4-inch diced  
 4 cups cremini or brown mushrooms (about 1 pound), 1/4-inch diced  
 1 teaspoon garlic salt  
 1 teaspoon black pepper  
 1 cup Real California Oaxaca cheese, shredded

RED RIVER CO-OP FOOD STORE

## Vegetarian Stuffed Peppers

cooked white rice, for serving  
 Preheat oven to 400 F.  
 Rub bell peppers with 1 tablespoon oil then use grill, broiler or gas stovetop burner to cook peppers, turning occasionally, until well charred, 12-15 minutes. Transfer to bowl, cover and set aside until cool enough to handle, about 10 minutes.

In large skillet over medium heat, warm remaining oil. Add onion and cook, stirring occasionally, until starting to brown, 3-5 minutes. Add mushrooms, garlic salt and black pepper; cook, stirring occasionally, until mushrooms are browned and liquid is almost entirely evaporated, 7-10 minutes.

Rub charred skin from bell peppers. Slice off tops and remove seeds. Fill bell peppers with mushroom mixture, top with cheese and arrange in baking dish. Replace bell pepper tops and bake until cheese melts, 8-10 minutes. Serve with cooked rice.



Servings: 6 (12 tacos)  
 Avocado Radish Salsa:  
 2 medium avocados, chopped  
 1/3 cup finely chopped onion  
 3/4 cup diced radish  
 5 serrano chile peppers, seeded and finely chopped  
 3 tablespoons cilantro, finely chopped  
 1 clove garlic, finely chopped  
 1 lime, juice only  
 salt, to taste  
 pepper, to taste  
 Tacos:

## California Queso Fresco Fish Tacos

1 1/2 pounds swordfish, or other whitefish, steaks or fillets  
 vegetable oil  
 salt, to taste  
 pepper, to taste  
 1 tablespoon lime juice  
 1/2 teaspoon ground cumin  
 12 corn tortillas  
 6 ounces Real California Queso Fresco cheese, crumbled  
 2 medium ripe tomatoes, diced  
 1 cup shredded cabbage

To make avocado radish salsa: In small bowl, combine avocados, onion, radish, chile peppers, cilantro, garlic and lime juice. Add salt and pepper, to taste. Set aside.

Heat grill to medium heat.  
 Rinse fish and pat dry with paper towels. Rub oil on both sides to coat; season with salt and pepper, to taste. Grill fish 6-9 minutes until cooked through; cool slightly. Remove skin and bones; cut fish into 1 1/2-inch strips.

In medium bowl, toss fish with lime juice and cumin. Warm tortillas in microwave or at 275 F in oven.

Place equal amounts of fish, cheese, tomatoes, cabbage and salsa in center of each tortilla. Roll up tacos to serve.

Substitution: Use Real California Asadero or Monterey Jack cheese for Queso Fresco.



Christine Ibbotson

*You wrote a column a while ago about encouraging our adult kids to make it on their own financially. It seems to me that this new generation really can't afford to do that and I think they should stay at home as long as they can. Susan*

Thank you, Susan for this comment – there is indeed a lot of parents who agree with you, however at some point your adult children have to eventually find their own way without the continued financial support from their parents. I will agree that it may be a little harder for the new X & Y generations who still want to do what others have done - buy a home, pay off school debt and eventually save for retirement. The Generation X are those born between 1965 to 1980, (aged 41 to 56), and the Generation Y are those born between 1981 to 1995, (aged 26 to 40).

Today, basic needs for this new group of spenders, is much higher and has now outpaced the average for inflation. The cost of purchasing a home in Canada has risen from approximately three times the disposable income in the 1990's to seven times the household income. House prices have skyrocketed more than anyone could have imagined due to COVID. The increase in the cost of living compared to past generations has dramatically challenged the ability of Generation X and Y to achieve their goals. They definitely need to be more creative when dealing with this new reality.

Let's look at the differences in the generations. Baby boomers tended to be extremely loyal and more of a team player when it came to their work environments. They were less adaptable to change and most would agree, are even now, not as tech-savvy as the newer generations. Generation X'ers are said to be very self-confident and quite demanding when wanting to have their opinions heard; while Generation Y are even more independent, confident and tend to be more obsessed with social media. Both these new generations have something in common. They both have felt the impact of a two-working parent family, the rise in divorce, and they have had much less stability with their employment opportunities.

Due to a higher cost of living and a low-rate environment that has fu-

AsktheMoneyLady.ca

eled the propensity to reach for credit, these two groups, especially Generation X, is now finding themselves in more debt than ever before. As a whole, they have less access to company pensions even though they want to retire at an earlier age; have ongoing education expenses for themselves and their children; have increased costs for the basics like food and housing; and now may have the burden of the anticipated care for their parents. This of course changes the way they view the world and how they plan to make their way forward.

Expanded digital technology provides knowledge, transparency and clarity for these new generations who are more confident, optimistic and smarter than any generation before them. They will need to get into the habit of budgeting more, saving more, and most of all planning for their future. That being said, they are not afraid to get uncomfortable and to try new things which is an amazing advantage over past generations who would shy away from getting out of their comfort zone.

Saving for the future with regular monthly contributions is of the utmost importance for these two generations, utilizing TFSAs, RRSPs, company pension/savings plans, personal savings accounts, and participating life insurance. Planning, learning and talking to others who have been successful is the key to balancing current financial needs and meeting long-term goals. Yes, it will be a little harder for these two generations to retire debt-free and wealthy. They may have to work longer or be more creative when developing a wealth building strategy; but they will get there. It is said that when times are harder, more challenging and problematic; we become better, more resilient and actually discard our self-doubt to aspire to greatness. I am excited to see what these two generations do in the future.

Remember, winners will always find a way to triumph over adversity no matter what the odds. These two generations are more educated, more confident, more optimistic, and they CAN achieve more. The fact is, if you believe that you were born to just grow up and pay bills; well, that's all you'll do. But, if you believe that you can do more and become better than you are right now – then get started, be focused, and stick to your plan. You'll get there – I promise.

Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" [www.askthemoneylady.ca](http://www.askthemoneylady.ca) or send a question to [info@askthemoneylady.ca](mailto:info@askthemoneylady.ca)

**SELKIRK STEELERS**  
**Bingo!**  
 Thursday  
 at the Selkirk F...  
 Early Birds at 7:00 pm  
 Regular Bingo at 7:30  
 Full H...  
 Lucky...  
 Bonanza in...  
**BINGO POSTPONED UNTIL FURTHER NOTICE**  
 1,425



# New wastewater treatment plant a community asset

By Ligia Braidotti

Selkirk's investment on the wastewater treatment plant is clearly paying off for citizens, for the environment and everything that lives along the Red River and by Lake Winnipeg.

Now, the city's treated water is so clear that is leaving Raven Sharma, utilities manager for the City of Selkirk in awe.

"It is the clearest treated wastewater I have ever seen," she said.

"I've never treated wastewater that clear, so by using state-of-the-art technology, that's the type of wastewater that we're putting back into the environment. I was in shock because I have seen other membrane filtration working in Manitoba and I've never seen anything this clear. It gave me goosebumps."

The treated wastewater is pumped into the Red River where it ultimately makes its way to Lake Winnipeg. Pumping clear water that is safe to drink into the river is about as big an environmental win as you can get.

The water flushed from residents' homes is cleaned and filtered at the plant, which will help protect the Red River and Lake Winnipeg for years to come.

The city's Environmental License requires the plant to be operational for 18 consecutive days and meet all the federal and provincial guidelines. This process ensures the plant is functioning the way it should and that the cleanest end product is being released into the river.

The almost \$40 million plant is the city's largest capital investment ever and will treat effluent to a higher standard than provincial regulations. It can handle Selkirk's present-day population and up to 11,000 more from day one, with the capacity to cost-effectively and easily expand in the future.

The city's old plant was built in 1976 and does not meet current provincial regulations that require treated wastewater, or effluent, to contain no more than 1mg/L of phosphorus and 15 mg/L of nitrogen. The new plant's phosphorus levels after treatment are 0.3mg/L and nitrogen is 3mg/L.

The new plant's Membrane-Bioreactor Treatment process, which provides the best environmental protection for the Red River and Lake Winnipeg, is producing an exceptionally high quality of effluent, so if regulations change in years to come, the city will still likely meet the standards without costly retrofits or new construction.

Dan McDermid, the city's Director of Operations, explained the city is using Fibrecast's membrane technol-

ogy and the Selkirk plant is the first full-scale plant of this size in Canada.

"They're a Canadian company and they're just starting on this journey of using membrane technology here," McDermid said.

"They have plants in Singapore and some in the United States that have it, but other than some industrial plants and small-scale ones here, we are the first big plant in Canada."

Seven lift stations throughout the city push wastewater to the plant where it goes through four phases before it comes out the other end as clear water – the headworks, bioreactors, membrane and finally ultraviolet.

Sharma noted that the system's headworks make a big difference.

"It's not just the membrane filtration, that's just a part of it. A lot of other wastewater plants don't focus on the headworks, which is the removal of all the organics, the foreign materials, the bacteria, and the grit. We have a really amazing headworks that goes through everything like a fine-tooth comb," she said.

"Our headworks does a lot of the work for us. It's the grit removal and it gets all of the organics and inorganics."

From there, the wastewater goes through a compaction process that removes any larger particles still remaining and focuses on the fine grit, which extends the life of the plant's equipment because it's not getting into the plant's membranes and bioreactors.

"It's great for the life expectancy of our other equipment," Sharma said.

Bioreactors add oxygen into the water, allowing it to be aerobic. In the membrane phase, activated sludge is constantly returned to the bioreactor. Sharma said it's good bacteria that they're not losing.

The final phase is the ultraviolet, which addresses any of the remaining viruses, in this case E-coli, coliform bacteria and fecal coliform.

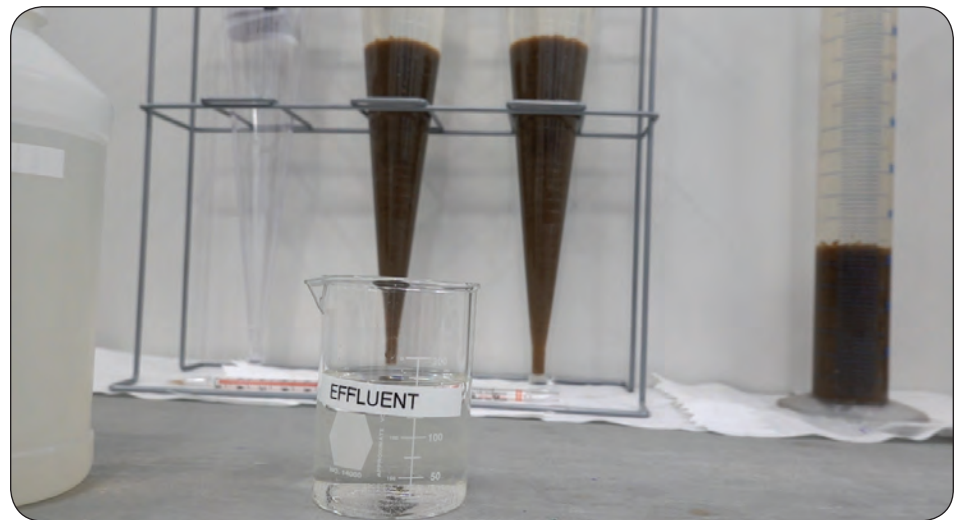
McDermid said the city hopes to be able to decommission the ultraviolet in about a year, after the membranes prove themselves and the UV treatment is no longer required.

The plant aligns with all five priorities of the city's Strategic Plan – a vibrant, safe and healthy community, a strong and stable local economy, safe a sustainable infrastructure, maximum value from community resources and environmental stewardship. It also fits with the city's climate change mitigation and adaptation plans.



RECORD PHOTOS SUBMITTED

Raven Sharma, utilities manager for the City of Selkirk, takes the council on a tour of the new wastewater treatment plant.



Clear effluent after being treated at the new wastewater treatment plant.

## Slingshot season



RECORD PHOTO BY BILL NEWZMAN SMYTH

Bernie and Mimi (left) and Nadine and Giles (right) enjoyed a cool ride on their Polaris Slingshots out from the city to Selkirk on July 25.



# U-Pick your herbs at Cityfolk Farm

By Jules Stevenson

Cityfolk Farm's U-Pick lets people harvest their herbs, which have been organically, locally, and sustainably cultivated.

Kris Antonius owns Cityfolk Farm. She says her dream of having her own herb farm really began when she was a child and gardened with her grandmother.

Antonius came up with the idea for U-Pick after joining a herb community online and seeing the need for a U-Pick farm in Canada.

"We've been on a journey of learning about plants with our kids over the years. Starting with the plants right outside our doorstep and learning how to respect them and have a reciprocal relationship with them instead of taking as much as we can," says Antonius.

She says it's important to be aware of the endangered plants and overharvesting. She believes that offering a cultivated garden for people to harvest and connect with them will be gentler on the environment. Antonius wants to continue to grow more and more endangered plants.

Cityfolk Farm helps to stock home apothecaries and herbal business apothecaries. It's a place of renewal for the community.

"Everything that we do here on the farm is about community. We want to connect with others and help others connect with the land," says Antonius.

Antonius says the Nervine herbs hold a lot of significance in the world because they have a gentle action on the nerve system and help calm and distress. Plants like Anihisop, Skullcap, Milky Oats, Oat Straw, and Chamomile fall under that category.

"Every plant in the garden has a really important role and have a lot of offer, whether you're consuming them or not. They have a lot of wisdom to share," says Antonius.

Antonius says the reaction from the community has been overwhelmingly positive. Local apothecaries are excited to work with locally grown herbs at their peak potency.

"Thanks to our Indigenous community here in Manitoba and around the world, we're learning more about them. We're hoping to work more



Braedyn Olafson harvests herbs.

RECORD PHOTOS BY JULES STEVENSON

**"EVERY PLANT IN THE GARDEN HAS A REALLY IMPORTANT ROLE AND HAVE A LOT TO OFFER, WHETHER YOU ARE CONSUMING THEM OR NOT."**

and more with people from the Indigenous Community to learn to engage in respectful ways with plants, and not in a consumptive way," says Antonius.

Barb Cantley came from Winnipeg with her daughter to harvest medicinal herbs. Cantley has been studying herbs and herbology for the last few years. She makes tea and medicinal salves with herbs.

"When I heard about this, I thought yay, I can get some herbs I don't already have," says Cantley.

Braedyn Olafson is new to herbology but is eager to learn. She came to Cityfolk Farm with her friend from Winnipeg.

"It's something fun to do in the summer, get out of the city, engage with people, and be outside. It's a nice destressing," says Olafson.

Olafson is excited to make body oils and medicinal salves with the herbs she harvested.

"I just wanted a more natural and alternative option compared to pharmaceuticals which can be harsh on the body," says Olafson.

For those who are new to herbology, Antonius recommends starting slow, reaching out into the community. She says to be wary of overharvesting, and



Kris Antonius, owner of Cityfolk Farm grows with home apothecary, herbalism, healing practice and herbal businesses in mind.

only take what's needed.

"Seek out Indigenous knowledge and pay for it. Please don't ask people to do that work for you for free; make donations when you can. Ease into it and think about your community,"

says Antonius.

In the coming weeks, Cityfolk Farms is going to be offering various workshops, which will be posted about on their Instagram page, @cityfolkfarm.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ingram commits to St. Cloud State

By Brian Bowman

Adam Ingram played just one season with the Selkirk Steelers.

In fact, he suited up in just eight regular-season games - scoring twice and producing seven points - before the 2020-21 campaign was shut down due to COVID.

But he showed enough talent to attract the interest from the NCAA Division I St. Cloud State University Huskies in central Minnesota. Ingram committed to attend school there and play hockey last week.

"I'm really excited and it's the place that I wanted to go," said the 17 year old Ingram, who lives in West St. Paul. "I couldn't be more happy. One of the things I really liked about (St. Cloud) was that it was close to home so friends and family can come watch."

But before he goes Division I, Ingram will be headed east this season to play for the Youngstown Phantoms

in the United States Hockey League. The Phantoms drafted Ingram in this past summer's draft.

"I really enjoyed Selkirk," Ingram said. "It was only eight games but I really enjoyed the team we had there. But I'm really looking forward to this opportunity - it's a pretty big step up."

Ingram joined the Steelers after one full season with the Winnipeg Thrashers U18 AAA program. He scored 15 goals and had 33 points in 32 regular-season games for the Thrashers during the 2019-20 season.

The Steelers know they are losing a great hockey player in Ingram. But they are also delighted to have one of their players move on to play Division I hockey in the U.S.

"Obviously, we want to win games but our goal is to develop our players individually and work with them in skill development," said Steelers' head coach Hudson Friesen, who played

two seasons of Division I hockey with the University of Alaska-Anchorage. "For Adam to get this opportunity with St. Cloud, it's unbelievable and we couldn't be more excited for him."

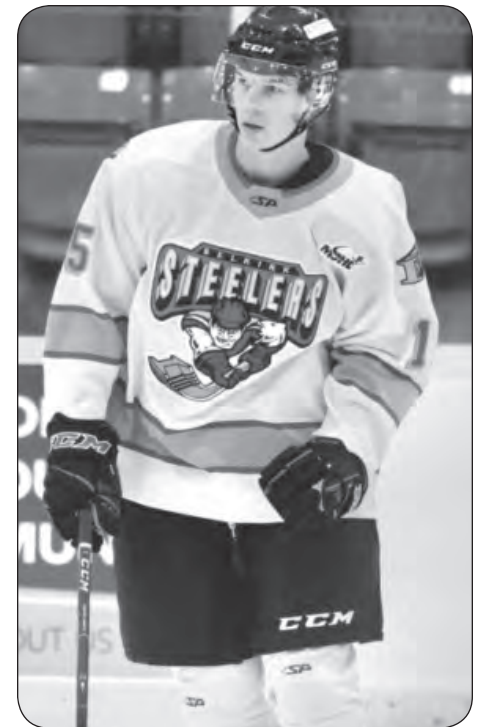
Friesen's past history with Huskies' associate head coach Dave Shyjak helped in connecting Ingram with St. Cloud.

"Huddy definitely helped me out and I really appreciate that," Ingram said. "He's a great guy and has been a great coach."

Ingram, meanwhile, will be joining a St. Cloud State program that finished last season with an impressive 20-11 record. The Huskies reached the championship game of the Final Four where they lost 5-0 to the University of Massachusetts.

St. Cloud has won a lot of hockey games in recent years.

"I hope we can continue to do that and I like our chances," Ingram said.



RECORD PHOTO SUBMITTED Selkirk Steelers' forward Adam Ingram has committed to attend school and play hockey for the Division I St. Cloud State University Huskies.

## Interlake Blue Jays drop pair of lopsided games

Staff

The Interlake Blue Jays were roughed up in a pair of Manitoba Junior Baseball League games last week while being outscored 21-2.

On Friday, Interlake was defeated 11-1 on the road by the Carillon Sultans.

Last Wednesday, the Blue Jays were crushed 10-1 by Winnipeg South in Stonewall.

Interlake, now 2-7 and in last place

in the seven-team league, is back in action Wednesday when it hosts the Altona Bisons at Quarry Park. Game time is 7:30 p.m.

The Blue Jays will then host the Elmwood Giants in a doubleheader Aug. 2. Games start at 1 p.m. and 4 p.m.

In Winnipeg Senior Baseball League action, the Stonewall Blue Jays were defeated 7-4 by the Carillon Sultans at Fines Field.

On July 20, Stonewall whipped the

St. James A's 12-2 in Winnipeg.

Chris Norquay led the Blue Jays with two hits and three runs scored while Quentin Dredger added a pair of hits and scored twice.

Stonewall's other runs were scored by Derek Petrasko (two), Derrick Funk, Adam Kirk, Chris Fines, Scott Harris, and James Stolar.

Zach Campbell pitched five solid innings, allowing six hits and a run while striking out a pair.

Harris pitched two innings of relief, giving up two hits and a run to go along with a strikeout.

Stonewall (1-2) hosted the Elmwood Giants (2-1) on Tuesday but no score was available. The Blue Jays will visit the St. James A's (1-2) this Thursday (7:30 p.m.) at Optimist Park.

Stonewall will then host St. James on Aug. 3. Game time is 7:30 p.m.

## U18 Pirates two-game winning streak snapped on Sunday

Staff

After two consecutive wins, the North Winnipeg Pirates' offence dried up on Sunday in U18 "AAA" action.

North Winnipeg scored just two runs in a 4-2 loss to the Bonivital Black Sox at Whittier Park in Winnipeg.

The Pirates had snapped a three-game losing streak with a 14-8 home win over the St. James A's on July 20.

Last Friday, the Pirates defeated the Elmwood Giants 8-5 at Koskie Field.

North Winnipeg (5-4) hosted the

Winnipeg South Wolves this past Tuesday but no score was available. The Pirates will visit the Wolves on Thursday and then will host the Elmwood Giants Friday. Both games will start at 7 p.m.

On Monday, North Winnipeg will play the Brandon Marlins in a doubleheader at Koskie Field. Games will begin at 1 p.m. and 4 p.m.

In 15U "AAA" play, the St. James A's were swept at home by the Brandon Marlins on Sunday. Brandon won

games by scores of 9-7 and 16-7.

Last Friday, St. James was beaten 13-3 by the Carillon Sultans.

On July 19, the A's defeated the Interlake Orioles 14-11 in Grosse Isle.

St. James will play the Red River Valley Pioneers on Wednesday (6:30 p.m.) at Henri Constant Field and then will host the Winnipeg South Wolves on Monday (6 p.m.).

The 13U Pirates, meanwhile, swept a doubleheader with Oildome in Souris on Sunday, winning by scores of 15-4

and 19-8.

Last Thursday, North Winnipeg beat the Bonivital Black Sox 9-7.

On July 20, the Pirates crushed the Red River Valley Pioneers 13-1.

North Winnipeg was on a five-game winning streak heading into a game against the Interlake Orioles this past Tuesday (no score was available).

The Pirates will host the St. James A's on Thursday (6:30 p.m.) at the Sunova Centre.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Roulette selected by Dallas at 2021 NHL draft

From the Dallas Stars' website

With the 111th overall pick in the 2021 NHL Draft, the Dallas Stars selected Conner Roulette on Saturday from Seattle of the Western Hockey League. The 5-foot-11, 180-pound forward averaged over a point per game for the Thunderbirds in the shortened 2020-21 WHL season with 12 points (six goals, six assists) in 11 games.

During the 2019-20 campaign, Roulette ranked seventh among WHL rookies in goals (19) and eighth in points (39) with Seattle.

On the international stage, the Winnipeg product helped Team Canada win gold at the 2021 Under-18 World Championship where he registered five points (two goals, three assists) in

seven games.

Roulette, who played three games with the Selkirk Steelers last season, was named Manitoba Aboriginal Sports Male Indigenous Athlete of the Year in 2019, and said he draws inspiration from Indigenous NHL players like Edmonton's Ethan Bear and Vancouver's Micheal Ferland.

Here is the scouting report on Roulette from NHL.com):

Smart offensive winger that can score and make plays. Solid on his feet with deceptive speed - elusive with the puck. Competitive on the play and will go to the heavy areas to score. Showed versatility at the Under-18 World Championship where he contributed on the penalty kill.



**RECORD PHOTO FROM THE MJHL WEBSITE**  
Conner Roulette, who played three games with the Selkirk Steelers last season while on loan from the WHL's Seattle Thunderbirds, was selected 111th overall by the Dallas Stars during the 2021 NHL Draft.

## Program of Excellence Summer Camps to take place Aug. 13-15

From Hockey Manitoba's website

Hockey Manitoba is pleased to announce that the Program of Excellence (POE) Summer Camps for the Female U18 and Male U16 programs are scheduled to take place from Aug. 13-15 at the Bell MTS Iceplex.

The 2021 Program of Excellence will be invitation only. Invited players will be notified via email with full details on registration and cost. On-ice activities will be dependent on public health orders at that time.

The summer camps will be the first step in the evaluation process for the 2021 POE. Players that are ultimately selected to represent Team Manitoba will compete at the 2021 National Women's U18 Championship and the 2021 Western Hockey League (WHL) U16 Cup.

### Male U16 POE Eligibility/Selection

Athletes are selected utilizing a network of scouts (WHL/MJHL) designated by Hockey Manitoba.

Athletes for the 2021 U16 Program of Excellence must be male and must be born between Jan 1, 2006 and Dec 31, 2006.

For an athlete to be eligible for selection into POE they must be a per-

manent resident of Manitoba and be registered with a sanctioned program within Hockey Manitoba (AAA, AA, A or Sport School) or Hockey Canada/USA Hockey sanctioned programs.

### Female U18 POE Eligibility/Selection

Athletes are selected by Hockey Manitoba utilizing scouting information from Hockey Canada, Hockey Manitoba scouting staff and club team coaching staffs.

Athletes for the 2021 Female Program of Excellence must have been born between Jan 1, 2004 and Dec 31, 2005.

For an athlete to be eligible for selection into POE they must be registered with a sanctioned program within Hockey Manitoba (AAA, AA, A or Sport School) or Hockey Canada/USA Hockey sanction programs.

Athletes that participate in the WWHSHL are ineligible for the Female Program of Excellence unless they are also registered to a sanctioned minor hockey program.

While there have been positive changes within the Manitoba Public Health orders in recent days, the 2021 Program of Excellence will be significantly different than the usual

program format. Hockey Manitoba realizes that athletes have had limited, or in some cases, no access to ice time for the better part of the past 15 months. As a result, the circumstances surrounding the 2021 Program of Excellence are not ideal when it comes to the selection of athletes. Despite these difficult circumstances, Hockey Manitoba is committed to doing its due diligence when it comes to all decisions related to player selection and evaluation.

Hockey Manitoba is pleased to recognize CCM Hockey and the Western Hockey League as official partners of the Program of Excellence, along with Gatorade as the Official Sport Drink of Hockey Manitoba. The POE is Hockey Manitoba's high-performance program that offers developing athletes who are on track to be elite with the opportunity to represent their province while providing a solid development path to the national and international stages.

## MJBL Giants continue winning ways

Staff

The Elmwood Giants continued their hot start to the Manitoba Junior Baseball League season with three victories last week.

Elmwood shut out the Altona Bisons 3-0 last Wednesday at Koskie Field and then swept a road doubleheader against Winnipeg South on Sunday.

The Giants won games by scores of 15-12 and 13-5.

Elmwood, the reigning three-

time MJBL champions, has scored a league-leading 87 runs while allowing just 36 this season.

Elmwood (8-1-1) will visit the Pembina Valley Orioles on Wednesday and then will host the Carillon Sultans in a doubleheader on Saturday. Games start at 3 p.m. and 6 p.m.

Local players on the Giants' roster include Tyler Smith, Dylan Duguay, Kevin Burnett, and Owen Nychyk.



# Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

### AUCTIONS

Ward's & Bud Haynes Firearms Auction, Saturday, August 21st, Edmonton, Alberta. Hundreds of lots in all classes. [www.WardsAuctions.com](http://www.WardsAuctions.com) Call Brad 780-940-8378; Linda 403-597-1095 to consign.

### METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

### SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

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

### PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

### APARTMENT WANTED

Senior seeks rental accommodation in Selkirk. Non-smoking, single parking and laundry facilities required for September 1st. Please email: [busi14@live.ca](mailto:busi14@live.ca)

### APARTMENT FOR RENT

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

Bachelor Suite, available Aug 1, 325 McLean Ave, Selkirk. Quiet, mature older person, no pets, no smoking. \$610/month, utilities included. Call Liz 204-757-4063.

### GARAGE / YARD ESTATE SALES

Estate Sale: Thursday, July 29; Friday, July 30; Saturday, July 31; 9-5 daily. 955 Frank St., East Selkirk. Furniture, houseware, crystal, power tools, yard tools, old tin collections, antiques and misc items. COVID rules will apply. Next sale date: August 5, 6 & 7.

Huge Garage Sale - 414 Rockhaven Road. Thurs., July 29 (3-7); Friday, July 30 (9-4); Sat., July 31 (9-1). Vintage, collectables, furniture, household. COVID rules apply.

Huge Yard Sale - Saturday, July 31 & Sunday, Aug 1. 78116-Two Mile Rd. 2 quonsets full! Household, craft, some male & female clothing, sewing, seasonal, tools, small electrical appliances, & much more!

### HELP WANTED

House cleaner wanted on Breezy Point Road, on average twice a week. Laundry, house-keeping and cleaning. Phone or text 204-890-8141.

Local law firm seeks real estate paralegal to join our team. 5 years experience and familiar with Teranet, and Unity. Providing Winnipeg based compensation and training. All interested parties please contact Office Manager at 204-485-1582.

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

Market Garden Worker wanted. Jonathan's Farm grows organic vegetables in St. Andrews and is looking for a full or part time worker from now until November. Duties: include harvesting, weeding and planting vegetables. Wage: \$13.5/hour to start Apply to: [jonathansfarm@gmail.com](mailto:jonathansfarm@gmail.com)

Office Clerk required immediately. Monday to Friday 9 a.m. to 5 p.m. Must know Microsoft Excel and Quickbooks. Wages are negotiable based on experience. To join our team at Bonded Mobility drop resume in person or email [ihebert@bondedhealth.ca](mailto:ihebert@bondedhealth.ca)

### SHOP LOCAL

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- Trailer Parts & Batteries
- Sales, Financing, Leasing & Rentals

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- Gooseneck and Bumper Pull Cattle & Equipment Trailers
  - Truck & Service Bodies
  - Generation Grain Trailers

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Hwy #1, MacGregor, MB  
**1-888-685-3127**  
[www.kaldecktrailers.com](http://www.kaldecktrailers.com)

### HELP WANTED

Seasonal Help Wanted -Searle Greenhouses Ltd located at 345 Old Henderson Hwy in East Selkirk is accepting applications for full-time seasonal greenhouse worker positions starting in January 2022. No experience required; training is provided. Starting wage \$11.95 per hour. Apply by email to: [iwanttowork@searlegreenhouses.com](mailto:iwanttowork@searlegreenhouses.com) or fax: 204-482-8968 Attn: Kris

### HELP WANTED

Weekend home care. \$16/hr., 4 hrs a day, split shift. Please call 204-406-5667.

Farmhand required for livestock operation, Balmoral area. Must be mechanically inclined. Includes fencing, feeding, haying, welding. Full time - some weekends required. Text 204-770-3554.

Please support our advertisers

## EARLY DEADLINE THIS WEEK

Due to the upcoming long weekend, The Selkirk Record Classified booking deadline is Friday at 4 p.m. for the August 5th publication  
Please Call 204-785-1618



### RM OF WEST ST. PAUL MUNICIPAL OFFICE REOPENING TO PUBLIC

The RM of West St. Paul Municipal Office will reopen to the public on Tuesday, August 3, 2021. The office will be open 9:00am to 4:30pm, Monday to Friday.

Anyone entering the Municipal Office will be required to wear a mask. When entering, please adhere to social distancing protocols and keep a distance of six feet (two metres) from anyone else in the office. There will be no more than two visitors allowed in the office at any time, floor stickers will be used to indicate where you may stand. The front office counter will have plexi-glass shields in place and hand sanitizer will be available.

Though the office will be open, we encourage residents to make use of online payments or use the dropbox at the main entrance.

If you are exhibiting symptoms of COVID-19, please do not visit the office until you no longer have symptoms.

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

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Call Today!  
204-467-5836

### LORD SELKIRK SCHOOL DIVISION



## We are training and hiring Spare School Bus Drivers!

Let us help you get your Class 2 driver's licence. Lord Selkirk School Division is an immediate need to recruit Spare Bus Drivers. Training classes are scheduled for late July, and late August 2021.

### To become a Spare Bus Driver, you must:

- Hold a valid Class 5 driver's licence.
- Have a clear driver abstract for 2+ years driving.
- Have the ability to read and follow maps.
- Be able to communicate in English (both written and oral).

For more information and to apply, please visit Employment Opportunities on our division web page at: [www.lssd.ca](http://www.lssd.ca)

## Whispering Pines Independent Living

112 Beach Road, Teulon, MB

Newly renovated 55+ living. Starting at only \$650/month including heat/hydro/water

No stairs, in building laundry, new kitchen and wonderful common area! Extremely close to all of Teulon's amenities.

Call Kirt 204-886-7717 to get your chance to view your next home!



## FULL TIME EMPLOYMENT OPPORTUNITY in PUBLIC WORKS

The Municipality of Alexander Public Works Department is accepting applications for a:

### Full-Time Heavy Equipment Operator

This is a unionized position. Applicants must have the following:

- Class I or III License with air brake endorsement
- Ability to operate various types of equipment such as graders, excavators and loaders
- Mechanical and welding skills would be considered assets
- Willing to take courses for all areas of Public Works and Utilities operations
- Strong work ethic, ability to work independently
- Willing to work overtime hours and capable of heavy manual labour
- Class I or higher water treatment certificate would be considered an asset
- Perform other duties as assigned

Written applications will be accepted at:

Municipality of Alexander  
Attn: PW Manager  
1 Bouvier Trail  
Box 100  
St. Georges, MB R0E 1V0  
[pw@rmalexander.com](mailto:pw@rmalexander.com)  
for questions: (204) 367-6186

Deadline for applications:  
Friday, August 20, 2021 by 4:30 pm

Only those considered for an interview will be contacted.  
Thank you to all who apply.



# Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

## take a break > GAMES

### SUDOKU

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

#### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

#### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!

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- \* Everything Else!

#### THE BATTERY MAN

1390 St. James St., WPG

1-877-775-8271  
[www.batteryman.ca](http://www.batteryman.ca)

#### HIP/KNEE Replacement?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$2,500 yearly tax credit** and up to **\$30,000 Lump sum refund**.

Apply NOW; quickest refund Nationwide! Providing assistance during Covid.

Expert Help: 204-453-5372

#### NOTICES

Urgent Press Releases - Have a newsworthy item to announce? Having an event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab or Email [classified@mcna.com](mailto:classified@mcna.com) for more details.

SHOP LOCAL

#### MISCELLANEOUS

Sunbeam 2-slice TOASTER, ECIEWO, \$15; BNCIEC pr. sz. 9 Men's WORK BOOTS/ SAFETY SHOES w/ laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVERCOAT fits a men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

In Selkirk, rectangle dining room table with 4 chairs & 1 leaf, 72"x40", oxford black, about 18 months old. Asking \$800. Please call 204-268-2073.

#### MISCELLANEOUS

LIMITED TIME OFFER: Décor Melamine Cabinets fully assembled, soft close. Eight-week lead time. Contact Fehr's Cabinets for a quote. Install available. Email: [office@fehrcabinets.com](mailto:office@fehrcabinets.com) Phone: 204-746-2223.

Do you need staff urgently? Are your efforts to recruit staff on social media and the internet NOT creating the results that you need??? Let us help. Trust the newspapers to get your message out! Advertise in the 37 Weekly Manitoba Community Newspapers! We could be helping your organization right now. Get noticed in over 352,000+ homes, for as little as \$189 + GST! To learn more, Call 204-467-5836 or email [classified@mcna.com](mailto:classified@mcna.com) for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. [www.mcna.com](http://www.mcna.com)

#### McSherry Auction

12 Patterson Dr. Stonewall, MB

Online Timed Auctions @ [iCollector.com](http://iCollector.com)

Estate & Moving Closes Wed Aug 4th @ 7:00 PM

Estate & Moving Closes Wed Aug 11th @ 7:00 PM

Consignments Welcome! (204) 467-1858 or (204) 886-7027 [www.mcsherryauction.com](http://www.mcsherryauction.com)

#### McSherry Auction Service Ltd

ONLINE CLOSE OUT AUCTION FOR D & G ARCHERY & FIREARMS SALES

Bidding Closes Thurs Aug 12th @ 7:00 PM

Steinbach, MB  
2 Miles North On Hwy 12 Then 4 Miles East on Hwy 311 Then 100 Yards North on Rd 38E #39026  
All New Inventory - Over 30 Guns - Long Guns \* Pistols \* Reload \* Ammo \* Accessories \* Scopes \* Archery \* Compound Bows \* Targets \* Shelving \* Some Household \* Go To Web!  
Stuart McSherry, Stonewall, MB (204) 467-1858 or (204) 886-7027 [www.mcsherryauction.com](http://www.mcsherryauction.com)

#### ADVERTISE YOUR ITEMS FOR SALE IN THE RECORD

#### The Aurora Plus

1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, walk-in pantry, island. 9 ft walls and double cathedral ceiling. James Hardie Siding.

Pictures available [www.wgiesbrechthomes.ca](http://www.wgiesbrechthomes.ca)

Brand New Show Home 204-346-3231



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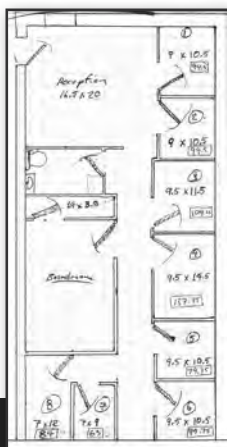
For more info please contact Christy at 1-204-467-5836

## 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.



For information please contact:

BIG Real Estate 204-485-0010

email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)

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

Sudoku Answer



# CITY OF SELKIRK ZONING BY-LAW 4968 ZONING BY-LAW AMENDMENT 5355 PUBLIC HEARING

**We are  
Listening.**

**Public  
Hearing  
Monday,  
August 23, 2021  
6:30 PM  
ONLINE  
ONLY**

**Phone:  
(204) 482-3717  
1-800-876-5831  
Fax: (204) 482-3799  
E-Mail: info@rrpd.ca  
Website:  
www.redriverplanning.com**



As per *The Planning Act*, any person can make representation on the matter at the meeting.  
**What is Zoning By-law Amendment 5355 about?**  
To rezone the subject properties from "R" Residential General to "C2" Central Commercial to facilitate a future multi-family development.



**LOTS 85 to 94 PLAN 11 WLTO**

(215, 219, 223 Mclean Ave. & Two Lots Without Civic Addresses on Mclean Ave.)

Adhering to current public health orders due to COVID-19, this Public Hearing will be held virtually. Any person who wishes to make a presentation, ask questions, witness or register an objection to Council during the Public Hearing must register online at: [www.MySelkirk.ca/PublicHearingAugust23](http://www.MySelkirk.ca/PublicHearingAugust23)  
All supporting documents must be submitted electronically during the registration process or to [citizensupport@cityofselkirk.com](mailto:citizensupport@cityofselkirk.com). Those without access to online services are asked to call **CitizenSupport** at 204-785-4900 where arrangements can be made on a case-by-case basis. Written statements can be submitted in advance of the hearing and sent by email to [citizensupport@cityofselkirk.com](mailto:citizensupport@cityofselkirk.com), or by mail to: 200 Eaton Ave., Selkirk, MB R1A 0W6.

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"

# Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

## HEALTH

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

## FARM MACHINERY

For sale - 1943 International W4 Farm Tractor. Above average condition, runs good. Call Doug 204-738-2276. Asking \$1,500. Make me an offer I can't refuse.

## FEED AND SEED

\*\*PREMIUM PRICES PAID\*\* for High Protein Peas, Yellow and Green and Faba Beans. FOB Farm Feed & 2 or better. Vicki Dutton. 1-306-441-6699.

## LAND FOR RENT

Hay Land for Rent - approx. 65 acres mixed alfalfa hay, Willis Road & McPhillips, WSP. Bill 204-918-5926 or Wally 204-226-2116.

## NOTICE TO CREDITORS

**IN THE MATTER OF THE ESTATE OF: WILLIAM YALDERNICK**, late of the City of Selkirk, in Manitoba, deceased.

ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be sent to the undersigned at 387 Broadway, Winnipeg, Manitoba R3C 0V5 on or before the 30th day of August, 2021, after which date the Estate will be distributed having regard only to claims of which the Executrix then has notice.

DATED at Winnipeg, in Manitoba, this 28th day of July, 2021.

BD Oakes Jardine Kaneski UnRuh LLP  
Attention: Cory A.M. Tokar

Solicitor for the Estate

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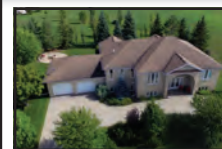


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**Work from home?**  
Over 4000 sf of space on 2 levels. Quality thruout, 15 yrs new Gimli \$580's  
Dayna Clark  
204-461-1347



**3 Bdrm on gorgeous lot in Wpg Beach. Hardwoods, Piled fdn. Covered deck. Enjoy yr. rd.**  
Chris Neufeld  
204-641-1727



**Gimli Condo**  
3 bdrm. condo, close to schools, shopping, and town! \$219,000  
Laurence Humniski  
204-642-8501

**MIKE JUBA**  
204-588-7967

**CINDY LITTLE**  
204-979-3364

**LUDA KOZLOVA**  
204-997-7756  
Building lot by Lake Winnipeg Incentives & financing offered No time limit to build! \$74,990

**ELLEN WYKA**  
204-376-3400

Enjoy the privacy of country living. modern floor plan bungalow on 5 acres.

Move in ready, spectacular 2 bedroom bungalow on large private lot in Arborg.

Acreage in the R.M. of Armstrong, build your dream home.



**Newer 3 bed 2 bath home on 10 acres. 35 minutes from city. Horses allowed. \$349,900**  
John Wishnowski  
204-479-1208



**Burma Road**  
Gorgeous home and outbuildings on 80 acres. Price Reduced! \$625,000  
Dave Humniski  
204-642-8501



**Loni Beach cottage is just a short walk to town amenities and the lake. \$97500**

Ingrid Bennett  
204-642-2089

**KATHY MARKS**  
204-642-8501

**CURIOUS ABOUT MARKET CONDITIONS?**

Let us help create a strategy personalized to your needs.

**GRANT HJORLEIFSON**  
204-461-6400

2 Bdrm + den home in East Kildonan. detached garage, solid, must see. \$229,900

Beautiful 3 bdrm home in Fraserwood. 10' ceilings, full bsmt. Price reduced! \$175,000

**JASMIN THEOBALD**  
204-642-8501

**CRYSTAL LINE**  
204-232-6200

Perfect for the larger family, over 1800 sq. ft. plenty of room to roam.

Affordable living in Lunder. Picture perfect 2 bedroom bungalow. A must see.

Shows like new, built in 2017. 1296 sq. ft, family home, full basement, many extras.



**2 storey home on 5 acres near Arnes. Features 3 bedrooms 2 bathroom, Laminated flooring**  
Justin Zinkowski  
204-795-6664



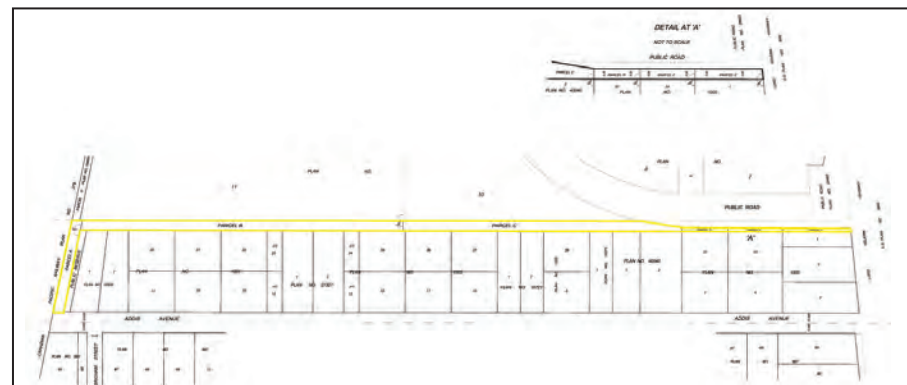
## PUBLIC HEARING NOTICE

**\*ONLINE ONLY\***

**Thursday, August 12th at 6:00 pm**

The Council of the Rural Municipality of West St. Paul, pursuant to Section 290(2) of The Municipal Act will hold a Public Hearing to consider Road Closing By-Law 2021-03. At which time and place the Council will receive representations, questions or register any objection from any persons who wish to make them in respect of By-Law 2021-03, being a By-Law to close a Municipal Road referred to as Cadillac Lane, legally described as:

Parcels A, B, C, D, E and F, Plan \_\_\_\_\_ WLTO (WLTO Deposit 187/2021) in Part of River Lot 5, Parish of St. Paul, as shown in the sketch.



Per resolution 2020-139, no persons are permitted to physically attend the Council Chambers at this time due to the COVID-19 pandemic. Meetings will be available live through YouTube. The link will be provided at [www.weststpaul.com](http://www.weststpaul.com). We request the public email [info@weststpaul.com](mailto:info@weststpaul.com) by 2pm the day of the meeting to register to speak; or to register as for, against or for information.

A copy of the above By-Law can be provided by the RM of West St. Paul office, located at 3550 Main St. West St. Paul, Manitoba between 9:00 am and 4:30 pm, Monday to Friday.

For more information contact:  
Pam Elias, Acting Director of Planning, Property & Community Services  
RM of West St. Paul, Manitoba, R4A 5A3  
Ph. (204) 338-0306 Email: [edo@weststpaul.com](mailto:edo@weststpaul.com)

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family with a  
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Contact this newspaper NOW or MCNA at **204.947.1691** or email [classified@mcna.com](mailto:classified@mcna.com)

[www.mcna.com](http://www.mcna.com)

*Thinking of selling? For local information, call the Realtors® that live, work and play in the area!*

*At Interlake Real Estate, we will always put YOUR BEST INTERESTS FIRST! Call us for unbiased advice and customer-focused service.*



# Announcements *Selkirk Record*

Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

**ANNOUNCEMENT**  
**ANNIVERSARY**



Happy 60th Anniversary  
Nick & Louise Payjack  
July 15, 1961 - July 15, 2021



**ANNOUNCEMENT**  
**BIRTHDAY**



Pat Pruden  
July 28  
Congrats! Hurray!  
You're 80 today!

You've seen so much,  
You've gone so far,  
You've outlived tricycles, horses,  
planes and cars.  
While you might feel old and obsolete,  
You truly make our lives complete.  
-Love, your family

**ANNOUNCEMENT**  
**IN MEMORIAM**



Frances Taylor  
July 25, 2019

Lovingly remembered.  
Your presence is felt every day.  
Whether it's in the house, yard, or garden...  
You're always in our thoughts.  
-Love Larry, Sharon, Kristin, Kevin, Russell

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

**Selkirk Record**

Call 204-785-1618  
or email  
[lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)  
Today!

**ANNOUNCEMENT**  
**BIRTHDAY**



Happy 30th Birthday to this Hunk!

**Celebrate the Happy Occasions**

**WITH AN ANNOUNCEMENT IN THE RECORD**

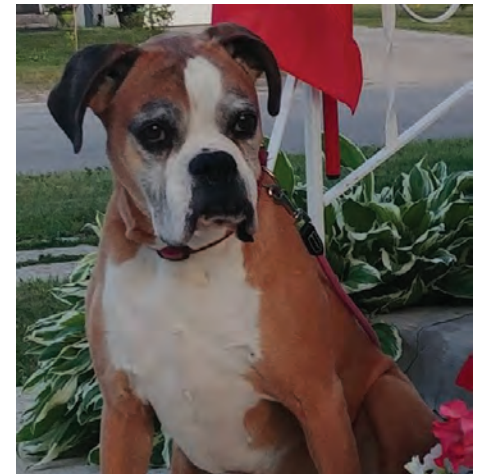
**ANNOUNCEMENT**  
**BIRTHDAY**



Happy 80th Birthday Patsy  
July 28, 2021

Wish you many more  
-Love Martin

**ANNOUNCEMENT**  
**PET OBITUARY**



Fly free my sweet Bella.....  
See you on the other side.....  
xxxooo

I will miss you little friend,  
For I could never measure  
The happiness you brought me,  
The comfort and the pleasure.

**HELP WANTED!**

Gaffer's Lockport is looking to immediately fill the following positions

**KITCHEN HELP:**

Sous chef - Line cooks  
Prep cooks - Dishwashers

**FRONT OF THE HOUSE OPENINGS:**

Servers - Bartenders  
Supervisors

Drop resume in person or email to [gaffers.inc@shaw.ca](mailto:gaffers.inc@shaw.ca)



**Evan Kreutzer.ca**  
Real Estate Services Inc.

325 Manitoba Ave. Selkirk 204-482-7355  
204-482-7355

**EVAN 482-7355** **WAYDE 485-0407**

**WANTING TO SELL?**  
**We're Looking for New Listings!**

**We have Interested Qualified Buyers!** **CALL US TODAY AND GET MOVING!**

49 Stevens Ave. **SOLD!** 3+ bdrm, dream shop, mechanic's trailer stalls \$178,000  
Lot 320 Chesley Resort **SOLD!** \$178,000  
51 Billy Goat Dr. **SOLD!** \$178,000  
NEW! 211 E RD **SOLD!** \$47,500 2 bdrm MH, large leased lot, \$178,000

**THE JEREMY ZDRILL TEAM**

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Prime Real Estate  
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Call or text RICH today  
**204.791.7772**

**Rich Moyer**

**SOLD**



# Announcements *The Selkirk Record*

Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

## OBITUARY

### Jean Lloy

Peacefully, on July 25, 2021, at Tudor House, Jean Lloy passed away at the age of 93 years. Cremation has taken place and a private interment will take place in Arden, Manitoba at a later date. Condolences may be left on Jean's memorial page at: [www.interlakecremation.ca](http://www.interlakecremation.ca)

Arrangements entrusted to:

*Interlake Cremation  
& Memorial Services*  
204.482.1040

## OBITUARY

### Marilyn Jean Kehler

On July 19, 2021 at the Selkirk Regional Health Centre, Marilyn Kehler of Poplarfield, Manitoba, passed away at the age of 74 years.

She leaves to mourn her husband Jim and daughter Leah.

According to her wishes, cremation has taken place and no formal service will be held.

Condolences may be left on Marilyn's memorial page at: [www.interlakecremation.ca](http://www.interlakecremation.ca)

Arrangements entrusted to:

*Interlake Cremation  
& Memorial Services*  
204.482.1040

## OBITUARY

### Theodore (Ted) Ostermann

Peacefully, on Thursday, July 22, 2021 at the Selkirk Regional Health Center, Ted Ostermann, aged 75 years, lifelong resident of Little Britain, MB, passed away.

In keeping with his wishes, cremation has taken place and a private Mass will be held.

Full obituary to follow.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Robert (Bob) Harry Cooper 1948 – 2021

On July 18, 2021, Bob (beloved husband of Lynn) passed away at Concordia Hospital.

He is survived by his sons, Darrell and Blair.

A gathering of friends will occur at a future date.

Condolences may be left on Bob's memorial page at: [www.interlakecremation.ca](http://www.interlakecremation.ca)

Arrangements entrusted to:

*Interlake Cremation  
& Memorial Services*  
204.482.1040

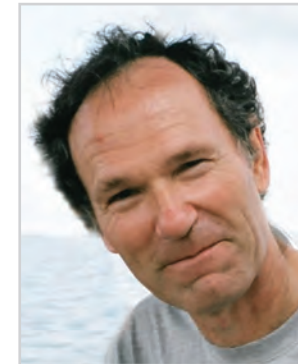


## OBITUARY

### Gilbert Cousineau

It is with heavy hearts that we announce the passing of our much-loved husband, dad and grandpa, on July 19, 2021.

With his family at his side, Dad peacefully passed after a lengthy battle with Parkinson's. Gilbert was born in Quebec and grew up on the St. Lawrence River in Melocheville. Dad had a passion for cars, hunting, and fishing. Working as a surveyor at the Kettle Station in Gillam, he met the love of his life Audrey. They married and had three daughters and are celebrating 50 years together this year. After a number of years working at the Winnipeg Fire Department as a heavy-duty mechanic, Dad fulfilled his dream of owning his own business, successfully operating both the Petersfield and Clandeboye Stores. Dad was exceptionally generous and proud to serve his community.



Dad's legacy will live on in his children and grandchildren. Gilbert is survived by his loving wife Audrey; children Giselle, Vivian (Keith), Susie (Mauricio); grandchildren Molson, Simon, Marcus; brothers Michel (Ghislaine), Richard (Sara), Robert, and sister Monique (Claude). He was predeceased by his parents Lucien and Anita Cousineau.

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

A gift in honor can be made to Parkinson Canada.

Gilbert will be lovingly remembered by family and friends as a kind, gentle and patient man.

Dad, you are forever in our hearts.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Maria Floresco April 16, 1928 - July 19, 2021

It is with great sadness that we announce the passing of Maria Floresco at the age of 93

years on July 19, 2021. She went peacefully with Jackie and Rob at her side.

She was predeceased by her husband Roman; her parents Marinus and Jacoba VanUden; brothers Hubert, Rene and John; her son-in-law Bob Tindale and her little pal Squeally.

She is survived by her daughter Jackie (Rob) Black; grandsons Rob Tindale and Cody Black; great-grandson Tyler; sisters Anne (John) VanderAa, Jackie (Art) Tibold and Marie VanUden. She is also survived by children George, Mario and Sylvia.

Mom came to Canada from Bakel, Netherlands and settled in Selkirk in 1951. She will be remembered for her warm smile,



kindness, the best potato pancakes and perogies and for the afghans that she made for everyone. The most important thing to her was family.

As per Mom's wishes, cremation has taken place and a private service will be held.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Muriel Pearl Laing

It is with great sorrow and sadness that we announce the passing of Muriel Pearl Laing at the age of 100 years.

Mom passed away at the Betel Home in Selkirk on Sunday, July 18th, 2021.

She was predeceased by her parents Everett and Anne Butler; brothers Norman, Albert, Jimmy, Gordon, and sister Eileen.

She is survived by her three sons Bill (Janice) Laing, Alan (Judy) Laing, Barry (Carol) Laing; five grandchildren, Amanda Laing, Kerry (Stefanie) Laing, Michelle (Tony) Cianflone, Andrew Laing, Danny (Rae) Laing; eight great-grandchildren, Cassidy Laing, Caiden Laing, Colton Laing, Sammy Cianflone, Mateo Cianflone, Gordon Laing, Elizabeth Laing, and Brandy Laing; and many nieces and nephews.



Mom, you didn't have an easy life, you made many sacrifices, and always put your sons first.

When things go wrong as they sometimes will,  
When the road you're trudging seems all uphill,  
When funds are low and the debts are high,  
And you want to smile but have to sigh,  
When care is pressing you down a bit,  
Rest if you must,  
But don't you quit.

Mom, you never quit and we can't express how much your sacrifices meant to us. Your family will miss you, love you, and thank you for always being there for us.

SPECIAL THANK YOU TO ALL THE STAFF ON WINGS 1 & 2 AT THE BETEL HOME IN SELKIRK FOR MOM'S EXCELLENT CARE.

In keeping with her wishes, cremation has taken place and no formal services will be held.

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