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RECORD PHOTOS SUBMITTED
Majid Kermani and Gordon Bakaluk with a sand sculpture that they made together before the Race Against the Tide competition. For more information on the international competition see page 6.

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Cups and can coolers can be funny too

Selkirk Port D.O.G. Days Market vendor adds humor to her customers' drinks

By Ligia Braidotti

The Selkirk Port D.O.G. Days Market provides a venue for local vendors such as Fierce Cups and More to sell their products and promote their companies.

Fierce Cups and More is a small business that has been operating for just over a year. Proprietor Tracey Fierce acknowledges her last name has provided the business with a memorable and fitting name.

"I have to thank my husband for the name," laughs Fierce, who's at the Selkirk Port D.O.G Days Market every Wednesday selling her wares.

"I'd had a Cricut for three years, and I so desperately wanted to do something with it, and I never seemed to get around to it; I was too busy with work and extracurricular stuff. I finally got it out with COVID, and my sister helped me get started."

A Cricut cuts paper, leather, leatherette, vinyl, and all sorts of materials, which crafters can use for an infinite number of crafts. Fierce has been creating can coolers and cups with witty sayings that please her customers with the machine.

"I wanted to create something that I thought would be fun and meaningful, that people would use, and I fell in love with making the tumblers," she says.

"I just love the looks on people's faces when they find something really funny. They come by my booth...and they'll laugh, and they'll want the cup

for themselves or their friends. I love seeing people getting so excited over something...that gives me so much joy."

The cups make great gifts for special events like wedding parties, Christmas, anniversary or birthday celebrations, or special personalized orders for friends.

These tumblers and can coolers come in different colors, are double-walled for insulation and are great for keeping your favorite beverage hot

or cold. The words and designs are printed on permanent vinyl.

Fierce has dozens and dozens of sayings on her Facebook page – they run the gamut from cute and cuddly to more adult content – and you can custom order to suit your tastes.

"If you know someone has a favourite saying or something that's funny you can put that on. If it's a gift for a friend, depending on their personality, you can put something sweet on, you can put something saucy or sassy on it," she says.

"For wedding parties, they're amazing because you know it's something they will use."

Currently, Fierce Cups and More is her side hustle, but she would love to make it her full-time job.

The Selkirk Port Dog Days markets will hold their last market on Wed., Aug. 25, for the 2021 season, so stop by and check out her tumblers and cool-

"I LOVE SEEING PEOPLE GETTING SO EXCITED OVER SOMETHING... THAT GIVES ME SO MUCH JOY"



RECORD PHOTO SUBMITTED

Fierce Cups and More is one of the local vendors at the Selkirk Port D.O.G. Days Market.

ers then. People are invited to grab a drink (or a bite to eat), close your eyes, and let your imagination fly while you're there to watch Winnipeg musi-

cian Trista Shay's live performance. Guests can also enjoy one last meal from the Little Eggplant and Blue Haze BBQ.



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Area eateries invited to Eat Along the Red

New Selkirk Biz initiative bringing restaurants together for some food fun

By Katelyn Boulanger

Inspired by an initiative put out by the Beausejour Chamber, Selkirk's chamber of commerce, the Selkirk Biz, decided that they too wanted to bring local restaurants together and have decided this year to have them create a temporary themed menu item for residents to enjoy.

"We're inviting our local eateries to come up with a burger themed item and have this featured as part of our initiative, which will take place the first three weeks in September," said Sheri Skalesky, Executive Director of Selkirk Biz.

These burger themed items will of course be fun for residents to try out and enjoy, however, the event will not only be a fun way to come together, but it's also going to be a competition.

"We are going to be promoting the restaurants that are participating, and their items and [asking] customers to visit the locations to try the product and vote for their favourite. We also have residents that will be going to each of the eateries and trying the products and then we'll be having awards based on that," said Skalesky.

She wants residents to know that even if they don't like burgers there's probably something for them as the new menu items don't necessarily have to be burgers just a creation with a burger theme from a local restaurant.

"The reason that we [called it] Eat Along the Red is because the Red River ties us all together as a community and it runs through the middle of all our serving area," said Skalesky.



RECORD FILE PHOTO BY BILL 'NEWZMAN' SMYTH

Eat Along the Red is a new initiative designed to bring restaurants together from communities all along the Red River.

Though there is no requirement to head down to the Red River with your food and a picnic blanket or folding chairs, Skalesky says that it would certainly be a nice setting to have a meal

on a day when the weather is good. There isn't a complete list of participating restaurants as any restaurant from the Selkirk Biz's coverage area or East St. Paul still have the chance to sign to be part of this event.

"I've got my volunteers going out right now. Having conversations with some of the other businesses and collecting registrations as well," she said. She hopes that this encourages people to get out to their old favourite restaurants or try something new in their communities.

"The local eateries have been hit pretty hard by health regulations. We certainly want to help them out a little bit and kick-starting things [since they] have just opened up recently. We want to help a little bit by creating more traffic and this will be three weeks of customers coming to their locations," said Skalesky.

She also hopes that this catches on so that local restaurants can continue to do this in the years to come and they can turn this into a fun new annual event.

"There's going to be a lot of creativity that goes into there and it'll be interesting to see, what type of burger themed items are going to be developed. It's a fun opportunity for the businesses to participate in and hopefully, it'll inspire a lot of people to come out and see what our community has to offer," she said.

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Selkirk's newest knitting store sets up shop on Manitoba Ave.

Supplies and products available now available from local seller

By Katelyn Boulanger

Selkirk's Just Knittin' Around may be new to town but owner Erica Marchuk is dishing up some traditional knowledge and supplies that will help you on your way with your next knitting or crocheting project.

"I've been knitting and crocheting since I was a young girl. I used to do crafts sales before I had my girls, and then I had my girls, and then I stopped, but I never stopped [knitting and crocheting], so I thought, well, instead of running to craft sales at all different places, let's just make something that's a permanent fixture," said Marchuk.

Right now she has many summer items in the store which include bikinis, shorts, and summer tops but still has staple items like baby booties and some sweaters to keep you warm when it gets a little colder in a few weeks. She also has a variety of cotton and acrylic yarns in varying weights so that you can start your own project.

"I can bring yarn in for [customers] if I don't have what they want. I have seasonal knitted and crocheted items for sale and I can also make custom [items]; if they see something like but they want it in a different colour or a different size. I can do that or if they have a pattern of their own I can do that for them as well," said Marchuk.

Another unique part of her store is the bring a pair leave a pair needle/hook system that she has which can allow new knitters and crocheters to try out a pair of needles or crochet hook in a new size without having to commit to buying a whole set. Experienced knitters and crocheters can also give old needles and hooks that they aren't using anymore so that more new people can give these fibre arts a try.

Marchuk said that she wasn't sure if the community would want a store like hers but wanted to give it a go anyway.

"It's just something that I thought,



RECORD PHOTOS BY KATELYN BOULANGER

Erica Marchuk in her new knitting store Just Knittin' Around. Right: Products sold at Selkirk's newest knitting store.

well, let's just try it because I do this. I do this anyways. This is what I do in my downtime," she said.

She says that as she's been open longer more people are stopping by and business is picking up.

"Quite a few young people have come in, who've taken it up and make scarves and stuff," said Marchuk.

She also wants to let people know that she's a resource that residents can reach out to if they are having trouble with a stitch or need some advice for their next project. She says that she may even start hosting classes in the future.

"If you're a crafter or knitter you want some ideas [my store] is reasonably priced and If [residents] have trouble with a stitch or something - they need some help - I could certainly help them," said Marchuk.



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Locals participate in international sand sculpture competition

By Katelyn Boulanger

Majid Kermani and Gordon Bakaluk are representing Manitoba as the only local sand sculpting duo to be featured in a new CBC TV show called *Race Against the Tide*.

The competition starts with ten teams who are given a theme for their sculptures each episode and must then build them before the tide comes in on the beach. In each episode, a team is eliminated until only the winners remain.

"I was very happy that myself and

Gordon were the only group from Manitoba and one of the few groups from Canada [to be chosen]," said Kermani.

Kerman is a sculptor from Selkirk and Bakaluk lives in St. Andrews.

"Usually, Gordon and I compete with each other in the sand sculpture contest in Grand Beach that happens usually in August every year. We know each other from that competition," said Kermani.

In this competition, however, the two are working together to make beauti-

ful sand creations starting at low tide at New Brunswick's Bay of Fundy and ending just before their creations get washed away.

Kermani started making sand sculptures over ten years ago when he went to the beach with a group of friends and one started making one.

"I never stopped making sand sculptures on the beach. Whenever I had the chance, after that day," said Kermani.

One reason that he finds the medium of sand so compelling for his artwork is the ease and speed that he can produce it, however, as there are some times of year in this province when sand isn't so accessible he also sculpts in snow and clay when he can't get to the beach.

"You enjoy the weather. Everything else, when you make sculptures, you have to be in the shop or in the inside or if it's snow sculpting you have to be in very harsh weather, but with sand sculpting, you enjoy the weather. It's

usually sunny, the beach is pleasurable," said Kermani.

He encourages anyone interested to give sand sculpting a shot.

"My advice to whoever wants to do this is first, practice, practice, practice, practice and never give up. It's the core of being perfect in everything and secondly [start with] easy shapes like snakes, and crocodiles, those kinds of shapes are easy to make, then you get better and better at simple shapes and then you will be able to make more complicated and bigger ones because making tall sand sculptures is a challenge. The taller they get, the harder to make, because sand is hard to stack perfectly," said Kermani.

Residents can check out Kermani and Bakaluk on Sept. 9 on *Race Against the Tide* when it airs on CBC TV at 8 p.m. and 8:30 p.m. It will also be available at that time on the CBC GEM app at the Google Play or iTunes store online at <https://gem.cbc.ca/>.



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Elections Canada opens voter registration

By Staff

Canadians will be facing a new run for the country's next Prime Minister, two years earlier than the next planned date.

Registration is open for the upcoming Federal Election that takes place on Sept. 20.

Elections Canada announced on Aug. 16 that all voters can now register, check their registration, or update their addresses online at the Online Voter Registration Service (<https://ereg.elections.ca/CWelcome.aspx?lang=e>).

Voters are strongly encouraged to take advantage of Elections Canada's

online services in light of the current COVID-19 pandemic. For more information, voters can call 1-800-463-6868 or contact the Elections Canada office in their riding.

All registered voters will receive a voter information card from Elections Canada. On September 10, most electors will receive a voter information card by the end of the day, but there may be delays depending on how quickly polling places are identified.

All voters must be registered at their current address to exercise their right to vote.

For more information, go to www.elections.ca



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A 'thank you' to her contributions to Indigenous history

Local elder Ruth Christie was presented with the Order of Manitoba

By Ligia Braidotti

A young Ruth Christie was told by her grandmother that she had a gift, and the Selkirk resident is still sharing this gift with others 80 years later.

A gifted storyteller, she possesses an incredible memory, the ability to listen and then transform it into a mesmerizing narrative. It's been her life's mission to hold onto the Monkman family history, because it's so tightly bound up with the history of Manitoba.

Christie was one of 12 Manitobans presented with the Order of Manitoba this year for dedicating "her life to Indigenous history preservation, education and service to the community, notably in her storytelling, historical re-enactment and teaching to scholars, students, and the general public. Through her work, she makes a deep understanding of Indigenous, colonial, and Canadian history accessible to people in Manitoba, as well as nationally and internationally."

"My grandmother saw that I had this gift. And she gave me some things and one I really paid attention to was she told me 'the Creator gave you two of these,' and she pointed to her ears, 'and only one of these,' and she pointed to her mouth. So I realized I had to spend twice as much time listening as I did talking," said Christie.

Christie speaks publicly, in schools and universities and has been involved in video productions. Most recently she was part of a group that created a documentary called 'Song for John Ramsay'.

She was also presented with a Certification of Recognition by the City of Selkirk as a token of its appreciation for her contributions.

"I'm really proud to recognize Ruth and to congratulate her on receiving the Order of Manitoba," said Mayor Larry Johannson.

"I can't think of a more deserving person for this honour. Ruth has spent countless hours educating young and old alike on the history of our province, our city, her ancestors and more. She's an engaging storyteller and she makes you want to learn about history, and that's really important. She's impacted a lot of lives, and she's just a super lady."

She wasn't expecting to be named to the Order of Manitoba when she received a phone call from Lt. Gov. Janice Filmon this past April.

"I thought, it's my girlfriend," Christie laughed.

"We play jokes on each other, so I thought, oh, they're going to pull this joke on me. So I said, 'Oh yeah, you're kidding.' I didn't realize it really was Janice Filmon, and she said, 'I am not kidding.'"

Christie, who's been recognized countless times for her dedication to keeping history alive, was shocked when she realized it was real.

"It was almost overwhelming to tell you the truth," she said.

It might come as a surprise to Christie, but not to those who are familiar with her boundless energy. It is inevitable that her commitment to telling stories of the past is recognized at the highest levels, as she has an unwavering love for those who came before her.



RECORD PHOTO SUBMITTED

The City of Selkirk council presented elder Ruth Christie with a certificate of recognition after she was presented with the Order of Manitoba.

"I'm just doing what I love to do, you know? And I'm sharing the Indigenous history, as much as I know from family and archives," Christie said.

Some of the stories she shares involves her great-great-grandfather, Joseph Monkman, who was employed by the Hudson's Bay Company and held many titles, including interpreter. Joseph's father came from the Orkney Islands, so Christie's heritage is Cree and Orcadian.

John Ramsay, her great-grandfather, assisted the Icelanders who settled in the Gimli area by teaching them how to build log homes and how to fish under the ice.

Beginning in 1987, Christie worked at Lower Fort Garry for 20 years as a Kookum, which means grandmother in Cree. At the time, the Fort was evolving and began to recognize the Aboriginal role in the success of the Hudson's Bay Company.

"Only in 1987 were they starting to portray the Aboriginal side of Lower Fort Garry and they put the Tipi out on the ground and that's about it. So I got hired on then," she said.

Her contributions to the development of the Aboriginal content at the Fort earned her the Queen's Golden Jubilee medal.

When she started, Christie told her bosses that in her role as an interpreter, she would like to be Joseph Monkman's wife, Isabella, as she had their stories well documented. However, her boss rejected her suggestion, telling her oral history wouldn't do at the Fort.

"She said, 'Parks Canada wants documentation,'" Christie chuckled.

"So all the stories my grandmother told me, they were in the archives. So I came and put the documents on her desk and she kind of pretended to be gruff, but really she wasn't, and she said, 'okay, you can be Isabella Monkman.'"

Christie always made sure to nudge her superiors in the correct direction, no matter how subtly or not so subtly. The Fort had no sign indicating Monkman's Creek, so Christie began asking why; one day, however, she saw a big sign which read, "Monkman's Creek Restoration Project, Three Phases."

When the housing development was going up across the highway from the Fort, she saw the developer's name on the sign out front, jotted it down and called him. She wanted to know what the street names were going to be. He replied with names like Sussex and Trafalgar which, she pointed out, were all British names. She suggested some pioneer names because the land was in the Red River Settlement.

The gentleman wasn't opposed, Christie said, but he couldn't do anything about it. To do that, she would need to speak with the Reeve of St. Andrews at that time, Don Forfar. Which of course she did, and Sussex Drive is now Monkman Drive.

Christie keeps on collecting recognitions. Recently she was recognized by the Icelandic National League of North America in 2020 with the Joan Inga Eyolfson Cadham Award, honoring those who have been outstanding in the promotion of Icelandic culture and heritage.

The summer 2020 issue of the INLNA newsletter says: "Ruth Christie, a member of The Selkirk Bruin Chapter, Selkirk, Manitoba in 2001- 2004, was chosen as The International Visits (or IVP) person for The Icelandic National League of North America and went as a Cultural Exchange Participant to Iceland in 2003. As IVP Ruth spoke about the pivotal role that her grandfather John Ramsay played in our existence. The Icelanders surely would have perished if not for John Ramsay's help. Like Joan Inga Eyolfson Cadham, Ruth is a Professional Storyteller and often speaks to the public and schools about the Native Culture and The Icelandic Culture."

Christie's determination to keep telling historical stories stems from the decisions made by her relatives all those years ago.

"Aboriginal people, they made decisions to affect seven generations forward. And when the first Orkney men came, it was Isaac Monkman and sons James and John, I'm the seventh generation that came to Canada from then," she said.

"Beneath that prophecy, I've benefited from the decisions that my ancestors made."

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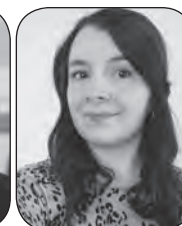
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Delta variant spike among vaccinated in England

By Patricia Barrett

British and Dutch researchers have released a study showing exponential increases in COVID-19 infections in England driven by the delta variant over a three-month period despite high vaccination uptake, along with “exponential growth” in hospitalizations.

The findings serve as a warning to other countries with the delta variant that they too could see similar trends.

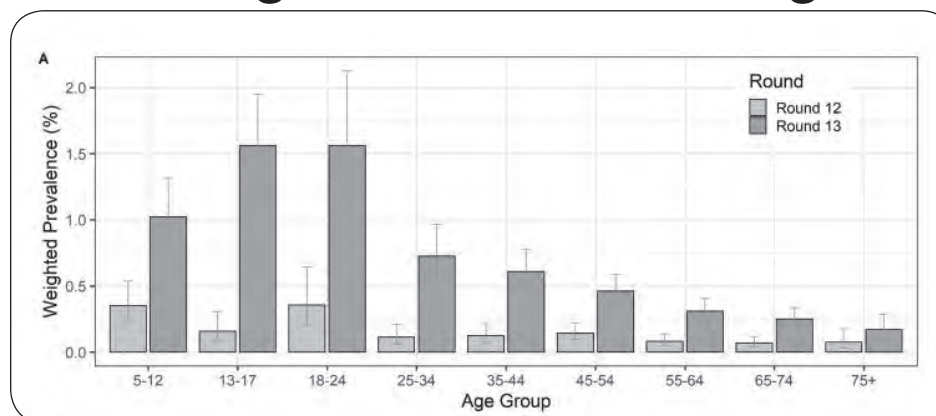
The study titled “REACT-1 round 13 final report: exponential growth, high prevalence of SARS-CoV-2 and vaccine effectiveness associated with Delta variant in England during May to July 2021” was published online as a final preprint.

REACT (Real-time Assessment of Community Transmission) is an ongoing government-funded research program that started in the spring of 2020 to understand how COVID is progressing in England and to inform public health strategies.

The delta variant became established in England in April and May of this year. The researchers analyzed COVID tests (RT-PCR or reverse transcription polymerase chain reaction tests) submitted during different time periods they call “rounds” to determine overall patterns of infections from the end of May to the beginning of July when there was high uptake of vaccine. Vaccine brands aren’t specified in the study.

Researchers found infections rising over the course of each round, particularly among younger, unvaccinated people, but also in a high percentage of those who got vaccinated.

“Prevalence [of COVID infection] among those who reported being unvaccinated was three-fold higher than those who reported being fully vaccinated,” the researchers wrote. “However, in round 13, 44% of infections occurred in fully vaccinated individuals, reflecting imperfect vaccine



PREPRINT DATA

Children and young adults in England account for the highest number of infections from May to July.

effectiveness against infection despite high overall levels of vaccination.”

Participants aged 5 and older were randomly selected and sent self-administered throat and nose swab tests, which were picked up by courier. From May 20 to June 7 (Round 12), researchers received 108,911 tests from participants. From June 24 to July 12 (Round 13), they received 98,233 participant tests for a total of 207,144 tests.

Between rounds 12 and 13, researchers found that the delta variant had rapidly replaced the alpha variant as the predominant COVID strain. They attributed the growing trend to people in younger age groups; those aged 5 to 24 years contributed 50 per cent of the infections.

More worryingly, fully vaccinated people (having received two shots of a vaccine) accounted for 29 per cent and 44 per cent of infections in their respective rounds.

“While vaccination was associated with lower prevalence of swab-positivity, there remained potential for large numbers of fully vaccinated people to become infected,” the researchers wrote. “During the period of round 12, we extrapolated from our data that 29% of infections in England occurred in double-vaccinated people, rising to 44% during the period of

round 13.”

Without public health interventions in the face of delta’s high transmissibility, children returning to school in the fall and more social interactions taking place indoors as the weather cools may result in “renewed growth” despite high levels of vaccination, said the researchers.

“This focus of infection offers considerable scope for interventions to reduce transmission among younger people, with knock-on benefits across the entire population,” they wrote. “Also, given the rapid rise of the Delta variant in Europe, the USA, South Asia and elsewhere, and its estimated increased transmissibility, patterns observed in England indicate what may happen elsewhere.”

Globally, only 13 per cent of the population is fully vaccinated, they wrote, while only one per cent of people in low-income countries have received even one dose of a COVID vaccine.

The delta variant is currently surging in the U.S. and parts of Australia despite vaccinations. With travel and gathering restrictions having been relaxed, Canada is in its fourth wave of the pandemic.

Continued on page 12



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EDITORIAL

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

TROUBLE WITH PAPER DELIVERY?

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

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letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

With summer more than half over, schools in Lord Selkirk School Division are busy getting ready to welcome students back on September 7! And if Bill 64 is passed in the Legislature later this Fall, this will be the last start to the school year as Lord Selkirk School Division students.

But before that, as of August 11, 508 individuals have registered to speak to the Standing Committee about Bill 64. That breaks the previous record number of Manitoba Residents registered to speak to proposed Bill – Hog Barn Ban - 424 in 2007. In addition, 29 Rural Municipalities, including the RMs of Victoria Beach and St Clements, have passed Resolutions in opposition to Bill 64.

There have been many webinars – partisan and non-partisan – speaking in opposition to the Bill, but there haven't been any in support of Bill 64.

To be clear: Bill 64 does not propose to "amalgamate" divisions, it calls to

eliminate them and have Manitoba divided into 15 "regions", each of which will have a "Director" that will be appointed by the government, and the Minister of Education and Premier will have control over educational programming and funding in each Region. There will not be a Superintendent to oversee matters related to our schools, communicate with students, staff, parents and the community, respond to Public Health requests to do contact tracing, determine if a class or school needs to move to remote learning, respond to increased needs for staff, PPE, etc. And there will be no Senior Administration to gather data & supporting rationale for the government who doesn't have the expertise or knowledge to operate the Education System.

Recently, Parent and Student Advisory groups were established – participants were selected by the government, not by qualifications,

geographic area or socioeconomic group. It should be noted that Bill 64 does not reference or include any of the Calls to Action made by the Truth and Reconciliation Commission, nor does it include any of the recommendations made by the K-12 Education Review. Why should we believe that they will listen to parent voice when they have discarded both these Commissions?

"Stop Bill 64", "Slam the Door on 64", and "Kids Not Cuts" lawn signs are popping up across the province. If you would like to learn more about Bill 64 go to <https://www.mbschoolboards.ca/localVoices.php>. You are also invited to a Town Hall on September 23 with guest speaker Jeanne Kerr, Faculty of Education, University of Winnipeg "What's NOT in Bill 64" – see lssd.ca for details.

- Lena Kublick
Chair of the Lord Selkirk
School Division Board of Trustees

City advises of pesticide use

By Staff

The City of Selkirk is asking residents to be extra careful the next few days as they will start to apply pesticides on the recreation fields.

Starting on Aug. 18, the City will be tackling an ongoing gopher hole issue on the recreation fields. Fields are becoming dangerous for players and causing what can be permanent damage to the grounds.

A pesticide called Rozol Field is applied directly in the holes. Despite its safe nature for adults and children, it can be poisonous for wildlife and pets.

On average, this process takes two weeks, but it can take longer. Pets must be kept off of the grounds as long as the signs are up, or if this isn't possible, to be kept on a leash away from the holes.

If you have any questions or concerns, please contact CitizenSupport at 204-785-4900.

COVID-19 outbreak at SRHC under control

By Ligia Braidotti

There has been a COVID-19 outbreak on the surgical ward at the Selkirk Regional Health Centre.

The Interlake-Eastern Regional Health Authority's medical officer of health declared the outbreak on Aug. 12 when two infections were identified at the surgical unit. Both are associated to health care.

Instead, IERHA has taken measures to prevent further spread of the disease, and has informed all patients, their family members, and staff of the outbreak.

According to IERHA, the outbreak is under control, and surgeries and hospital programs such as day surgery, dialysis, diagnostic imaging, labs, and the community cancer program are not affected at this time.

Furthermore, all patients on the surgical unit are actively screened for respiratory symptoms and all staff who work on the surgical unit are being screened at the beginning and end of each shift. Frequency of cleaning and disinfecting has increased with a focus on high-touch surfaces. IERHA is also checking that all staff members are following protocols for hand hygiene, PPE use, and physical distancing.

Vaccinated people, including those on the surgical ward, can visit fully vaccinated patients in the hospital according to Shared Health guidelines. Visitors are encouraged to call ahead before visiting patients.

Primary contacts seeking information on inpa-

tients are encouraged to call SRHC reception at 204-482-5800, then select 2 and then 0 to make general inquiries. Community members can also call the IERHA's toll-free line at 1-855-347-8500 Monday to Friday from 8:30 a.m. to 4:30 p.m.

In addition, the IERHA has announced that despite new public health orders brought into effect on Aug. 7, healthcare facilities across Manitoba will still require people to adopt physical distancing and wear masks.

The risk of severe illnesses is higher in healthcare facilities where individuals are prone to contracting illnesses. Therefore, healthcare facilities are requiring people attending for treatment or visiting patients to continue to follow health safety measures such as wearing masks and washing their hands. Visitors are urged not to visit hospitalized patients or residents of nursing homes if they feel ill.

"In health care, our obligation remains to protect the health and safety of those we care for and to try to prevent COVID-19 outbreaks in hospitals, clinics, personal care homes and administrative offices," says Dr. Karen Robinson, regional medical officer of health. "Everyone's cooperation and adherence to these public health measures, as we continue to provide protection to people who are vulnerable to illness, is appreciated."

Health care facilities still require masks and screeners are still available at the entrances. Visiting restrictions are still in place at most facilities and vary depending on the patient, facility

and vaccination status. All vaccination clinics are considered healthcare clinics where mask use is still mandatory.

The Selkirk Regional Health Centre's emergency department is open and anyone with an urgent medical need is encouraged to seek treatment there. Staff is working normally and the hospital has enhanced their cleaning, infection prevention, and control protocols to ensure visiting the emergency department is safe.

Even mild symptoms should prompt area residents to get tested. Make an appointment at a testing site if you have symptoms by calling 1-855-268-4318. Selkirk's COVID-19 Testing Site located at 100 Easton Drive in the former hospital is open Monday to Saturday from 9:00 a.m. to 4:00 p.m.

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Everyone Welcome! Daily Members Specials

Pallister announces he will not run again

By Ashleigh Viveiros

Manitoba Premier Brian Pallister announced last week that he will not be seeking re-election.

In a statement made to media at the Conservative Party's caucus retreat in Brandon Aug. 10, Pallister said that he believes it's time for a new leader and a new premier to guide Manitoba into the future.

"The honour of my life has been serving as our premier," he said. "Manitobans have gifted me with the great privilege of leading our province with the two largest back-to-back majority government wins in over a century."

Pallister went on to tout his government's successes over the past five years, including introducing "the first balanced budget in 11 years, while creating the largest on-going per person investment in health care, education, and family services of any province."

"We did this while lowering the tax burden on every working person and family, more than any other province, to keep making life affordable for Manitobans," he said. "Most important of all, we did what we said we would do. We are a clean government with integrity. I am most proud of that."

The province is poised to recover strongly from the challenges of the pandemic, the premier said.

"Today, Manitoba is incredibly well-positioned to springboard into a stronger economic future with even greater social progress."

"That's why I believe this is the right time [to step back]. There's no easy time. It wasn't

easy for my family and I to make the decision to enter public life and it's not easy to make the decision when to leave it either. But I believe this is the right time for my family and for our party and for Manitoba, too.

"By stepping aside at the midpoint of our mandate, I believe this will provide sufficient time not only for party members to choose a new leader but for Manitobans to get to know that new leader and premier."

"In our government I am surrounded by capable people, and I know that they will make all our optimism come true," Pallister continued, thanking both his constituents and his family for their support over the years.

"And I want to say thanks to every Manitoban. I wish all of you the very, very best as you aspire to be all you can be. This is the province to do it in

and this is the country to do it in.

"We live in a province and a country that is rich in opportunity, with endless opportunity, and that's why I say to you: the only thing better than today in Manitoba is going to be tomorrow in Manitoba."

Pallister has been leader of the Progressive Conservative Party of Manitoba since 2012 and premier since 2016.

He's worked in politics at both the provincial and federal levels (serving as Portage-Lisgar MP from 2000-2008) since winning his first seat as MLA in Portage la Prairie in 1992. For the past decade he's been the MLA for Fort Whyte in Winnipeg.

Pallister did not open the floor for media questions after reading his statement.

"THE HONOUR OF MY LIFE HAS BEEN SERVING AS OUR PREMIER."



SCREENSHOT

Premier Brian Pallister last week announced his intention to wrap up his career in politics, which stretches back to 1992 and includes both provincial and federal positions.

Virtual psychiatric services for rural residents

The province invested more than \$340K to improve mental health access in rural areas

By Ligia Braidotti

Residents living in rural areas will have more access to mental health treatments thanks to technology and a recent investment by the provincial government.

Mental Health, Wellness and Recovery Minister Audrey Gordon announced on Aug. 12 that Manitoba will invest more than \$342,000 to provide emergency telepsychiatry assessments to rural emergency departments and First Nations communities without current access to these services.

"Right now, there is a need for adult

emergency telepsychiatry services in First Nations communities and rural emergency departments and nursing stations," said Gordon. "This investment will ensure people experiencing mental health issues can have access to psychiatric support that is timely, efficient and reliable."

Telepsychiatry delivers real-time care through secure videoconferencing. Individuals experiencing a mental health crisis may find it more difficult to obtain psychiatric assessments in remote and rural areas, including many First Nations communities across Manitoba.

The minister pointed out that many Manitobans may have to leave their hometowns to access care. Through the virtual availability of these services, an individual can access specialized care without being forced to relocate away from home and support network.

"For people experiencing a mental health crisis, reaching out for help is not always easy," said Jitender Sareen, provincial specialty lead, mental health and addictions with Shared Health. "The use of telepsychiatry removes a major hurdle to accessing care, allowing individuals to remain at home or in the community while accessing these specialized services."

The minister noted that the investment is expected to support between 350 and 500 patients in Manitoba each

year, and reduce unnecessary hospitalizations and transports. She added that the use of secure videoconferencing equipment will facilitate real-time psychiatric assessments as well as access to appropriate supports and resources.

"Throughout the COVID-19 pandemic, clinical providers and patients from across Manitoba have told us of the benefits of virtual care including the ability to heal and recover at home, or closer to home," said Gordon. "Our government is pleased to support options that improve access and equity for Manitobans."

For more information on mental health and addictions services in Manitoba, visit <https://sharedhealthmb.ca/services/mental-health/>

Selkirk Museum's virtual wing keeps adding on

By Ligia Braidotti

As soon as the city developed the virtual wing of the Selkirk Museum in 2018, it knew it would always be incomplete since current events keep making history.

The Selkirk Heritage Endowment Fund (SHEF) has enabled the website to evolve significantly, building on the vision laid out in the Capturing Our Shared Heritage paper.

Now, the city's culture co-ordinator, Ellie Longbottom, is encouraging people to check out the recent additions to the site.

"We're always adding content to the website so we can give visitors and residents the best virtual experience possible," Longbottom said.

"And of course, what's really special about the site is that it's made to function well on your phone or tablet so that you can be walking around present-day Selkirk and be immersed in the past through your mobile device. People really enjoy that."

The city's bowling alley, the Garry Theatre, and Selkirk Transit are all new exhibits.

Longbottom said the site features a Selkirk timeline that begins with the creation of the Town of Selkirk and takes visitors up to life in the City of Selkirk in chronological order.

People can explore the streets of Selkirk and historic homes on a self-guided tour, and the website features an interactive map including an icon that shows where you are as you travel the tour, guiding you to the various stops.

Visitors can click on an individual road and read about its history as they travel through the streets tour. The tour focuses on the streets along Eveline Street. Moreover, people can use keywords to search newspaper articles and bylaws.

Longbottom admits that the city still has a lot of catching up to do, even though there are many interesting materials to explore in the archive.

"We have documents and bylaws that date back almost 100 years ago, so we have a lot of content left to upload," said Longbottom.

"We continuously have people scanning and uploading these documents. While there are lots of things for you to search and read, it's nowhere near complete yet."

Starting in the fall, residents' oral histories will be part of the virtual experience.

The Selkirk Museum offers a mailing list for those interested in receiving updates about new exhibits or newly published articles. You can sign up right on their website home page.

Through the museum, Selkirk can capitalize on its tourism potential, improve its image, provide recreational opportunities for residents, and revitalize downtown in keeping with its strategic plan.

Council adopted a strategy and set up a steering committee to lay the groundwork for the museum. In addition, they developed a plan to assist in establishing a virtual wing of the Selkirk Museum and a community archive for the City of Selkirk.



RECORD PHOTO SUBMITTED

The Selkirk Museum's virtual wing features an interactive map with streets' history.

Eventually, there will be a physical museum in Selkirk, but until then, the virtual wing of the Selkirk Museum will take visitors back as far as

they are willing to travel. Check out the museum at selkirkmuseum.ca

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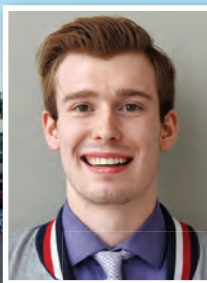
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Doctors Manitoba implore Manitobans to be cautious

By Ashleigh Viveiros

Manitoba's COVID-19 restrictions have eased significantly in recent weeks, but doctors are warning we're not out of this pandemic just yet.

"Manitobans have truly earned the opportunity to reconnect with family and friends and enjoy the best our province has to offer," said Dr. Kristjan Thompson, president of Doctors Manitoba. "But while we get out there, please be cautious. Wear a mask in public indoor spaces, stay home if you are sick, wash your hands, and get vaccinated."

"We don't want Manitoba to experience the fourth wave like we're seeing in other jurisdictions, with a more contagious Delta variant leading to serious illness and in some cases record hospitalizations among children and youth."

Thompson, who works as an emergency room physician at St. Boniface Hospital, is among the 79 per cent of doctors surveyed by Doctors Manitoba who say they are concerned too many pandemic restrictions are being loosened too

quickly.

"As an ER doc, I unfortunately have seen the sickest of the sick of COVID-19 patients," he said, noting he's lost patients to the virus. "Granted, the risk of COVID-19 has decreased in this province, and that's because people are going out and getting vaccinated. But that risk is not zero. A fourth-wave could come very soon to our province. How soon and how severe really depends on the actions, on the decision made by you, by individual Manitobans, by our businesses and our government in the coming weeks. Our province is still extremely vulnerable."

"Truth be told, our hospitals still haven't fully recovered from the third wave of this pandemic," Thompson continued. "Having a surge from a fourth wave means more surgeries are going to get cancelled, it means that our ICUs are going to get overwhelmed again."

To help avoid or contain a fourth wave, Doctors Manitoba is calling for the following actions:

- Everyone should continue to wear masks in public indoor settings, especially when that location is not limited to vaccinated people only.

- Businesses that continue to require masks and take other precautions should be applauded, not criticized, for their commitment to protecting their employees and customers.

- The immunization card should be used more widely, in the short term, to create more low-risk opportunities for fully vaccinated Manitobans to gather.

- At the first sign of a potential fourth wave, the mask mandate and other restrictions should be reintroduced without delay, using either a regional or provincial approach as deemed necessary by public health officials.

"Too many Manitobans have already died from this disease," Thompson said. "So many of us have ended up in hospital, have suffered, have had loved ones suffer. Many are living with the long-term complications following COVID infection, long COVID."

"And so we need to ensure that our families, our friends, our loved ones don't get added to these numbers."

Thompson urges Manitobans to follow the recommendations laid out by Dr. Brent Roussin and the provincial public health team, even if some of those recommendations are no longer reflected in the government's restrictions.

He also urges unvaccinated Manitobans to speak to their doctor for information on why the vaccine "is our ticket out of this."

More details on the vaccine and how to book an appointment is available at ManitobaVaccine.ca.

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Provinces that dropped mask mandates and other safety measures are seeing increases in infections. In Alberta, variants of concern make up the majority of cases and hospitalizations are on the upswing. Quebec will be implementing a vaccine passport in September for access to non-essential services. Ontario is considering administering a third dose of vaccine.

In Manitoba, the Interlake-Eastern health region is experiencing the highest number of active COVID cases (288) of all regions in the province, according to the provincial government's COVID dashboard (viewed Aug. 15). The government also identified 189 cases of the delta variant (B16172) in the Interlake-Eastern region.

Worldwide, over 4.3 million people have died from COVID, according to the World Health Organization.

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FALL & WINTER ACTIVITIES & registration section *2021-2022*

How to help kids find extracurricular activities

Sports may be the first thing that comes to mind when many parents think of extracurricular activities for their children, but not all kids are cut out for or interested in competitive athletics. But just because a youngster may not be the next star quarterback or captain of the soccer team does not mean he or she can't find an extracurricular activity to be passionate about.

Parents know that schoolwork comes first, but extracurricular activities can be important to a child's development, serving as an avenue to meet new people and an opportunity to learn the importance of teamwork. The following are a handful of things parents should consider when trying to help their children find the right extracurricular activities.

Interests

One of the easiest ways to help kids find an extracurricular activity they can be passionate about is to discuss their interests with them. Youngsters with a love of animals might enjoy volunteering at a local animal shelter

or hospital, while those who love to write may find writing for the school newspaper is a great way to apply that passion in a practical setting. Even kids with a passion for video games might be interested in learning about computer graphics and what it takes to design games. When trying to find extracurricular activities for your children, resist the urge to write off any of their interests. Instead, use those interests as jumping off points to further engage their passions.

Availability

Parents know that school comes before extracurricular activities, but kids may not be so wise. Keep in mind kids' existing workloads when helping them find the right afterschool activities. Many organizations are especially flexible with teenage volunteers or employees, but parents still must keep a watchful eye to ensure kids do not overextend themselves. Kids who overcommit to extracurricular activities may end up feeling burnt out, which can have a negative



Extracurricular activities can help youngsters develop into well-rounded adults.

impact on their schoolwork. Encourage kids to find activities they care about, but emphasize that these activities should not become bigger priorities than schoolwork. Let kids know that they can get more involved during summer vacation, but make sure kids don't devote too much of their time to afterschool activities during the school year. A couple of hours per week and even some additional time

on the weekends should not distract kids from their responsibilities at school, and that's still ample time for kids to explore their interests.

Extracurricular activities can help youngsters develop into well-rounded adults. Parents can help kids find the right activities while still encouraging them to keep schoolwork atop their priority lists.

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Decreasing family screen time

Smartphones and tablets appear to have staying power. The Pew Research Center confirms that smartphone penetration has surpassed the 50 percent mark among mobile subscribers. Many others are routinely using tablets to access books, television shows, movies, and magazines. In multi-screen homes, televisions are still king. According to a 2012 Nielsen report, the average American over the age of two spends more than 34 hours a week, or more than 4 hours per day, watching live television. Those findings should raise an eyebrow, as health experts warn that excessive screen time can be hazardous to one's health.

A sedentary lifestyle spent in front of computers and video game consoles contributes to poor health. Of the leading industrialized countries,

the United States has the highest obesity statistics, and Canada is not far behind. Obesity can impact cholesterol, cardiovascular health, risk for type 2 diabetes, and risk for stroke. Excessive screen time can lead to sleep and eating disorders, interfere with a person's ability to focus and negatively affect a person's performance at school or work. Getting a family active and reducing time spent in front of a screen can have profound effects, and reducing screen time doesn't have to be difficult.

* Gradually implement changes. Families immersed in electronic devices can cut down on screen time slowly and over the course of several weeks rather than tuning out cold turkey. Start by reducing time spent watching television or playing video games by one hour per week,

and gradually reduce time spent devoted to such activities in the ensuing weeks.

* Hide devices. The mantra, "out of sight, out of mind" can work with respect to digital devices. If tablets or smartphones are tucked away, family members may feel less inclined to reach for them at any given time. Just as you wouldn't stock your pantry full of fattening foods while trying to lose weight, don't make digital devices readily available throughout the day.

* Keep televisions out of the bedroom. Children who have televisions in their bedrooms tend to watch an additional 90 minutes of programming per day than those who do not have televisions in their room. Keep the television in a shared area of the house so that time spent watching the TV can be monitored and adjusted.

* Establish guidelines. Set firm limits on how much screen time will be allowed per day and stick with it. Adults can lead by example.

* Plan more family activities. Boredom can easily give way to time spent fooling around on the Internet or channel surfing. Parents should have a cache of ideas at the ready that promote active family time. Neighborhood walks or tossing around a baseball in the yard are enjoyable activities that cut back on time spent being sedentary. Encourage indoor activities, such as puzzles or board games, if the weather is not cooperating.

* Be steadfast. Do not throw in the towel too soon. Families should stand their ground when attempting to decrease their screen time in favor of healthier activities.

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FALL & WINTER ACTIVITIES & registration section 2021-2022

5 fun things to do at the park

A day at the park is one of the simplest and most cost-effective activities people can embrace as they look to enjoy the great outdoors.

Few things are better than a warm, beautiful day spent in the park. Parks attract millions of visitors each year. Many men, women and children view a visit to the park as a great escape. While it's perfectly acceptable to visit a park and spend the day napping on a patch of green grass, there are many additional activities that outdoor enthusiasts can enjoy when visiting a local park.

1. Hit the trails. Many people visit parks to go hiking. You might find your park has a series of hiking trails right on the property. Pick up a park map and figure out in what direction you plan to set off.

2. Take in the wildlife. Parks are home to local wildlife, and those who want to catch a glimpse of that wildlife can head to the park in the early-morning

hours when crowds should be light and things relatively quiet. Take inventory of the various bird species you see, or watch for deer or scurrying chipmunks. Kids can have fun sketching park animals.

3. Have a picnic. Pack a lunch, a blanket, a book and some sports equipment and head to the park for a picnic with family and friends. Let the kids play while the adults sit back and enjoy some casual al fresco dining.

4. Hold an impromptu game. Invite friends and family members to join you at the park and divide into two teams before playing a couple of innings of softball, volleyball or kickball.

5. Experiment with geocaching. Geocaching is a hobby in which individuals use latitude and longitude coordinates to pinpoint hidden caches. Inside boxes or containers they may find clues to another cache or even some small trinkets. Geocaching can be an interesting way to incorporate



science and global positioning lessons into a fun outdoor activity.

Enjoy a day at the park. The resource-

es are numerous, and the cost is often very low.



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Design ideas to give your home a farmhouse feel

Farmhouse style homes are having a moment. Homeowners recently surveyed indicated their favorite house style from a list that included bohemian craftsman, mid-century modern ranch, French chateau, and Tudor, among others. Modern farmhouse was the runaway winner, as participants indicated this simple, cozy style was their favorite.

Home renovation projects can help homeowners put their own unique stamp on their homes, and such projects can be both aesthetic and functional in nature. The following are some farmhouse design elements homeowners can consider as they look to transform their home interiors with this popular style in mind.

· **Exposed beams:** Exposed beams instantly evoke images of a farmhouse. The home improvement experts at BobVila.com note that this rustic renovation project can utilize real wood or faux beams that look like the real thing. Decorative beams that have nothing to do with a home's structural integrity can be installed by skilled do-it-yourselfers. However, even faux

beams are heavy, and BobVila.com recommends homeowners have an engineer assess their existing structure prior to installation.

· **Distressed wood finishes:** Distressing is designed to make something look less than perfect. Distressed wood finishes can be found throughout many farmhouse style homes. Furniture and picture frames can provide the distressed look farmhouse fans are looking for. This is a relatively inexpensive project that many homeowners can tackle on their own after watching some online tutorials that recommend the right tools and techniques to get the job done right.

· **Kitchen sink:** Many components combine to create a truly classic farmhouse kitchen. But perhaps no component is more essential than the classic farmhouse sink. The renovation experts at HGTV note that a classic farmhouse sink features a deep, wide basin. Farmhouse sinks are large enough to handle all the dishes that come after a big family meal. Old-fashioned porcelain sinks are worth consideration by homeowners who



want their kitchen sinks to evoke a traditional farmhouse feel.

· **Countertops:** HGTV recommends butcher block countertops for homeowners who favor European farmhouse style. Homeowners overhauling their kitchens to create a farmhouse feel should consider in-

stalling a large island with a walnut butcher block countertop for an authentic farmhouse feel.

Farmhouse style homes are wildly popular. Some simple renovations can help homeowners with a fondness for farmhouse style bring this classic look into their homes.

How to help houseplants survive a long winter

As fall gradually gives way to winter, gardeners expend ample energy preparing their flowers and plants for the months ahead. Plants may be pruned to increase the likelihood that they will return in full bloom come the spring, while lawns may be aerated so cool-season grasses can get the nutrients, water and oxygen they need when the temperatures dip. But what about houseplants? Do indoor houseplants need the same type of

pre-winter TLC that outdoor plants need before winter arrives?

As the seasons change, so, too, do the conditions outside. And those conditions affect indoor houseplants much like they do lawns, gardens and trees. So it's vital that people with houseplants do not overlook the need to keep houseplants going strong as fall gives way to winter.

Continued on page 17

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> HOUSEPLANTS, FROM PG. 16



Location

Hours of daylight shorten in winter, which means some houseplants won't get as much sun as they were accustomed to over the last several months. That means plants may need to be relocated closer to windows where they can make the most of each day's sunlight. However, it's important that there's ample distance between the plant and the window, especially when winter temperatures get especially cold. If the plants are too close to a window on cold days, they could freeze. Keep them close enough to the windows to get ample sunlight but far enough away so they don't get too cold. In addition, keep plants away from drafty windows as well as heating vents, as extreme temperatures are not conducive to healthy houseplants.

Watering

Watering needs also may change when the temperatures drop. Plant experts note that all houseplants need less water in winter. In fact, overwatering in winter can be especially harmful to indoor plants. Plant owners can try decreasing the frequency of their watering by half each winter and see how the plants respond.

Cleaning

Cleaning plants is another way to help them survive a long winter. Dust settles in many homes in winter, when windows tend to remain closed for months on end and fresh air isn't circulating around the house as much as it is in spring and summer. Dust inhibits a plant's ability to photosynthesize, thus compromising its ability to make it through a winter unscathed. Better Homes & Gardens recommends using a soft-bristle paintbrush, a toothbrush or pipe cleaner to remove dust from African violets and other fuzzy-leaved plants. Gently washing plants with a paper towel or cloth that's been

moistened with water can remove the dust. Oils and polishes should not be used to make leaves shine, as these substances can block pores on the plant.

Houseplants may need some extra attention in winter as hours of daylight dwindle and indoor conditions make it hard for plants to survive.

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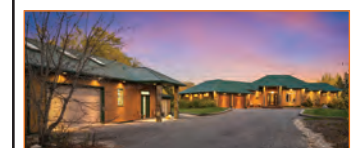
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Health officials keeping an eye on impending fourth wave

By Ashleigh Viveiros

Manitoba's number of daily new COVID-19 cases remained in the double digits at the start of the week.

In the Monday bulletin, public health officials announced 102 new cases of the virus: 25 cases from last Friday, 24 on Saturday, 20 on Sunday, and 33 on Monday.

Manitoba started the work week with 591 active cases and 56,271 total recoveries. The number of COVID-19 patients who have died in Manitoba has reached 1,187, including three from the Prairie Mountain, Winnipeg, and Interlake-Eastern health regions who succumbed to the virus over the week-end.

There were 69 people in hospital with the illness on Monday, including 12 in intensive care.

The current five-day COVID-19 test positivity rate was 1.8 per cent provincially and 1.4 per cent in Winnipeg.

Interlake-Eastern Regional Health was reporting 280 active cases of the virus at press time. In the Interlake-Eastern region, four new cases announced on Monday. A number of communities were recording active cases: Beausejour 11, Eriksdale/Ashern 10, Fisher/Peguis 134, Northern Remote 27, Powerview/Pine Falls 74, Springfield six, Stonewall/Teulon seven and the Unknown district seven.

While case counts remain low in Manitoba right now, deputy chief provincial public health officer Dr. Jazz Atwal noted health officials are keeping a close eye on how the fourth wave is beginning to play out in other jurisdictions.

"We're taking a look at what's happening in other provinces," he said, noting case counts and hospitalizations are increasing in other parts of Canada.

"Some have said this is a pandemic of the unvaccinated right now," Atwal continued, "and I think there's a lot of evidence supporting the impacts on unvaccinated individuals and severe outcomes because of COVID, and what we're seeing across many jurisdictions and in our own experience is just that."

Over 80 per cent of eligible Manitobans have gotten the COVID-19 vaccine so far, but there are thousands of younger children for whom no vaccine has yet been approved.

"The best way to protect our children is for everyone who's eligible to get a vaccine to get that vaccine," Atwal stressed.

Vaccine eligibility widens

The province has announced that children who are turning 12 years old in 2021 are now eligible for the vaccine, even if their birthday is still to come between now and Dec. 31.

While Health Canada has not yet approved a COVID-19 vaccine for children under the age of 12, Dr. Joss Reimer, co-lead of the vaccination task force, noted this widening of eligibility is in line with the existing vaccination program in schools, which gives vaccines to children based on birth year not exact age.

"When we do school-based vaccinations we do it on a cohort basis," she explained. "So we go in and we provide vaccinations for a variety of things based on what grade students are in and offer it to the whole class, the whole cohort at one time."

"As we move into the school year, we need to have a similar process for COVID," Reimer said, noting they plan to offer the COVID-19 vaccine approved for youth at all Manitoba schools this fall.

Discussions with schools and public health nurses have made it clear "logistically it was a much better approach to include the entire cohort instead of breaking it up and having some of the children in a grade getting the vaccine and others not," Reimer said, noting that there is little physiological difference between a child who is 11 years, 10 months old and one who is fully 12 years old.

Opening eligibility up to 11-year-olds a few months shy of their 12th birthday is expected to allow between 4,000-5,000 kids to get vaccinated against COVID-19.

Reimer reminds parents that they don't need to wait to have their child vaccinated at school—eligible youth can get their shots at any immunization clinic in advance of classes beginning.

Those clinics are also now also offering the other school-based vaccines (HPV, hepatitis B, tetanus, etc.) that students may have missed over the past couple of years of remote learning. Details are available by calling 1-844-626-8222 or going to protectmb.ca/school-immunizations.

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Selkirk Record

Patients are talking about their teeth

BY ELISHA VANDOR,
OPINIONS GIVEN BY ACTUAL PATIENTS

On Friday afternoon a phone call came in and the lady on the other end explained that she lost her partial denture. To say she was 'in a pickle' is an understatement because she had a family function happening only 2 days later, and needed her teeth back! It's never an ideal time to have something like this happen, but we're prepared to help in any way. Having an on-site laboratory really gives us the upper hand because we are able to do repairs, relines, and even make a new denture within a day or two. So, we were able to have a new partial denture (for a panicked patient) made in time for her Sunday afternoon festivities. She said, "I lost my partial plate Friday morning in a panic, I called Vandor. Well I not only got it replaced, it was ready before the weekend was over!! It fit better than my old one and looked 10x!! Brock is truly amazing. From how comforting he is to how talented he is to recreate my smile. I truly cannot thank them all at Vandor Denture Centre enough!!"

While we're on the topic of getting new dentures, a patient came to see us because she had her partial upper denture for quite some time. Due to the uncertainty regarding the strength of the partial from natural wear and

tear over the years, she decided it was time for a new one. Since she's had the denture, she stated, "A great experience. I love my new teeth. My friends and family just love them as well, lots of compliments! They love the natural colour I chose. Matthew and Brock treated me so good. The impressions and fittings were very comfortable with how they did them. I highly recommend you to come to Vandor Denture Centre!"

It's always nice getting a new smile that looks natural and functions properly! What about someone who's had their teeth for a while? Do we ever hear back from former patients in regards to how they're doing? The answer is yes! Catrina comes in every year to have her permanent denture taken out and professionally cleaned and polished. She came in a few weeks ago to update us in regards to how she's doing with her denture that's fixed permanently to implants. She said, "Oh, it's really nice to have. I am really pleased with it. I've had no problems since I got the teeth done years ago. I can eat anything, whatever I like and have no problems. There's no doubt I would recommend getting dental implants."

To read what people have been saying, just Google Vandor Denture Centre and read our reviews. If you any have questions, we are on call 24/7 and happy to help with your denture and dental implant needs.



- supplied photo -

Denturist Matthew has a good laugh (behind his mask) with a patient after she receives a new partial denture. What she says about the denture is featured in the article.

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Winnipeg River Museum gets funding boost

Final stages started after devastating fire in 2014

By Katelyn Boulanger

Wayne Ewasko MLA for Lac Du Bonnet announced over \$380,000 in provincial funding for the Winnipeg River Heritage Museum on Aug 13.

"It gives me great pleasure today to be part of this announcement on behalf of my colleagues, Premier Brian Pallister and of course, I'm joined by my wonderful colleague, Miss Cathy Cox, Minister for Sport, Culture and Heritage, also joined by our Member of Parliament for Selkirk Interlake Eastman James Bezan and of course, we've got quite a few elected dignitaries in the room as well," said Ewasko to start off the celebration.

This is welcome news for the museum who after a fire in May of 2014 lost many artifacts but were also able to save many of their artifacts through the efforts of those involved in the museum.

This announcement celebrates the total of over \$377,000 for the museum through the Investing in Canada Infrastructure Fund, a federal-provincial partnership, and over \$13,000 from the Manitoba Building Sustainable Communities Grant which has allowed the museum to make some big changes.

"Since the fire in 2014, We have been very busy, we never stopped operating, we had temporary headquarters and we have been actively pursuing all funders across Canada that we can get our hands on, basically," said Diane Dubé, Director and curator for the Winnipeg River Heritage Museum.

In addition to Ewasko, minister of sport culture and heritage, Catherine Cox was also there to congratulate the museum staff and volunteers on how hard they've come since the fire.

"Thank you for taking on this renewal project. I understand that everybody was devastated when the fire occurred, but boy, oh boy, I mean, you guys just rolled up your sleeves and got back to work immediately and that it really is remarkable," said Cox.

Local MP James Bezan agreed saying, "This is an amazing accomplishment, considering the devastation that happened in 2014 and it all comes down to the tenacity of Diane and the work directors and the local municipalities working together to rebuild this issue. I always say if you're going to plan for the future, you got to understand your past. If you never tell the story, how are you going to be able to go forward and we've really been able to capture

this, I think, even more so than the old museum," said Bezan.

For residents that haven't been to the museum, it's located in St. George and is unique as it tells the story of the Winnipeg River as the main fur trade route from Eastern Canada to the prairie interior as well as discussing more modern heritage such as the resource and industrial heritage of the area and it's role as an aviation centre serving Manitoba's north.

This latest funding announcement means that the museum will be able to expand into its final phases of development.



RECORD PHOTOS BY KATELYN BOULANGER
Pictured from left to right: Cathy Cox, Minister for Sport, Culture and Heritage, Member of Parliament for Selkirk Interlake Eastman James Bezan, Diane Dubé, Director and curator for the Winnipeg River Heritage Museum, Gil Hallgrimson, President of the Winnipeg River Heritage Museum board, and Wayne Ewasko MLA for Lac Du Bonnet at the funding announcement.




Diane Dubé, Director and curator for the Winnipeg River Heritage Museum speaking at the funding announcement.


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> MEAL IDEAS

Lamb Meatball and Veggie Skewers with Herb Sauce



Total time: 1 hour, 30 minutes

Yield: 6 skewers

6 wooden skewers

1 pound Atkins Ranch ground lamb

2 large eggs

2/3 cup Italian breadcrumbs

1 teaspoon olive oil

1/2 cup finely minced yellow onion

1 clove minced garlic

1/4 teaspoon coriander seeds, crushed

1/4 teaspoon red pepper flakes

1/2 teaspoon kosher salt

freshly ground black pepper, to taste

1 medium red onion, cut into 1-inch stacks

1 medium green bell pepper, cut into 1-inch stacks

1 medium red bell pepper, cut into 1-inch stacks

Herb Sauce:

1 cup flat leaf parsley

2 teaspoons fresh rosemary leaves, minced

2 tablespoons capers

1 lemon, juice only

2 cloves garlic

1/4 cup extra-virgin olive oil

grilled Italian bread, for serving

Soak skewers in water 10 minutes.

In large bowl, break apart ground lamb; add whisked eggs and breadcrumbs.

In small saute pan, add olive oil then saute yellow onion, garlic clove, coriander seeds, red pepper flakes, salt and pepper, to taste, about 5 minutes, until onion is translucent and spices are fragrant. Add to bowl with lamb. Mix until combined and form into roughly 1 1/2-ounce balls.

Add meatballs to skewers, alternating with onions and peppers. Cover and refrigerate 1 hour to ensure meatballs hold together during grilling.

To make herb sauce: In immersion blender, blend parsley, rosemary, capers, lemon juice, garlic and olive oil until smooth. Refrigerate until serving.

Preheat grill to medium-high heat.

Grill skewers about 3 minutes on each side, or until meatballs reach 150 F internal temperature. Rest 5 minutes. Serve with dipping sauce and grilled Italian bread.

Stuck in a rut of dread, anxiety or fear?

By Shawna Howard Certified Life Coach

Do you ever say or think things like "I can't stand this!", "I'll never make it through.", "One more thing and I'm gonna lose it!", "That's it! I'm done!"

When your alarm goes off in the morning are you already dreading the day? Woefully counting all the duties ahead. Do you have days where you just want to pull those covers back over your head and stay hidden from the world?

Honestly, I've been there too, more times than I care to remember! I've had mornings where I planned out the whole day inside my head and imagined everything that could possibly go wrong before my feet even hit the floor! Not a good way to start the day, I don't recommend it! Being uptight, full of dread and anxiety is definitely not the victorious life Jesus died to give us!

When life gets overwhelming, discouraging, or unfulfilling; it's time to look at exactly what's working and what's not. How on God's green earth did we arrive here? Somehow or another, it snuck up on us and now it's biting us right in the rear end! Stealing our peace, disintegrating our power, and manipulating our moods!

I want to encourage you today; no matter what situation you are in, you matter, your life matters and your specific calling ...matters. You are so deeply loved, needed, and wanted. I know this may seem incomprehensible when the storms of life are raging.

How do I find my way out of this?

Be intentional, pause, breathe and look up. Open your beautiful eyes and simply look up. There's the light, the truth, the answers and the reason to keep going and fighting for a fulfilling, enjoyable and exciting life. Do what you are being led to do and then lay the rest at the feet of Jesus.

This is not the time to be distracted or complaisant, it's your

time to thrive! You are here at this exact time in history for a unique purpose, a specific calling. It may be time for a change!

My dad once told me that no matter how desperate life gets, there's always a reason to keep going. There's always hope. It's as simple as making a change. He said "Shawna, if life ever gets that bad, then do something different. Make a change. But never, never give up." (He was a Proverbs man.) Simple, wise words. Though, not always easy to implement.

Put things in perspective, assess, then act.

Slow down and take a long hard look at what you truly desire for your life. Where do you see yourself one year from now? 5 years from now? To get to where you want to go, it all starts with one solitary step. The determined step that says "I've decided. I'm moving forward. I'm going to make that change! I'm going to be the change!"

Your time and energy are valuable. We all get 24 hours a day and it's up to us to dedicate time to our priorities. When was the last time you assessed your days activities and tasks? Keeping our priorities straight will help us be productive and lead to a greater sense of peace.

Obviously, we all have obligations; but there may be some things you can cut out, prioritize, or start doing, that will move you in the direction of a better more fulfilling tomorrow. No more hiding under the covers, dreading the day. No more wishing for things to be different.

The power to make a change is in you. You can be the force that changes things for the better! Be proactive in daily decisions and actions as you set your mind and keep it set. That vision you have for your future is attainable!

Sadly, some people wait until something tragic or life altering, forces them to look at how they're liv-

ing. Others reach the end of their life and wonder what could have been, had they done things differently and had their priorities straight. Still others give up and settle, thinking this is just what life has dealt them and their dream is simply too far out of reach. Then, there are "wishers", who spend their time wishing but they aren't willing to put in the hard work, sacrifice and effort to see a change.

How can we possibly know what tomorrow will be like if we won't take the steps and make the commitment today to do what we will be happy with tomorrow?

It's a choice. If you aren't living your best life; that first step is calling your name. Your better life, is beckoning and reaching for your hand to pull you from that rut. Will you answer the call?

Some Coaching Questions for You:

1. What are your core values / top priorities in life? Does it show?
2. To get to where you want to be, what could you stop doing, start doing, do less or more of? Are you willing to put in the effort? Change your thinking? Look closely and evaluate your attitudes?
3. Have you settled for less than what you truly want? If so, in what areas?
4. If you were told today that you have only a limited time to live, what would you do differently?

You can reach me at daretosoar-lifecoaching@gmail.com with your questions, comments and feedback. Taking that step in bold determination.

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House of Economy gives back to community despite pandemic

\$72,000 goes to community organizations

By Katelyn Boulanger

Despite the COVID-19 pandemic, Selkirk's House of Economy with help from their volunteers and donations from the community were recently able to give \$72,000 divided among four community groups.

"Today was a very nice feeling knowingly that COVID-19 had been around, and that we had been closed for a while. We're down to limited hours only still and still [we were] able to generate \$72,000 to give back to the community," said Colleen Girling, President of the House of Economy Community Group.

The House of Economy is a thrift store run in partnership by four community groups who pool their volunteers in order to raise funds that the groups use in our community. Each of the Selkirk Community Art Centre, Selkirk Friendship Centre, Gordon Howard Centre, and House of Economy Community Group received \$18,000.

This feat is even more impressive when you realize that the group doesn't sell any item for more than \$100.

"It takes a lot of manpower and a lot of work to sell. You're selling articles for 50 cents or a dollar, or 25 cents. It takes a lot a lot of articles to generate

\$72,000," said Girling.

The items that are sold are all donated by Selkirk and area residents who want to see a second life for things they no longer have a use for.

"We have to thank our customers a lot and the people that have donated to us. They are special people in our store because if it wasn't for people donating stuff, and people shopping in our store, we wouldn't be able to come up with a figure like this," said Girling.

Despite the pandemic reducing their ability to be open, residents definitely continued to support them with this year's total still being reasonably normal compared to past years' fundraising efforts.

However, one area that the pandemic is still affecting, despite loosening restrictions, is their reduced hours as not all volunteers are able to come back in the ways that they volunteered before. Because of this, as always, the group is accepting new volunteers and residents who are interested are invited to stop by and speak with workers to learn more.

If you would like to donate or check out their many gently used treasures the House of Economy is open weekly between 10 a.m. and 2 p.m. Monday to Saturday.

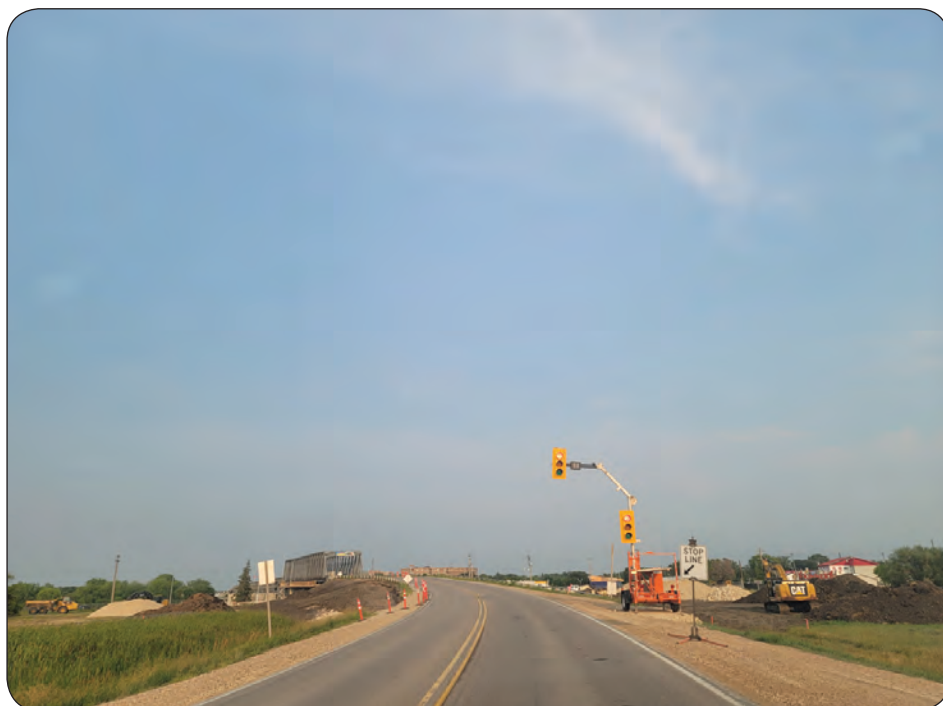


RECORD PHOTOS BY KATELYN BOULANGER
Volunteers and funding recipients from the House of Economy.



Lillian Morrissette, House of Economy's longest running volunteer presenting a cheque to House of Economy Community Group representatives Colleen Girling and Erika Kutting.

One lane closure begins at SALD



RECORD PHOTO BY MICHELLE BALHARRY

On Aug. 9, the one lane closure began at the St. Andrews Lock and Dam. Traffic lights have been installed at each end of the bridge to navigate vehicles through the single lane. Maximum width is 3 metres wide. Motorists can expect delays throughout the project slated for completion in fall of 2022.



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Bob Jefferson Memorial Golf Tournament makes its return

Swinging for the green and raising funds for the community

By Katelyn Boulanger

It's that time of year again folks. The Bob Jefferson Memorial Golf Tournament is back and better than ever with a slightly modified event to keep everyone feeling safe while also keeping all of the fun events you love thanks to loosening COVID-19 regulations.

The Bob Jefferson Memorial Golf Tournament is a Texas Scramble style tournament hosted every year at the Selkirk Golf and Country Club. This year individuals or teams can register to play on Sept. 9.

"Bob's tournament was always a community event. It was very inclusive. It was accessible and had a wide range of people that participated and I think we've tried to keep that spirit alive after Bob passed and it has been named the Bob Jefferson Memorial Golf Tournament, and because it is a community event, we didn't want to go another year without having," said Michael Buhr Certified Financial Planner for IG Wealth Management who are hosting the tournament and past chair of the Selkirk & District Community Foundation.

The Bob Jefferson Memorial Golf Tournament was founded by Jefferson and then later named in his honour. He was a big believer in community and used this as a way to contribute to the people in our area.

"Bob's commitment to the City of Selkirk and the surrounding districts of St. Andrews and St. Clements is legendary. He was a teacher and principal, I mean, he was a community leader," said Buhr.

Because when they were planning the tournament this year, the Community Foundation and IG Wealth Management didn't know what COVID-19 restrictions might be in place at the time of the event, they modified the event to keep participants safe with the knowledge they had and did their best to make modifications so community members who may not be ready to participate in a large event feel comfortable.

"Typically, you would have a day of golf, there might be activities and some holes where there would be prizes, and then usually there's dinner afterwards, and speeches and awards and all that kind of stuff. Well, we didn't know whether we could have 150 people sitting down at a meal with COVID-19 protocols, so, we're not doing that this year.

"Instead, we're going to have food stations on the course. There'll be three different food stations on the course. Also, it's going to start at noon, which is an hour earlier than in the past, we always used to start at 1 p.m. We're going to start at noon so people will probably be done their golf by around five o'clock, give or take, and there will be a 50/50 draw.

"There might be some prizes to be won but not to the same degree as there was in the past and any winners will be notified afterwards, so there'll be no congregating afterwards, and people will be home for dinner with their families, so it'd be a nice afternoon of golf and community," said Buhr.

Even though the event is being modified funds raised will still go to the Selkirk Community Foundation who regularly distribute needed funds to community groups in and around Selkirk and as usual, residents can sign up through the Selkirk Community Foundation at fin.manager@sdcf.ca or 204-785-9755.

Anyone who wants to participate to learn more about this event should feel free to get their golf swings ready and sign up.

"Because of its commitment to community, a lot of the people who participate have that same sense of community.

"So it's always nice to get together with these people that you know, that all are like-minded and want to see betterment in our community and celebrate our community," said Buhr.



RECORD FILE PHOTO SUBMITTED


The Bob Jefferson Memorial Golf Tournament will be held on Sept. 9

Renovation continues at Selkirk Water Tower



RECORD PHOTO BY BILL NEWZMAN SMYTH

The Selkirk Water Tower is still undergoing renovations on Aug. 16.



217 Clandeboye Ave., Selkirk
Proof Deadline **Fridays at 4 p.m.**
Booking Deadline
Mondays at 4 p.m.
Office Hours: Monday-Friday 9:30-5:00



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bisons bounce Blue Jays from MJBL playoffs

By Brian Bowman

The Altona Bisons were the Interlake Blue Jays' nemesis during last weekend's Manitoba Junior Baseball League playoffs.

Altona defeated Interlake twice, including a wild and wacky 19-18 decision on Sunday afternoon in Stonewall.

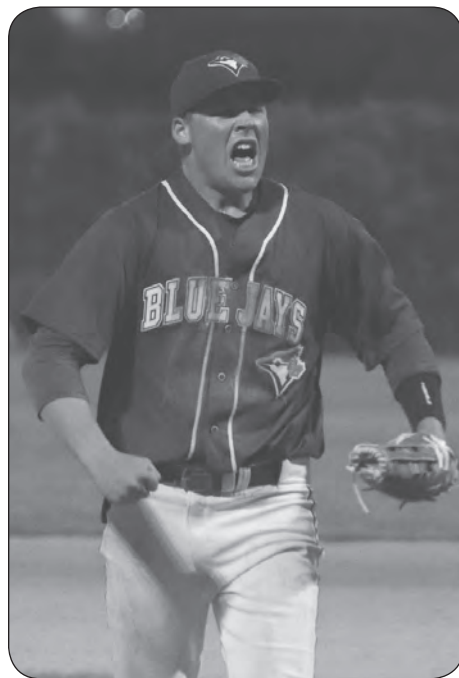
Interlake started its playoffs with a tough 10-6 road loss to the Bisons on Friday.

But the Blue Jays were far from done after that loss.

Interlake roared back to defeat the St. James A's 9-7 on Saturday afternoon and then edged Winnipeg South 7-6 that evening.

The Blue Jays wrapped up their regular season with a 6-4 loss to the Carillon Sultans last Wednesday in Stonewall.

Interlake finished the regular season in last place in the seven-team league with a 5-13 record.



The Blue Jays' Liam Allen is pumped up during an MJBL playoff game.



Blue Jays' right-hander Cole Olfert delivers a pitch during the Manitoba Junior Baseball League playoffs.

RECORD PHOTOS BY KEN ALLEN

Pirates' teams busy on the ball diamond

Staff

The North Winnipeg Pirates' U18 "AAA" baseball team ended their regular season with a victory on Sunday.

North Winnipeg defeated Pembina Hills 6-1 at Koskie Field. The Pirates lost 4-1 to Pembina Hills earlier in the day.

Last Thursday, the Pirates were blanked 8-0 by the Bonivital Black Sox at Whittier Park.

North Winnipeg ended its regular season with a 10-8 record to finish in

fourth place in the nine-team league

In 15U "AAA" action, the St. James A's dropped a doubleheader to Oil-dome, losing 3-0 and 12-5, in Boissevain on Sunday.

Last Wednesday saw the A's drop a 14-4 decision to the Carillon Sultans.

St. James will host the Red River Valley Pioneers on Wednesday and then will play the Winnipeg South Wolves on Friday. Both games are slated to start at 6 p.m.

The 13U "AAA" Pirates, meanwhile,

split a doubleheader with Pembina Hills on Sunday. North Winnipeg won 15-4 but then lost 3-2.

Last Thursday, North Winnipeg beat the Carillon Sultans 12-7.

On Aug. 9, the Pirates defeated the Interlake Orioles 16-5 in Stonewall.

North Winnipeg visited the St. James A's this past Tuesday but no score was available. The Pirates will then host the Bonivital Black Sox this Thursday (6 p.m.) at the Sunova Centre in West St. Paul.

Quebec's Parr wins Canadian Junior Boys Championship

Staff

Jean-Phillippe Parr of Quebec shot a final round two-over par 74 to win the Canadian Junior Boys Championship by a single stroke over Cooper Humphreys of British Columbia and Nova Scotia's Owen Mullen.

Parr finished the four-day event at 10-under 278.

Jack Taylor of the St. Charles Country Club made four birdies, four bogeys and 10 pars for even par 72 in his final round and tied for 23rd place.

Ryan Blair of Pine Ridge Golf Club shot an 83 to conclude play 69th on the leaderboard.

Manitobans failing to make the cut included West St. Paul's Adam Ingram (Elmhurst Golf & Country Club) 80-85 (+21), Noah Fiks (Pine Ridge Golf Club) 76-79 (+11), Jordon McDonald (Breezy Bend Country Club) 78-78 (+12), Jose Mekish-Lacquette (Golf Manitoba Public Players Club) 77-81 (+14), Eric Prokopowich (Golf Manitoba Public Players Club) 78-84 (+18), and Feanor Valaquenta (Southwood Golf & Country Club) 81-83 (+20).

150

Manitoba Basketball Hall of Fame induction dinner postponed

From Basketball Manitoba

The Manitoba Basketball Hall of Fame and Museum has announced that the 2021 Manitoba Basketball Hall of Fame induction dinner, originally scheduled for Sept. 25 is being postponed.

The Hall of Fame committee voted unanimously on this matter at a recent meeting. Due to the continued uncertainty relative to the COVID-19 pandemic and the ever-evolving provincial health orders and regulations, it was felt that this difficult decision was necessary. The Hall wants to honour its newest inductees appropriately and also wants all of those attending to feel comfortable about being in a large group gathering. A new date is being explored and it will be in the new year, perhaps September or October 2022. The Hall thanks everyone for their patience, understanding and support as it works through these challenging and unprecedented times.

Giants reach MJBL final

Staff

The Elmwood Giants advanced to the Manitoba Junior Baseball League final this past Monday.

The Giants, whose roster includes local players Tyler Smith, Owen Nychyk, Kevin Burnett, and Dylan Duguay, played the Pembina Valley Orioles in the final of the double-knockout format but no score was available at press time.

The Orioles had to beat the Giants twice to claim the championship.

Elmwood earned a spot in the final after defeating Pembina Valley 9-8 on Sunday afternoon.

Elmwood, which finished its regular season in first place with a 16-1-1 record, started its playoffs with a dominating 8-0 victory over Winnipeg South last Friday.

Jets Hockey Development Camp coming to Selkirk

By Brian Bowman

For the first time ever, the Jets Hockey Development Camp will be making a stop in Selkirk.

The camp, slated for Aug. 30 to Sept. 2, will take place at the Selkirk Recreation Complex.

There will be four sessions for each age group that will consist of 18 skaters and two goalies and either two or three instructors (depending on the number of players registered in each group).

Age groups and ice times are 2011-12 (5 p.m.-6 p.m.), 2009-10 (6:15 p.m.-7:15 p.m.), 2007-08 (7:30 p.m.-8:30 p.m.), and 2004-06 (8:45 p.m.-9:45 p.m.).

Cost for the camp is \$160 plus tax and each player will receive a Jets Hockey Development Camp jersey.

"We're trying to help out kids and get them ready for the upcoming season," said Brett Wur, an instructor and former Selkirk Fishermen. "This is the first time in Selkirk and I was really pushing for it. There's not a lot in Selkirk for hockey camps. Usually players have to go to Winnipeg or they have to wait and maybe the Steelers or Fishermen put one on. But it's not really consistent so I wanted to push to move out (to Selkirk) and the sur-

rounding areas."

Dave Cameron, the head on-ice instructor and program manager of Jets Hockey Development, has vast experience teaching players of all ages how to properly play the game.

"Building a development program for players is best done through quality instruction and consistent ice time over a specific period," Cameron said.

"Helping players to build confidence in themselves through detailed instruction, quality repetition and exposure to game situations, is something that we believe will allow players to raise their level. We take a lot of pride in helping players continue to develop and we look forward to getting back on the ice with players."

The Summer Prep Camp will focus on developing players' individual skill sets and help players build confidence in all areas of their game right before the season gets underway. The Jets Hockey Development coaches will work to push players to another level, to improve on their skating and puck-handling abilities, through detailed instruction and personal feedback. Players will learn why they are doing specific things and where to use these topics in games. Sessions



RECORD PHOTO SUBMITTED

Brett Wur, a former Selkirk Fishermen, will be an on-ice instructor at the Jets Hockey Development Camp that will take place from Aug. 30 to Sept. 2 at the Selkirk Recreation Complex.

will progress from teaching specific skills to executing these skills with pace in both situational drills and competitive situations, while learning in a safe and fun environment.

If anyone would like more information regarding programming, please email bwur@tnse.com or call 204-926-5882.

Strike Force kicks off season with pair of wins

Staff

The Tri-S Strike Force are off to a great start in their Manitoba Major Soccer League 5th Division season.

Tri-S is a perfect 2-0 after it blasted Superbia FC 5-0 at Buhler Recreation Park on Aug. 9.

Hyhram Dueck led the Strike Force with two goals while Tyler Golden, Abdallaha Abdallaha, and Dexter

Racicot also tallied.

Tri-S started its season with a solid 4-2 victory over Scrubs United at Memorial Park Turf Field on Aug. 5.

Tri-S played Saints United this past Tuesday but no score was available.

The Strike Force will then take on SCM Academy on Monday (10 p.m.) at Shaughnessy Park.

Interlake Thunder football now taking registrations

By Brian Bowman

The Interlake Thunder has announced the dates and times for the 2021 Manitoba Minor Football League and Rural Manitoba Football League registration.

For in-person registration, masks are required and the Thunder expects only one person per household to attend.

Online registration is available by email to finance@interlakethunder.org.

The Thunder are extremely excited about getting back on the football field.

"Some of those guys have been waiting a long time so we're going to do everything that we can to make it

work for them and make it as normal of a football season that we can," said Thunder president Mitch Obach last week.

The Thunder expect to start practicing either late this month or early September with the seasons to begin in mid-September.

"It's later than usual but not considerably late," Obach insisted. "Hopefully, they can play a decent football season."

Minor football registration is for the Manitoba Minor Football League. The Thunder participate in the MMFA at the Cruncher, Atom and PeeWee levels.

These age groups are open to all athletes born between 2008-2013.

MJHL announces playoff format

From the MJHL

The Manitoba Junior Hockey league has announced the playoff format to be implemented for the 2021-22 season.

The 2022 MJHL playoffs are scheduled to begin March 18. The top four teams from each division will advance to a divisional round 1 (quarter-finals) best-of-seven series based on regular-season points. Winners from the first round from

each division will advance to a non-divisional second round (semi-finals) best-of-seven series based on regular-season points.

The two winners will then advance to league championship in a best-of-seven series for the opportunity to raise the Turnbull Trophy and represent the MJHL in the ANAVET Cup versus the Saskatchewan Junior Hockey League Champion for a spot in the 2022 Centennial Cup.

The Thunder are asking individuals to complete their online Football Manitoba registration first for MMFA.

The senior football registration, meanwhile, is for the Rural Manitoba Football League (RMFL). The Thunder participate at the high school age level and this age group is open to all athletes born between 2004-2007.

RMFL athletes must currently be enrolled in a high school to participate.

In-person registration dates for MMFA and RMFL were this past Tuesday and this Thursday at the Stonewall Ice Palace Arena from 6:30-8:30 p.m.

People are asked to email finance@interlakethunder.org for registration details or to register online.

Arraignments can be made through email for registration forms. Payment can be made by cheque, cash or by e-Transfer.

Fees currently remain at the previous levels as found on the Thunder website.

The Thunder expect a full season of RMFL football and will adjust as needed depending on the MMFA schedule.

"The plan with the rural league is that they plan to play a six-game schedule with two rounds of playoffs," Obach explained. "Normally with our eight-team league, it's a seven-game schedule plus playoffs. It's one game shorter than a normal season would be."

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

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Here's How It Works:

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

Sudoku Answer

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

Crossword Answer

A	V	C				B	E	N	
L	O	B				V	N	I	D
V	W	V				V	N	I	R
E	N	V	I	D		O	B	V	
R	V	I	T	I	M	V	R	L	T
						V	N	R	S
S	K	O	I	S	G	N	I	K	T
S	E	V	O	F	V	S			
S	I	V	P						
V	H	V	R						
E									

X CROSSWORD

CLUES ACROSS

- Midway between east and southeast
- Sun up in New York
- Japanese honorific
- Czech name for Prague
- Ochocinco's first name
- Steep cliffs (Hawaiian)
- Scots word for "home"
- Upper class young woman (abbr.)
- Monetary unit of Albania
- Raise
- Drain of resources
- Uncultured, clumsy persons
- Hikers use them
- Retrospective analysis (military)
- Tibetan form of chanting
- Influential European statesman
- Soluble ribonucleic acid
- Monetary unit of Romania
- Round green vegetable
- Well acquainted with
- Ribosomal ribonucleic acid
- Basics
- "The Godfather" actress Keaton
- Snakelike fish
- Tall deciduous tree
- Russian river
- Long Balkans river
- Ancient Greek coin
- Senegal's capital
- Unwell
- Snout
- Low bank or reef of coral

1	2	3					4	5	6					
7							8				9			
10			11				12							
13							14	15			16			
17			18			19				20				
21					22	23			24					
					25			26						
					27	28			29					
					30			31						
					32			33		34	35	36	37	38
39	40				41					42				
43				44						45				
46				47						48				
49													50	
														52

CLUES DOWN

- Abstain from
- Vast desert in North Africa
- Cover the crown of a tooth
- A major division of geological time
- Urban center
- Crook
- Counteroffensive system (abbr.)
- Shows who you are
- Questions
- A pack of 52 playing cards
- Recording of sound
- Pithy saying
- Atomic #22
- Soviet Socialist Republic
- Plant with ridged seedpods
- Innate
- Investigative body for Congress (abbr.)
- Soda receptacle
- Spanish stew: __ podrida
- Viet Cong offensive
- Large body of water
- Beginning military rank
- Dissimilar
- Counteroffensive system (abbr.)
- Shows who you are
- Chinese dynasty
- Type of verse
- African nation
- Quite
- Former Bucks star Michael
- Showed again
- Body part
- Steal

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RM OF WEST ST. PAUL Request for Proposals 2021-03 Community Mural

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

The mural will be commissioned to be completed Fall 2021.

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

Sealed submissions clearly marked **Request for Proposals 2021-03 – Community Mural** will be received by the undersigned at the address below until 12:00 noon on Thursday, September 2, 2021. Late submissions will not be accepted.

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

All inquiries related to the Request for Proposal should be directed to Brent Olynyk, CAO by email cao@weststpaul.com.

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



R.M. OF ST. ANDREWS REQUEST FOR QUOTATION RFQ 2021-03 Aggregate for Winter Mixed Salt & Sand

The R.M. of St. Andrews requires quotations for the supply and delivery of winter mixed salt & sand.

- 1000 tonnes of aggregate for winter sand to M.I. Highway Specification 950(1)
- Supply & Deliver – To Clandeboye Yard) by September 30, 2021.

Closing date for accepting quotations is **September 2, 2021 at 4:00 pm.**

Further information or clarification can be obtained from the contact below.

Submit quotations to the attention of the contact below by email, or deliver in an envelope labeled **“RFQ 2021-03 Winter Mixed Salt & Sand Quotation”** to:

Contact:
Rick Palmer
Public Works Superintendent
Box 130, 500 Railway Ave.
Clandeboye, Manitoba
ROC 0P0
204-738-2076
rick@rmofstandrews.com

All quotes should be stated in Canadian funds and include the total price, including all applicable taxes.

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SHOP LOCAL

HELP WANTED

Survivor's Hope Crisis Centre (SHCC) works to offer hope and healing through support and education for those impacted by sexual violence in the Interlake Eastern region of Manitoba. Currently, SHCC is seeking individuals for the following: Youth Facilitator to deliver in school violence prevention programming and afterschool mentorship programming to foster leadership, and Community Engagement and Network Coordinator to assist in exploring the development of a provincial network of sexual assault providers and enhancing SHCC services within the region. Closing date September 3, 2021. For more information see: survivors-hope.ca/get-involved/

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Lockport Taxi has a position open for a driver. Part time/full time, class 4 licence required. \$13/hr. Ph. Glen at 204-757-7377.

MISCELLANEOUS

Firewood for sale. Please call 204-757-2136.

FOUND

Found near Manitoba Ave & Clandeboye Ave in Selkirk, bag of wedding photos of Marla & Darryl. To claim, please call the Selkirk Record office at 204-785-1618.

PERSONALS

Dauphin, MB/Missing Person – AWOL/Centennial Farm Recipient, Raymond Alexander McKillop. Last known, 2012 living in Grand Prairie, Alberta. Any information to kwmckillop@sympat.ico.ca

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Please visit our website for more detailed information about UCN and this employment opportunity. At <http://www.ucn.ca>, select "UCN Careers", and select from the list of positions to view. Thank you for your interest in UCN.



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RM OF WEST ST. PAUL Request for Proposals 2021-04 Municipal Recreation Complex Naming Rights

The Rural Municipality of West St. Paul is seeking proposals from interested parties to have Naming Rights of the Municipal Recreation Complex.

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

Sealed submissions clearly marked **Request for Proposals 2021-04 – Municipal Recreation Complex Naming Rights** will be received by the undersigned at the address below until 12:00 noon on Thursday, September 9, 2021. Late submissions will not be accepted.

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

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

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

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Public Services and Procurement Canada / Services publics et Approvisionnement Canada

Alternating lane closures on St. Andrews Lock and Dam bridge Lockport, Manitoba

Public Services and Procurement Canada (PSPC) wishes to advise motorists to expect possible travel delays and alternating lane closures on the bridge at the St. Andrews Lock and Dam for deck replacement work during the following period:

- from August 3, 2021, to November 30, 2022

During this period, one lane will be closed and one lane will remain open for alternating traffic. Traffic lights or flagpersons will be on site to direct traffic. Motorists should expect delays. Complete bridge closures will be kept to a minimum and attempted during off-peak hours.

The bridge will remain open to cyclists and pedestrians during this period, and marine traffic will not be affected.

PSPC encourages users to exercise caution when travelling on the bridge and thanks them for their patience.

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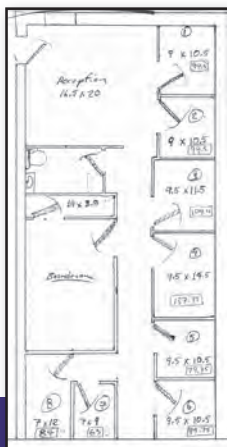
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ANNOUNCEMENT

BIRTHDAY



**Happy First Birthday
Alita and Vada!!!
on August 20, 2021
-Love Mom Dad and Korbin**

ANNOUNCEMENT

BIRTHDAY



**Jerry Drobot
August 23, 1941
Happy 80th Birthday
to Dad, Papa, and Great Grandpa
-from Virginia;
children Doug & Melanie, Sherri & Nick,
Gene & Kelly;
Grandchildren Ashley, Michael, Kyra,
Adam, Jocelyn and Georgia; and
Great Grandchildren Maisey & Maclyn,
Bentley & Odin, Ella & Hannah**

ANNOUNCEMENT

BIRTHDAY



**Hailey Witko
Happy 18th Champagne Birthday
on Wednesday, August 18th
Good Luck with your studies at the U of M
and playing with the Bison's soccer team.
-Lots of Love
from all of your family**

ANNOUNCEMENT

IN MEMORIAM

**In loving memory of
Louise Stocks
who passed away August 25, 2013
Your life was a blessing,
Your memory a treasure;
You are loved beyond words,
And missed beyond measure.
-Lovingly remembered and sadly missed
by sister Jo-Ann and family**

ANNOUNCEMENT

IN MEMORIAM



**Karen Starke
August 19, 2020
I feel you in my heart every day.
-Loving you always, Herb,
Kailee, Kris, Chris & James**

Employment for Nurses!



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Note:

- MNU Agreement in place for wages and benefits, new CA Pending.
- We thank all that apply however, only those selected for interviews will be contacted.
- Current security checks that include a Criminal Records Check, a Vulnerable Sector Check, and an Adult Abuse Registry Check



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Announcements *The Selkirk Record*

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OBITUARY



Lorraine Marie Swain

Lorraine Marie Swain passed away on August 6, 2021. She is survived by her husband Larry; sons Tyler (Tabitha) (grand dog Gunter), and Trevor (Danielle); grandsons Carter and Zachary; sisters Valerie (Gary), and Christine (Theo); sister-in-law Bev and numerous nieces and nephews.

She was predeceased by her stepfather Herbert Boberg, mother Marion Boberg, and brother Rick.

During her time here Lorraine volunteered with the Canadian Red Cross for 30 years, and 10 years with the Selkirk Navy League Cadets. She worked at Selkirk Hospital for several years and on the Selkirk Ambulance as a Paramedic. Lorraine was always there if someone needed help. She will be greatly missed by Larry's family and all who knew her.

Special thanks to Val, Tera and Nattie during her time of need, as well as Dr. Phoebe Thiessen and staff, Dr. Jazal, Dr. Guzman and numerous others over the years.

According to her wishes, cremation has taken place and a memorial service will follow at a later date.



OBITUARY



Helen (Elena) Welham (nee Solar) 22 April, 1926 - 6 August, 2021

Helen passed away comfortably, with a heart full of love, at the Selkirk Regional Health Centre in the later evening of Friday, August 6th, 2021.

Helen was born at home on the family farm near Sifton, Manitoba to William and Katherine Solar. She was the fourth of seven children. Helen is predeceased by her adoring husband Ernest (Ernie), her beloved daughter Kathy, as well as all of her siblings. She is survived by her son, David, daughter-in-law Mary Anne, and granddaughters Emma and Katie, all of whom will miss her more than words can say, as well as dotting nieces and nephews including Ricky, Brenda, Rae, Bruce and Heather, as well as her dear friend Leona.

At the age of 18, Helen left the family farm to study Psychiatric Nursing at the Selkirk Mental Hospital, graduating in three years. In 1951, she married the love of her life, Ernie, to whom she was happily married for almost 57 years. Helen left nursing early in her career to take on the next stage of being a mom to her two children, a role that she performed with much love and happiness.

Helen found so much pleasure in attending Christ Church (Anglican) where she, with Ernie, was a member for her entire life in Selkirk. Never one to just stand by when something needed doing, she joined the choir, helped with the catering of church events, church services and church greetings. Helen and Ernie were also proud members of the Selkirk Legion, serving on various committees, especially the Over 60 Club. She adored volunteering at the Selkirk Art Centre with her close friends.

Helen had many passions which she shared with her family in her long life. She spent hours in her immaculate yard and garden expertly tending to flowers and vegetables. Curling was her sport; dancing was her charm. She relished the casino trips with the gang where she could bet the house and always came home up a few dollars. She adored holiday times spent with family and friends. Everyone was always welcome at Ernie and Helen's when they dropped by for a visit, and they were always glad to receive guests and have a laugh or three.

Helen's true talent was her ability to make friends, which she did at every stage of her life. She was fun, dedicated, giving, and always loyal. Those qualities made her a wonderful mom, a devoted grandmother, an exceptional wife, and a fabulous aunt, and an incredible friend. Her generous soul will live on in everyone she leaves behind. Our lives are richer in having shared life with Helen. May you rest peacefully, mom.

Helen's funeral service was held at Gilbert Funeral Home, 309 Eveline Street, Selkirk, MB on Tuesday, August 17th at 11:00 a.m. Reception followed.

In lieu of flowers, donations may be made to Christ Church of Selkirk or the Selkirk Community Foundation.

Due to COVID restrictions, seating is limited to 100 people. Please call 204-482-3076 if you wish to reserve a spot. The service will also be live-streamed via a link on the Gilbert Funeral Home website.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Ryan Bradley Preedy

It is with the heaviest of hearts that we announce the unexpected passing of Ryan Bradley Preedy

Ryan passed away at the age of 42 on August 4th, 2021.

Left to cherish his memory are his son Caden, his Mother Sherry, his Step-Father Wayne and his Father Shane. His Brothers Rory and Erik and his loving Nan, Connie. He will also be sadly missed by Aunts, Uncles, Cousins and friends and by his special friend Glenda.

Ryan was predeceased by his beloved Gramps Bliss and will be reunited and laid to rest with him at St. Clements Churchyard in Selkirk, Manitoba on August 24, 2021 at 2:00 PM.

The family would like to thank everyone for keeping us in their thoughts and prayers.

OBITUARY



David Charles Ross

I am heart broken to have to tell you my husband and best friend passed away on Friday.

Dave loved life and will be missed by so many friends and family. Dave loved his work, he loved adventure, camping in nature, fishing, loved his two sons, our dog Oreo, laughter and making others happy by just being around his welcoming spirit.

I want to thank you for your kind words and thoughts of Dave. And thank you to all of you that have called me and dropped by to share your sadness and your happy memories of Dave.

A wonderful man that will always be remembered. Rest In Peace "Mr. Hollywood." We miss you!!

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



JAMES HOME VIALOUX

April 13, 1947 – August 9, 2021

It is with heavy hearts and great sadness we announce the passing of Jim on August 9, 2021, in the Health Sciences Centre at the age of 74.

He will be deeply missed by his wife Susan; children, Michelle (Chris), Jesse (Lorraine), Jason (Karly), Holly, and Richard; and stepdaughters, Laura (Darcy) and Melanie (Trevor). He will be lovingly remembered by his grandchildren and great-granddaughter. He is survived by his brothers, Monty (Jean), Ron, and Doug (Pat); and numerous nieces, nephews and dear cousins. He was predeceased by his parents, Talbot and Gladys; brother Bill; sister-in-law Heather, and nephew Dean. His presence will be missed by family, friends, neighbours, and all who knew him.

"Jimmy" was born in Bissett, Manitoba on April 13, 1947. His early life was spent fishing and hunting around Bissett and gained employment with the mines in Bissett and Merritt, BC. Later he became a diesel mechanic with Reimer Express, CP Express, Interlink, and Yanke Transport where he retired from on January 2, 2009. His work was highly respected and he was very dedicated to his job.

Jim's passion for music and collecting records from an early age led him to share his hobby with others by starting to DJ at house parties and the eventual creation of Jesse James Music. He travelled throughout the province and shared his talent of being the Master of Ceremonies for countless events.

Everyone he touched over the years will fondly remember him for his wonderful laughter and generous heart.

Words cannot express how grateful the family is to the doctors and staff at HSC, Selkirk and Beausejour Hospitals along with numerous home care providers for their compassionate care and kindness that helped Jim during his final years.

A Celebration of Life will be held on Friday, August 20, 2021, at 2:00 p.m. at the 215 Royal Canadian Legion, 215 Maxwell King Dr., East St. Paul, with Rev. Robert Falk officiating. Jim's family kindly requests that his friends and relatives take a few minutes to honour his memory by visiting his tribute page at EthicalDeathCare.com. A photo-biography, as well as memories and stories published by those who knew him, are available there.

In lieu of flowers, a donation may be made to a charity of your choice

To all Jim's friends and family:
don't remember me with tears, only smiles.

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