

# The Selkirk Record

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RECORD PHOTO BY KATELYN BOULANGER

The Lily Pad Cruisers celebrated their 20th anniversary this September. (Left to right) Dale Hiscock, Faye Drummond, and Marcel Lemire with a 1956 Ford Fairlane. Check out the article on page 3.

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# Lily Pad Cruisers celebrate 20th anniversary

## Car enthusiasts fix vehicles and raise funds for local charities

By Katelyn Boulanger

The Lily Pad Cruisers established their car club in Petersfield, MB twenty years ago this September when a group of seven friends started to get together to discuss their love of classic cars.

"Sitting one day just having coffee with a bunch of guys. [We thought] why don't we have our own car club here. There are lots of vehicles in the area so that's how it started. We had seven members and now we have 80," said Marcel Lemire, the president of Lily Pad Cruisers.

The club was named after the Lily Pad Restaurant with the intention that members would then have a place to come and meet. Now members meet throughout the summer at the A&W in Selkirk and Hunts Roadhouse in Petersfield, though COVID-19 did affect this year.

"The first car show that we held was at the restaurant itself and we used the grass and I think that there were only 11 cars in that very first show. It wasn't until the year after because the first year it was too late for a show and then it just progressed and we decided to use the park across the road and that's our home base," said Lemire.

Over the twenty years the club has grown to the point that they can give back to the communities that their members live in, specifically they have supported the MS Society of Canada, the Daily Bread Soup Kitchen and palliative care services with funds from their shows and other events.

Their annual car show, which is the second Saturday of July in Mallard Park in Petersfield and has attracted more than 130 cars in previous years, is open to members and non-members alike to enter and of course ev-

everyone is invited to stop by and look at the vehicles. This is also one of their major yearly fundraisers.

"The general gist of the club is now that we have 80 members everyone brings something to the table. Everybody had a different trade in their lifetime. Most of our people are retired so if you ever have any trouble that you don't know how to fix, you just send it to us. We put it on the email list. You might get 79 answers because you also have your own opinion," said Lemire.

He also says that the club benefits it's members in the camaraderie that he believes keeps the club growing and strong.

The oldest cars that have been a part of the club over the years have spanned from 1911 into modern vehicles as they accept members with interest in all types of vintage or antique vehicles.

"A classic car according to the MSRA is anything that's 25 years old and worth more than \$5,000, especially if your looking to put a collector plate on your vehicle. Some of them fall close to that and some are way off," said Lemire.

Dale Hiscock the group's treasurer thinks that the club has lasted all of these years because of the combined interest of the group as well as their willingness to support each other and other car clubs in surrounding areas.

"We're out there. Please come and join us and support the societies in our communities," said Faye Drummond, the club's vice president.

More information about the club can be found at [lilypadcruisers.ca](http://lilypadcruisers.ca), memberships are \$25 a year and contact details for memberships can also be found on the website.

The group would also like to thank



RECORD PHOTOS BY KATELYN BOULANGER

Above: (left to right) Dale Hiscock, Faye Drummond, and Marcel Lemire with a 1956 Ford Fairlane. Below: A sign celebrating the club's 20th anniversary.



all of the members of the community and businesses who have helped to sponsor them, and their events over the past 20 years.

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# New mural in Selkirk



RECORD PHOTO BY BILL NEWZMAN SMYTH  
Artist Michael Saint Hilaire is painting a new mural on the side of Roxi's Uptown Cafe.

# New Manitoba water services projects

Submitted by Manitoba PC Caucus

Alan Lagimodiere, MLA for Selkirk, is welcoming an announcement from Central Services Minister Reg Helwer that our provincial government is investing more than \$50 million in 42 new water and waste infrastructure projects as

a limited time-frame, public health concerns, environmental issues, and regional servicing. Funding these projects will provide safe drinking water, environmentally sustainable wastewater treatment and promote economic opportunities in rural Manitoba.

"We want to help municipalities with immediate projects that improve quality of life," said Minister Helwer. "These projects will not only help increase clean drinking water and advance our clean sewer projects to help keep our rivers and lakes safe, but will help boost our provincial economy too."

**THESE PROJECTS WILL NOT ONLY HELP INCREASE CLEAN DRINKING WATER AND ADVANCE OUR CLEAN SEWER PROJECTS TO HELP KEEP OUR RIVERS AND LAKES SAFE, BUT WILL HELP BOOST OUR PROVINCIAL ECONOMY TOO.**

part of the #RestartMB program.

"As we see populations growing in rural Manitoba towns, cities and municipalities, our infrastructure has to grow with them," said Lagimodiere.

"Our Progressive Conservative government is proud to make these important investments in local infrastructure projects that ensure Manitobans have access to modern, reliable water and wastewater services."

Projects were prioritized based on those that could be accomplished in

Selkirk Water Treatment Plant Update Back up Generator and electrical upgrades at the WTP and Selkirk Water and Sewer Industrial Park Phase 2 Utility Portion are two projects that are receiving funding from this grant.

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# Local artist brings wildlife and portraits to life

By Sydney Lockhart

Bev Galbraith has been painting since she was 16 years old attending high school in Whitemouth, MB and 43 years later she is still at it from her home in the Interlake.

"I remember in high school drawing the models off of magazines covers, practising over and over again," said Galbraith.

Currently, two pieces of Galbraith's work hang in the Gwen Fox Art Gallery, one is a lion and the other is a tiger, both done in acrylic paint.

Over her years behind the easel, Galbraith has tried using different mediums such as oil paints and watercolour, but found herself enjoying acrylic paint the most, calling it 'goof-proof' for the ability to paint over it.

"I had been drawing ever since I could hold a pencil. I went to an art camp in Gimli, I took a painting class and learned how to add dimension — I was hooked," she said.

Galbraith paints mainly realistic depictions of life with an exception to her fantasy pieces where she enjoys painting fairy-like creatures.

"I had family that encouraged me, my grandparents would always buy me art supplies. I've always had family support all the way through, my sister in law has bought some of my paintings," said Galbraith.

Not only does Galbraith paint and sell her work, but she also teaches others how to paint, whether it be through paint nights, art lessons, or in elementary school workshops.

Teaching painting to elementary school children in the Interlake School Division is one of Galbraith's passions, as she says she believes that all children should have the opportunity to do art.

"Do you know how cool it is to be teaching children and there's a few in the class that just have it, that artistic spark?" she said, "They will paint purple grass and red skies and it doesn't matter to them."

Galbraith says she enjoys watching children paint because sometimes adults follow the rules too much in art and that it is refreshing to see art through a child's eyes.

Through the pandemic, lots of her lessons have slowed down, but she has found ways to combat the isolation using technology.

A lady from Alabama saw her work on Facebook and wanted to learn how to paint portraits better, Galbraith then mentored her via the video chat system Zoom.

"Every Tuesday afternoon we would get on for a couple of hours and I would demonstrate something she was interested in and look at what she



RECORD PHOTO BY KATELYN BOULANGER

Bev Galbraith beside her tiger painting which is hanging in the Gwen Fox Gallery during the all members show in September.

had done for the past week to give her hints," said Galbraith.

Through this process, she helped the women complete a portrait of her daughter.

Galbraith says she encourages everyone she teaches to show their art to others and not keep it to themselves and she practises what she preaches getting her work out of her studio and to the community.

Galbraith has shown her work in the Manitoba Art Expo for the last three

years where thousands of people show up to look at and buy art from artists who apply to have their booth approved.

"One painting in particular of three horses was sold to a family for their daughter who was confined to a wheelchair. They hung it over her bed which was a really special connection," she said.

To book a private lesson with Galbraith contact her via email at bg9991@mymts.net.

## Three words you should know when wearing dentures

By Elisha Vador

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

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

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

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

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

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

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

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## Investments support choice in child care for Manitoba families

Submitted by the Government of Manitoba

The Manitoba government is investing more than \$22 million in new and reallocated funds to improve sustainability and create child care spaces for more than 1,400 children and give parents and caregivers more child care options to meet their needs, Families Minister Heather Stefanson announced Aug. 26.

"Child care is critical to Manitoba's economic recovery and growth, and we are ensuring that Manitoba families have access to quality child care that meets their needs during this unprecedented time," said Stefanson. "We are investing millions of dollars to ensure that parents have access to child care when they need it the most – so they know their children are safely cared for as they return to work and adjust to the realities of the COVID-19 pandemic."

As part of Manitoba's plan to expand choice in child care, the province is investing up to \$8.5 million in new programs to create child care services for hundreds of children, meet the needs of under-served families – particularly those working non-standard hours – and support the longer-term sustainability of child care providers. These programs will be delivered in partnership with the Manitoba Chambers of Commerce and Winnipeg Chamber of Commerce, and include:

- up to \$4 million for workplaces to offer on-site child care services for their employees, expected to create up to 800 new spaces through a \$5,000-per-space start-up grant;
- up to \$1.5 million in grants to home-based child care providers, to enhance their child care spaces, support financial stability and help ensure new spaces, to a maximum of \$50,000 per provider;
- up to \$2 million for licensed child care providers to establish satellite locations, which will help support their ongoing operations and physical distancing requirements as part of the COVID-19 pandemic response;
- up to \$750,000 for community organizations to develop more diverse

child care options to meet the needs of their families, which could reflect different cultures, languages and accessibility needs; and

- up to \$250,000 to help ensure child care providers participating in these programs can find and retain families to fill available spaces, through a comprehensive marketing plan.

"As Manitoba businesses continue to recover from the economic impacts of COVID-19, these new programs and investments in child care are critical to a growing economy," said Chuck Davidson, president and CEO of the Manitoba Chambers of Commerce, which represents 71 local chambers of commerce in the province and close to 10,000 businesses.

"The removal of obstacles to Manitobans returning to the workplace is a critical piece in re-opening the economy," said Loren Remillard, president and CEO of the Winnipeg Chamber of Commerce. "The Winnipeg Chamber is pleased to be a program partner, offering valuable business advisory services to a broader array of applicants, which will contribute to both expanded child care offerings and peace of mind for Manitoba families."

More information on the new grant programs is available at [www.manitoba.ca/childcare](http://www.manitoba.ca/childcare). Applications will be posted and begin being accepted on Sept. 1.

"The grant program and the chambers of commerce supported me so that I can provide child care during this unprecedented time," said Rupinder Singh, home child care provider. "This allowed essential worker families to have access to child care. I also thank the chambers for weekly mentorship sessions, and for being available if I needed advice."

The province is also following through on a commitment set out in Budget 2020 by allocating an additional \$9.5 million into the new Child Care Sustainability Trust, which will launch in March 2021. The trust will support a variety of innovative projects at child care facilities including programming and infrastructure improvements, equipment, and profes-

sional development and learning opportunities for staff, with the goal of enhancing inclusive and accessible services.

In addition, the province is committing \$4.7 million in new funding to expand the Child Care Centre Development Tax Credit, in order to support the creation of employer-based child care centres for up to 682 children. This is in addition to the over \$2-million investment made when the tax credit launched in 2018. Since that time, support has been allocated to four businesses in Winnipeg, Selkirk and Altona to establish child care centres for 260 children.

For more information on the Child Care Centre Development Tax Credit, established as part of Budget 2018, visit [www.gov.mb.ca/fs/childcare/resources/centre\\_dev\\_tax\\_credit.html](http://www.gov.mb.ca/fs/childcare/resources/centre_dev_tax_credit.html).

The province first announced \$18 million for a temporary child care services grant as part of the COVID-19 pandemic response so licensed child care providers who were unable to work at their regular child care facilities could provide care in home-based settings. To date, 20 child care providers have accessed the grant and created more than 130 spaces to meet the needs of parents and caregivers.

As Manitoba families return to work and school, they can continue to access child care services using Manitoba's web portal at [eswchildcare.ca](http://eswchildcare.ca) to find vacancies and contact providers directly.

The child care system established to respond to the pandemic has so far resulted in over 900 child care facilities re-opening across the province, offering more than 21,000 spaces. The minister noted the supply of child care has now exceeded demand as the province re-opens.

As part of the recently launched #RestartMB Pandemic Response System, the Manitoba government has provided additional information and guidance for families and child care providers on COVID-19. To learn more visit [www.manitoba.ca/covid19/restartmb/prs](http://www.manitoba.ca/covid19/restartmb/prs).



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# Selkirk Community Choir to host six-week singing session

## Local choir finds a way to sing together while apart

By Katelyn Boulanger

The Selkirk Community Choir isn't going to let COVID-19 stop them from singing together safely. They will be hosting virtual choir sessions together starting Sept. 15 where members can continue to raise their voices as one.

"The entire choir was kind of tossed upside-down this spring because what we do is very close together, it's very community driven, it's very much a side by side sing together, breathe together thing, so COVID was a pretty serious damper to that," said Selkirk Community Choir conductor Kendra Obach.

The group has not been able to get together in the way that they normally would because they want to maintain the safety of their members.

"The main goals of the community choir are about musical learning together, it's connecting with people who have similar interests, and it's about giving back to the community in some way, so we tried to think about ways that we could still fulfill

those goals in a safe way. It's going to be entirely different. We're not going to be able to hear each other singing because we don't have the technology to be able to sync that up," said Obach.

The six-week session will run Tuesday evenings until Oct. 20, starting at 7 p.m. for 30 to 40 minutes via the zoom app. These evenings will include warm ups and activities to develop vocal skills, a short lesson on various musical topics and of course a sing-a-long to choral music.

The zoom app was chosen for this session because it is a video chatting application that many people have used throughout the time when people have been physically distancing more and it is also free, so there is no added cost to participants.

"It's definitely not going to be the same kind of experience, but I still think that we can fulfill the musical learning and the community building and then we'll still think about ways that we can contribute to our community, whether that's putting together

some videos or sharing some recordings from previous years through social media and we'll see how the season plays out," said Obach.

She felt that it was very important to get the group together in this way as music creates connections between people and especially in this time of increased isolation, providing a way to keep some normalcy and making connections to people they care about is a great way to create joy.

"The community choir really has been active in the community in many ways and I think it's important that we stay active and fulfill our goals as a group and hopefully this is something that can help do that," said Obach.

The cost of these six sessions are \$15 and more information as well as signing up can be done by emailing [selkirkcommunitychoir@gmail.com](mailto:selkirkcommunitychoir@gmail.com) or phoning 204-785-1929.

## Pop-up piper



RECORD PHOTO BY KATELYN BOULANGER

19-year-old Cameron Dawson of The Queen's Own Cameron Highlanders Pipe Band performed at Lower Fort Garry last weekend. St. Andrew's Society of Winnipeg, who arranged for Dawson's performance along with other pop-up pipers this season, will be hosting a wrap up event Sept. 12 at 3 p.m. at Assiniboine Park in Winnipeg.

# Black Cat Wear Parts lockout ends

By Katelyn Boulanger

The Black Cat Wear Parts lockout which began on June 19 and affected about 60 workers at the Selkirk company has ended.

"We are pleased that, together with the Union, we have been able to negotiate a new Collective Agreement that recognizes the extremely challenging economic conditions we are operating under and allows us to continue to provide employment opportunities to our valued employees at the Selkirk plants and remain in this community," said Jim Buxton, President of Black Cat Wear Parts.

United Steelworkers area co-ordinator Tony Sproule was also glad that the negotiations went well and an agreement had been reached.

"The lockout was done very respectfully. There were no issues with any of the members or any confrontation and I think that that's going a long way when we go back to work," said Sproule.

The employees were locked out of Black Cat for a total of ten weeks and

the offer that the workers accepted was presented on Aug. 27.

"They started calling as early as [Aug. 28] and two other shifts went back to work [Aug. 31] and we'll see what happens after that whether they are going to get back to the regular three shift operation or if it's going to take a couple of weeks to ramp back up," said Sproule.



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**The Selkirk Record**



# Getting some weighty data on Selkirk's streets

City benefits from partnership with U of M professor Dr. Shalaby

Submitted by the City of Selkirk

The city of Selkirk is using a 400lb weight to learn more about its roads and the impact of traffic on them.

The simple act of dropping 400-pounds onto the pavement can teach plenty about the state of our roads and how to build better ones according to Dr. Ahmed Shalaby, University of Manitoba Municipal Infrastructure Chair and Chairholder,

"We have a huge infrastructure deficit [in Manitoba] and it's difficult to bridge it. It doesn't [only take] money to bridge it, it takes money and better methods, so we're trying to respond by extending what we know about infrastructure, the engineering side, so that the money can be used more effectively," Shalaby said.

"We do repeat a lot of mistakes of the past, so we're trying to get out of that loop of building something and then coming back a few years later to rebuild and to fix and to repair, we want to optimize infrastructure."

Through a partnership with the Province of Manitoba, Shalaby and his graduate students have been loaned a falling weight deflectometer and they brought it to Selkirk for what he believes is the first time the equipment has been used to test a city road network in Manitoba.

"It's been used in every province, normally on major highways and on airfields runways. We want to expand that use to anywhere there is a road network," he said.

The deflectometer does its work in

**"IF THE ROAD  
STRUCTURE  
IS WEAK IT  
WILL DEFLECT  
A CERTAIN  
AMOUNT AND  
IF IT IS STRONG  
IT WILL DEFLECT  
LESS."**



RECORD PHOTO SUBMITTED

The falling weight deflectometer loaned to Selkirk to test the integrity of city streets.

the back of a truck and is dropped from a specific height and allowed to free-fall to the pavement, Shalaby said.

"Once it hits the road, the road deflects, it actually moves a little or displaces a little and we are able to measure that displacement. If the road structure is weak it will deflect a certain amount and if it is strong it will deflect less," he said.

"We are able to simulate what happens when a heavy truck drives on that road and how the road responds to that load. It's a non-destructive testing tool that's important so we don't damage the road itself by doing that."

Chief Administrative Officer Duane Nicol said when Selkirk started down the road of asset management, the goal was to be a leader in the field. By being the first city in the province to have access to this technology that ultimately will lead to better designed roads here and across the country is a win.

"You can't solve a problem with the same thinking that created it. Asset Management is a core part of our ef-

orts to modernize city government. We're creating Selkirk 2.0 with strategic investments into our people, our processes and our technology. This pilot is a fantastic example of how we're making that vision a reality," said Nicol.

Ryan Sicinski, Manager of Public Works, who provided Shalaby with a list of roads in the city that should be tested, said the results will give the city information it previously could only get by tearing up a road.

Selkirk will benefit from the additional data on its streets, but the knowledge gained here will also help Shalaby, a professor and Head of the U of M's Civil Engineering Department.

"Selkirk is the first one to benefit from (this equipment)...For (the U of M) it will provide us research data so graduate students will be analyzing this data and looking for ways to extend its use and to help design engineers develop better tools and better methods for responding to needs," said Sicinski.

## Selkirk & District Community Foundation

Is Accepting Grant Applications

### For the Community Grant Program

- Applicants must be a registered charity with Canada Revenue Agency, located and providing services within the City of Selkirk, or the R.M.s of St. Andrews or St. Clements.
- The Foundation's granting program supports local needs and interests, which include, but not limited to, the arts, cultural activities, heritage programs, health, education, senior services, social programs and youth activities, along with the priority community sectors as outlined in the Foundation's Vital Signs Report.
- Grant submissions should reflect projects and/or programs that will occur between the months of October - March.

### Grant Application Procedure

- GRANT GUIDELINES AND APPLICATIONS MAY BE OBTAINED FROM: Foundation Office: 204-785-9755 Or 200 Eaton Ave in Selkirk Or email: selkirkfoundation@shaw.ca Or www.sdcf.ca



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**The Canadian Fossil Discovery Centre in Morden is your chance for a glimpse into an ancient North American seascape!**

The museum's many paleontology displays lay out a fascinating, ancient and dangerous world, now hidden by today's serene prairie. Located less than 90 minutes south of Winnipeg, the Canadian Fossil Discovery Centre houses the largest collection of marine reptile fossils in Canada.

The star of the collection is Bruce the mosasaur, who – at 13m long with teeth to match – would have dominated the water during his lifetime, 80 million years ago.

The museum is open seven days a week! Check out the Aquasaur Theatre and the Agassiz Activity Room, where kids and adults alike will leave amazed by fossilized discoveries. Even better, book a VIP tour with a knowledgeable tour guide for a behind the scenes look.

After enjoying the museum, discover the fantastic shops, restaurants and parks of Morden. Gorgeous hiking trails are just a short drive away at the Pembina Valley Provincial Park, known for its red tail hawks and bald eagles.

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# Feds feeding fish to Fisher River and Peguis First Nations

By Evan Matthews

The Federal Government has paired with commercial fishermen to reduce food waste and ensure an adequate food supply on Manitoba First Nations through the COVID-19 pandemic.

On Aug. 25, Fisher River Cree Nation received 17,000 lbs. of walleye, its share of (what could end up being) 2.9-million lbs. in rescued freshwater fish, while the rest is to be redistributed among 75 Indigenous communities throughout Manitoba, Saskatchewan, and the north through the federal Surplus Food Rescue Program.

"Each member on-reserve will receive five-kilograms of fish," said Fisher River Cree Nation via Facebook. Fisher River Cree Nation's population is roughly 3,879, according to its website.

Peguis First Nation had its delivery of almost 40,000 lbs. scheduled for Wednesday, Sept. 2. The band has a population of 10,246 according to its website.

In ongoing consultations with industry and government stakeholders, the Surplus Food Rescue Program was designed to address urgent, high volume, highly perishable surplus

products falling under horticulture, meat and fish and seafood.

The program is a time-limited program, designed to help manage and redirect existing surpluses to organizations addressing food insecurity and to avoid food waste, according to the Federal Government, and is a \$50-million initiative.

In Manitoba, the Feds used almost \$11-million of the initiative toward having Fisher River Cree Nation rescue upwards of 2.9 million pounds of freshwater fish—walleye—caught from inland lakes of Canada.

Many of the inland lakes are right here in Manitoba.

Working with the Freshwater Fish Marketing Corporation (FFMC) and the feds, Fisher River Cree Nation will distribute the surplus product to more than 75 Indigenous communities throughout Manitoba, Saskatchewan and the North.

In Manitoba, FFMC holds the exclusive right to interprovincial and export trade of designated freshwater fish products supplied from the Manitoba, Alberta and the Northwest Territories.

A source inside FFMC said as a result of the Surplus Food Rescue Pro-

gram, the corporation now has inventory space free, which will allow FFMC to purchase fish again, and get Manitoba fishers back to work.

An economic dilemma developed earlier this summer, when walleye and whitefish markets took a downturn worldwide due to COVID-19, and both commercial fisherman and FFMC were faced with excess inventory compounded by a drop in market

demand.

There are eight projects—including Fisher River First Nation's distribution of freshwater fish—under the Surplus Food Rescue Program, some of which include potato distribution to Indigenous communities in New Brunswick, or the distribution of blue mussels to Nova Scotia's "vulnerable" communities.



**RECORD PHOTOS SUBMITTED BY FISHER RIVER CREE NATION**  
Fisher River Cree Nation received 17,000 lbs. of walleye on Aug. 25, which is its share of the Surplus Food Rescue Program. Peguis First Nation was scheduled to have 40,000 lbs. delivered on Sept. 2.

## Guest Appreciation Week

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# Beautiful places to visit this year



RECORD PHOTOS BY KATELYN BOULANGER

Groups in the region have been making parks wonderful places to visit this year. Thank you to Alane Cason and friends who maintain Veterans Memorial Park and the Selkirk & District Horticultural Society who maintain many parks in Selkirk. Clockwise from top left: Veterans Memorial Park, Queen's Park, Red Feather Farm, and the Main Street Perennial Garden.

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# Annual tournament in memory of Bob Jefferson postponed

## Funds raised would have benefited Selkirk and District Community Foundation

Submitted by Selkirk and District Community Foundation

There would be no one more disappointed that the Bob Jefferson Memorial Golf Tournament presented by IG Wealth Management was missing from the 2020 calendar, than the tournament's namesake himself.

Jefferson was a man who enjoyed a good party and, more importantly, he was steadfast in his commitment to fundraising for the Selkirk and District Community Foundation through his annual tournament.

Michael Buhr, Senior Financial Consultant with Buhr Blaylock and Associates, IG Private Wealth Management, said as much as Jefferson would have been disappointed he would have agreed that postponing was the right move.

"Obviously Bob's commitment to the community is legendary and his commitment to the Foundation is indisputable," Buhr said.

Jefferson, a lifelong Selkirk resident and one of the city's biggest cheerleaders, passed away in December 2013. His annual golf tournament had been raising funds for the Selkirk and District Community Foundation since 1998 and had topped more than

\$90,000 at the time of his passing. As of last year, it had raised just over \$135,000.

Jefferson ran the tournament through his Century 21 Real Estate company, and after his passing, IG Wealth took over and continued it in Jefferson's memory.

The tournament was postponed this year until 2021 due to the COVID-19 pandemic. Buhr said it wasn't a difficult decision to put the tournament off, for a couple of reasons – concern for everyone's safety, and concern for supporters who've already been hit hard by the pandemic.

"The reason why it wasn't [a tough decision] was we didn't know what social distancing rules would be in place, I mean you can't decide two weeks in advance you're going to go ahead with it; we had to make this decision a few months ago," Buhr said.

"And, there are some of our sponsors and supporters who had to close their businesses or were off work for weeks or months, and to go to them and ask them if they could help us out I just didn't feel was fair. So, actually, it was an easy decision to take a rest for the year."

Selkirk Mayor Larry Johannson, a



RECORD PHOTO SUBMITTED

Michael Buhr on the golf course.

close friend of Jefferson's, said he knows he would be thrilled if those who are able could make a donation in his name even though there isn't a tournament this year.

"That would put a big smile on Bob's face," Johannson said.

"Everyone knows that Bobby J loved Selkirk and he loved this tournament. Postponing until next year was the right thing to do, and Bob would agree with that, but he'd be very grateful if people would make a donation in his memory this year."

Buhr agreed.

"Just because we're not able to have the tournament this year and recognizing that there's been many economic challenges to people in our community, for those that are able, any contribution in Bob's memory would be celebrated and appreciated."

If you'd like to donate to the SDCF in Jefferson's honour you can do so by making an online donation at [endowmentmanitoba.ca](http://endowmentmanitoba.ca) and clicking on Make a Gift to My Foundation or you can call the SDCF at 204-785-9755 and someone will assist you with your donation.

# Province provides restoring safe schools information

## Information is designed to inform parents, students, and educators about the most frequently asked questions and areas of concern



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Submitted by the Manitoba Government

The Manitoba government has prepared a number of informational materials for students, parents and teachers as they prepare for a safe and informed return to the classroom, Education Minister Kelvin Goertzen announced Sept 2.

"We have developed a Restoring Safe Schools information package to help

address the most frequently asked questions and areas of concerns, and grouped the answers for easy access," said Goertzen. "We commend teachers and staff who are returning to schools this week to make schools and classrooms as COVID-19 safe as possible for students returning on Sept. 8."

The province has prepared information with a focus on the fundamentals of learning and working around COVID-19 including:

- Parent Guide – providing what parents and guardians can expect when school resumes;
- Mask Use Guide – providing information on the use of masks in school and on buses, when you put them on, what happens when they are soiled and other tips;
- Easy Reference for Parents to the Pandemic Response Notification Sys-

tem – providing parents with a simple understanding of how changes in their school's COVID response level will effect their day-to-day school routines;

- COVID-19 Screening Questions – a tool for parents and schools to screen for signs and symptoms; and
- COVID-19 in Schools and Early Learning and Child Care Centres – providing guidance on cases of COVID-19 in schools and child-care centres.

The materials will be online at [www.edu.gov.mb.ca/k12/covid/index.html](http://www.edu.gov.mb.ca/k12/covid/index.html) and printed versions will be available for distribution where appropriate. Information will be updated as required throughout the school year.



# Wanted: You! Just the way you are

By Shawna Howard CLC

Don't you just love how amazing you feel after being around little children? They have this way of loving without holding back. They accept us, exactly how we are and love just seems to pour out through their words, gestures and actions. The next time you are around your small children or grandchildren, nieces and nephews; take a moment and watch them. Their eyes shine with total acceptance; their arms embrace and hug without holding back. They say "I love you!" without fear. They have a sureness of their worth as they give fully. So why do we as adults hold back? Overthink things? Shy away from affection? Because we may be struggling to fully love and accept ourselves as we are. We can get wrapped up in the ideals of the world which leads to feelings of inadequacy. Today I'd like to challenge you to look within yourself and see yourself as the diamond you are. Take the lead from a child; they don't care about your degree, what size you wear, your income, the mistakes you've made, or how many friends you have on social media, they love WHO you are. They see your diamond.

So, think about your life and how it has shaped you. How do you see yourself? Do you know, and I mean really know your worth and value? Do you ever take time to think about how much you are loved? How important you are to those around you? How you add so much value to this world because you have gifts and talents that only YOU can offer. I'm not talking about an unbalanced, over the top attitude; thinking you're any better than those around you. But more of a confident awareness, a knowing, that you matter. That you have something to offer. That you are genuinely 'Wanted', just the way you are.

Choose your thoughts!

Maybe someone has belittled you, told you that you're worthless or incapable, or you've been rejected and hurt; but that's not who you are. The hurtful things people say and do to us can cause us to shrink back and stop believing in ourselves, but we've got to rise above all that. You are more than those words, mistreatment, difficult circumstances and hurtful memories. It seems to come naturally to us to get down on ourselves, hang onto negative words, and believe we are less than we truly are. If we're not careful we can start to internalize those negative things and let them influence our thoughts, words and actions. Start thinking on purpose; "I am whole, fully capable, I am unique, I am strong, no words or circumstances can stop me, I will rise above, I am going to live with purpose!" Play these thoughts through your mind every time those negative and discouraging thoughts try to bring you down.

Encourage yourself.

You have such great purpose! You wouldn't be here if that wasn't true. Sometimes we need to encourage ourselves! It's not always easy to press on when no one seems to notice the extra effort we are making. The other day, I had sent out one of my inspirational articles and I got 0 replies. 0. I felt discouraged but I fought the urge to give into that discouragement. So, to encourage myself, I sent myself the article, read it, and then replied to myself saying how I truly enjoyed the read and to keep up the good work! Now, this seems silly and I did laugh at myself. So did my 13 year old daughter! But it helped! Later I got all kinds of encouragement. Days and weeks later comments and encouragement came. Be confident in WHO you are! You are special; you have gifts, talents and creativity inside of you.

What determines your self acceptance?

We need to have a deep knowing of our worth and an unshakeable acceptance of ourselves. We can't let the worlds'

views determine our worth. Like, the size of our jeans, the house we live in, the car we drive, or how many letters we can put behind our name. That's all okay, it's great to be healthy, own nice things and have a great education and job; but we can't let those things determine our worth. What happens when you lose your great job?

When you put on 10 pounds and your jeans don't fit? When you need a shoulder to cry on and no one is there for you? If our sense of worth is wrapped up in these things we're headed for trouble. What makes you valuable is WHO you

Continued on page 14



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# Manitoba sees 15th and 16th deaths from COVID

By Ashleigh Viveiros

Manitoba's five-day COVID-19 test positivity rate was at 1.4 per cent heading into the long weekend.

The province announced nine new cases of the virus on Friday, including one in the Prairie Mountain Health region, two in Southern Health-Santé Sud, and six in Winnipeg.

That brought the total number of active cases to 422. A total of 835 people

have recovered from COVID-19 since the pandemic began in spring.

Eleven people were in hospital with the virus at the start of the week, one in intensive care.

Manitoba saw its 15th and 16th deaths related to COVID-19 last week. The two women, who were in their 80s and 90s, were connected to the outbreak at the Bethesda Place personal care home in Steinbach. The care home last week had a total of 13

cases, including seven staff members and six residents. Four residents have died.

Outbreaks have also been declared at three care homes in Brandon and two in Winnipeg.

Public health officials continue to do contact tracing for all new cases of COVID-19. Most are linked to known cases, though there are also incidences of community transmission.

The increase in the number of

deaths this past week "comes as a real reminder that we have to stay on guard," said Dr. Brent Roussin, Manitoba's chief public health officer.

He urged Manitobans to continue to stay home if showing even mild symptoms of illness, follow good hand hygiene, maintain physical distancing with people outside your household, and wear a mask indoors when distancing is not possible.

## > YOU!, FROM PG. 13

are on the inside. You have been so uniquely created; there is no one remotely like you in the entire universe! You are irreplaceable! One of a kind.

By accepting who you are; you are now better able to treat those around you with love, respect and acceptance. You can look past the small stuff. You can "see" them through eyes of compassion. So, why should you love and accept yourself? Because....

You can only give what you already have.

You have self acceptance, so you can accept those around you as they are.

You love yourself, so you can love others.

You are kind to yourself and so you are less critical of those around you.

You forgive yourself for the mistakes you've made and now you can forgive others when

they make mistakes.

You know you are on a journey, so you can accept those around you as they also travel along on their personal journey.

Purposely look for the good in yourself. There's a brilliant diamond under all those layers of protection you've built up over the years of hurt, pain, unanswered prayers and disappointments. Love yourself exactly where you are right now, on the way to where you are going. The mistakes you've made, poor decisions, addictions, failures, don't define WHO you are. What propels you forward is having a self acceptance of where you are right now, on the way to where you're going. Don't wait until you get it all "just right", before you will accept yourself.

You are wanted. Just the way you are.

Some Coaching Questions for You:

1. How do you "see" yourself? Do you love yourself in a healthy way?

2. How are you basing your self-worth? What is working, what isn't?

3. What drives you? Is this creating a fulfilling life? What needs to change?

4. What protective layers do you need to peel back in order to reveal your brilliant diamond?

Thank you for reading! I'd love to hear from you, just hit reply and send your questions, comments and feedback! Please forward to family and friends who may enjoy this message! Let's inspire hope into others, together.

Believing in you, Shawna Howard, Certified Life Coach

Email: daretosoarlifecoaching@gmail.com Phone: 204 823 1287

Anyone can receive these inspirational messages; simply send an email to daretosoarlifecoaching@gmail.com stating you'd like to be included in my upcoming messages.

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# Get into your bubble and walk your way; upcoming Parkinson SuperWalk

By Patricia Barrett

Although Parkinson Canada SuperWalk participants won't be able to walk together as a community this year to help raise money for Parkinson's disease research, they'll still have a chance to walk in small family- or friend-sized bubbles.

Gimli's SuperWalk organizers are encouraging Interlake participants to get their COVID-free bubbles ready to lace up their sneakers on Sept. 12 for the annual walk, dubbed "Walk Your Way," and also vie for a chance to win some prizes.

"Because we can't get together to walk, Parkinson Canada is encouraging people within your bubble to do some kind of walk," said co-chair Karen Lamb. "And there will be an opening ceremony from the national office in Toronto."

Lamb said she and her family have registered for the walk and plan to stroll through town and around the beach.

Parkinson Canada worked really hard over the summer to keep patients and their supporters moving throughout the COVID lockdown period, said Lamb. It held monthly events and some prize draws.

In May people got to create their own challenge walk, setting a goal for walking a certain number of kilometres then estimating how quickly they could complete it. In June the organization teamed up with the National Ballet of Canada, which offered dances tailored to people with Parkinson's, and in July it offered live and recorded exercises. In August people were encouraged to take 100,000 steps for the 100,000 Canadians living with Parkinson's disease.

"It was a summer challenge focused on keeping Canadians, particularly those with Parkinson's, moving. We were challenged to do 150 minutes of exercise per week," said Lamb, who walked around town with her daughter and her dogs.



RECORD FILE PHOTO BY PATRICIA BARRETT

The Parkinson SuperWalk Gimli participants in 2019.

For next week's walk, Lamb said there are three prizes. Every year she makes a large quilt for the raffle, but this year she made a twin-sized quilt, a kid's quilt and a Christmas table runner.

Tickets for the raffle (\$5 each) are going quickly, Lamb said she's sold about 100 out of 150 tickets, and can be purchased through her personal Facebook page or through the Parkinson Canada SuperWalk Quilt Raffle page.

"Some people in the area have also dropped off money to me and quite a few did e-transfers," she said. "We'll do the draw for those prizes at my walk."

To register for the Sept. 12 walk, visit the Parkinson Canada SuperWalk website at [www.parkinson.ca](http://www.parkinson.ca) and select Gimli. Pledge forms are also available online.

## NIHM hits the ice with a game-winning exhibition about hockey in Canada

Submitted by NIHM

Hockey is many things — shinny on a frozen pond, the sweat-soaked smell of a locker room, a winning wrist shot, a roaring crowd. But most of all, it is an enduring national passion that brings Canadians together regardless of geography, language, gender or age. New Iceland Heritage Museum is celebrating Canada's game with a one-of-a-kind travelling exhibition from the Canadian Museum of History. Hockey, presented until January 2021, looks at how the sport has influenced our lives, and what that reveals about us as a people.

From Paul Henderson's winning goal for Canada in the 1972 Summit Series to Manon Rhéaume's debut as an NHL goalie to Sheldon Kennedy's advocacy on behalf of sexual abuse victims, Hockey revisits game-changing moments and players. By highlighting tabletop hockey games, Roch Carrier's classic story The Hockey Sweater, and Shania Twain's NHL-inspired stage outfits, the exhibition also reminds us of how deeply hockey

is woven into the tapestry of Canadian life.

"The Canadian Museum of History is thrilled to share Hockey with the people of Gimli," said Mark O'Neill, President and CEO of the Canadian Museum of History. "Whether we hit the ice or cheer from our living rooms, hockey is more than just a game to Canadians. It has helped shape our history and our national identity from coast to coast to coast."

The exhibition is an engaging two-dimensional display that uses photographs and reproductions of key artifacts, memorabilia and works of art to present hockey highlights from yesterday and today.

Hockey is at the New Iceland Heritage Museum in Gimli from September 1, 2020 to January 2021.

This travelling exhibition was developed by the Canadian Museum of History. It is adapted from the major exhibition of the same name presented in 2017 at the Canadian Museum of History.



RECORD PHOTO SUBMITTED

The Canadian Museum of History is sharing the Hockey exhibit with the New Iceland Heritage Museum in Gimli from Sept. 1, 2020 to January 2021.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Pioneers power their way to 13U 'AAA' baseball championship

By Brian Bowman

The Red River Valley Pioneers powered their way to a 13U "AAA" baseball league championship on Aug. 30.

Red River Valley flexed its offensive muscles in a convincing 17-3 victory over the Bonivital Black Sox in the league final. The Pioneers had a huge first inning and never looked back.

"That's what we wanted to do," said Pioneers' head coach Rob Gwynne, who lives in East Selkirk. "We wanted to come out and jump all over them and get that lead. After that, the boys kind of relaxed and got the job done."

There was plenty of celebrating going on as Red River Valley won its first-ever 13U "AAA" championship.

"They were ecstatic to say the least, that's for sure," Gwynne said. "It was good...we had a really good year."

Red River Valley reached the final after whipping Winnipeg South 15-5 on Saturday evening.

"We were hitting the ball again but the game was a lot closer than the score would indicate," Gwynne said. "I think it was 5-4 at one time in the fourth inning and then after that in the next inning we came out hitting. They made a few errors, too, and we were really aggressive running the

bases."

The Pioneers started their playoffs by knocking off the North Winnipeg Pirates 13-6 on Aug. 26. Red River Valley then bounced Bonivital 15-4 the following evening.

Red River Valley's league championship was not too much of a surprise to anyone in the league. The Pioneers finished in first place during the regular season with an impressive 20-2 record. Red River Valley scored a league-high 271 runs while allowing just 124.

This team, obviously, could really hit a baseball.

"We have a great lineup for hitting," Gwynne said. "These guys were focused and they hit the ball good. We had a solid, solid lineup."

The Pioneers will have nine players move up to 15U next season.

Red River Valley's coaching staff also included Neil Sedlacek, Craig Hodgson and Trent Leece while Andrea Debiuk was the team manager.

The Pioneer players included Dylan Bohotchuk, Devon Brown, Ethan Debiuk, Alex Grenier, Jackson Gwynne, Cole Hodgson, Matthew Michaleski, Lorenzo Panidisz, Darvic Unrau, Drake Vermeulen and Theo Wiebe.



RECORD PHOTO SUBMITTED

Back row, left to right: Rob Gwynne (head coach), Neil Sedlacek (assistant coach), Craig Hodgson (assistant coach), Trent Leece (assistant coach); Andrea Debiuk (manager); front row Dylan Bohotchuk (Oakbank), Devon Brown (East St. Paul), Ethan Debiuk (East Selkirk), Alex Grenier (Pine Falls), Jackson Gwynne (East Selkirk), Cole Hodgson (East St. Paul), Matthew Michaleski (Selkirk), Lorenzo Panidisz (East St. Paul), Darvic Unrau (East St. Paul), Drake Vermeulen (East Selkirk) and Theo Wiebe (Winnipeg).

## MJHL awards expansion franchise

Submitted by the MJHL

The Manitoba Junior Hockey League announced last Friday that an expansion franchise has been awarded to 50 Below Sports + Entertainment for the upcoming 2020-21 season.

The new franchise will operate within the Winnipeg market.

The 12th MJHL franchise will enhance the flexibility needed to provide a schedule that reduces travel and assists with divisional alignment; both critical components to executing the MJHL approved Phase II Return to Play Plan, read a statement.

"50 Below Sports + Entertainment, along with all of our member clubs, have really stepped up and put the players first to provide safe and competitive development conditions," said Kevin Saurette, MJHL commissioner. "These are trying times as teams con-

tinue with necessary preparations for the difficult season ahead as we are all committed to developing our players in a safe, structured and responsible environment."

Adding a second team in Winnipeg, led by a strong management and ownership team, provides further development opportunities for Manitoba hockey players to play elite Junior "A" hockey within the province.

With the announcement, the MJHL returns to a 12-team league for the first time since the 2002-03 season.

Please stay tuned for further exciting announcements from 50 Below Sports & Entertainment regarding the new Winnipeg MJHL Franchise in the coming days.

MJHL set to release 2020-2021 schedule

The 2020-21 COVID-19 season

schedule has been finalized and will be significantly modified from previous seasons to mitigate risk of spread or potential contact between multiple teams while allowing for minimal disruption of the schedule in the event of a positive COVID-19 case. Full schedule announcement will be made this week.

MJHL regular season to begin Oct. 9.

MJHL main camps will begin Sept. 18 with no more than 34 players in attendance. Teams will play no more than three exhibition games in advance of the MJHL regular season.

Prospect camps are currently being held by MJHL teams in advance of Sept. 18 and are following the MJHL Return to Play – Phase I Guidelines which have been in place since June 26. Full contact is not permitted during these camps.

As is the case for everyone throughout the province and beyond, these past months during the COVID-19 pandemic have placed significant financial stress on each MJHL team and community. Additional stress will be felt as each organization prepares for what will be required for the upcoming season to ensure we return to hockey in a safe, controlled and responsible manner.

Each organization is to be commended for their absolute commitment to providing elite development opportunities both on and off the ice in the face of these financial challenges with the health and safety of all involved always being the No. 1 priority. Teams will need and deserve all the support they can be afforded during this difficult time as we prepare to return to the game we all love.



# Steelers host prospect camp in Warren

By Brian Bowman

The Selkirk Steelers had an opportunity to see what their future will look like last week.

The Steelers held a two-day prospects camp last Thursday and Friday in Warren.

"It went really well and we had good turnouts," said Steelers' head coach Hudson Friesen. "We had our prospects there and we got a good look at the guys and we carried a few over to our main camp which is starting Sept. 18."

Around 100 players came out to the camp, said Friesen, noting that their spring camp was cancelled this year due to COVID-19.

The Steelers' brass definitely liked the talent that they saw out on the ice.

"A lot of the kids took things seriously over the last few months with their training," Friesen noted. "A lot of our draft picks over the years looked really good and we're really excited about our future. Our pipeline is looking great and it's good to see kids taking things seriously and putting themselves in

good shape coming into camp."

The Steelers' main camp will only allow 34 skaters this season. In past years, Selkirk's main camp would attract 60-plus players.

"It's cut in half this year so that makes it a little more difficult," Friesen said. "(But the camp) is right around the corner and we're really excited. It's been a long wait and a lot of unknown this summer so we're excited that we have a date now and will have our veteran group come in."

In off-ice news, the Steelers recently signed West St. Paul forward Adam Ingram. Ingram was acquired from the Portage Terriers in a trade for Brett Namaka last December.

"We're really excited about (Adam)," Friesen said. "He's a big, tall centreman that skates extremely well. He's very smart and takes care of both ends of the ice. He's going to be a great asset for us and we're really excited to get him in a Steeler uniform to help further his career."



RECORD PHOTO SUBMITTED

The Selkirk Steelers held their prospect camp last week in Warren. Manitoba Junior Hockey League main camps will begin Sept. 18.

## Hockey Manitoba cancels Female U18 Program of excellence for 2020-21

Submitted by Hockey Manitoba

Hockey Canada announced the cancellation of the 2020 U18 Women's National Championship last Thursday which was scheduled for this upcoming November in Dawson Creek, B.C.

The U18 Women's National Championship acts as the final phase of the Provincial Program of Excellence and sees the best U18 female athletes come together to compete at the provincial level.

As a result of this decision, Hockey Manitoba has cancelled all programming related to the U18 Program of Excellence for the 2020-21 season. Hockey

Manitoba will now move forward with the scheduling of selection camps for the 2021 Program of Excellence leading to the 2021 U18 Women's National Championship.

For the 2003-born female athletes, the cancellation of the 2020 Program of Excellence takes away a final opportunity to represent Manitoba at the national level and compete for a national championship. While this will be disappointing for these athletes, Hockey Manitoba would like to wish them success and good health as they move into their final year of U18 high performance hockey and the many op-

portunities that await them in the future.

More information on the U18 Program of Excellence can be found on the Hockey Manitoba website and any questions can be directed to Dustin Stewart, U18 Director of Operations.

The Female Program of Excellence is designed to provide high-performance female players with the opportunity to develop advanced skills as well as an introduction to the concepts needed to play at an elite level. Players from the Program of Excellence go on to play at the CIS, NCAA and international level.

## Breezy Bend, Clear Lake win senior men's interclub titles

Staff

Breezy Bend and Clear lake won 2020 Golf Manitoba provincial senior men's interclub titles at the Grand Pines Golf Club last week.

Twenty-one teams teed it up in the annual stroke-play competition where the best three of four scores count toward the overall team score. The competition is open to all Golf Manitoba member clubs for male players 55 years of age and older.

In the city division, the team of Matlock's Garth Collings, Michael MacKay, Brant Greer and Dewar McKinnon of the Breezy Bend Country Club took top spot on a count back with a team score of +13 229. Finishing in second

place was the team of Ron Bilawka, Brad Moore, Gordon Kroeker and Ted Antoniuk of the Pine Ridge Golf Club. St. Boniface Golf Club rounded out the top three at 231. Their team included Mike Walker, Al Briscoe, Bill Zeweniuk and Bill French.

In the rural division, it was the team of Ron Cornell, Grant McPhail, Gene Banks and Keith Fawcett of the Clear Lake Golf Course taking the title, posting a team score of 236. In second place was the home team of Keith McMurray, Ron Zelinsky, Ken Rowson and Glen Hanson of the Grand Pines Golf Course at 241. Finishing in third place was Bruce North, Wayne McLeod, Bill North

and Cheynne Keith of the Carman Golf & Curling Club.

The Selkirk Golf & Country Club's team of Mark Starodub, Darren Storzuk, and Donald C. Schledwitz placed seventh with a 257 total.

Larter's Golf & Country Club's Al Guanlao, Philip Intac, Brian Foster, and Dale Cyrenne combined for a 265 to place 10th.

Low round of the day went to Ron Bilawka of the Pine Ridge Golf Club who posted a 3-under 69. Walker finished second with a 71 while Dan Scanlon of the Kildonan Park Golf Course and Robert Oliphant of the Rossmere Country Club were tied for third, both shooting 73.

## Steelers sign Ingram



RECORD PHOTO SUBMITTED

The Selkirk Steelers announced Sunday that they have signed West St. Paul forward Adam Ingram. Last season, Ingram, born in 2003, scored 15 goals and had 33 points in 32 games with the Winnipeg Thrashers.





RECORD PHOTO BY BRETT MITCHELL

The Tri-S Strike Force's Khamas Abdallah makes a nice move to get past a Scrubs United defender during MMSL 7th Division action last Thursday in Winnipeg.

## sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

# Strike Force earns first win of the season

### Staff

The Tri-S Strike Force picked up their first win of the season last week.

Tri-S had a solid effort in a dominating 5-2 victory over YNFC in Manitoba Major Soccer League 7th Division action on Aug. 31 in Selkirk.

Hyhram Dueck led Tri-S with two goals while Khamas Abdallah, Kristopher Lavallee, and Reagan Kornelsen also tallied.

Nhi Tran and Graham Petrie replied for YNFC.

Last Thursday, Tri-S was struck down 4-2 by Scrubs United at the Buhler Recreation Park.

Abdallah and Stefan Koenig scored for the

### Strike Force.

Tri-S is back in action Friday when it takes on SCM Academy at the University of Manitoba. Game time is 7 p.m.

Selkirk FC, meanwhile, will play Bandits FC next Tuesday (8 p.m.) at Shaughnessy Park.

In Winnipeg Women's Soccer League action, the Tri-S Strikers closed out their regular season with a 5-1 loss to the Red Hot Pink Flamingos on Aug. 31.

Tri-S finished in fourth place in the six-team division with a 2-6 record. The Pink Flamingos were crowned the WWSL 2nd Division champions after posting a 7-0-1 record.

## Clegg spikes a spot with Volleyball Canada's National Excellence Program

### By Brian Bowman

The next few months are going to be very important for Mikael Clegg.

The St. Andrews' product is currently in Gatineau, Quebec as part of Volleyball Canada's National Excellence Program which began last Wednesday and will continue at least through December. There is the possibility of an extension depending on several factors, including local health guidelines.

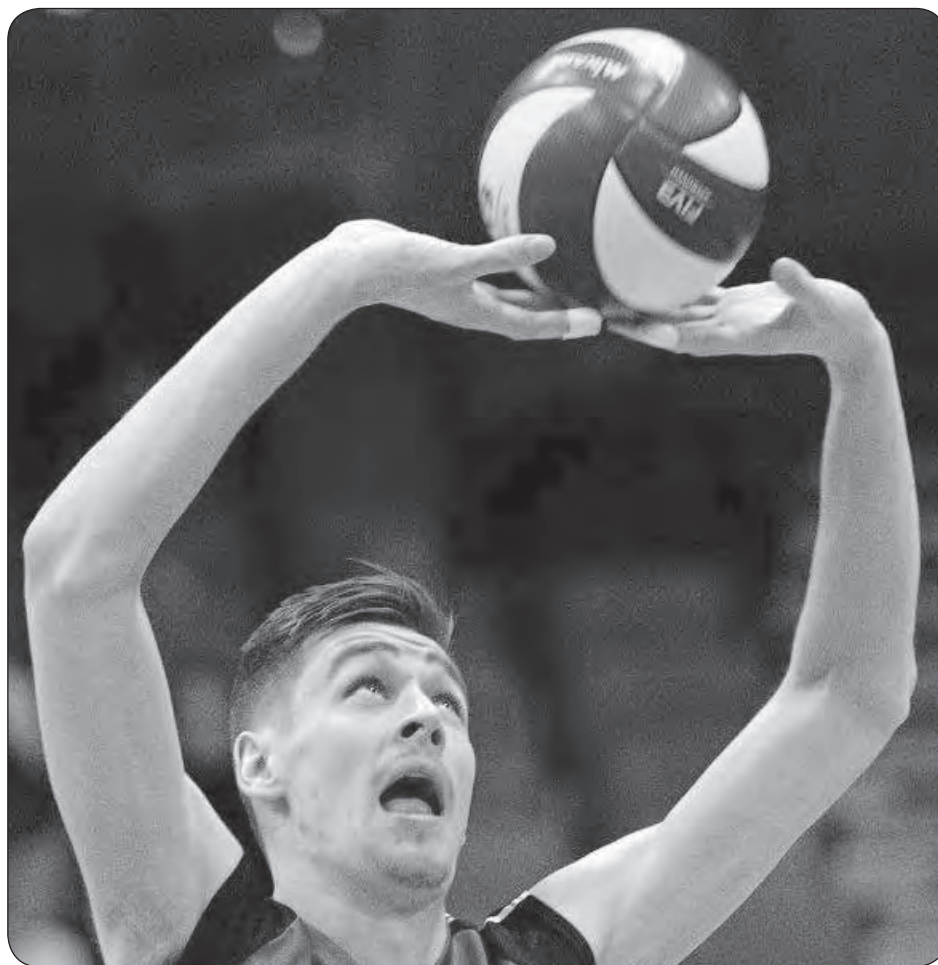
"It's been a lot of fun so far," said Clegg from Quebec last Sunday afternoon. "It's been going good. They have been monitoring us and trying to get us back into volleyball shape because we have off for so long."

The practices, said Clegg, have been very intense. The athletes are on the court three times a week with training once or twice a day.

"The NEP has restarted with a targeted group of athletes, which includes national team members as well as invited university or younger athletes," said head coach Dan Lewis. "After a modified training season and the cancellation of most competitions due to the pandemic, we are excited to get back into the gym with this talented group of players."

The National Excellence Program is designed to prepare athletes to perform at the highest level in volleyball and to continue their development towards the national senior team and/or playing professionally.

Clegg has trained in Gatineau before with Canada's junior men's volleyball



RECORD PHOTO SUPPLIED BY DAVID LARKINS/UNIVERSITY OF WINNIPEG  
St. Andrews' Mikael Clegg is currently training with Team Canada's men's volleyball program in Gatineau, Quebec.

program. That experience has helped him transition to this higher level.

"I knew what I was getting into a little bit," he said. "I knew what the training schedule would be and how

demanding it would be. It's a big commitment but after (the junior team) it's always been in the back of my mind to get back to Gatineau."

Clegg is one of three setters in camp.

He is joined by Montreal's Gabriel Chancy and London's TJ Sanders.

The only other Manitoban is East St. Paul's Jason Derocco.

After the National Excellence Program, Clegg has two options. He would like to either pursue a professional career in Europe or he may go back to school to get into physiotherapy.

"There's kind of two paths right now," said Clegg, who starred with the Selkirk Royals and then had a stellar career with the University of Winnipeg Wesmen. "After this training with the national team, we'll see where I go."

### 2021 Phillies Softball TRY-OUT DATES:

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11-1 (Check in at 10:30)  
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**U14: Sept 19 and 20**  
2-4 (Check in at 1:30)  
Quarry Park

**U16: Sept 19 and 20**  
2-4 (Check in at 1:30)  
Quarry Park

**Contact: Blaine Shewchuk**  
Shewcb1@gmail.com

Please register in advance through the Phillies website at <https://www.leaguelineup.com/interlakephillies>



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Wanted - older string musical instruments & amps, etc. Call 204-494-0517.

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> MEAL IDEAS

RED RIVER CO-OP FOOD STORE



## Chipotle Hummus and Mushroom Tacos

Prep time: 10-15 minutes  
Cook time: 10 minutes  
Servings: 2  
Chipotle Hummus:  
6 tablespoons Sabra Classic Hummus  
1/2 teaspoon ground chipotle, dried  
Slaw:  
1/4 cup finely shredded purple cabbage  
1/2 teaspoon chopped fresh cilantro  
1/4 teaspoon lime juice  
1/8 teaspoon salt  
Mushrooms:  
1/2 tablespoon olive oil  
8 ounces sliced mushrooms (brown or white)  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
4 small tortillas (corn or flour)  
1/2 ounce feta cheese (optional)  
To make chipotle hummus: In

small bowl, mix hummus and ground chipotle; set aside.  
To make slaw: Cut cabbage into quarters to easily remove core; thinly slice. In small mixing bowl, combine cabbage, cilantro, lime juice and salt. Using clean hands, crunch or squeeze together ingredients to bruise cabbage and incorporate.  
To make mushrooms: In large frying pan, heat olive oil over high heat. Add mushrooms, salt and pepper. Cook about 6 minutes until all sides of mushrooms are browned. Remove mushrooms from pan.  
Using hot pan, add tortillas one at a time to warm up, about 20 seconds on each side.  
Spread tortillas with chipotle hummus. Place hot mushrooms in centers of tortillas. Top with slaw and feta cheese, if desired.

## Barbecue Macaroni and Cheese Burger

Prep time: 5 minutes  
Cook time: 25 minutes  
Servings: 8  
1 pound ground beef  
1 pound Bob Evans Original Roll Sausage  
1 package (20 ounces) Bob Evans Macaroni and Cheese  
8 hamburger buns  
4 tablespoons barbecue sauce  
1/2 cup French fried onion

## Pumpkin Mac and Cheese

8 ounces rotini or medium shell pasta  
5 tablespoons butter, divided  
1/4 cup all-purpose flour  
1 can (12 ounces) evaporated milk  
1 cup milk  
1/2 cup canned pumpkin  
1 1/2 teaspoons salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon ground nutmeg  
2 cups shredded Swiss or Gruyere cheese  
1 cup shredded cheddar cheese  
1/4 cup breadcrumbs  
Cook pasta according to package directions; drain and set aside.  
Heat oven to 375 F.  
Grease 1 1/2-quart baking

straws

In large mixing bowl, blend ground beef and sausage; divide into eight patties.

On grill over medium heat, cook burgers on each side until no longer pink in center and internal temperature reaches 160 F, about 15 minutes.

Heat macaroni and cheese according to package instructions.

Place patties on buns and top each with 1/4 cup macaroni and cheese, 2 teaspoons barbecue sauce and fried onion straws.

dish. In 4-quart saucepan over medium heat, melt 3 tablespoons butter. Stir in flour; cook 1 minute. Gradually stir in evaporated milk and milk; cook until mixture is thickened and smooth. Stir in pumpkin, salt, pepper and nutmeg. Remove from heat; whisk in cheeses until smooth. Stir in cooked pasta; toss to mix well. Spoon into baking dish. Melt remaining butter; stir in breadcrumbs to coat well. Sprinkle on top of casserole. Bake 30 minutes, or until sauce is bubbly and mixture is golden.

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## NOTICE TO CREDITORS

In the matter of the Estate of **Marlene Ironstand**, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Amanda Semenchuk, Estates Officer, at 155 Carlton St. Suite 500, Winnipeg, MB. R3C 5R9 on or before the 21st day of October, 2020. Dated at Winnipeg, Manitoba, this 19th day of August, 2020.  
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## ANNOUNCEMENT

### IN MEMORIAM



In loving memory of  
**Ronald William Fewchuk**  
 October 28, 1941 - September 13, 2017  
 Three years have passed since you left us.  
 There is not a day I don't think of you;  
 The things you used to do and say.  
 I think of you in silence,  
 I often speak your name,  
 All I have are memories,  
 And your picture in a frame.  
 God has you in His Keeping,  
 I have you in my heart.  
 -Forever loved and sadly missed,  
 love June and family

## ANNOUNCEMENT

### IN MEMORIAM



**Barbara Niebel (Campbell)**  
 March 2, 1957 - September 11, 2018  
 Two years have passed since we lost our precious Barb.  
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## ANNOUNCEMENT

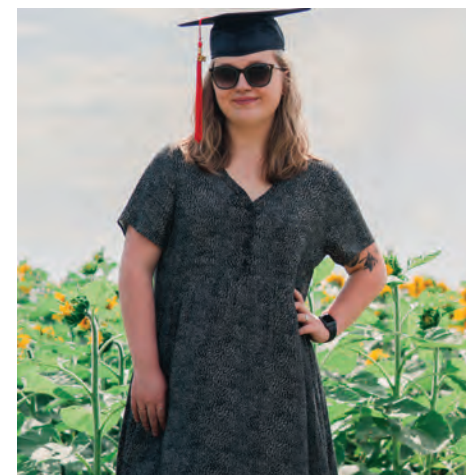
### BIRTHDAY



Happy Sweet 16 Kyla!  
 September 9th  
 -Love Mom, Dad,  
 Raylan and Declan

## ANNOUNCEMENT

### GRADUATION



Congratulations  
 Kyla Lamb  
 on your graduation from  
**Graphic Design at Red River College, 2020**  
 We are all so proud of you Kyla!  
 -Love your family

## OBITUARY

### Arthur Dirks

November 6, 1921 – August 17, 2020

In Loving Memory of Arthur Dirks ~ Passed into the presence of His Lord from his room at Menno Home in the early hours of Monday, August 17, 2020 following a brief acute illness after a long life of happy Christian witness.

He is survived by his children: Terri Dirks, Sue (Gordon) Unger, Tim (Sandi) Dirks, 5 grandchildren: Tim Martens (Joanne), Jeret Unger (Joanna), Carla Siemens (Paul), Rachelle Lorentz (Michael), Nicolette Tell, and 13 great-grandchildren, as well as his sister Vi Thompson.

He was predeceased by his wife Mabel Dirks and his grandson Adam David Martens.

Art was born on his parent's homestead outside Waldheim, Saskatchewan. He retired from Gerdau Ameristeel in Selkirk, Manitoba in 1986. Art and Mabel enjoyed their retirement years in Abbotsford with many friends and relatives.



A visitation was held at Woodlawn Funeral Home, 2310 Clearbrook Road, Abbotsford at 9 am on Friday, August 21, 2020.

A Graveside Service was held at Maclure Road Mennonite Cemetery following the visitation.

A Memorial Service was held at Woodlawn Funeral Home at 11:30 am on Friday, August 21, 2020. Our heartfelt thanks to the nursing staff on West 2 at Menno Home for the loving care you gave our father.

Online condolences to the family may be made at: [www.woodlawnfh-abbotsford.com](http://www.woodlawnfh-abbotsford.com)

In lieu of flowers, donations may be made in memory of Arthur Dirks to Selkirk Community Church 6569 Provincial Trunk Highway 9, St. Andrews, MB R1A 4E6

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## OBITUARY



**William (Bill) Stutsky**  
October 23, 1925 - September 2, 2020

On a rainy, windy September evening, with Al by his side, Bill left us to join his beloved Elsie, whom he has dearly missed since January 2019. Just short of his 95th birthday, he joins his son Vance, his daughter Velvet along with her husband Barry Tepleski and his brothers Charlie and Johnny.

Bill was the second eldest child born to parents Tom and Teenie, and was raised on the family farm west of Winnipeg Beach. In his late teens he left home for Red Lake to work in the McKenzie Gold Mines. After returning to the homestead and working alongside his dad and Charlie, he met Elsie, and they were married in 1952 while Bill was taking an auto body course. He established Selkirk Auto Body, and while operating that business, he also started Selkirk Auto Wrecking with his partner Walter Budy.

Bill and Elsie raised their three children Allan, Vance and Velvet in Selkirk, and later in Mapleton, residing on River Road. It was there that they built their family home with the view of the river which they both loved. He spent a lot of time by the river smoking fish, enjoying evenings on his dock, and ice fishing there in the winters. Bill was an avid outdoorsman and was a member of the Selkirk Game and Fish, serving on the Executive for many years. Bill loved to hunt, fish and snowmobile, and enjoyed his last rides while in his early 80's. Bill was also a talented painter and wood carver, leaving many of us fortunate to possess a painting or a carving lovingly made by him.

Retirement came for both Bill and Elsie in 1991, and they enjoyed many years of travelling with friends and family. Retirement also saw them moving to Bonnet Oaks, Lee River where they continued to enjoy the great outdoors. While living there, Bill would disappear for hours only coming home if he had a full pail of mushrooms, fiddleheads or berries, whatever was in season. In their later years life took Bill and Elsie back to Selkirk and they lived in Kiwanis on the Red, and later on moved into Woodland Court

Left to remember Bill and all the good times that were had, are his son Allan (Susan), daughter-in-law Delyna Shaw, and his grandchildren Tracy, Brad (Tracy), Glenn, Carly, Devin, and Nadia. He also leaves behind his two little great-granddaughters Sierra and Skylar, who always brought a smile to his face. Bill will also be remembered by his loving sister Peggy Kibsey (Adam), sister and brother-in-laws, many nieces, nephews and friends.

Although he is no longer with us and will be dearly missed, we know he is now at peace. We want to thank the staff at Red River Place for the wonderful care and friendship given to Bill during his short stay there.

As per his wishes, cremation has taken place, and a private service will be held in Winnipeg Beach at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**William (Bill) James Knight**  
March 21, 1943 to August 30, 2020

It is with great sadness we announce the passing of Bill Knight on Sunday, August 30, 2020 at the Selkirk Hospital with his wife by his side.

Bill was predeceased by his parents George and Kathleen, sisters Patricia and Margaret, brothers George and Donald.

Bill is survived by his wife Lisa; children Darryl (Diane), Wendy, Kevin, Kerri (Pat), Steele and Ian; grandchildren Travis (Jade), Wade (Michelle), Evan, Amber (Rod), Kambrie, Kyra, Faly (Kyle); and great-granddaughter Brooklyn; sister June; sisters-in-law Val (Wade) and Cindy (Mark); brother in-law Mark (Anjali) and numerous nieces and nephews.

Bill was born in Toronto, moved to Winnipeg and settled in the St. James area where he enjoyed many years with his family. Bill met Lisa, the love of his life, in 1990 and they had their son Steele in 2000. Bill was a kind, hardworking man, who with Lisa, have fostered many children over the years. Together they have made a difference in so many lives. So much so that they still keep in contact with many of their foster children today.

Bill will be remembered to be a patient, fun-loving man with a keen sense of humor, who truly enjoyed life, loved a good deal and loved his family unconditionally.

Over the years Bill was employed at Canada Packers, Flynn Roofing and then self employed as a roofer. His main career was as a salesman for different dealerships in Winnipeg and for the last 14 years at Selkirk Dodge Chrysler Jeep. Bill was very well known as an ambassador for Selkirk.

Bill was a collector of hockey memorabilia and had a real zest for life. Bill always had a love for the classic cars. Bill was finally starting to relax and enjoy his country lifestyle.

A private Celebration of Life service will take place at the Sobering Funeral Chapel in Beausejour, MB in the next week with Pastor Rudy Fidel officiating. Pallbearers will be Ian Green, Darryl Knight, Kevin Knight, Travis Knight, Wade Knight and Evan Knight. Honorary pallbearers will be Wade Taylor Sr., Mark Goshulak, and Mark Caplan.

The family would like to thank the staff at Selkirk Hospital on the Med Surge ward.

Flowers gratefully declined and if you wish you may donate to Faith Temple Church, c/o 522 Roberta Ave., Winnipeg, MB R2K 0K8.



## OBITUARY

**Pearl Thomas**

Peacefully on Thursday, September 3, 2020 at the Seven Oaks Hospital, Winnipeg, MB, Pearl Thomas, aged 70 years, joins her late husband Dennis.

Longer obituary to run in next week's Selkirk Record.

Gilbart Funeral Home, Selkirk in care of arrangements.



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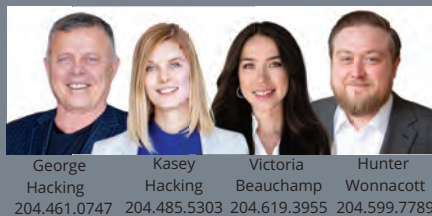
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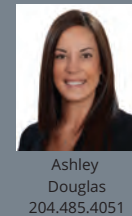
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