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THURSDAY, APRIL 11, 2024

VOLUME 15 EDITION 15

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Don McIntosh (centre) won a priceless prize at the Clandeboye United Church Fundraising Raffle. The wonderful, intricately patterned, quilt was donated by fabric artist Fran Kozun (right) who created the hand-sewn textile. Pictured: Wendy Church (left) helping McIntosh and Kozun hold up the quilt.

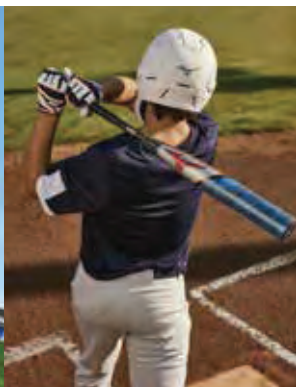
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Survivor's Hope to host Take Back the Night Selkirk at Waterfront

Local event to bring attention to stopping violence in our community

By Katelyn Boulanger

Everyone is welcome to attend the first annual Take Back the Night Selkirk event hosted by Survivor's Hope at the Selkirk Waterfront on April 27.

"Take Back the Night is a global grassroots event which brings our community together to bring awareness to the issue of gender-based violence, especially sexual violence and sexual assault that's experienced in our communities. Various campuses and cities around the world hold Take Back the Night events and they can include things like protests and vigils and sit-ins," said Coral Kendel, executive director of Survivor's Hope Crisis Centre.

Selkirk's Take Back the Night event will be at the Selkirk Waterfront and will be a rally where people can come to being awareness and support those in our community who have been affected by gender-based violence.

April is an apt time for an event like this in our community as it's sexual assault awareness month.

"[The event starts with a] rally at the waterfront with a water ceremony led by a knowledge keeper and an elder. Also, there will be some introductions, a candlelight vigil, and awareness signs available for folks. After dusk, we will be taking to the streets,

where we'll march through Selkirk and bring the movement to be visible and to be seen throughout our community and march together standing together against this issue," said Kendel.

The route will be a 2km loop. It will be accessible for those using mobility aids like wheelchairs and scooters and will pass near the Selkirk Water Tower which will be lit up especially for the event.

"WITH THAT IN MIND, AND WITH THE WORK THAT WE DO EVERY DAY, IT ONLY FELT NATURAL TO HOLD AN EVENT LIKE THIS TO RAISE AWARENESS ON A LARGER SCALE AND HAVE EVERYONE COME TOGETHER TO SEE THE ALLYS THAT EXIST IN OUR COMMUNITY,"

Safety is top of mind for an event like this and there will be marshals throughout the route as well as route maps available at the event to keep everyone on track.

Survivor's Hope is an ideal organization to bring an event like this to our community because their focus is the impact of sexual violence and on prevention of further harm.

"We have crisis support counseling for survivors of sexual violence. We do education

for youth in schools, tons of advocacy, and larger scale promotions and resource delivery to change the harm that happens in our whole province," said Kendel.

In a recent survey that Survivor's Hope conducted, Kendel said that they found that 40 per cent of respon-

Continued on page 4

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> TAKE BACK THE NIGHT SELKIRK, FROM PG. 3

dents specifically from the Interlake-Eastern area say that they or someone that they know has experienced sexual violence in our communities.

“With that in mind, and with the work that we do every day, it only felt natural to hold an event like this to raise awareness on a larger scale and have everyone come together to see the allies that exist in our community,” said Kendel.

The rally will begin at 7:30 p.m. on April 27. At that point, the emcee for the night will make introductions and our local knowledge keeper and elder will lead a water ceremony as well as an opening prayer. From there, Indigenous drummers from the area will liven up the event and resources will be available for residents to learn more. Residents will then be able to grab LED-lit candles and rally signs for the walk. There will also be some light refreshments available. Once dusk settles the march will begin.

“Anyone is welcome and the event is open to any and all genders, ages

and abilities,” said Kendel.

If you’d like to get a head start on the event residents are also welcome to visit Huddle Selkirk prior to the rally from 4 to 6 p.m. when there will be a poster making gathering.

“People are welcome to come to that as well to make their rally signs. We’ll have supplies available, all sorts of fun paints and markers and poster board and that so they can make their signs ahead of time,” she said.

Kendel’s only recommendation is that people wear comfortable footwear as there is no need to sign up ahead of time for Take Back the Night Selkirk.

She feels that hosting events like this is necessary in our community because historically change is made through advocacy and when people who have experienced harm speak out.

“Having a public event where we can have a large presence of a huge number of our community members from all different backgrounds stand-

ing together to raise awareness of this issue sends a big message to those making the decisions and those who can influence changes to policies and funding that can support and heal harms that have already been perpetrated and prevent future harms from happening,” said Kendel.

If residents want to provide additionally contributes to this cause, donations will be collected at the event. Residents can give financial contributions but donations of canned goods will be collected for local organizations as well as basic needs products like menstrual products and hygiene

supplies which will also be donated locally.

Kendel welcomes anyone who would like to lend their voice to ending gender-based violence in our communities to attend this event.

“Use your power as an individual to come together as a large collective. As a group, there’s power in numbers,” said Kendel.

To learn more about Survivor’s Hope Crisis Centre and their resources visit <https://survivors-hope.ca/>. If you are experiencing an emergency, call 911.

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Survivor's Hope is hosting Take Back the Night Selkirk on April 24.



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NDP government unveils its first budget



SCREENSHOT

Manitoba Premier Wab Kinew and Finance Minister Adrien Sala at last week's budget announcement.

By Lorne Stelmach

The new Manitoba NDP government touted its first budget last week as fulfilling its commitments to rebuild health care and increase affordability for families.

"Today's budget is really about investing in health care and lowering costs for the average Manitoban," Premier Wab Kinew said in a news conference with rural media April 2. "This budget theme is all about more help for you and more help for those who need it most, and we think there's a lot of good news here for rural Manitoba and for the entire province."

Kinew also touched on the NDP's belief that more services need to be delivered closer to home, especially for rural Manitobans.

"We just think that there was too much centralization inside the perim-

eter in health care, in the ag industry, in so many different sectors ... transportation and infrastructure being another," he said. "We think it's now time to decentralize and return not just the services but also the service centres and hubs to the regions."

As well, Kinew touted plans for investments in a number of key areas.

"We're investing in the infrastructure ... the roads, bridges, water infrastructure projects necessary to grow the economy," he said.

"The theme of this budget, in addition to unity, is about delivering more help for you and more help for those who need it most," added Kinew. "Over the past few years ... there have been so many reasons for Manitobans to be divided, and our team takes very seriously the message that we've

Continued on page 6

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> **PROVINCIAL BUDGET, FROM PG. 5**

heard that it's time to find reasons to bring people together."

The key points of the budget included the vow to hire 1,000 new front line health care workers and offering up to \$5,000 in tax breaks to families in addition to an extension of the fuel tax holiday.

It mirrored the party's promises from last year's election to focus on ef-

forts to support the health care system and ease the cost-of-living crisis, although it is being done while running a deficit of nearly \$800 million.

Kinew suggested they are making record investments in health care with a plan to hire 100 doctors, 210 nurses, 90 paramedics, and 600 health care aides over the next year along with investments to retain and train

even more.

It aims to add hospital and ICU beds and open new minor injury and illness clinics and primary care clinics so more Manitobans can see a doctor when they need one.

The premier noted it is a budget that will help take better care of seniors, invests in better health care for rural and northern communities, and takes action to improve cancer care in Manitoba. The financial plan more than

doubles capital funding in health care.

For families, the province is extending the gas tax holiday, providing renters and seniors with increased tax credits, expanding \$10-a-day child care, providing free birth control, increasing funding for fertility treatment, and providing rebates for electric vehicle owners.

The budget will also make communities healthier and safer, noted Finance Minister Adrien Sala, with a \$116 million investment in building and maintaining social and affordable housing and investments in pools and community centres across the province.

He further suggested it will grow Manitoba's economy with more jobs for Manitobans and a plan to ensure Manitoba's agriculture can thrive, feeding Manitoba and the world.

"The previous government left us with a huge mess to clean up—a historic deficit, a health care system that's been badly hurt by seven years of cuts and a failure to strengthen our economy or support families who were struggling with years of rising costs," said Sala. "We're different. We're making smart, targeted investments. We can take steps to fix health care and lower costs, and we can do it while being responsible with public money and charting a path back to balance. That's what Manitobans can expect from our first budget."

The government highlighted a variety of commitments for rural Manitoba.

It plans to give young farmers a fighting chance by lowering their up front costs, freezing Crown lands, and re-opening service centres.

The budget also gives rural families health care closer to home by restoring the rural doctor recruitment fund, hiring more paramedics and putting more ambulances on the road and supporting expanded services at regional hubs like the Boundary Trails Health Centre.

The government also noted it is keeping its commitment to lift the seven-year municipal funding freeze with sustainable annual funding increases and key investments in water and wastewater treatment.

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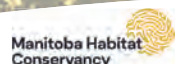


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THIS BUDGET THEME IS ALL ABOUT MORE HELP FOR YOU AND MORE HELP FOR THOSE WHO NEED IT MOST, AND WE THINK THERE'S A LOT OF GOOD NEWS HERE FOR RURAL MANITOBA AND FOR THE ENTIRE PROVINCE."



New event invites residents to learn about homesteading

Local event celebrates self-sufficiency and sustainable living

By Katelyn Boulanger

The Manitoba Homesteading Show is taking place for the first time and residents are invited to attend the event hosted by local homesteaders at the Little Britain United Church Hall in Lockport on April 20.

Homesteading Show organizer, Karen Insley, says that this show is for homesteaders, gardeners, and anyone interested in sustainable living and self-sufficiency.

"We're basically offering people the chance to listen to others who do this and to glean as much information from it as possible," said Insley.

As the founder and owner of Healthy Way Every Day Inc. Insley, with her husband and fellow show organizer Richard Insley, she thought that creating an event that was kind of like a farmer's market but with a twist where the vendors share their knowledge was a great way of connecting people interested in homesteading with people who are homesteaders.

"It's basically an interactive hands-on show with like-minded people. Whether you're an urban gardener or somebody who wants to have chickens and llamas, however extensive that you want it to be, [there will be something there for you]," she explained.

Insley's journey into homesteading started as a child in England where she lived with her parents on a farm that provided for the family. When she and her husband moved to Canada and were able to purchase land in Springfield, they were able to utilize their new space to live off the land which is something they had always been interested in.

"We had a friend a few years ago, who was a client of my husband's, and he wanted to put a couple of beehives on our acreage because he lived in the city and at the time, [people in the city] weren't allowed to [have bees]. We watched him for a year and then we decided to bring some bees onto the acreage ourselves and it just expanded. We have 18 hives now," said Insley.

Naturally, the Insleys created Clover Honey Pot and sold their excess honey but Insley also found herself in need of a good natural skincare line. The combination of these two passions expanded their focus and bee-centred products.

When she was at farmer's markets for her own business, she realized

that she was only able to take a small amount of time with each person who came to see her table and wanted a way to share knowledge while also still giving people a chance to purchase products that they may get excited about after learning more from the person who makes them. In the Manitoba Homesteading Show, she hopes to do just that creating an atmosphere where homesteaders and those interested in learning more both benefit the most.

She also wants to bust the misconception that you have to have acres and acres of land to be able to do some homesteading.

"It isn't complicated, you can do this in small little chunks, and you can make a difference and that's what we're looking [to share]. Like I always say, one good habit is still a really good habit. So, if you can introduce a couple of little things into your life that're more environmentally friendly or look after the ecosystem, you don't have to do everything at once," said Insley.

While she says that starting with a small garden or making items for yourself is beneficial, she also acknowledges that even homesteaders can't do everything and that's another area where people might benefit. Insley explained that she purposefully chose vendors for this market with specialties that don't overlap so that if you're a homesteader who specializes in one area, for example soap making, you can still find people who specialize in other areas to learn from and get products from.

As for the events that will be taking place at the show, the day starts at 10 a.m. and the first 100 people through the door get a bag with goodies from the homesteaders. There will be presentations throughout the day with time in between to let people shop at the vendor booths, have a snack or chat with vendors who are all willing to share what they do. Residents can



RECORD FILE PHOTO

Learn more about homesteading at the Manitoba Homesteading Show.

also expect free coffee, tea and water to keep everyone hydrated. The show wraps up at 3 p.m.


A list of vendors and presentations is available at the Manitoba Homesteading Show website at <https://mbhomesteadingshow.com/>.

The event is free to attend.


Insley invites residents who are pros or new to homesteading and want to learn more to stop by.

"It's a community event. It's vendors and presenters who are living the life that they're presenting about. They are walking the walk. You're not listening to big corporate commercial organizations, you're gleaning information and learning from people who do this and are living a life of sustain-

ability whether it's 10% of their life or 100% of their life. If people just want to learn how to incorporate [more sustainability] in an inviting environment and want to listen to a lot of different aspects of homesteading [they should come]," she said.



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Selkirk Area RCMP rescue stranded persons on Lake Winnipeg

Submitted by Manitoba RCMP

On March 31, at approximately 7:30 a.m., Selkirk Area RCMP received a report that two people were stranded on Lake Winnipeg after their vehicle went through the ice.

Officers attended immediately. To locate the individuals, police spoke to them via cell phone and had them watch for the emergency lights on the RCMP vehicle. Officers had to use extreme caution while travelling over the ice due to the thin ice and open water in some places. When the individuals saw the police lights, they carefully walked towards the officers, as the ice was too thin where they were located for officers to drive to them. Both people made it safely to police and were transported to Selkirk. They were both physically uninjured.

A 41-year-old male and 40-year-old female from Ste. Anne, Manitoba had been travelling on Lake Winnipeg in their SUV to their regular ice fishing spot. Without warning, their vehicle went through the thin ice.



RECORD PHOTO SUBMITTED

The spot where the vehicle went through the ice.

"We want to remind everyone that with warming temperatures and uncertain ice thickness, it is not safe to be out on the ice at this time, especially not in a vehicle," said Corporal Chris Kabernick of the Selkirk Area RCMP. "Not only are you putting your own

life in danger, but the lives of the first responders who come to assist you. Stay off the ice."

The vehicle was recovered by a tow company.

Selkirk RCMP investigate armed robbery of local business

Submitted by Manitoba RCMP

On April 2, at approximately 11:10 p.m., RCMP responded to an armed robbery at a business on Main Street in Selkirk.

It was reported that a male armed with a handgun entered the store, demanded money and fled on foot.

The male suspect was wearing a plaid shirt/jacket and balaclava.

The employee wasn't physically injured.

If you recognize this male or have information on this incident please call Selkirk RCMP at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.



RECORD PHOTO SUBMITTED

Photo of the suspect.

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

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Helping Hands for Manitobans with Breast Cancer helps residents in need

Service helps breast cancer patients with increased needs that stem from cancer and treatment

By Katelyn Boulanger

A cancer diagnosis is something that often changes people's lives. Though treatment for breast cancer is covered by our provincial health care system, there are often small costs that add up even for someone who isn't losing income because of time away from their place of employment. To help with some of those costs, Helping Hands for Manitobans with Breast Cancer Inc. was established in 2005 and continues to work towards helping low-income Manitobans who need a helping hand.

"We call it expenses that simply fall through the cracks, that no other organization, governments or private organizations such as [health insurance companies], will cover for the person who is low income. We also cover, for rural clients in Manitoba, and that's been part of our mandate is to help people from rural Manitoba, get into cities to be able to get the care that they need. We cover, if they qualify, accommodation, meals, and transportation costs, for people who have to come into Winnipeg, in order to get the proper care," said Val Poole, secretary for Helping Hands for Man-

itobans with Breast Cancer.

The organization which is all volunteer run is a grassroots non-profit.

When Helping Hands was started in 2005, fewer expenses were covered by the provincial government.

"Back then, if a woman had a mastectomy, which is a removal of the breast, she would need to have a mastectomy pocket bra and also a form called a prosthesis. The government paid very little for these two items," explained Poole.

Another area where they saw need was with a medication that breast cancer patients needed to take for five years after having breast cancer.

"Those five-year medications help control the estrogen production in the patient because the estrogen feeds the breast cancer. None of those were covered by the government," said Poole.

Now the government covers prostheses and a portion of pocket bras as well as the medication needed after breast cancer treatment for patients regardless of gender.

Poole explained that, though lobbying has changed what they help with, there are expenses that still fall through the cracks. Regardless if it's

chemotherapy treatments, radiation treatments, surgery, or doctor's appointments, they aim to help low-income patients.

They find the patients that they help through a referrals from breast cancer navigators who connects them with people in need.

Poole explained that though there are other groups that support research small specialized groups like Helping Hands are very important parts of our communities.

"We want to make sure everybody on their breast cancer journey is getting assistance. It affects the whole family, it doesn't just affect the person. The money that a person has to spend for items that aren't covered by anybody else takes away money for food on the table, gas in the car, [adds to] the high cost of living, and it takes away money for children's activities. It can take away money for clothing, it can put people into food banks and there's enough of that going on in society today," she said.

She also wants to emphasize that though breast cancer is often thought of as a disease that affects women that, that is not the case and that they helped male patients as well.

Poole says that donations are the key to them being able to help people and though they may not have the same reach as other larger groups their services are very important.

"Our money comes from donations. It comes from grant applications because we apply for grants from organizations that cover us. It comes from third-party fundraisers [for example] there are groups around the province that'll run an event and then say a percentage is going to go to Helping Hands or they'll have a garage sale, and they'll donate \$100 to the group from the garage sale to help. Those are the third party donation fundraisers that are often done on our behalf," said Poole.

She says that donations however large or small are key to allowing Helping Hands to make a significant difference for people with breast cancer. They also are looking to expand their board of directors if anyone is interested.

Residents can donate to this group or learn more about them at their website <https://www.helpinghands4mb-wbc.com/>.

THE MONEY THAT A PERSON HAS TO SPEND FOR ITEMS THAT AREN'T COVERED BY ANYBODY ELSE TAKES AWAY MONEY FOR FOOD ON THE TABLE,"

Province issues first 2024 Fire Bulletin indicates widespread dry conditions

Submitted by the government of Manitoba

As spring arrives, the Manitoba Wildfire Service advises widespread dry conditions may lead to a higher wildfire danger across the province and a risk of grass and brush fires in open areas as snow melts. The forecast for the next few weeks is primarily quite dry, with the possible exception

of southeastern Manitoba. Continued dry conditions can cause deeper burning fires that require more suppression to extinguish. Conditions will be monitored over the next few weeks, and fire danger levels will be calculated when forested areas are snow-free.

Most spring fires are caused by hu-

man activity as matted grass and dry dead vegetation can be easily ignited. This can lead to fast-moving wildfires, especially on windy days. No burn or travel restrictions are currently in place, but Manitobans are reminded to avoid wildfire areas and watch for road and trail closures or detour signs. Where backcountry travel is permitted, ATV operators are asked to stay on developed trails, stop frequently to check around the engine and exhaust for debris, and carefully dispose of any debris found. Operators should be prepared and carry a fire extinguisher, axe and shovel to extinguish a small fire.

Provincial burning permits are required for outdoor fires set within the burn permit area from April 1 to Nov. 15 annually. Permits are available at provincial district offices. Provincial burn permits issued under the Wildfires Act may be cancelled or restricted on short notice if fire danger conditions warrant. The province will not issue burning permits for areas where municipalities have imple-

mented burning restrictions. To check for municipal burning restrictions, visit https://gov.mb.ca/wildfire/burn_conditions.html.

For more information, contact your local municipality or Manitoba Economic Development, Investment, Trade and Natural Resources office. Burn permit holders should check weather conditions, have adequate suppression equipment and ensure proper fuel breaks are in place before burning. Never leave an outdoor fire unattended, always extinguish it before leaving and exercise caution around forested areas.

For Manitoba Wildfire Service situation updates, restrictions and other important wildfire links, visit <https://gov.mb.ca/wildfire/>. To report a wildfire, call 911 or the TIP line (toll-free) at 1-800-782-0076.

Manitobans can play a critical role in mitigating the wildfire risk around their properties through FireSmart activities: <https://firesmartcanada.ca/>.



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Wastewater Treatment Plant recognized with Red River Basin Commission North Chapter Award

Submitted by the City of Selkirk

The City of Selkirk's wastewater treatment plant was honoured last month by the Red River Basin Commission (RRBC) with the presentation of its North Chapter Award, in recognition of Selkirk's contribution and commitment to water management and water protection through projects and initiatives.

Charles Posthumus, chair of the RRBC North Chapter, first presented the award at the organization's annual fish gala dinner and then appeared at the Selkirk council meeting on March 25 to offer congratulations.

"The reason Selkirk won is because of the new wastewater treatment plant," Posthumus said.

"Not only for the water coming out of the plant but the reusing of the water that can be used in industry. Your award is for your beautiful plant. What's better than water going back into the river that's clean. Congratulations on being this year's recipient."

The RRBC is a charitable, not-for-profit organization designed to help facilitate a cooperative approach to water management within the basin – which encompasses parts of Manitoba, North Dakota and Minnesota – and is a well-established forum for identifying, developing, and implementing solutions to cross-boundary issues.

Mayor Larry Johannson says the award means a lot.

"To receive recognition from the Red River Basin Commission is a big deal," Johannson said.

"We are proud of our wastewater treatment plant and we know it's an investment in our city and our environment, but to have such a respected organization take notice, it's an honour."

Last year's winner of the RRBC North Chapter Award was the Village of Dunnottar for its use of duckweed, a small aquatic plant that removes excess phosphorus, in its wastewater

lagoon.

Tracy Schmidt, Manitoba's Minister of Environment and Climate Change, along with a delegation of MLAs toured Selkirk's wastewater treatment plant with Johannson and members of council on March 25. The group came to see the plant, which since its opening in 2021, has been recognized for its barely visible environmental footprint, fossil-fuel-free operation, innovative reuse of water, smart design that allows for cost-effective growth and its role as a centre of excellence.

The treatment plant is a state-of-the-art facility. It makes use of the best technology there is to turn wastewater from a pollutant responsible for deteriorating the water quality and plant life of the Red River and Lake Winnipeg into water that is not only potentially suitable for consumption but can be reused for several practical purposes.

The membrane filtration can turn this former waste product back into a valuable commodity, as reclaimed water can be used by future nearby industry and hopefully, one day will be used in the production of food products, like beer – something that's already being done in Calgary.

The results of wastewater treated by the membrane filtration system are shocking, even to the city's Utilities Manager Raven Sharma.

"It's the clearest treated wastewater I have ever seen," Sharma said.

"I've never treated wastewater that clear, so by using state-of-the-art technology, that's the type of wastewater that we're putting back into the environment. That's cool."

The treatment plant has been operating for almost three years now, but Sharma said she couldn't believe what she was seeing when it first went into operation.

"I was in shock because I have seen other membrane filtration working in Manitoba and I've never seen anything this clear. It gave me goosebumps," she said.

"I think this is amazing because I take pride in the environment. It makes me feel really good about what we're doing. We're putting this into the environment and thinking about the fish and all the aquatic life. We're thinking about our impact on these

ecosystems. We're doing the right thing by investing for the future. It's huge."

Selkirk CAO Duane Nicol said the treated wastewater will eventually have other uses in industry and in the long run the city hopes to transform all waste products into valuable inputs for other processes.

"Waste is the enemy. Not only do we want to reduce the environmental footprint of our planet, we want to reduce the environmental impact of our whole city," Nicol said.

"We believe it's possible to take all these former waste products and turn them into valuable, revenue-generating products. In a world of finite resources and a growing population, we absolutely must build a more circular economy if we are going to thrive in the future. We are doing that work right now, right here in Selkirk."



RECORD PHOTO SUBMITTED Charles Posthumus, chair of the RRBC North Chapter, with Selkirk Council acknowledging the presentation of the award in recognition of the city's contribution and commitment to water management and water protection through projects and initiatives.

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Ukrainian dancing up a storm



RECORD PHOTOS BY MACKENZIE FRIEDENBERG SUBMITTED
Selkirk and District Ukrainian School of Dance participated in the 11th annual Manitoba Ukrainian Dance Festival hosted by Trovanda Ukrainian Dance Ensemble. The group saw success bringing home silver and gold medals. In addition, competitors Hailey d'Auteuil and Lucy Campbell (above) earned the Most Promising Duet Overall title for all age categories.



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Manitoba's April Fool's gas hike was no joke



RECORD PHOTO BY BRETT MITCHELL

Lily Pad Cruisers Car Club member Norm Vincent from Selkirk filling up his 400 hp 1939 "Master 85" Chevrolet in Selkirk. Gas prices jumped April 1 due to the Federal government carbon tax increase. Posted prices across the Interlake varied from \$1.42 in Stonewall and climbed up as high as \$149.9 in Riverton. The posted prices on April 1 were as follows: Selkirk \$143.4, Arborg \$144.9, Fisher Branch \$142.9, Ashern \$143.9, and Lundar \$142.9.

By Jo-Anne Procter

At midnight on April 1, the new carbon tax hike kicked in which meant the price at the pumps jumped.

Some experts predict that we will see a major spike in the coming weeks. The carbon tax added another 3.3 cents per litre which means a 50-litre fill will cost an extra \$1.65. Homeowners will see natural gas bills rise to 15.3 cents per cubic metre, 2.9 cents bump.

According to a CityNews, a gas price watchdog reports that as gasoline production switches over to the summer blend, markets are signalling a 13 cent per litre increase sometime between April 15 and 18. He also warns, 'get used to it as it will be the new normal'. The high prices in 2024 are here to stay, they are not going to go down. With the federal government adding this tax, on Jan. 1, the second carbon tax will make

2024 and 2025 very expensive years.

Carbon tax rebates will continue to come from the federal government to help offset the new tax hike. In Manitoba, a single person can expect \$600 back a year, a couple \$900, and a family of four \$1,200.

The plus for Manitobans is that the provincial government is extending the fuel tax holiday.

Manitoba Premier Wab Kinew made the announcement on CTV Morning Live on April 2 ahead of the unveiling of the provincial budget.

The current tax break, which is in place from Jan. 1 to the end of June, removes the 14 cent provincial tax on gas. Now, the province has extended the tax break for another three months.

Kinew said the province made this decision as Manitobans are dealing with inflation and the high cost of living.

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Spring flood risk remains low across the province

By Staff

The province is seeing some rise in water levels on the Red River, but it is still predicting low to moderate risk of spring flooding overall, with no expectation that it will have to operate the floodway.

The latest flood forecast outlook

released last week sees the flooding risk as low for the Red River and its tributaries, low to moderate for the Assiniboine River and its tributaries and the Interlake region, and generally low for the Souris, Qu'Appelle, Rat, Roseau, Pembina, Saskatchewan and Churchill river basins and the

Whiteshell Lakes region.

The positive forecast is largely due to the normal to below normal soil moisture at freeze-up and well below normal to normal winter precipitation for most Manitoba basins.

Water levels are expected to remain below dikes and community or indi-

vidual flood protection levels. However, the risk of flooding could change depending on future weather conditions, including rate of snow melt and the timing and amount of snow and rain received between now and the spring runoff.

Continued on page 15



We want to hear from you

Letters to the editor - If you wish to comment on anything you read in the newspaper, or if you wish to comment on any concern affecting Selkirk and surrounding communities, write a letter to the editor. We welcome diverse views and opinions.

Why You Should Write a Letter to the Editor

Writing a letter to the editor is one of the most efficient ways of reaching large audiences. The *Selkirk Record* has an approximate readership of 37,368 readers weekly.

Readers also include members of local government, who we may want to reach. Frequent letters about a certain topic will convey that a sizable group of people care about it.

A letter to the editor is a very short piece of writing, meaning that you don't need to invest an inordinate amount of time in it. Shoot for less than 300 words.

Tips for Writing a Letter to the Editor

Connect your letter to a specific article, op-ed, or topic recently covered by the newspaper.

Structure your letter

in three parts: refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

Write from your own perspective and show how the topic relates to your local community.

If you have expertise in the topic you're writing about, let the readers know.

If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

Stick to a single point. Have more points to make? Write more letters.

Be respectful - don't attack anyone when expressing your concerns.

Letters must include your name and a telephone number where you can be reached. Please keep letters to 300 words or less.

The *Selkirk Record* reserves the right to edit letters for length, content and/or taste as well as the right to refuse publication of any letter.

We look forward to your submission: news@selkirkrecord.ca

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Happy Thought and ESMS learn Easter traditions



RECORD PHOTOS BY BRETT MITCHELL

The English-Ukrainian Bilingual Program at Happy Thought School and East Selkirk Middle School strives to provide opportunities for students to learn about Ukrainian traditions. One such tradition is the blessing of Easter baskets. The baskets held items with symbolic meaning and after the event the kids got to go back to the school to enjoy the food in the basket.

> FLOOD RISK, FROM PG. 14

As in most years, there is a risk of ice jam-related flooding on areas historically susceptible to ice jamming. Most Manitoba lake levels are normal to below normal.

The Red River floodway is not expected to be operated during this spring flood season based on forecasted conditions. Minimal operation of the Portage diversion may be necessary under unfavourable weather conditions to control water levels on the lower Assiniboine River, the province says. The Shellmouth Reservoir

is being operated to reduce the risk of flooding downstream on the Assiniboine River while also providing sufficient storage for water supply and recreation.

Gradual run-off has started in some southern Manitoba basins including the Red River Valley. Levels are starting to rise along the main stem of the Red River, and residents are cautioned about the impact of rising water levels as well as weak ice on the river.

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Your Health

St. Andrew's Steve Van Vlaenderen shares Parkinson's journey

April is Parkinson's Awareness Month

By Katelyn Boulanger

St. Andrew's Steve Van Vlaenderen was diagnosed with Parkinson's disease in 2011. Since then, he has learned much more about the condition and has become a strong advocate for patients's needs and the need for more research to discover better treatments or a cure. Since April is Parkinson's Awareness Month, Van Vlaenderen has agreed to share some of his story and advocacy work.

"Parkinson's is a neurological disease that is progressive. It gets worse and worse and worse. I've had it now for 13 years since my diagnosis," said Van Vlaenderen.

Residents in both St. Andrews and Selkirk will likely know Van Vlaenderen as the former owner of Stronghold Self Storage with his partner Darlene Hildebrand.

Van Vlaenderen is a very active person having raced cars, participated in competitive kayaking and taken up sailing while stoking his passion for photography before his diagnosis. Since his diagnosis, he has used his sailing skills to spread the word about Parkinson's, become the author of a photography book that benefits Parkinson's research, and took up bodybuilding for a time to show that a Parkinson's diagnosis doesn't mean that people should limit themselves.

The first signs of Van Vlaenderen's Parkinson's started over a decade ago.

"I went to my doctor and my middle finger would pulsate and we

couldn't figure out why. That was about a year before my official diagnosis," said Van Vlaenderen.

His primary care doctor sent him to a neurologist to learn more.

Van Vlaenderen says that in hindsight he may have had Parkinson's for a decade before it was recognized. He explained that changes to his mood or his lifestyle that he recognizes now as Parkinson's were things that he chalked up to aging previously.

He explained that his diagnosis, once tested, came quickly.

"It was a series of questions that [the neurologists] asked me, cognitive tests, and hand-eye coordination. There were actually two neurologists, one from the States and one at the Movement Disorder Clinic in Winnipeg. They examined me separately and they both came back and they said you have Parkinson's," said Van Vlaenderen.

When he was diagnosed, he didn't know what Parkinson's was or how devastating it could be.

After learning more and becoming an advocate, he realized that this lack of knowledge about the disease before his diagnosis was common.

"Parkinson's itself is a devastating disease. It strips you from the inside out. It strips you of your ability to live and do normal things. You could have 100 people diagnosed with Parkinson's in a room and not one person will be the same," said Van Vlaenderen.

The reason that Parkinson's disease is so devastating is that it's a

neurodegenerative disease. Current research shows that Parkinson's disease is caused by the cells that produce dopamine in the brain dying. Since dopamine carries signals between the nerves in the brain, the diagnoses of Parkinson's affects every aspect of patient's lives.

Van Vlaenderen likened the condition to running a car while it is almost out of gasoline. Nothing really works correctly.

Common symptoms include tremors, slowness and stiffness, impaired balance, and rigidity of the muscles. Other symptoms can be fatigue, soft speech, problems with handwriting, stooped posture, sleep disturbances and mental health can be affected causing depression, anxiety or apathy.

Patients can live with Parkinson's for years but there is currently no cure.

"It affects your independence but it also affects your partner. It affects your family so not only does the person have Parkinson's but, for family members, they don't feel the pain but they feel the pain," explained Van Vlaenderen.

A simple example that Van Vlaenderen relayed from his personal life is that he has been a lifelong photographer. Because of Parkinson's, he can't carry his equipment around without help. This extends to other aspects of his life as well.

Another symptom related to Par-

Continued on next page



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Continued from previous page

kinson's that Van Vlaenderen talked a bit about affecting his life is having a frozen facial expression. Because a large portion of communication is not just the words that we say but the expressions on our faces as we say them, this has affected his ability to communicate.

These are just some small ways that symptoms that people often don't know are part of the disease affect daily life. There are also the more well-known symptoms that affect mobility and independence.

Van Vlaenderen first started sharing information and advocating for Parkinson's research a few years after his diagnosis. Having sailed on Lake Winnipeg, he and Hildebrand decided to partner with Parkinson Canada to sail around the Great Lakes in a journey that they called 'Sail On with Parkinsons'. Throughout their journey, they stopped at various ports sharing about Parkinson's disease and connecting with others with the disease.

This advocacy journey took place until 2020 when COVID-19 made travel impossible. Not one to slow down, Van Vlaenderen took his passion for photography and turned that into another way to bring awareness to Parkinson's disease and the need for more research.

"I was driving Darlene absolutely insane pacing back and forth. We were isolated remember. You couldn't go anywhere. She said, 'You love taking pictures. Why don't you take your camera and go and take pictures?'" said Van Vlaenderen.

He got in his vehicle and went out to take photos of landscapes or wildlife not knowing that this was going to turn into something more.



RECORD FILE PHOTO BY KATELYN BOULANGER Steve Van Vlaenderen and Darlene Hildebrand with Van Vlaenderen's book Vanishing Wheels. Proceeds from the book go to Parkinson Canada.

Outside of Beausejour, he found an over 100-year-old car parked in the trees. From there, the inspiration to take photos of vintage cars that had been left in place struck and he eventually published his photos in his first book Vanishing Wheels.

Proceeds from this book go to Parkinson Canada.

Parkinson's is a disease that affects all aspects of a person's life and though publishing a book is an incredible accomplishment Van Vlaenderen shared that he didn't feel the happiness that you'd typically think someone completing a momentous project like this might.

"When you have Parkinson's, you have apathy and so the emotion of seeing my finished product I couldn't feel it. Mentally I knew it and I was ecstatic but emotionally I didn't feel anything. Emotion is robbed from you. That's what dopamine does," he explained.

This is why Van Vlaenderen says it's so important that there is research done to find better treatments and hopefully in the future a cure.

He also believes that the disease

needs to be tackled with increased support for people with the disease and their care partners.

Something that Van Vlaenderen suggested might be a good service for people with Parkinson's in the future would be a program where volunteers take people with Parkinson's out for walks or to run errands. He says that this would be good for people with Parkinson's because it is a way to keep active, both physically and socially, and it also helps the care partners who can use that time to decompress while knowing their person is safe.

"I worry about my partner because she has her lifestyle and she's worried about me so she makes sacrifices," he explained.

Van Vlaenderen's advice for people diagnosed with Parkinson's disease is to keep living their lives even though that can be easier said than done.

"Keep following your dreams. Keep working your way through it no matter what. I think caregivers and care partners are the most important people in your life. You also need some sort of social group. Talk to your friends. Have coffee. Talk about nothing. Just continue to live your life. If you have Parkinson's that's hard and it's easier to say than to do," he said.

To learn more about Parkinson's visit Parkinson Canada at <https://www.parkinson.ca/>. You can also check out Van Vlaenderen's book Vanishing Wheels at the McNally Robinson bookstores in Winnipeg as well as through Van Vlaenderen's website <https://www.vanishingwheels.com/>.

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RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Biz and Springfield Chamber of Commerce worked together to host a multi-chamber regional networking event. Business people from the host chambers as well as the Beausejour Chamber, Gimli Chamber and Parkland Chamber got together to learn more about the businesses in our region and how local businesses can work together.



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2. Must have maintained an 80% or higher GPA throughout high school.

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4. Submit 2 essays:
 - **1st essay:** 500 words on why you love the Interlake and your chosen career path and how you think you will make a difference in the Interlake in the future.
 - **2nd essay:** 500 words on either an innovation, safety measure, or community service or activity that you feel would benefit the Interlake and how you would propose making that happen.

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Stonewall artist crowned Great Canadian Pottery champion

By Jennifer McFee

A Stonewall artist brought home the crown — quite literally — after winning the title of Canada's top potter.

Jen Sonnenberg competed in an eight-week friendly competition series called The Great Canadian Pottery Throw Down, which aired Thursdays on CBC. Hosted by Jen Robertson, the show started off with 10 talented potters from across the country vying in a main weekly pottery task plus a skill-testing challenge. Each week, one potter was eliminated until only three remained for the final episode, which aired on April 4.

Sonnenberg continued to soar throughout the series, and that upward momentum continued in the finale when she faced off against Kiefer Floreal of Winnipeg and Elsa Valinas of New Brunswick.

"Well, this week's episode was like none other. Right from the beginning, there was a feeling of finality to it, like this is it. There are no more weeks after this," Sonnenberg said.

"The main make for the finale was a tea set with a tea pot, four mugs and saucers, a creamer, sugar pot and a cake stand. That was a lot of pieces to make."

Sonnenberg gleaned inspiration for her design from her children and her love of hockey.

"I wanted to pay tribute to the sport that my kids love so much but without it screaming hockey. So I designed two hockey stick stamps that I would impress into the wet clay. Creating so many pots that needed to be thrown on the wheel, stamped, trimmed and handles added was definitely the next level for us potters," said Sonnenberg, who is a hockey coach.

"All of those things need to be done at a certain time — and doing it all in a time crunch really added to the pressure. I needed to balance pieces being dry enough to stamp with the hockey



Guest judge Seth Rogen handed Jen Sonnenberg a handmade ceramic crown after she was named the winner of The Great Canadian Pottery Throw Down.

stick stamps but not too dry that they couldn't be stamped. It certainly felt chaotic in the pottery."

While their tea sets were drying and waiting to be fired, the potters participated in their final spot test.

"This week, trimming three bowls in a set time was the challenge," she said.

"Trimming is not my favourite thing to do, but I managed to pull off my fifth second-challenge win of the competition. I was pretty excited."

Sonnenberg was grateful for that win before proceeding with the finishing touches on her tea set.

"Going into the glazing, I felt I had at least accomplished one win, and I needed that mentally as my cake stand had a crack in it. I thought about drying the piece upside down when I was making it, but in the frantic chaos of the make, I forgot to flip it," she said.

"While drying, the cake stand slumped around the base, leaving a crack in the top. I powered through,



RECORD PHOTOS BY LANA MEIER

Family and friends gathered at the Red Barn last Thursday to watch the final episode of The Great Canadian Pottery Throw Down to hear who would be named winner.



Jen Sonnenberg, pictured with her sons John and Tom, and hockey team mates celebrate the win at the Red Barn.

decorating the set with a blue-green colour scheme and adding glaze to the cake stand crack in an effort to fix it. I glaze fired the cake stand upside down to keep the piece from slumping even more in the heat of the glaze firing."

For the final reveal, it was a family affair with loved ones of all three competitors gathered at the Granville Island pottery.

"I was in Vancouver when my husband Ryan and kids John and Tom arrived. Going to the airport to meet them was such a sweet reunion. I missed those boys so incredibly much, so seeing their little faces was the best moment," she said.

"I was thrilled to have them be a part of the finale. For me, it was the best part. It was such a special moment, and for the kids to be able to see that moment was priceless for me."

Guest judge Seth Rogen returned to

provide feedback alongside judges Brendan Tang and Natalie Waddell. All the original competitors also returned for the announcement of the winner.

"During the reveal, the crack did not go away, and both Elsa and Kiefer's sets were so well done. I was happy with my set and how the judges reacted to it," she said.

"Seth Rogen seemed so impressed with how the mugs fit with their plates, with how the tea pot capacity filled the mugs and especially with the locking lid that I made for the tea pot."

While judges provided comments to all three competitors, the suspense continued to build.

"Finally, the three of us finalists were standing at the front, with the rest of



The judges provided positive feedback about Jen Sonnenberg's hockey themed tea set.

Continued on page 23

Sustainable Energy Conference in Selkirk



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RECORD PHOTOS BY KATELYN BOULANGER

The Manitoba Sustainable Energy Association (ManSEA) hosted its 2024 Sustainable Energy Conference: Shaping Manitoba's Energy Landscape at the Selkirk Recreation Complex on April 3. The room was packed with vendors and interested people wanting to learn more about sustainable energy from each other and the conference's presentors who shared their experiences on the front lines of implementing this science.

get inspired

> MEAL IDEAS



Recipe courtesy of Tessa Nguyen, RD, LDN, on behalf of the North Carolina Sweetpotato Commission
 Prep time: 10 minutes
 Cook time: 15 minutes
 Servings: 12

Nonstick cooking spray
 1 cup sweetpotatoes, shredded
 1/2 cup cooked turkey sausage crumbles or cooked turkey bacon
 1/4 cup green onions, sliced



Sweetpotato Breakfast Bake

1/2 cup bell pepper, diced
 9 eggs, beaten
 1/2 cup cheddar cheese, shredded
 1/2 teaspoon black pepper
 Heat oven to 400 F. Spray 13-by-9-inch baking dish with nonstick cooking spray.
 Evenly spread sweetpotatoes, sausage or bacon, green onions and bell peppers in dish. Pour eggs carefully into baking dish. Sprinkle shredded cheese and black pepper over eggs.
 Bake 15 minutes.
 Slice into 12 pieces and serve hot.

Pecan Chickpea Cookie Dough Bites

Recipe courtesy of Dawn Jackson Blatner, RDN, on behalf of the American Pecan Promotion Board

Prep time: 10 minutes
 Servings: 24
 1 cup raw pecan pieces
 1 can (15 ounces) chickpeas, rinsed and drained
 1 tablespoon vanilla extract
 1/2 teaspoon cinnamon
 1/2 teaspoon sea salt
 1/2 cup dark chocolate chips
 In blender or food processor, blend pecan pieces, chickpeas, vanilla extract, cinnamon and sea salt 3-5 minutes, scraping down sides occasionally, until smooth and creamy.
 Fold in dark chocolate chips.
 Form into 24 cookie dough balls. Eat as-is; no baking required.

Note: Store leftovers in airtight container in refrigerator 5 days or freeze up to 3 months.

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Live longer by eating less

By Julie Germaine Coram

Have you heard that several studies have linked calorie restriction to genes associated with immune and metabolic system functions? While initial studies were not conducted using human trials, these findings could have significant implications in overall lifespan and quality of life, but the question remains - what exactly is required to see such benefits and how quickly would they take effect?

Let's start with what a calorie restricted diet is. Essentially small reductions in your usual daily caloric intake over a long duration are implemented, sometimes resulting in weight loss, however typically this is not the primary goal of calorie restriction. What researchers found is an interesting reaction by the thymus gland, which produces T cells that are your body's way of fighting off infections. The thymus is also responsible for anti aging hormones, but unfortunately, an older individual will naturally have a smaller (and fatter) thymus, leaving them less protected. Turns out that people who transition to more calorie-restricted nutrition plans have healthier T-cell (white blood cell) levels when compared to study participants who did not make changes to their dietary habits.

There are other ways to extend your life expectancy through food choices, including increasing your intake of legumes and whole grains. Surprisingly, experts claim that if you start early enough, this alone can give you another decade!

What you eat undoubtedly has a substantial impact on your health. How you feel and your ability to move pain free can be greatly affected by the foods you consume on a regular basis. If you are feeling overwhelmed with all the information available, maybe it's time to contact a professional to help



Julie Germaine Coram

you navigate what your priorities should be and how to achieve your health goals.

It's important to keep in mind that you don't have to be 'perfect' and there are no 'bad foods'. You do not have to completely omit ANYTHING, truly. Moderation is the key, and variety is the trick when it comes to making progress in achieving optimal health.

Do you want to discuss your individual nutrition questions, fitness goals and struggles with me personally? Check out my website www.juliegermaine.com or go ahead and schedule a FREE 15 minute DIET CONSULT by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Specialist. She has helped thousands of men and women in Manitoba and worldwide improve their health since 2005.

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Provincial champs Fishermen end season



RECORD PHOTO SUBMITTED

The Interlake Lightning recently participated in the Ringette Manitoba Provincial Championships and won gold. They also won gold in the Winnipeg Ringette League playoffs at the beginning of March. In both championships, the team was undefeated through the round robin and medal rounds. They had an amazing team of dedicated athletes.



RECORD PHOTO SUBMITTED

Tyndall Fontaine, Matt Brooks, Chris Poponick, Jordan Donald, Josh Poponick, Kasen Andrushko, Owen Derewianchuk (goalie coach), Ray Hefferman, Mikey Singleton (assistant equipment manager).

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Recipe courtesy of the U.S. Tart Cherry Industry
Prep time: 20 minutes
Cook time: 55 minutes
Servings: 8

Pie:
1 pie crust (9 inches)
2 cups canned tart cherry pie filling
2 cups canned apple pie filling
1 egg, beaten (for egg wash)

Streusel:
1/2 cup all-purpose flour
1/4 cup brown sugar
2 tablespoons granulated sugar
1/3 cup pecans, roughly chopped
1 pinch salt
4 tablespoons butter, melted
Pumpkin Spice Whipped Cream:

Tart Cherry Unity Pie

1 cup heavy cream
2 tablespoons powdered sugar

1/2 teaspoon pumpkin spice
Preheat oven to 400 F.

Fit pie crust to 9-inch pie dish. Crimp edges and use fork to poke holes in bottom. Place pie crust in freezer to chill.

In large bowl, combine tart cherry pie filling and apple pie filling. Set aside.

To make streusel: In bowl, use fork to mix flour, brown sugar, granulated sugar, pecans and salt. Pour butter over dry ingredients and mix until ingredients come together in clumps.

To assemble pie: Pour cherry-apple filling into prepared pie crust and sprinkle streusel on top. Brush beaten egg onto exposed pie crust edges.

Bake 25 minutes. At 10-minute mark, cover pie dish with foil to prevent crust from over-browning. After 25 minutes, lower oven temperature to 375 F and bake 30 minutes.

To make pumpkin spice whipped cream: In large bowl or bowl of stand mixer, add heavy cream, powdered sugar and pumpkin spice. Use hand mixer or beater attachment on stand mixer to beat on medium-high speed 3-5 minutes until stiff peaks form. Refrigerate whipped cream until ready to serve.

Let pie cool 2-3 hours then dollop pumpkin spice whipped cream on top, slice and serve.

Substitution: Storebought whipped cream topped with pumpkin spice can be used in place of homemade pumpkin spice whipped cream.



> POTTERY THROW DOWN, FROM PG. 19

the competitors and our families behind us, waiting to see who would win the first season of The Great Canadian Pottery Throw Down. I knew I was happy with what I had made throughout the competition and how I had competed in the second challenges, so I was happy no matter what happened. But when they called me as the winner, I was completely surprised. The fact that my boys could be there to be a part of it was incredible," she said.

"I really had no idea and thought for sure it would be one of the other potters, but to hear them say my name was just crazy. I was blown away, and even though the finale was filmed months ago, I think it's really just sinking in now. My boys were so excited that it was me who won, as well as my husband. I think they were pretty proud. As the episode aired, my entire family was just so excited. It's really been amazing."

Echoing those ideas, her husband Ryan expressed pride in her accomplishments.

"It was great to see Jen challenge herself and push the limits," he said. "This competition has given her so much confidence and energy to follow her passion. Her family is extremely excited for her and proud of her accomplishments."

Likewise, the boys expressed excitement about their mom's big win.

"She did amazing," said John, age nine. "She deserved to win and I'm really proud of her."

Six-year-old Tom shared similar sentiments.

"She did so good," he said. "She made amazing pots — and she did it all for us."

After the judges revealed that Sonnenberg was the winner, Seth Rogen presented her with a handmade ceramic crown.

"Seth Rogen and his wife made the crown, and it's so neat. I love the untypical colour scheme, and the glob glaze is something that Seth uses on his own pottery," she said. "It's personal and unique, which makes it such a neat prize."

Since the series was filmed in advance of when it aired, Sonnenberg

had to keep the exciting secret to herself.

"Having the series end, heading back home and back to school, hockey practices and games and regular life made it feel like the whole thing hadn't happened, especially because I couldn't say anything about it. It's been a ton of fun to watch along with family and friends each week. I'm not going to know what to do with my Thursdays," she said.

"The best part of this experience has been getting to know and work with the other potters along the way. These were some of the most talented clay artists as well as being incredible people. I've definitely been inspired to create more sculptural work and play more with glazes and colour. And I think I've gained some confidence in using the electric kiln to glaze work, so that's something I will probably do more often."

Looking ahead, Sonnenberg plans to keep in touch with the other potters she met through the competition.

"The group is so great — and we've been through this crazy experience that not many others have, so it definitely brought us together," she said. "And with the judges and Jen Robertson, Instagram has been such a great tool to keep us connected."

At the same time, she also expressed gratitude for all the kind words she received from near and far.

"I've just been so overwhelmed in the best way by all the love, support and messages that I've received from friends, family and complete strangers. It has been so truly amazing to hear the congratulations and the stories of how people have loved the show and watched it diligently and how they've been cheering me on," she said.

"I just want to say how grateful I am for all of these messages and support from so many people. It's truly touching."

The first season of The Great Canadian Pottery Throw Down is available to stream on CBC Gem. For behind-the-scenes content and updates, follow @CanadianPotteryShow on Instagram and Facebook.

To see more of Sonnenberg's art-



RECORD PHOTOS BY LANA MEIER

Jen with her husband Ryan Frost and boys John and Tom cut the cake following the win.



work, visit her online store at www.woodfiredpottery.ca or follow her on Instagram @jensonnenbergwoodfiredpottery. Through the website, you can also sign up for the mailing list to receive updates about classes at her studio, new items for sale and upcoming events. For those who'd like to

see Sonnenberg's artwork in person, she will be at the Third + Bird spring market at the Red River Exhibition grounds later this month.

To see more photos of your favourite Interlake Athletes

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The Selkirk Record

Get rolling in riches with the Manitoba Coin Club

One-day Coin, Stamp & Collectibles show April 20 at Steinbach Mennonite Heritage Village

By Patricia Barrett

The Manitoba Coin Club could have you rolling in riches during its one-day Coin, Stamp & Collectibles show in Steinbach in a few weeks' time.

People who have a cache of coins stuffed in a sock that's been tucked away in the back of their bureau or paper notes taking up space in a box under their bed can haul them out and bring them to the show where coin club experts will gladly tell them whether they've been hoarding treasure.

The coin club's numismatists – those are the folks that study and appraise coins and other currency such as paper notes and tokens – can put a price on Canadian and foreign coins and notes and teach you some of the fascinating social, economic or political history that lies behind currency. They can also tell you how to spot counterfeit currency and what steps you can take before purchasing currency online or from an auction house.

In addition to educating people about their own treasure, club members will have some of their collectibles on display at the show so that the public can see what collecting is all about. There will also be other experts on hand for people who collect items from stamps, comic books and cards to sports memorabilia, model cars and medallions.

Numismatist and coin club member Larry Dalman, who has about 50 years' experience valuing currency, said the club's experts can help people understand that money may be worth more than its face value and even hold great historical significance.

"The Manitoba Coin Club realizes that our province is huge and that there are a large number of people in other areas collecting commemorative coins or other money that could be valuable or their parents or grandparents were collecting coin sets or paper bills or bank tokens, and people are now wondering how they can find out the value of what they've got in those collections and what they can do with it," said Dalman. "Our coin club offers people information and advice and can value their money. People are very welcome to join our club, too."

Founded in 1954, the Manitoba Coin Club is celebrating its 70th Anniversary this year. The club provides numismatic education, hobby and fellowship. Its members collect mostly Canadian and foreign currency, banking memorabilia and exonumia (tokens, which are forms of coinage, souvenir medallions, encased coins and so forth). Members hold regular meetings in person or via Zoom.

This is the second time since the club was founded that members have organized a show outside Winnipeg. The overwhelming success of their first rural show – in Stonewall in 2023 – saw people from across the Interlake and southern Manitoba drop by, and the club more than doubled its membership numbers from 50 to 109 after they learned what numismatics was all about, said Dalman.



RECORD FILE PHOTO BY LANA MEIER

Larry Dalman of the Manitoba Coin Club will be helping educate the public on the value of coins, paper notes and other forms of currency at the club's show in Steinbach on April 20.

Spending a bit of time with a coin club member at the show or becoming a member of the club could net you some cash or simply inspire you to start sifting through your change or bills. With some of the club's members creeping up in age, the club is hoping to inspire and attract younger adults, youth and kids to hoist the numismatic banner.

And it's important to bear in mind that unlike old and newly issued currency, expired debit and credit cards have no value and aren't on a trajectory to become collectors' items anytime soon.

But older currency such as Canada's so-called devil-faced 1954 paper bills, in which the devil reveals himself hiding in the Queen's hair, and newer currency such as commemorative 10-cent coins issued by the Royal Canadian Mint in 2021 for the 100th Anniversary of the Blue Nose (there were four versions issued, including a coloured dime and a dime bearing a single date, which is the most valuable), can be worth more than face value, said Dalman. Same for tokens which were issued by butchers, barbers, cigar stores and the Hudson's Bay Company (its so-called beaver pelt coin) back in the days when "everyone had their own tokens."

Tokens issued by various banks before Canada had a national currency and "shinplasters" (small paper notes) that date back to 1870, as well as commemorative gold and silver coins, are either worth a fortune already (depending on how well-preserved they are) or destined to creep up in value over time.

For example, the Mint stopped producing Canada's 50-cent coin as a circulating coin in 2004, said Dalman. Now they're issued only as collector's coins (collector's have to buy them from the Mint). Those 50-cent pieces are going to be worth far more than their face value, depending on condition.

The most important thing to remember, said Dalman, is to not haul your stash of silver coins or older paper notes into a bank because you'll get only their face value in return. And ditto for companies

that buy silver currency – you'll only get the current market price of silver by weight.

A single silver coin or a coin set could be worth far more if in pristine condition or if they have unique characteristics such as a flaw, small production run or other special feature.

Take our new king, for instance, the Royal Canadian Mint issued in 2023 a limited number of circulating coins with the image of Charles III. Should his health take a turn for the worse (he was diagnosed with cancer), all the dies at the Mint will have to be changed in order to start producing an image of our next monarch. Having a limited number of coins out there means they could increase in value. A 50-cent coin with Charles' image is considered "highly collectible."

"We're trying to teach people about changes like this that happen in currency," said Dalman. "As soon as it was announced that the king had medical issues, they [the Mint] probably started preparing and moved to Plan B. And the reason you're likely not seeing Charles on your coins right now is that there are a limited number of these coins in circulation and there are still billions of coins out there with the Queen's image. We're also still waiting for the Bank of Canada to announce if Charles will be on our \$20 bill. We're assuming we'll have a monarch on our \$20s because we've always had one."

Another newly issued coin that's destined to increase in value is the Mint's Year of the Dragon (2024) coin.

"The Mint has done a number of special coins for the Year of the Dragon, but one of the award-winning coins they just did is in silver or gold and has the dragon's head coming out of the coin on one side and the tail sticking out on the other," said Dalman. "This is a high-end collector coin. The others are flat like most coins."

Staff from the Royal Canadian Mint will be attending the club's Steinbach show and offering the public a coin exchange. For a Loonie, people can get a set of 10 coloured Blue Nose dimes.

"This is an award-winning coin and the very first time we've had our dime coloured. We've done Toonies and Loonies but never the dimes," said Dalman.

Dealers and other specialists looking to nab a table at the upcoming show will receive a discount. At the moment, Dalman said the coin club has had confirmation that Memory Lane Diecast & Collectables, which is one of the largest Hot Wheels dealers in western Canada, and the Antique Mall from the Forks in Winnipeg, will be attending the show.

The show will run from 10 a.m. to 5 p.m. on Saturday, April 20 at the Mennonite Heritage Village in Steinbach. There will be door prizes and raffles. Admission is \$5.

Anyone interested in reserving a table for the show or joining the Manitoba Coin Club can send a message to the organization using the online email form on its website: www.manitobacoinclub.org or by emailing the club's president: president@manitobacoinclub.org

Memberships in the club cost \$25 (corporate), \$15 (adults) and \$5 (youth). Applications will be available at the show.

Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

METAL RECYCLING

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

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

SHOP LOCAL - SUPPORT LOCAL BUSINESS

SCRAP METAL

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

EQUIPMENT

2 Halliburton 4000 US gal. trailers, \$2600 each; 1 model 2500 Birmingham pile driver; lge. culverts - 5'x 20' & smaller; 2 fibre-glass tanks, 12,500 gal. each. Phone 431-737-6441.

FEED & SEED/ AGRICULTURAL

FORAGE SEED FOR SALE: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

WANTED TO RENT

Mature couple, non-smokers, no pets, looking for nice home to rent in Selkirk or Selkirk area for May 1st. Contact 204-648-4475.

APARTMENT FOR RENT

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

HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

Homecare help wanted in Selkirk. \$18/hour, 4 hours a day. Cooking skills a must. Call Norm for details at 204-406-5667.

Please support our advertisers

The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
Please Call 204-785-1618

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Full-time Seasonal Positions - Living Quarters
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Email: office@narrowsunsetlodge.com
or phone 204-981-2831

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Carman Mennonite Church
website: carmanmennonite.ca
Seeking Full-Time Pastor
Start time ASAP
For more info contact: cmcpastoralsearchcommittee@gmail.com

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Closes April 24 @ 7:00 PM
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204-467-1858 or 204-886-7027
McSherryLtd@gmail.com
McSherryAuction.com

McSherry Auction Service Ltd

McSherry Online Farm Equipment Auction For Don Andruschak

Closing Date; Thursday April 25th, 7:00pm
Riverton, MB

4 Miles South on Hwy#8, Then East 1 Mile on Rd 131
Contact: 204-378-2495

Featuring; AC 7010, AC 190xT 3 PH, Int 674 3 PH, Vers 800 4WD, AC HD6 Crawler, '78 GMC 6500 w/ 19' B+H, NH Tx66 Combine, Tillage + Harvest Equip., Rock Equip., Haying Equip., Hopper Bins, Trailers, Boat, Snowmobile & Farm Misc.

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Details, Viewing Dates & Full Listing Online;
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LANDSCAPING TENDER

Access Credit Union, 233 Main Street, Selkirk

Access Credit Union Selkirk requires the services of a contractor to provide general landscaping/gardening duties on the grounds of their building at 233 Main Street for the upcoming spring & summer seasons.

Duties include:

- grass cutting, trimming & edging
- weed control and fertilizer application
- flower planting
- pruning
- litter control

Tenders or resumes, accompanied by a minimum of two references, must be received on or before **Friday April 5, 2024, before 4:30 p.m.**

Tender information may be obtained by emailing Mike.Frost@accesscu.ca.

Tenders may be delivered, mailed or emailed to:

Access Credit Union
PTH #14 Unit 2 - 23111 Stanley Business
Centre Winkler, MB R6W 4B4
email: Mike.Frost@accesscu.ca



RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC HEARING NOTICE



REGARDING THE 2024 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of *The Municipal Act*; that the Council of the Rural Municipality of St. Clements intends to present its Financial Plan for the fiscal year 2024 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday May 7th, 2024 at 7:00 p.m.**

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan as provided.

The public hearing will be live streamed with interactive chat. A link to the hearing will be made available on our website.

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Friday, May 3rd, 2024. Your written submissions can either be emailed to info@rmofstclements.com, dropped off at our office or mailed to our office if time permits.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact Shannon Plischke, Finance Officer at 204-482-3300.

Copies of the 2024 Financial Plan will be available for review after April 24th, 2024 at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at www.rmofstclements.com

Dated this 1st day of April, 2024

Deepak Joshi
Chief Administrative Officer

Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

RURAL MUNICIPALITY OF ST. CLEMENTS

PRE-BUDGET CONSULTATION

OPEN HOUSE

The Council of the Rural Municipality of St. Clements has scheduled a Pre-Budget Consultation Open House at the Municipal Office Council Chambers to allow informal conversation with members of Council and staff about the 2024 fiscal year and current projects.

Location: RM of St. Clements Municipal Office.
1043 Kittson Road, East Selkirk

Date: Monday, April 22nd, 2024

Time: 7:00 pm

Any person who has questions, needs clarification or requires further information, either prior to or following the open house, is encouraged to contact the

Chief Administrative Officer
Deepak Joshi, by phone at 204-482-3300 or by email at cao@rmofstclements.com

Grow Your Business
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ad in the Record

The Flower Child
STAFF WANTED!

We're getting ready for a busy summer season!

We are looking for energetic individuals for these seasonal positions:
Daytime Cashier/Customer Service
Seasonal Labourer
(loading/unloading trucks, driver's license an asset and able to lift 50lbs)

Email resume to:
theflowerchild2016@gmail.com

MORTGAGE SALE

The land and building known as 522 Toronto Avenue, Selkirk MB, as described in Certificate of Title No. 3084691/1 will be sold at a public auction on the 1st day of May, 2024 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in-person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Jo-Anne Degagne at either 204-957-4808 or jdegagne@mltaikins.com.

The Vendor is informed that the property consists of a 600 square foot, single family dwelling, built in 1947, 2 bedrooms, 1 bathroom, full basement partially finished, located on a 50 X 100 foot lot.

Property taxes (excluding any accruing water charges) are paid in full to December 31, 2021. The property is sold subject to taxes and penalties accruing after that date. The prior encumbrances which will remain on title after the auction are: nil

TERMS: Deposit of \$22,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the cash component of the deposit not to exceed \$7,500.00) and the balance according to conditions to be announced at the sale. Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Further information may be obtained from:
MLT AIKINS LLP
Barristers & Solicitors
30th Floor, 360 Main Street, Winnipeg,
MB R3C 4G1
Attn: Jo-Anne Degagne (204) 957-4808
jdegagne@mltaikins.com

**RURAL MUNICIPALITY
OF BROKENHEAD
PUBLIC WORKS
MANAGER**

The Rural Municipality of Brokenhead is seeking applications from qualified candidates for the position of Public Works Manager. Reporting directly to the Chief Administrative Officer, this position is responsible for overseeing the daily operation of the Public Works, Water Plant and Wastewater Departments and the supervision of the employees. They will ensure they meet safety standards and support the RM's safety program, and oversee work contracted to third parties. Managing the department budget, preparing reports for the CAO, providing quality customer services, reviews, and approves private development plans, coordinates capital projects and municipal infrastructure plans. Provides project management for municipal projects and oversees contract administration.

The successful candidate should possess a high level of maturity; proven management and leadership skills in developing an effective and efficient team; excellent communicator; strong analytical problem solving and conflict management skills. Leads by example. Shows respect and support for others & the goals that are set out by management and the RM. Exhibits a positive and professional attitude to keep building a strong team. Graduation from a four-year college or university with a degree in civil engineering. Registration as a Professional Engineer in Manitoba (a member in good standing with Engineers Geoscientists of Manitoba). A minimum of five (5) years previous municipal work experience is considered an asset, or an equivalent combination of education and experience.

The Municipality offers an excellent benefits package; a competitive salary commensurate to previous experience and qualifications; participates in the Municipal Employee Benefits Plan & AMM- Manitoba Blue Cross Group Health Plan.

Interested applicants are invited to submit their cover letter and resume with three references and salary expectations by 4:00 pm April 26, 2024, to:

RM of Brokenhead
Attention: Chief Administrative Officer
"Public Works Manager"
Box 490, Beausejour, MB, R0E 0C0
Phone 204-268-6700
Email: cao@rmofbrokenhead.ca

MISCELLANEOUS

APRIL 27 & 28, 2024, DUGALD GUN & COLLECTIBLE SHOW AT SPRINGFIELD CURLING CLUB. FROM WINNIPEG, 10 MILES EAST ON DUGALD RD, OR 5 MILES NORTH OF HWY #1 ON HWY #206. BUY-SELL-TRADE. OPEN SATURDAY 10 A.M. - 5 P.M., SUNDAY 10 A.M. - 4 P.M. FOR INFO PHONE SHERYL 204-250-8766 OR CAROL 204-242-2320.

MISCELLANEOUS

Brand new Hoover upright household floor vacuum cleaner, exc. cond., \$150; BN men's size 9 buckle-up leather winter boots, \$100. EC Men's blueish purple parka size XXL w/ black woolen hood, fits a man's size XL \$100; BNC & EC pair size 9 men's work boots/safety shoes w/laces & steel caps over toes \$100; Sunbeam 2-slice toaster EC & EWC \$15. Phone 204-785-8598. Let telephone ring at least ten times for an answer.

WANTED

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

WATER TREATMENT

Goodwater softeners. Iron removers. Pressure tanks. Reverse osmosis systems, \$275. Replacement Polyspun \$3.50, carbon \$7.50 filters. All sizes water filters. Softener Res Care cleaner, 1 gallon, \$29. All Seasons 204-661-8581.

Everything you need to promote your business

Call Today!
204-785-1618



WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

ADVERTISE IN THE RECORD

Do you have a News Tip? or Story Ideas? call the Record 204-785-1618

**RURAL MUNICIPALITY
OF BROKENHEAD
PROJECT
COORDINATOR**

The Rural Municipality of Brokenhead is seeking applications from qualified candidates for the position of Project Coordinator. Reporting directly to the Public Works Manager, this position is responsible for coordinating inspection and survey activities, coordinating drainage issue activities, assisting with construction administration, transportation infrastructure, assisting in the development of standards, specifications, policies, and by-laws.

The ideal candidate will possess a post-secondary education in civil engineering, preferably CET, and shall have sufficient experience in AutoCAD and construction management experience related to linear municipal infrastructure. Other key attributes of the successful candidate will include self-motivation and the ability to work independently, attention to detail, excellent communication skills, and a knowledge of construction contract preparation and administration.

Please contact the Chief Administrative Officer for a full job description.

This is a full-time position, offering a comprehensive benefits package and pension plan. The salary is to be commensurate with experience and qualifications.

Interested applicants must submit a resume, cover letter and three references by 4:00 pm April 26, 2024.

RM of Brokenhead
Attention: Chief Administrative Officer
"Project Coordinator"
Box 490
Beausejour, MB R0E 0C0
Phone 204-268-6700
Email: cao@rmofbrokenhead.ca

Classifieds



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FLIGHT ACADEMY

Want to learn how to fly? LS Airways Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

NOTICES

SPRING HIRING? NEED CLASS 1 DRIVERS or construction workers? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

ANNOUNCEMENTS

ANNOUNCEMENTS
Join Keyes Loyal Orange Lodge #1755, Newdale L.O.L #1533, Winnipeg Golden West L.O.L #2311. Info: newdale1533@gmail.com. Since 1795. God Save The King!

HEALTH

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

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Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
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- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
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News Tips? Story Ideas? call the Record 204-785-1618

Nostalgarama

Sat., April 13
10 AM - 5 PM

Manitoba's largest Indoor Spring Vintage Antique and collectibles sale.

Admission \$5.00

12 yrs and under FREE

Assiniboia Downs

3975 Portage Ave, WPG

FREE Parking

Early (8AM Admission)

\$30.00

Info: 204-255-3463

Or 431-374-6925

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

SHOP LOCAL - SUPPORT LOCAL BUSINESS

HIP/KNEE Replacement?

Other medical conditions causing **TROUBLE WALKING or DRESSING?**

The Disability Tax Credit allows for **\$2,500 yearly tax credit and \$20,000 Lump sum refund.**

Apply NOW; quickest refund Nationwide!

Expert Help: 204-453-5372

WANTED

Coins, Coin Collection, Old Jewelry, Bullion +!



Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

Wanted:

USA, Canada, World Coin Sets & Coin Collections.

Will buy entire collections & accumulations!

Todd

250-864-3521

EMPLOYMENT OPPORTUNITY

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following Full-Time summer student positions are available:

Student Activity Assistants: Various Locations in the IERHA

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29
- Possess good verbal communication skills and desire to work with the elderly

Please see: <https://selfservice.ierha.ca/> and search under: "Direct Support" and scroll to find: **Student Activity Assistant** for the complete job postings. (Competition number: MMF LTC 638/24)

Please apply on-line at <https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday April 18, 2024 at 11:59 pm.



Interlake-Eastern Regional Health Authority

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 END DUMP DRIVERS EXPERIENCE REQUIRED

Must have a valid license

Competitive wages • Mechanically inclined

info@eddiesgravel.com

204-389-2023

102086 Hwy 9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

MECHANIC/SHOP HELP

Heavy Truck/Trailer/Equipment Repair

Competitive Wages, Benefits

Experience required

204-389-2023

info@eddiesgravel.com

102086 Hwy #9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

PRE-HIRING ASPHALT FOREMAN AND OPERATORS/LABOURERS

Competitive Wages,
Health Benefits,
Lift 50lbs

EXPERIENCE REQUIRED

Please contact us at

204-389-2023 or send resume to

info@eddiesgravel.com



REQUEST FOR PROPOSAL 2024-03

Design/Build Construction Services

Construction of a Conventional Wood Framed Shop Extension 24' X 70' X 12'

The Rural Municipality of West St. Paul is seeking Design/Build proposals for the construction of an addition to the existing shop facility located at the Access Centre.

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

Sealed submissions clearly marked **RFP 2024-03 - Design/Build Construction Services Construction of a Conventional Wood Framed Shop Extension 24' X 70' X 12'** will be received by the undersigned at the address below until 11:00am on Thursday, April 25, 2024. Late submissions will not be accepted.

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

All inquiries related to the Request for Proposal should be directed to Terry Ferguson, Community Services Officer by email at tferguson@weststpaul.com.

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



PUBLIC NOTICE

Proposed Municipal Pesticide Use Program

Public notice is hereby given that the Rural Municipality of West St. Paul intends to conduct the following Pesticide Control Programs during 2024, as necessary:

1. To control Noxious Weeds on both private and public property using Par III (with Mecoprop, Banvel VM, Spreader Sticker) and Fiesta.
2. To control all vegetation on gravel boulevards, fence lines, parking lots, storage areas and lift station compounds using Roundup (with Trillion) and Finalson.
3. To control adult mosquitoes and canker worms along streets and lanes, in Municipal Parks using DeltaGard.
4. To control aquatic weeds in ponds using Reward Aquatic Herbicide.

The projected dates of application will be from May 1, 2024 to September 30, 2024. The duration of each program will vary within this period, depending on weather conditions and pest population levels.

All of the pesticides used and procedures followed will be according to federally approved label recommendations and Manitoba Department of Agriculture pest control recommendations.

The public may send written submissions within 15 days of publication of this notice to:

**Environmental Approvals Branch
Manitoba Environment, Climate and Parks
Box 35, 14 Fultz Boulevard
Winnipeg, MB R3Y 0L6**

Any individual opposed to the use of any or all of the above mentioned pesticides, on or adjacent to their property, may so register, in writing to the Rural Municipality of West St. Paul, specifying which program is opposed.

Dated this 11th day of April, 2024.

Dave Wardrop, CAO
RM of West St. Paul
3550 Main Street, West St. Paul, MB R4A 5A3

The Selkirk Record

Classifieds

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

The Selkirk Record

Announcements

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4 SEASON HOME/COTTAGE Lake Manitoba Narrows

- Lakefront
 - Large pie shaped lot
 - Modern, cozy approx. 1020 sq ft
 - 3 bedrooms with an additional
 - 400 sq ft screened in porch
- Perfect for year round activities and fun!*
- Private Sale \$325,000**
For more information
email dsr2011@live.ca

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Call us - We have
everything you need
to promote
your business
Call 204-785-1618

ANNOUNCEMENT

BIRTHDAY



Wheh!! Gotcha
Happy Birthday Dick
-Love from family

ANNOUNCEMENT

IN MEMORIAM



April 12, 2023
In loving memory of Purvis,
missing you every day.
-From all family



www.interlake.mb.ca

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MOMENTS!
Don't forget
to send your
special wishes
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and family.

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**ARE YOU LOOKING FOR A
FULL TIME JOB AT THE LAKE?**
We might have what you want!
We have shared accommodations available for rent.
We also offer benefits.



Send resume to: aya@ayabuilders.com

*Don't forget
to send
your special
wishes to
your friends
and family
with a
message in
the*



ANNOUNCEMENT

IN MEMORIAM



Patricia Smolinski (nee Penny)
April 16, 2020

One more day, one more time,
one more sunset,
But then again, we know what it would do,
Leave us wishing for just one more day
with you.
Miss you everyday mom.

-Love you always,
your family

ANNOUNCEMENT

IN MEMORIAM

Jeff Nazimek
September 23, 1975 - April 6, 2013
My Friend Jeff,
Miss you and I remember all the good times
and Laughs we shared.
You left us memories we will hold close to our
hearts.
Miss you Naz

-Darren, Cheryl, Teigen, Colton

*There is a link death cannot sever,
Love and remembrance last forever.*



Aspen Park condo,
1176 sf, 3 brs, many
upgrades incl kit,
bath & windows, gas OFF.
\$180's
DAYNA CLARK
204-461-1347



136 Autumnwood Drive
Stunning 5 bdrm.
home in Gimli!
"Show home" perfect.
Huge rec room
\$469,000
DAVE HUMNISKI
204-642-3044



GRANT HJORLEIFSON
204-641-6400



JASMIN THEOBALD
204-642-8501



SELKIRK - NEW
\$329,000
2 bed 1 bath 841 sq.ft.
semi attached home
w/dbl att garage.
CRYSTAL LINE
204-232-6200



Private sanctuary
w/ 4 bdrm, 2.5 bath
home on 80 acres.
Dream kitchen,
huge shop
\$649,900
INGRID BENNETT
204-642-2089



Super cute 2 BR
bungalow in Riverton,
good location,
open concept
\$129,900
SAMANTHA KING
204-229-7560



SELKIRK NEW
\$439,000
1520 sq.ft. 3 bed, 2.5 bath
2 storey home
w/dbl att garage
MIKE JUBA
204-588-7967



KATHY MARKS
204-642-8501



JOHN WISHNOWSKI
204-479-1208



WINNIPEG BEACH CONDO
2 Bdrm, 1.5 bth close to
school & amenities.
Affordable living in beaut.
lakeside comm.
CHRIS NEUFELD
204-641-1727



442 Oak Ave.
Winnipeg Beach
Well maintained 2 bdrm.
home in a great
neighborhood.
Mostly fenced
\$229,000
LAURENCE HUMNISKI
204-642-3589



Lovely bungalow in Gimli,
large fenced yard
w/garden area, great
location, 2 car garage
\$305,000
PAM ISFELD
204-641-5408

Evan Kreutzer.ca
Real Estate Services Inc.
204-482-7355

Subdivide?
RIVER FRONT
11.2 acres
1126 RIVER RD
NEW PRICE!

NEW LOWER PRICE!
\$429,000
WATERFRONT, dock,
3 bdrm, 1100 sq ft.,
1402 BREEZY PT. RD

EVAN 482-7355 WAYDE 485-0407

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- THANK YOUS
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Call 204-785-1618

*At Interlake Real Estate, we will always put
YOUR BEST INTERESTS FIRST!*

*Call us for unbiased advice and
customer-focused service.*

Announcements



Book Your Announcement or Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

OBITUARY



Duke Cameron
January 10, 1969 - March 28, 2024

It is with great sorrow that we announce the passing of Duke Cameron, at home after a brief illness.

Duke was born in Winnipeg. His family moved to a farm in Libau, Manitoba when he was a child. He attended Happy Thoughts School in East Selkirk, and the Lord Selkirk Regional Comprehensive Secondary School in Selkirk, where he studied power mechanics. He had multiple jobs as a young man. His main interests were busses, classic cars, trucks, farming, and animals. He and his fiancée Jody established their own successful trucking business in 2017.

Duke is survived by his fiancée, Jody Corriveau, and her sons Julien Corriveau, and Jerome (Jamie) Corriveau, and their daughters Olivia and Ellianna, as well as our dog Duchy and cats Schatze and Jack and by his parents Gwen and Duke Cameron, his brother Bill Cameron (Rosalie) and their children Kyla and Breeann, his daughter Bethany (Anthony) Monkman and their children Keira and Landon, and his daughter Bailey (Ryan) Cameron.

His funeral service will be held on April 13, 2024 at the West St. Paul Funeral Home, 92 Merit Crescent, Winnipeg. Viewing at 11 a.m., service at 12 p.m. followed by a lunch, officiating by Reverend Cole Grambo.

Donations in Duke's honor may be made to the Diabetes Canada.

Arrangements entrusted to:
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OBITUARY



Wallace (Wally) Helgason

It is with great sadness that we announce the passing of Wallace (Wally) Helgason on April 3, 2024, in Betel Home Selkirk, MB, surrounded by family.

Predeceased by his parents Leifi and Tota Helgason, his brother Victor (Myrtle), his daughter Sharon and grandsons infant Chad Boris and Patrick Fallu.

Wally was a beloved husband, Dad, Afi, Langafi and leaves behind his wife of 72 years Betty and daughters Gayle (Pat) and Wanda (Michael); grandchildren Shona, Trevor (Tristan), Ryan (Bree), Shawn, Melanie (Rob), Dana (Karen), Jody (Miranda), Elisa (Wes), Jordan (Aimee), Mikkela (Brett) and great-grandchildren Jonathon, James, Madison, Kylie, Mackenzie, Carley, Edwin, Kayla, Michael, Mason, Easton, Corbyn, Magnus, Callum, Sophie, Brynlee, Brielle, Scarlett, Rebekah, Maksim and Armin;

brother Wilfred (Dora); and numerous nieces and nephews.

Wally was born and raised in Arnes, Manitoba where he met Betty, married and started their family. Wally first worked as a commercial fisherman on Lake Winnipeg. The pictures and stories of the lake captivate his children and grandchildren. Wally built his home in Arnes on the Helgason homestead which they later moved to Selkirk in 1961. He worked for a short time with Patterson Elevators, then Western Builders but found his calling when he began his 30 year career as a serviceman for Willmar Windows. This took Wally driving to remote locations in Saskatchewan, Northern Manitoba and Northern Ontario. He loved to drive and the quality of his work was meticulous.

Wally and Betty loved to dance. Going to Old Time Dances was a highlight from the beginning of their relationship until late into their retirement.

Wally and Betty spent most weekends in Arnes at the cottage where Wally cut wood, snowmobiled and enjoyed everything country living offered. It was his peaceful place where he puttered from dawn to dusk at anything and everything that needed doing. Wally could fix most things, repair most things and constructing most anything with doors and windows was his specialty.

Wally's legacy will live on in the cherished memories and stories we all share.

In lieu of flowers donations can be made to The Evangelical Lutheran Church of Selkirk or The Betel Home Foundation.

A memorial service will be held on Tuesday, April 9, 2024 in the The Evangelical Lutheran Church of Selkirk at 2:00 p.m.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Valdine Waytiuk

With profound sadness, the family announces the unexpected passing of Valdine Waytiuk on March 29, 2024 at the age of 69.

Val was born September 6, 1954 to Harry and Lillian Waytiuk. Left to mourn her passing are her children Jeff (Maureen) and Bev, grandchildren Dylan and Brayden, as well as brothers Jimmy (Lorette), Lloyd (Brenda), Edgie (Addy[Late]), Allen, Karl (Cheryl) and Kelvin, as well as numerous nieces and nephews. Val was predeceased by her parents as well as brothers Dennis and Brian.

Val spent the early years of her life as an LPN in Selkirk, after which she went back to school and attained the designation of RN. She retired from Seven Oaks Hospital after many years of providing care. Val was the consummate care giver, helping to look after her late sister-in-law through a devastating cancer diagnosis, and assisting with her brothers' medical appointments. As much as Val loved nursing, by far her favorite title was "Nana". She was so proud of her boys whom she will always LOVE TO THE MOON AND BACK! Val was exceptionally kind and generous, and loved a long conversation. She will be deeply missed by all who loved her.

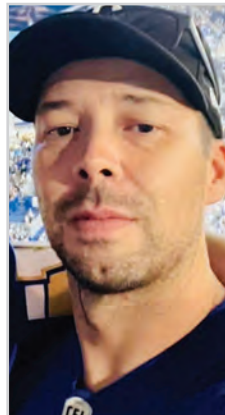
A service was held for her on Monday, April 8, 2024 at 11:00 a.m. at Gilbart Funeral Home in Selkirk. The service will be livestreamed on the Gilbart Funeral Home website.

Tributes and livestream available at: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Nicholas Ralph Darwin Hnatiuk
August 25, 1978 - March 29, 2024

With broken hearts we announce Nick's passing in his 45th year. After a courageous, hard fought battle with Stage 4 pancreatic cancer, Nick succumbed to the disease at the Selkirk Regional Health Centre surrounded by his family.

Nick was predeceased by his dad March 2020 who he considered his best friend. He is survived by his son Nicholas, mom Georgialee Hnatiuk, sister Holly Johnson (Lonnie), nephews Tyler (Alex) and Trenton, nieces Natasha and Natalia (Daron) and great niece Violet. Also Nick's special friend Jaimie Gibson.

Nick was always known to be a hardworking, polite and respectful man. He started working when he was young, still in high school, at various jobs. He worked at Amsco Cast Products for almost 20 years.

Nick pursued and earned his Red Seal Industrial Mechanic (Millwright). He was employed at Berger up until his illness escalated. He was an avid hockey fan and loved the Oilers and Jets. We're going

to miss watching the Jets games with you Nick!

As per Nick's wishes, cremation has taken place and there will be a family service at a later date.

Rest in peace Nick until we meet again.

Friends and family are invited to visit Nicholas' memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

God saw you getting tired, when a cure was not to be,
So he closed his arms around you and whispered "Come to me."
In tears we saw you sinking, we watched you fade away,
Our hearts were truly broken, you fought so hard to stay!
But when we saw you sleeping peacefully and free from pain,
We could not wish you back to suffer that again.
So keep your arms around him and give him special care.
Make up for all he suffered that seemed to us unfair,
So many times we needed you,
So many times we've cried,
If love could have saved you,
You never would have died.

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