



# Recreation Newsletter

June 2024

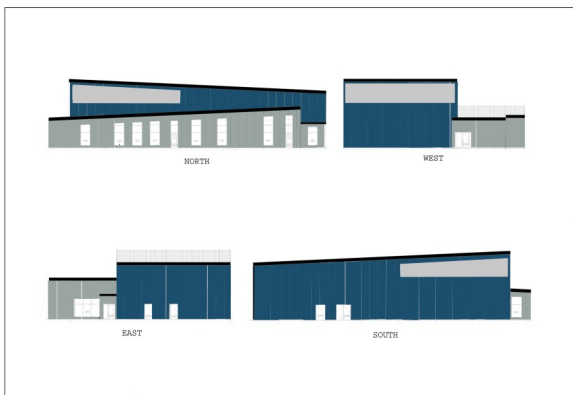
St. Clements  
The place to be

1043 Kittson Rd, East Selkirk MB

Phone: (204)-482-3300

E-mail: [recreation@rmofstclements.com](mailto:recreation@rmofstclements.com)

## Announcements



Thank you to all who attended the South St. Clements Activity Centre Open House on May 30th! We are so grateful for all of your questions and comments! We look forward to watching the building grow with the community!

### Did you Know??



With the Stanley Cup Final getting underway it is time for a hockey fact! While hockey is Canada's pastime, the sport was not invented in Canada! It was actually invented in England! It was played in the 1700's and was not played in Canada until the late 1850's!



Due to unforeseen circumstances, we have had to cancel our Libau Summer Camp. East Selkirk Summer Day Camp will move forward as scheduled!

Register today to be sure to secure a spot!

Email [recprograms@rmofstclements.com](mailto:recprograms@rmofstclements.com) or check out our website for registration information!



As of May 22nd, there are no more Food-Cyclers left! The RM of St. Clements would like to extend a massive thank you to everyone involved in the project! We look forward to collecting the data and seeing where we go next!

If you are finished your tracking sheet, please be sure to fill out the following survey: <https://www.surveymonkey.com/r/FCStClements>.

# Recreation Programs and Classes

Join us on Wednesday mornings with Dynamic First Aid and CPR for Yoga! This is a beginner class, but all levels are welcome!

**Date: June 5th, 12th, 19th and 26th**

**Time: 10:30am-11:30am**

**Location: 711 Old Henderson Highway**

**Cost: \$60.00 per person**

**Minimum of 8 people are required. Must preregister by June 3rd, 2024.**



Join us on June 6th for a Paint Night! There are six fabulous designs to choose from! Make your selection and email [recprograms@rmofstclements.com](mailto:recprograms@rmofstclements.com) to reserve your spot!

**Date: June 6th**

**Time: 6:30pm-9:30pm**

**Location: 711 Old Henderson Hwy**

**Cost: \$60 per person**

This program is designed for all dog and cat owners who want to be best prepared for any situation that might arise

A registered Veterinary Technologist with over 20 years of experience in veterinary clinics will teach you the basics of animal First Aid and CPR so that you have the skills to use, should you need it.

Our furry friends deserve the best care we can give them!

**Date: June 12th**

**Time: 6:00pm-9:00pm**

**Location: 711 Old Henderson Hwy**

**Cost: \$65 per person**





# Beaded Red Dress Earrings

Workshop held on  
June 15th, 10am-3pm

East Selkirk Hall  
\$35/person

minimum 15 people



register at [recprograms@rmofstclements.com](mailto:recprograms@rmofstclements.com)



Thanks to Métis artist Jaime Black's REDress Project installation, a red dress has come to symbolize the Missing and Murdered Indigenous Women and Girls and Two-Spirit People. It honors and brings awareness to the thousands of Indigenous women, girls, and two-spirit people who have been disproportionately affected by violence.

Join Red River Métis artist Lydia Sturby as she leads a workshop on creating Red Dress earrings. All supplies are included. Minimum of 15 people are required. Register at [recprograms@rmofstclements.com](mailto:recprograms@rmofstclements.com)

**Date: June 15th**

**Time: 10:00pm-3:00pm**

**Location: 711 Old Henderson Highway**

**Cost: \$35.00 per person**

Join Taylor, our Recreation Programmer, on some hikes in the RM!

June 19th, 1pm: Brokenhead Wetland Interpretive Trail.

June 21st, 10am: Duff Roblin Trail, starting at the Trailhead in Birds Hill Park.

June 26th, 1pm: Duff Roblin Trail, starting at the Trailhead in Birds Hill Park.

June 28th, 10am: Brokenhead Wetland Interpretive Trail.

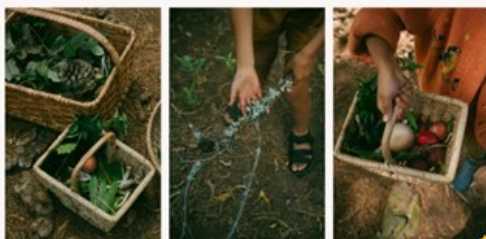
Registration is recommended, but not mandatory!



RM OF ST. CLEMENTS

## Foraging Workshops

JULY 9TH	AUGUST 14TH	SEPT. 7TH
5pm - 7:30pm Meet at Gull Lake's Green Space	5pm - 7:30pm Duff Roblin Trail Head Birds Hill Park	10am - 12:30pm Meet at Grand Marais Rec Centre
\$40	\$40	\$40



BACK BY POPULAR DEMAND



Minimum 8 people/course. Must pre-register 3 days before the chosen date at [recprograms@rmofstclements.com](mailto:recprograms@rmofstclements.com)

Back by popular demand: Foraging Workshops!

Join Erica, from Mossy Birch Homestead, as she leads us through foraging practices such as identification and confirmation of plants/trees/fungi etc.

With three workshops taking place this summer, there is something for everyone!

Minimum 8 people per class

Must register 3 days prior to the chosen date

Please register by emailing: [recprograms@rmofstclements.com](mailto:recprograms@rmofstclements.com)

## We are looking for vendors!

The Midsummer's Eve Market will take place on July 31st from 3pm-8pm at East Selkirk Hall. This is an indoor market and is \$25/table.

Please email [recprograms@rmofstclements.com](mailto:recprograms@rmofstclements.com) for more information and to register your business!



A graphic for a 'WILL WRITING WORKSHOP'. It features a background of the word 'WORKSHOP' repeated in a light blue font. On the left, there is a photograph of an elderly person's hands being held by another person's hands. On the right, there are three stacked, smooth, light blue stones. The text reads: 'WILL WRITING WORKSHOP', 'The RM would like to offer a workshop on Wills. Please fill out the survey to help us plan!', and 'THE RM OF ST. CLEMENTS' with a logo at the bottom right.

Your Final Will and Testament provides peace of mind for you and your family. It ensures your wishes are respected and alleviates the hard decisions that your family would have to make on your behalf. However, creating a Will can be a daunting task. The RM of St. Clements would like to offer a workshop on how to create your Will.

Please fill out the quick survey to help us gauge the best way to offer this workshop.

<https://forms.office.com/r/8KQQHthzgF>

Visit the RM of St. Clements Activity Circuit and take advantage of the June sunshine!

A graphic for an 'ACTIVITY CIRCUIT' in South St. Clements. The background is blue with a light blue curved shape. The text reads: 'ACTIVITY CIRCUIT', 'South St. Clements', 'Did you know that there is an outdoor Activity Circuit in South St. Clements? Check it out for ParticipACTION!', 'JUNE '24 | all day, any day', and 'THE RM OF ST. CLEMENTS' with a logo at the bottom right. There is a photograph of a person stretching on a grassy field.



# Recreation Facilities

## East Selkirk Hall



Location: 711 Old Henderson Hwy  
East Selkirk

Contact Info: (204)-482-4786

Available for weddings, socials,  
birthday parties, anniversaries,  
showers, or come and go events!

## East Selkirk Recreation Association



Location: 1145 Strathcona Rd East  
Selkirk

Contact Info: (204)-785-2364 or  
online contact form at  
[www.eastselkirkrec.com](http://www.eastselkirkrec.com)

Ice rentals, baseball diamonds, soc-  
cer fields, and club house with res-  
taurant

## Libau Community Club



Location: Rd 86 N Libau

Contact Info: (204)-481-2712

Community events, bookings, out-  
door recreation and play!

# Stead Community Club



Location: 96134 Stead Rd, Stead  
Contact Info: (204)-635-2215  
Club rentals, outdoor space and  
located near lakes and trail systems.

# Stony Pointe Community Centre



Location: 319 rd near the junction of  
Rd 37 E

Contact Info: (204)-635-2308

Rental space for weddings, socials,  
showers, and other events

# Grand Marais Community Central



Location: 36058 Highway 12, Grand  
Marais

Contact Info: (204)-754-3596

Information centre, community  
events, fitness centre, museum, out-  
door recreation and play, and lake  
life aquarium



# Grand Marais Recreation Centre



Location: 90 Matilda Ave, Grand Marais

Contact Info: (204)-754-2325

Rental Space for socials, outdoor recreation, events, and Bingo.

## HALL RENTAL

HOST YOUR NEXT SPECIAL OCCASION AT THE EAST SELKIRK HALL!

711 OLD HENDERSON HIGHWAY  
CALL: 204-482-4786

SHOWERS      BIRTHDAYS      SOCIALS  
ANNIVERSARIES      WEDDINGS      FUNDRAISERS      AND MORE!



**Consider East Selkirk Hall  
for your Next Rental!**

# Belair ATV Club



**Belair ATV Club Inc. est.  
2016**

We are a non-profit organization that maintains 155 kms of trails in the Belair forest and the Whistle Pig trail from East Selkirk to Pine Falls. We encourage motorized and non-motorized users to enjoy the wonderful trails we established that are signed and groomed for ease of use.

# Community Programming and Events



Libau Community Centre is hosting their second annual Summer Fest Event! All proceeds from the event will go towards Club improvement efforts.

**Date: July 6th**

**Times: 12:00pm-12:00am**

**Location: Libau Community Club, 31145 86 North**

**Cost: \$10.00 4-15 years \$15 16+ years**



Grand Marais Seniors is introducing weekly Yoga classes! This will be happening for 12 weeks. Come on out and get to stretching and find your zen with these inclusive Yoga classes for any skill level.

**Date: Starting on May 20th, once a week for 12 weeks.**

**Time: 11:00am**

**Location: Grand Marais Community Central**

**Cost: Members \$40, Non-members \$50 and drop ins for \$10**



**Grand Marais Seniors Presents:**

**Crib Night**

Come out and enjoy Crib Night! All skill levels welcome! Come and enjoy some spirited games of Crib!

**Dates: Every Monday**

**Time: 7:00pm**

**Location: Grand Marais Community Central**

**Cost: \$7 per person for entry, \$2 for 50/50 and optional \$1 for 24 hand pot**





## Mobility Equipment Loan! Why Buy New When You Can Borrow?

Contact Roberta for Info:  
(431)-228-3034

### Mobility Equipment Loan!

Why Buy When You Can Borrow?

Contact Roberta For Details!

Call: (431)-228-3034



## BOCCE BALL AND CORNHOLE EQUIPMENT LEASE

### Grand Marais Seniors are Leasing Bocce Ball and Corn Hole Equipment

2 Bocce and 2 Corn Hole games are  
for lease at GMCC to take out and  
play on the premises for a minimal fee.

For more information contact Grand  
Marais Seniors:

[gmdseniors@gmail.com](mailto:gmdseniors@gmail.com)

2 OF EACH AVAILABLE  
FOR LEASE!  
CONTACT:  
[GMDSENIORS@GMAIL.COM](mailto:GMDSENIORS@GMAIL.COM)



### Grand Marais Recreation Centre Breakfast!

Come on down to Grand Marais Recreation  
Centre for Breakfast on Saturdays and  
Sundays! Drop by and enjoy all your favor-  
ites and a few NEW dishes. Prices are rea-  
sonable and we have **LOTS** of room for  
**LARGER** groups as well, so bring your  
friends!

Time: 8:00am-1:00pm



**Grand Marais Recreation Centre Walking Club**

Every Monday, Wednesday, and Friday

9:00am-11:00am

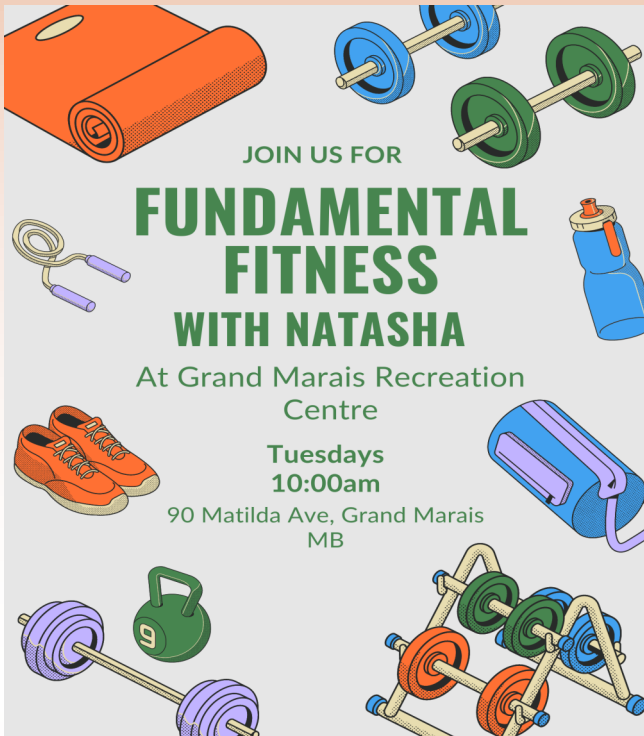
Lets get to Steppin'!

Grand Marais Recreation Association has a walking club that takes place every Monday, Wednesday, and Friday of the month. Coffee will also be provided!

**Date: Mondays, Wednesdays, and Fridays**

**Time: 9:00am-11:00am**

**Location: Grand Marais Recreation Centre**



JOIN US FOR

**FUNDAMENTAL FITNESS WITH NATASHA**

At Grand Marais Recreation Centre

Tuesdays  
10:00am

90 Matilda Ave, Grand Marais MB

Fundamental Fitness with Natasha! Anyone can sign up! Beginner, low impact to active intermediate. Check out Fundamental Fitness on Facebook or drop in.

**Date: Tuesdays**

**Time: 10:00am**

**Location: Grand Marais Recreation Centre**



**MONTHLY DRAW!**

**FILL YOUR FREEZER**

PRESENTED BY GRAND MARAIS RECREATION CENTRE

TRY AND WIN \$200 OR MORE OF FREE MEAT FOR YOUR SUMMER BBQ'S

Every month Grand Marais Recreation Centre will be selling **LIMITED** amounts of tickets for our **"FILL THE FREEZER"** Contest. You could WIN a Meat Package worth **\$200.00 or more** just in time for BBQ season. Tickets are \$10 and available at the **SANDBAR HOTEL** and **every Tuesday at the Rec Hall after 3pm GET YOURS THEY SELL OUT FAST!**

**Our FIRST WINNER!** – Sharon Leggatt *Congratulations* and Enjoy your Summer.



Grand Marais Recreation Centre is looking for someone to host Wednesday night Cribbage! If interested call (204)-754-2325





Grand Marais Recreation Centre hosting Jackpot Bingo! Every Tuesday night!  
 NEW Dinner Specials every week! For more information check out their Facebook page!

**Date: Tuesdays**  
**Time: Doors open at 5:00pm games begin at 7:00pm**  
**Location: Grand Marais Recreation Centre**



The East Beach Heritage Wing invites you to the Premiere of Local Hero Freda Jonsson video on Saturday, June 15 at 1:30. The museum is located at 36058 Highway 12 in Grand Marais. Thanks to our funders Interlake Tourism Association and RM St. Clements. Event is free. For more information -

[EBHWmuseum@gmail.com](mailto:EBHWmuseum@gmail.com).

**Date: June 15th**  
**Time: 1:30pm**  
**Location: Grand Marais Community Central**



Come out to Grand Marais Community Central on June 30th for the At the Beach Artisan Festival! Come and participate in this wonderful market and support local vendors and initiatives!

**Location: Grand Marais Community Central**

**Time: 10:00am-4:00pm**

**Date: June 30th**

## LUNCH LIKE IT'S FRIDAY!

**Stead Community Centre**

**June 14  
12:00pm-2:00pm  
Meal is \$15 and  
Dessert is \$4**



### Stead Community Centre!

Lunch Like It's Friday will be on June 14 from 12:00 – 2:00. The menu is yet to be determined but is always worth the trip. The meal (includes coffee, water or a pop) is \$15.00 and dessert is \$4.00. Updates will be posted on the Stead Hall Facebook page.

Did you know that the Stead Community Centre has a commercial kitchen? The kitchen can be rented at a reduced price for your farmer's market/craft sale cooking/baking needs. Contact Lana (call or text) at 204-266-1481 for more information and rentals.



### East Selkirk Hall is Hosting a Cribbage Tournament!

Come out and participate in the East Selkirk Hall Cribbage Tournament! Have the opportunity to win cash prizes! If you are interested email Glen at [gleninkster@yahoo.com](mailto:gleninkster@yahoo.com)

**Date: June 2nd, 2024**

**Time: 10:30AM Register. Games begin at 11:00AM**

**Location: East Selkirk Hall (711 Old Henderson Hwy)**

**Cost: \$10 per player or \$20 per team**





# Ceud Mille Failte

Saturday, June 22, 2024 ~ 9am-6pm  
 Sunday, June 23, 2024 ~ 9am-4pm

Legacy Park, Recreation Centre, East Selkirk, MB  
 HWY 59 at PR 212 (Kittson RD)

Day Pass Adult \$15 Child/Senior \$10  
 Family \$35 (2\* Adult/Senior & 2\* Child)  
 Weekend Pass Adult \$25 Child/Senior \$15 Family 2 Day Pass \$60  
 \*Child ages 5-12yrs \*Senior ages 65yrs+

2 <sup>nd</sup> Longsword Championship (Saturday)	31 <sup>st</sup> Paddling Championship (Saturday)
2 <sup>nd</sup> Broadsword Championship (Sunday)	Highland Dance Competition (Saturday)
Heavy Games Competitions	Pipe and Drums Competitions (Sunday)
Hands of Lugh	Barony of Castel Rouge <i>*Dress up &amp; get your photo taken on the throne!</i>
Jacobite Encampment	Medieval Live Enactment
Red Lion Scottish Food Booth	Manitoba Living History 1812-1850
Scottish Market (vendors)	"D" Div. RCMP Pipes & Drums of MB
Clan Booths	Wee Folk Activities
Manitoba Gaelic Interpreter	Live Entertainment, Scottish Dancing,
Highland Coo	Scottish Auction & more!
Sheep Sheering	
British Cars	



**Rain or shine (rain venue on site) Bring a chair!**  
[www.manitobahighlandgathering.org](http://www.manitobahighlandgathering.org)



Exclusive Volunteer sponsor:  


Bring CASH  
 No ATM on site




**Come out to the Manitoba Highland Gathering!**

**Plenty of entertainment, vendors, and much more!**

**Date: June 22 & 23**

**Time: 9am-6pm on June 22 & 9am-4pm on June 23**

**Day Pass Cost: Adults \$15, Child/Senior \$10, Family \$35**

**Weekend Pass Cost: Adult \$25, Child/Senior \$15 Family 2 Day Pass \$60**

## SAVE THE DATE!



Presented by  Canadian Tire

**July 21st, 2024 | 10AM-5PM**

Regular Tickets: \$25 | VIP Tickets: \$65

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

The Red River North Tourism 2024 Garden & Art Tour will take place on July 21st from 10:00 a.m. to 5:00 p.m. This event showcases 8 to 10 beautiful garden properties throughout the RM of St. Andrews, St. Clements, and the City of Selkirk. It offers a fantastic opportunity to engage with garden owners and master gardeners who will be available to answer your questions and share their gardening expertise. Throughout the tour, enjoy vibrant works by local artists, live music, and meet authors amidst the beautiful gardens.

G&A Tour tickets can be purchased exclusively on the RRNT website starting June 15th.

For more information, visit: <https://www.redrivernorthtourism.com/-garden-and-art-tour>

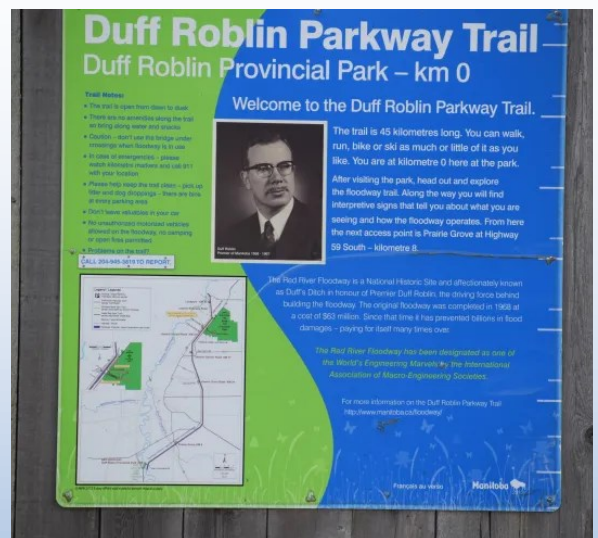


# Featured Location!



## This Months Featured Location is The Duff Roblin Parkway Trail!

A beautiful hidden gem in the RM that stretches into Birds Hill Provincial Park! This interpretive trail stretches from Donald Rd all the way to the interior of Birds Hill Park and includes a bridge crossing over the Red River Floodway! Come and view the scenery along the trail! And utilize the Trail all month long for ParticipACTION month!





# South St. Clements Activity Centre Update!



## The South St. Clements Activity Centre Construction is Underway!!

The RM is pleased to report on the continuation of the construction of the South St. Clements Activity Centre. The cistern and grade beams have been poured! According to the construction company, we should begin to see structure in the coming weeks! The Centre will be a multipurpose facility designed for sport, community gathering, art programs, classes, and even nature programming! Keep your eyes peeled for more news, announcements and updates in the near future!





# Get Prepared to Get Active!

## ParticipACTION

The ParticipACTION Community Challenge presented by Novo Nordisk returns once again this year to help everyone enjoy the many physical, social and mental health benefits of getting active together! This national initiative encourages everyone in Canada to get active throughout the month of June, ultimately recognizing Canada's Most Active Community and awarding it with \$100,000 to support physical activity and sport initiatives.

**Individuals:** Sign up on the [ParticipACTION website](#) and commit to getting active throughout June and browse the different opportunities to help you move more where you live, learn and/or work!

I believe in us as a community, as a place of work and as an up-and-coming recreation destination! I am thrilled to see where this adventure takes us and am already proud of the activities that I know are to come from you!

Any questions contact Recreation: [recreation@rmofstclements.com](mailto:recreation@rmofstclements.com)



# Thank You All!!!

Thank you to everyone who made the first ever St. Clements trivia night a rousing success! We also want to say a massive thank you to our Recreation Programmer, Taylor, for all her hard work planning and even being the Quizmaster for the event! Here is hoping to do another Trivia night in the future!

## TRIVIA NIGHT

THANK YOU FOR  
PLAYING!



What an amazing turn out!  
Congratulations to  
Whiskypedia for scooping  
up the prize!

**\$886  
WAS  
RAISED  
FOR  
CAMP!**





# Contact Us!

We want to here from you! Please do not hesitate to contact us about any recreation activities or even suggestions on what you may want to see! Our Recreation Manager wants to here from you, the residents of the Municipality!

Email Brenden at: [recreation@rmofstclements.com](mailto:recreation@rmofstclements.com)

Want to get the Newsletter as soon as it is finished? Register for St. Clements Connect! Not only will you receive the Newsletter every month directly to your Email, you will also be notified for road closures, fire bans, and any other pertinent information! Information on registration can be found on our Website!



*St. Clements*  
**The place to be**