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THURSDAY, JUNE 8, 2023

VOLUME 14 EDITION 23

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Celebrating 75 years

RECORD PHOTO BY EMMA MCGILL

West St. Paul School celebrated its 75th anniversary with students playing guitars and ukeleles, Bhangra, tap and street jazz dancers, singing and Middle Years band performances as well as the opening of time capsules. Learn more inside.

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Selkirk Community Church to celebrate grand opening event

New facility has made church a hotspot for local community activities

By Katelyn Boulanger

When the Selkirk Community Church decided to take on the task of building a new and larger church for their congregation, they wanted a place not just for themselves but that the whole community could enjoy. They are now celebrating that achievement with a grand opening event for their new location.

"The purpose was to build a building that would serve our community needs. We wanted to build a building that would do both, that we would be able to use as a church, and all of that, and also that the community would be able to use as well. That's essentially the background to why we built it," said Gary Warkentine, a member of the leadership team for Selkirk Community Church.

The original Selkirk Community Church was on Main St. in Selkirk during the process of finding a new space they explored their options and

found their current location just outside of Selkirk on Hwy. 9 in St. Andrews.

Warkentine explained that in order to make this project possible people have come together to make it happen from all angles. He says there was an original group who donated and fundraised to get the initial building started, there were people who volunteered their labour while the building was being built, there are the facility users and people who continue to donate now to keep the mortgage paid, and there are the volunteers who are currently keeping the facility running, clean, and ready for people to use.

This opening event is not only a great opportunity for facility users, community members and congregants to get together, but a time that

Continued on page 7



RECORD PHOTO BY KATELYN BOULANGER

Selkirk Community Church is celebrating their grand opening event on June 11.

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Big DOLLAR

West St. Paul 75th Anniversary and Reunion Enjoyed by All

By Emma McGill

A busy and active weekend passed at West St. Paul School as current and former students, staff and community members gathered to celebrate the 75th anniversary and reunion. There was a concert Friday night featuring students playing guitars and ukeleles, Bhangra, tap and street jazz dancers, singing and Middle Years band performances.

The concert was followed by school tours, a memory room, and reminiscing as over one thousand people gathered.

Hundreds more people showed up Saturday for a cake cutting and the opening of the time capsules from the 50th, 60th and 70th anniversaries.

Interesting time capsule treasures

included Ty Beanie Babies, a reel-to-reel audio tape, newspapers from the 50th anniversary, letters written by students to themselves many years ago, and plenty of writing about Tamagotchis, Spice Girls, Leonardo DiCaprio and the Backstreet Boys.

Two people were recognized as well as a big announcement was made during the weekend. Former school trustee Evelyn Myskiw was honoured for her 27 years as a school trustee in West St. Paul by current chair of the board of trustees Maria Santos. As well, as community member Bev Bragg who was honoured by MLA Shannon Martin through a private members statement in the legislature recognizing her many years of volunteering in the community. The big



RECORD PHOTOS BY EMMA MCGILL

Fun was had by hundreds who attended West St. Paul School's 75th anniversary.



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announcement was made by Trustee Tiffany Winchar that in recognition of WSP School's 75th anniversary, the Seven Oaks School Division will be granting \$300,000 towards the improvement of the outdoor play space.

Volunteers from the community, staff, students, the West St. Paul Fire Department and the West St. Paul Lions Club were on site all weekend to be sure everyone enjoyed themselves.



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Interlakers honoured with Lieutenant Governor's preservation award

Gerrard and Stewart work hard to protect their communities' history

By Emma McGill

On May 18, Nelson Gerrard of Arborg and Mackenzie Stewart of Clan-deboye were guests at Government House where they were honoured and awarded for their outstanding commitment to preserving and protecting Manitoba's history and heritage.

The Lieutenant Governor's Historical Preservation and Promotion Award is presented to five individuals annually. The Manitoba Historical Society (MHS) receives award nominations from the public and recommends up to five people to receive awards each year, two of which will be reserved for emerging historians (mid-30s and younger). Nominations are welcome at any time. This award was established in 2011 by Philip Siu Lun Lee, the 24th Lieutenant Governor of Manitoba. Lee migrated from Hong Kong to Canada and graduated with a Bachelor of Science degree from the University of Manitoba in 1966. In 2002, he was awarded the Queen's Golden Jubilee Medal.

Nelson Gerrard is the vice president of the non-profit Icelandic River Heritage Sites Inc., working as a historian and genealogist, aiming to protect the history of Icelandic Canada. He has been involved in many protection projects including the Nes Cemetery Historic Site, where many Icelandic pioneers are buried. Gerrard has also published two related books, The Icelandic Heritage and Icelandic River Saga: History of Riverton, Manitoba and District.

Mackenzie Stewart is currently finishing up her bachelor's degree in history at the University of Winnipeg while working as a Culture and Heritage instructor at the Louis Riel Institute in Winnipeg. In the past, she has taught workshops and worked as an interpreter as well as a collections



Left to right are: Nelson Gerrard (recipient), Dan Furlan (President MHS), Mackenzie Stewart (recipient), Lt. Gov. Anita R. Neville, Doug Evans (recipient), Dick Remus, (recipient) and Dr. Gordon Goldsbrough (MHS).

assistant. At 23 years old, her time of being involved in the history community is just beginning, but she has worked hard to do what she loves. Having gotten into history at a very young age, Stewart grew up watching documentaries, her focus switching from ancient Egypt to mediaeval France and landing on fur trade in Canada. She is very grateful to have received the award and for all the appreciation she's received from peers and people she's looked up to in the past.

"It's extremely validating; a lot of the people who've won the award in the past are people who've been in the history community for years," shares Stewart.

Manitoba's 26th Lieutenant Governor, Anita R. Neville, and Dr. Gordon Goldsbrough, associate professor in the University of Manitoba's department of biological sciences, presented the award to two other members of the history community: Doug Evans of Winnipeg and Dick Remus of Emerson.

Further details about the award pro-

gram, along with a nomination form, are available on the MHS website at www.mhs.mb.ca and can additionally be accessed through the lieutenant-

governor's website at www.manitoba.ca.

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Success of DED program shifts grant funding to equipment upgrades for urban forestry operations

Submitted by the City of Selkirk

Selkirk's efforts to limit the spread of Dutch Elm Disease (DED) are paying off in more ways than one. First, far fewer infected trees had to be removed this year and second, because of that, the city was able to redirect funds tagged for removing trees to further bolster its urban canopy.

Mihali Schindle, Urban Forestry and Naturalization Coordinator with the city's Parks and Rec Department says provincial assessors inspect Selkirk's elm trees annually as part of the Community Forest Grant agreement and determine how many need to be removed. The grant allows the city to hire contractors to remove infected trees.

"This year we had far less trees for removal than had been anticipated, so instead of using those remaining funds for future removals the province granted that amount to us for purchasing new equipment or services to improve our urban forestry operations," Schindle said.

"It's an indication we're doing something right. The purpose of the removal program, in partnership with the province, is so that we limit the transmission of Dutch Elm Disease to healthy elms. If we're able to identify it early on, we can remove those trees and prevent the likelihood of disease spread to other trees throughout the city.

"Throughout the years we've removed quite a few elm trees so that's one reason why the numbers are lower but we're also now preventing the spread of the disease."

The city was able to purchase a large utility trailer, water trailer and various forestry tools and equipment with the grant money.

Schindle says the hydraulic utility trailer will increase efficiency in tree removal and pruning throughout the city and will also be used to transport wood mulch, topsoil, trees, shrubs and other plants to planting sites.

The water trailer will make watering newly planted trees, shrubs, annual flower installations and newly naturalized areas easier.

The grant money also allowed the city to hire a contractor to conduct a tree risk assessment and measure the internal decay of trees in the Selkirk Park Campground.

Forty-eight trees were assessed this March and of those, seven were identified as being high risk and recommended for removal, seven were in need of significant pruning and 34 were considered low risk.

Five of the trees will be removed by a contractor due to their size while the other two will be removed by trained city staff.

When replacing trees, the city selects a variety of species so they are less vulnerable to disease and pests spe-



RECORD PHOTO SUBMITTED

Mihali Schindle, City of Selkirk's Urban Forestry and Naturalization Coordinator.

cific to one type, such as Dutch Elm Disease or Emerald Ash Borer, which affect elm and ash trees respectively.

Environmental stewardship is a priority in Selkirk's Strategic Plan which calls for the city to improve its own practices and services. Part of the grant money was used to purchase electric motorized equipment including a chainsaw, pole saw and hedge trimmers to replace gas-powered equipment.

Schindle says electric motors are not only easier to maintain but far better for the environment.

"We wanted to take the opportunity to purchase some new equipment.

Some of the old gas-powered equipment we have is starting to reach the end of its life so it's perfect timing to upgrade. Also, those small two-stroke motors that you find on chainsaws and hedge trimmers are probably the highest polluting combustion engines out there," Schindle said.

"Even though they're small, a little two-stroke leaf blower emits way more volatile emissions than an average car does. To go from two-stroke to electric, that's a pretty good environmental upgrade."

The city was also able to purchase a variety of miscellaneous equipment like shovels, pruning saws and shears.

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An advertisement for an open house event. It features a dark background with white text and several small images showing construction sites, people working, and planning documents. The text includes the event name, date, time, location, and contact information.

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End of construction in sight for St. Andrews Lock and Dam bridge

New bridge to celebrating opening with event in July

By Katelyn Boulanger

Last week Public Service and Procurement Canada held an online St. Andrews Lock and Dam Bridge Deck Replacement project meeting in which they shared the good news about the forthcoming end of the construction project.

After an introduction and land acknowledgements Nicholas Withoos, Project Manager, M.D. Steele Construction Ltd. gave an update as to the progress of the project.

"We are, this week, removing the concrete barriers. We're looking to pave the south lane starting next week. We are completing the guide rails, curbing, and ramps on both the east and west sides of the bridge," said Withoos.

He projects that the bridge will be open to two lanes of traffic on June 30 and there are plans for an official opening event on July 16.

Withoos says that M.D. Steele Construction plans to demobilize from the site sometime in the latter part of the summer of 2023.

"Since the last stakeholder engagement, we've completed the waterproofing of the South lane. All the concrete pours have been completed on the bridge and we're working on the final touches with the barrier rails and cleaning, patching, stripping, that kind of thing," he said.

Currently, Withoos says that they are working on the retaining walls on the west side once they have finished those areas up they will pour the new

sidewalk. M.D. Steele Construction is also finishing up the new earthworks on the east side under bridge base brick paving as well as completing the approach paving and milling on the west side.

Archeologist from WSP Canada Inc. Ed Fread next updated stakeholders on the work that they have been doing to preserve the heritage finds that have been uncovered throughout this process.

"We have continued monitoring all earthmoving activities at the bridge. We have done this over the last couple of years. We are working with monitors and archaeologists from Peguis First Nation and the Manitoba Métis Federation and we working hand in hand on all archaeological activities," said Fread.

He said that so far this year they have recovered 250 to 300 artifacts. Among them was a historic fork from the 1800s, a piece of pre-European

contact pottery, and the base of a glass bottle from the 1950s

"To date since the project has started, we've recovered close to 20,000 artifacts. We are still processing them in the lab. Last year's artifacts, [we are] cleaning, analyzing and writing up the reporting on those. We will continue to be on site as long as there are any earthmoving activities to monitor and to recover any resources that still may be impacted during the project," said Fread.

Withoos then returned to the microphone to talk about traffic accommodations. He said that there would be some scheduled closures last week and this week to do work before traffic would be transferred from its current route to the newly constructed south lane. This will allow them to do some more work on the northwest quadrant before the big day when both lanes of the bridge will be open for motorists.

> CHURCH GRAND OPENING, FROM PG. 3

all of the people that made this building happen can be acknowledged.

"Our philosophy was not to operate as a business. And so, what you'll find if you look at our rental prices is that we're way below what other similar places would be renting for in the community, but that's because we desired for it to be something that was a blessing to the community," said Lisa Warkentine, volunteer facility coordinator for the Selkirk Community Church.

The facility is open for rental for any community group not just people associated with the Selkirk Community Church. It contains the traditional sanctuary space, which is often rented as a meeting space, a gym, a commercial kitchen, the mezzanine, a multipurpose room and the foyer, a space that has found demand for birthday celebrations and other similar family gatherings.

All of these spaces can be rented individually.

"When we decided to open this up for the community to use, we decided to keep our hands open and just see what the needs of the community would be. If you asked us, we probably would have guessed that the needs were volleyball and basketball space but were we ever surprised because that wasn't the need that came out at all. The first group was painting murals up in the mezzanine but, in the gym, the first two groups we had were judo and Ukrainian danc-

ing and after that, it was pickleball. We actually anticipated that the gym would be empty during the day, because who's going to use the gym during the day? You have the adults who are working and the kids are in school. But that is actually when our gym is the busiest. It is just hopping. There are hundreds and I'm not exaggerating, of seniors that are looking to play pickleball. And so, we have pickleball going mornings and afternoons pretty much every day," said Lisa Warkentine.

To drop in to the sports groups that use the facility residents need to sign up online at selkirkcommunitychurch.com. The times for these groups are:

- Monday/Wednesday/Friday – 1 to 4 p.m. - Recreational Pickleball for all levels - cost \$3.50
- Tuesday/Thursday – 10 a.m. to 12:30 p.m. - Intermediate/Advanced Pickleball - cost \$4
- Wednesday - 6 to 8 p.m. - Pickleball for all levels - cost \$4
- Wednesday - 6 to 8 p.m. - Volleyball (If enough players show up the group is divided into a recreational and advanced group. Otherwise, all players are combined into one group) - cost \$5

The facility itself has been open for a while but it was decided to wait until now to host the grand opening event as they wanted to wait until people were feeling more comfortable to attend the event after COVID-19 re-

strictions were lifted.

The grand opening event will take place on June 11 at 10:30 a.m. with speakers discussing the journey up until now and what is happening with the facility currently. Afterwards, there will be a free barbecue,

bouncers and activities for children, tours of the facility and more.

Everyone is welcome at the event. There is a sign-up for the grand opening on selkirkcommunitychurch.com, though it is not essential to sign up.

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Tax cuts need to be focus of provincial election

By Gage Haubrich is the Prairie Director for the Canadian Taxpayers Federation

Manitobans need more tax relief. A family of four in Winnipeg making \$75,000 a year is paying more provincial taxes in Manitoba than they would be in Saskatchewan, Alberta or British Columbia.

Since the last election in 2019, inflation in Manitoba has gone up 12 per cent. Groceries now cost 18 per cent more and the price of gas is up by more than half.

The upcoming election is a perfect time for all parties to commit to making life more affordable by putting more money back in Manitobans pockets.

What can you expect from four more years of Premier Heather Stefanson? Or four years of newcomer New Democratic Party leader Wab Kinew? Let's compare the tax cutting record of both parties.

In 2019, the Progressive Conservative government cut the provincial sales tax by one point, lowering it from eight to seven per cent. And in 2020, the government started phasing out education property taxes, which will save the average homeowner

\$581 this year.

Stefanson's latest budget increased the tax-free portion of Manitobans' income from \$10,145 to \$15,000. This will save taxpayers up to \$524 per year. It will also remove 47,400 low-income taxpayers from having to pay any income tax at all.

The Stefanson government committed to further cut taxes after the election in 2024 by changing the income tax brackets. Under this change, the first \$47,000 of your income will be taxed at the lowest rate, compared to the current \$36,842. Income between \$47,000 and \$100,000 will be taxed at the second highest rate compared to \$79,625 before. This means that more of taxpayer's income will be taxed at lower rates.

Combined with the change this year, an individual taxpayer will save up to \$1,399 in 2024. That's a substantial tax cut. It's enough money to pay for a month of rent or a couple months of groceries.

Greg Selinger, the last NDP premier, was more well-known for raising taxes. In 2012, his government raised the gas tax. While campaigning in 2011, Selinger promised Manitobans he would not raise the provincial sales tax, but, in 2013, he hiked the PST from seven to eight per cent.

The past shows that the PCs have the edge when it comes to a tax cut track record. Cutting taxes three times in the last seven years is an accomplish-

ment. But an election is just as much about what a party will do as much as it is about what they have done.

Stefanson and the PCs need to follow through on their announced tax cuts. And if the PCs are really serious about affordability, they will cut the gas tax to offset Prime Minister Justin Trudeau's carbon tax hike.

"Manitobans will feel even more of a pinch when they are filling up the tank, buying groceries and heating their homes," Stefanson said on the latest carbon tax hike. The federal carbon tax increases the price you pay at the pump by 14 cents per litre. The Manitoba government also charges a 14 cents per litre gas tax.

Kinew also needs to make bold commitments if he wants the attention of taxpayers. After the budget Kinew refused to say if an NDP government would keep Stefanson's latest tax cuts. Kinew needs to come clean on what Manitobans can expect if he gets elected.

To the west, the Saskatchewan NDP is calling on the provincial government to cut parts of the PST. Promising a provincial sales or gas tax cut would show Manitobans that Kinew and his party have learned from the mistakes of the past.

Taxpayers are struggling. Politicians are supposed to work for the people. Manitoba politicians need to prove to taxpayers that they can make it a little easier to make ends meet.

Nominations open for 2023 Seniors of the year awards

Submitted by Manitoba government

Nominations are now open for Manitoba's Seniors of the Year Awards, which celebrate senior Manitobans who have made a significant contribution to their families, communities and the province, Seniors and Long-term Care Minister Scott Johnston announced last Thursday.

"Older Manitobans laid the foundation of our strong, prosperous province, and their contributions continue to play a pivotal role in fostering

a healthy, productive society," said Johnston. "These awards will recognize the hard work and dedication of Manitoba seniors whose outstanding voluntary contributions enrich their communities."

Awards will be presented in two categories, noted the minister. The senior of the year award recognizes Manitoba seniors for enriching the social, cultural or civic life of communities. The active and healthy living award recognizes role models for

their work creating active, healthy communities.

Nominations for the awards are open until 4 p.m. on June 23.

The minister also invited Manitoba residents who are 100 or older to sign up for Manitoba's Centenarian Club, which celebrates their experiences, wisdom and contributions.

"Along with recognizing the im-

Continued on page 9



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Brett Mitchell: 204-485-0010
Email: bigandcolourful@mymts.net

Brittany Hiebert: 204-485-1419
Email: ads@selkirkrecord.ca
or call our office at 204-785-1618

EDITORIAL

Katelyn Boulanger 204-485-3337
news@selkirkrecord.ca

View the Selkirk Record online at selkirkrecord.ca

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

TROUBLE WITH PAPER DELIVERY?

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

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Cultivating your mental health bears fruit in later life

Submitted by Nick Ubels, Canadian Coalition for Seniors' Mental Health

Your mental health is like a garden. Sometimes conditions are nearly perfect for steady growth and flowering. And other times conditions can be challenging, with little water, too much shade, or scorching heat. But there's always something you can do to tend to your mental health and help your garden grow in all seasons of life.

That's the message the Canadian Coalition for Seniors' Mental Health (CCSMH) is sharing this Seniors' Week June 5 to 11.

"This week is a wonderful opportunity to celebrate the resilience of older adults, and also shed light on ways we can better support their mental wellbeing," says CCSMH director of projects and public policy Brenda Martinussen. "We're sharing practical tools for older adults, their families,

and health care providers to dig into."

CCSMH is a national, interdisciplinary organization dedicated to promoting better mental health outcomes for older adults. They've received major grants from several public and private funders, including a recent and substantive federal grant, to do just that.

"The COVID-19 pandemic was really difficult for older Canadians, especially those living in long-term care," says CCSMH executive director Claire Checkland. "It shone a spotlight on some underlying challenges that we are eager to address. And there's great reason for hope."

Recent findings from Mental Health Research Canada suggest that 80 per cent of older adults across Canada feel hopeful about the future.

"Mental illness is not a natural part of aging; we have the right to men-

tal wellness no matter our age," says Checkland. "Our organization is committed to ensuring that older adults can get help if they need it so that they can flourish in all seasons of life."

CCSMH has recently released a new pamphlet helping older adults make sense of depression, drawing on the best available evidence reviewed by a committee of experts.

Since 2002, the organization has brought together health professionals including physicians, nurses, and social workers as well as older adults to create clinical and public-facing resources on topics like depression, delirium, and substance use. CCSMH is currently working on new clinical guidelines for anxiety, social isolation and loneliness, and the behavioural and psychological symptoms of dementia.

"CCSMH is truly a pan-Canadian ef-

fort," according to founding co-chair Dr. David Conn. "We have a remarkably dedicated team coming together with renewed energy to lead with evidence and empathy in support of the mental health of older adults right across the country."

How can you support an older adult you know to flourish?

To learn more, access CCSMH mental health resources, or lend your voice to their efforts, visit their website at ccsmh.ca or follow them on Twitter, Facebook, and LinkedIn. If you need emergency help, please call 911, or visit your local emergency department. To reach a local crisis line call 1-833-456-4566, toll free anywhere in Canada.

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

> SENIORS OF THE YEAR AWARDS, FROM PG. 8

measurable contributions of Manitoba seniors, our government continues investing in key initiatives that will build a stronger foundation for improved seniors care," said Johnston.

"During the comprehensive public engagement process that informed our seniors strategy, we heard that it can be challenging to access and navigate services and supports which is why we are launching two new resources specifically designed to address these challenges."

The new Manitoba Seniors Guide provides important information about seniors serving organizations throughout the province and includes hundreds of listings of services supporting adults including home care, social services and community groups.

The fully accessible, bilingual guide was developed in partnership with 211 Manitoba and United Way Winnipeg

and can be downloaded and printed for quick reference, noted Johnston. In addition to a general guide for all of Manitoba, there are five regional versions including Winnipeg, Southern, Interlake-Eastern, Northern, and Westman/Parkland, making it easier to locate services and supports close to home, the minister added.

The minister noted the Department of Seniors and Long-term Care's newly refreshed, fully accessible website is now live at <https://www.manitoba.ca/seniors/>. The website includes comprehensive information on healthy aging resources including:

- housing options and care planning;
- community and caregiver supports;
- safety and security;
- financial and legal matters;

- health and well-being; and transportation.

The website also includes a section dedicated to combatting ageism, the minister noted.

"We want to support all Manitobans in their aging journeys," said Johnston. "Our government remains com-

mitted to making Manitoba an ideal place to age."

To nominate someone for a senior of the year award or to sign up for Manitoba's Centenarian Club, visit <https://manitoba.ca/seniors/seniors-of-the-year-awards.html>

"WE WANT TO SUPPORT ALL MANITOBIANS IN THEIR AGING JOURNEYS."

Manitoba's Seniors of the year Awards

Nominate a Manitoban age 65-plus

SENIOR OF THE YEAR

For those who make outstanding contributions, enriching the social, cultural or civic life of their community

AWARD FOR ACTIVE & HEALTHY LIVING

For those helping to create active and healthy communities

AGE 100-PLUS?

Join the Centenarian Club!

Nominate & sign-up at Manitoba.ca/SeniorsAwards

Nominations close **JUNE 23, 2023**

Manitoba 

The Selkirk Record

217 Clondeboye Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline

Mondays at 4 p.m.

Office Hours: Monday-Friday 9:30-5:00



Adult Learners are celebrated for their writing in Selkirk

Selkirk Adult Learning Program hosts 4th annual writing contest

By Emma McGill

Carol Hunter and Tamara Jenkins took home top prizes at the Selkirk Adult Learning Program (SALP) writing contest. This contest takes place annually in our community and celebrates adult learners as well as community member's writing.

SALP provides learning support and further education for those who wish to enhance their studies, training, and skills in literacy, numeracy, and computer basics. They also offer English as a Second Language and will help those studying to take a GED exam, and offer support in high school credit courses, working closely with the Lord Selkirk Education Centre.

"A lot of [what we help with are skills] just to live everyday life a bit better," says Troy Mercer, chair of the SALP advisory board.

This is the fourth year that SALP has hosted their annual writing contest which has categories for both adult learners in the program and community members to showcase their literary skills and their abilities to tell their stories.

The contest also doubles as a way to make people more aware of the SALP program.

On May 29, the awards ceremony celebrating the writing of those who entered the contest took place. There was a synopsis given for each piece that was placed, and the first place winners' pieces were sampled aloud.

The top winners in the adult learners category are:

1st Prize: Carol Hunter with non-fiction entry, *Happy Where Are You?*

2nd Prize: Sylvia Ferland with poetry entry, *I Am Near*

3rd Prize: Loretta Petri with poetry entry, *Today*

4th Prize: Logan Williams with non-fiction entry, *Fresh Water Fish*

The second category was open to the community and five winners were chosen this year:

1st Prize: Tamara Jenkins with poetry entry, *Today I became my mother's*

mother

2nd Prize: Sherry Martin with non-fiction entry, *Meg - For the Love of Dog*

3rd Prize: Thomas Ramsay with fiction entry, *Visits with Larry*

4th Prize: Larry Patzer with fiction entry, *Sophia Has a Friend*

5th Prize: Debby Voth with non-fiction entry, *Don't Cry Because It's Over*

Each of these pieces reflects meaningful feelings and moments the writers have felt and lived through, whether it be working at a fish plant, taking care of a parent, or learning to live life to the fullest. They grab the reader and help them see the world through the narrator's eyes.

The piece that won first place among adult learners, *Happy Where Are You?* by Carol Hunter, takes the reader through hardships and struggles with mental health, and later healing through time with nature, friends, and talking with a mental health professional.

Hunter started with SALP last September.

"I'm 65 and I never graduated high school, so I decided I would go and complete my grade 12," she said.

Hunter took a transactional English class, which she had to complete a blog post for. Once she'd handed it in, she received high praise from her instructor and was encouraged to submit it to the writing contest. Afterwards, she found out she'd been chosen for one of the awards, and was given the first place prize at the awards ceremony. "I was extremely proud of myself," she says.

Hunter is always encouraging her children and grandchildren to learn as much as possible and get the most out of their educations, just as she's doing with SALP.

She is continuing to write blog posts like the one which initially sparked her contest entry as a way to reflect on past trauma and open herself up to new experiences.

"I write this kind of stuff because I want to help people," said Hunter. "We face those fears and deal with them and discuss them to help other people."

Hunter only has positive things to



RECORD PHOTO BY EMMA MCGILL

Stephani Hazlitt (Gerdau), David Thorne (Selkirk Rotary Club), Logan Williams (Adult Learner - Winner), Larry Patzer (Community Member - winner), Sherry Martin (Community Member - winner), Loretta Petri (Adult Learner - winner), Tamara Jenkins (Community Member - Winner), Sylvia Ferland (Adult Learner - winner) Carol Hunter (Adult Learner - winner), and Neil Zebinski celebrating the winners of the writing contest.

say about Selkirk's SALP program.

"The adult learning centre is so encouraging to everyone. It doesn't matter what level you're at, they're there to help."

The annual writing contest was organized by SALP's coordinators and educators, Adele Plett Bartel and Lexi Margolis, and by Troy Mercer, who conducted the awards ceremony and was amazed by the amount of poetry entered into the contest. Sponsors of the event and their representatives were Stephani Hazlitt of Gerdau, David Thorne of the Selkirk Rotary Club, and Neil Zebinski representing the Selkirk Legion.

1ST PRIZE - ADULT LEARNERS

Happy Where Are You?

By Carol Hunter

I grew up in a small village in rural Manitoba. I was the youngest of three children and the only girl. In the 1960s I could play outside all day, but my borders were Mrs. McKay's house and Mr. Habar's house. There were no girls in those two houses or the houses in between. There were boys and I was the youngest child. My grandparents had immigrated from Northern Ireland and Sweden. We lived in an old rouse that had been moved off a farm and into the village. Wood stove, no plumbing, plaster walls, a kitchen, living room, basement, and an attic, our home. My brothers and I slept upstairs, and my mom and dad slept on the pullout sofa in the living room. My father was an ironworker with a grade 8 education. My mother was an avid reader and loved to learn. My father was a binge alcoholic who loved to fight the world, and the most

charming and polite gentleman when sober. While away on construction sites he often would drink, gamble, fight, womanize, and lose all his pay cheque before he could get it back to Mom. Mom ran the home. She had a huge garden that produced what we lived on for the year. But we were poor. Dad's Irish pride would not hear of his wife having to work. Our only convenience was a large freezer to freeze wild meat and vegetables for our food supply. The rest was in the basement canned or in the root cellar.

Both my parents came from their own world of disfunction. My father's family had addictions and depression. His brother committed suicide in the 50's and my father was hospitalized for three months due to a mental breakdown when I was 9. My mother always held her emotions in check., I only seen her cry once. No hugs but caring. Her father had been a strict disciplinarian and was often abusive in his verbal and physical discipline. My mother's sister died of a heroin overdose when I was about 4. My Mom often suffered the pain and bruises from Dad's drunken temper. I learned early to be the good child. I learned early to be the peacemaker. I learned early how to distract my father so mom could go to bed unharmed. I learned early to really want to be happy. I should be happy. All the other kids seemed happy.

1. Survival

Ahhh a feeling of happy. A way to leave my unhappy home. My boyfriend had bought me an engagement ring and wedding ring when I just turned 15. He was controlling, chose

Continued on page 11

Ed Teplyski

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> WRITING, FROM PG. 10

my clothing told me who I could be friends with, where I could go to school, and who I couldn't talk to. But he loved me. He was so jealous of any man I talked to or even looked at too long. Oh my he loved me so. I learned quickly it was his way or no way, and I loved him. I was sure my love would make him more secure and happy. I had learned to be a peacemaker and a fixer to survive, and I could do this again. So at Christmas of my 16th year we were engaged. He was working 12 hours a day and 7 days a week. We had financial security and love. Who could ask for anything more? I had done it. I was married, having a baby in the fall, and had my own home and family to care for. After three years I was crying, banging walls, and hating myself. Dreaming of just being happy but I was just barely surviving. I loved my babies, born 15 months apart, and they made me laugh and smile.

When I attempted to leave my husband my mother asked, "Does he hit you?" No, he never hit me, he punched walls, broke a knuckle, and said it was my fault for making him mad. "Well if he doesn't hit you what's the problem?". My husband had often said that if I ever cheated on him, I could take my kids, leave, and never come back. Seemed a fool proof plan. I made up a story that I cheated on him so he would let me leave. He forgave me but held it over my head for 20 years. I survived.

2. Finding Moments of Happy

I found that being in a stressful relationship and living with unhappy people wears on the soul. I am a survivor and one of the things that helped me survive was seeking and holding onto moments of joy.

Each summer I spent the month of July with my Aunt Florence and Uncle Jack at their log cabin in Silver Falls. As I lay on my bed in the veranda, the summer breeze blowing gently across my skin, I could hear the rapids flowing, I could see the moon glistening off the water. There were no fights, no drunken arguments, great food, new clothes, and a movie theatre to go to. In their house in town, they had bridge parties and dinner parties with crystal goblets, polished silver, Royal Albert China, and soft green carpeting. At the cabin I would wander through the bush, climbing over the Canadian Shield rock formations, loving the Winnipeg River as it flowed past. I could swim for hours. To this day, I love and find peace, with rocks and water. I learned to love the beauty of nature. Wildflowers, green moss, and the crunch of leaves on the forest floor. I found joy in the simple and quiet things.

3. Ups and Downs

I have suffered from depression all my life. But sadly, for the first 40 years I was in survival mode. I attempted to commit suicide when I was 25. My mom and dad had passed away two weeks apart when I was 23. My two-year-old nephew had drowned at my home the summer before. My great uncle had passed away at Easter. With three children and a ten-year marriage, I was sure I was a horrible wife, a horrible mother, and a failure as a person. My family would be better off without me. I had no one in my corner. Thankfully my youngest woke up in the middle of the night crying and I went to comfort him so I could get on with my plan. This woke everyone and I was to seek help. An anti-depressant knocked me out. Couldn't stay awake. So stopped that. There were not a lot of services for mental health patients.

My friends were my savior. They all showed up one morning with coffee and treats and proceeded to clean my house from top to bottom. They made me feel valued. I learned to trust friendships.

4. Medications

I feared medication for my depression. For one, I feared the addictions that plagued my family. Two, I had heard the numbing effect of drugs like Prozac and Paxil from the world of television and magazine articles. Yeah, the 70's cure for home maker syndrome. It wasn't until I had a breakdown at the age of 58 that I once again considered suicide as an end to the pain. My wonderful family doctor and my trusted therapist convinced me that Citalopram would help me way more than any side-effects would hurt me. Wow! My psychologist helped me love myself. The medication helped me through the severe ups and downs of depression. Both allowed me to think. I quit trying to fix everything. I quit trying to make others happy. I quit assuming everyone found fault with me. I could see the world as it was.

5. Talk to Professionals

Friends and family are great supports, but they love you. They don't always make you see the reality or the consequences of your behavior because they don't want to hurt you. Plus, unaware to you, they may have their own triggers and traumas that affect how they treat your needs. So, don't seek mental health advice from your loved ones. A certified professional psychiatrist, psychologist, or counselor can help you find your reality, your heart, and your spirit again. There is a security and comfort in confiding in someone who has no stake in you except to help you be happy. Although finding a good mental health professional can be difficult, it

is worth being patient and getting the help you need. If you don't "click" with your professional, then move on to the next one. You must be able to trust this person. You must be able to be you with this person.

Find books that are recommended by professionals to help you. These are three that helped me immensely. I thank my psychologist every day for guiding me to books that I can grab on the days when the pit of despair looms just ahead. The Mindful Path to Self-compassion by Christopher K. Germer, Phd., Mind Over Mood by Dennis Greenberger, and The Assertive Workbook by Randy J. Paterson, Phd.

Cognitive therapy worked for me.

6. Call for Help

Call for help. Call a friend. Call a family member. In the depth of depression our thoughts are I to see the positives and possibilities of our lives. We can only see that everyone would be bet without us. Call.

Mobile Crisis Unit Selkirk 204-482-5376

Crisis Response Centre Winnipeg 204-940-1781

Manitoba Suicide Line (24 Hours) 1-877-435-7170

Interlake Crisis 866-427-8628

Anishnawbe Mental Health Crisis Services 855-242-3310

Conclusion

Here I am at the twilight of my life. I am happy. I am at peace. I have no regrets. I have no guilt. I love the me that I have become. I am sorry there was no one to tell a little girl that she was wonderous. I am sorry there was no one to tell a little girl she was perfect just the way she was. I am sorry that little girl didn't live without fear and constant anxiety. I am sorry she couldn't feel joy every day of her childhood.

I have children I am very proud of. They have kind hearts and gentle souls. I have taught them to appreciate the beauty this world holds and to always search for their happy. I hope I am an example for them. Dreams do come true. Peace is possible. Love and be loved but above all else love yourself. It is not up to you to fix the world. You are only responsible for your reactions to the world and humanity. Be kind. Be caring. Be compassionate. Breathe. Be at peace.

1ST PRIZE - COMMUNITY MEMBER

Today I became my mother's mother

By Tamara Jenkins

Today I became my mother's mother.

Fragile and vulnerable like a newborn

she stared at me with vacant eyes.

Unknowing.

Confused by a world she could no longer comprehend or make sense of - trying to find a lost word.

Tripping on the syllables.

Her tongue as clumsy as a baby lunging for something safe to grasp on to...

She teeters, she totters, she finds me.

I am that safe thing now.

I imagine that through the thick haze that is her memory she recognizes my scent.

That it calms her and helps her to find peace.

She is needy, no doubt.

Her suckling frays my nerves and pains my breast.

The weight of her is smothering.

She clings. I do too.

I can't remember my last breathe of air.

I blow it all into her to the beat of "Staying Alive," "Staying Alive..."

If I stop so will she.

I ache.

I ache from the holding and the wanting to be held.

I long for direction.

I want to take back every "you can't tell me what to do..."

Oh the cockiness and ego of youth.

Please mama, tell me what to do.

Tell me how to smooth your brow.

Tell me how to keep you fed and safe and warm.

You may have bore me from your womb, but I carry you now.

Pink dimpled hands now hold dark mottled ones.

The receiver is now the giver - the born is now the bearer.

So I bear it.

I feel my gnawed cord dangle, tangle in between my legs.

I trip.

I feel cold afterbirth slide like grease and puddle around my feet.

Slippery cement, sending me to my knees - I teeter, I totter, I find her.

1 kiss her cheek and swaddle her and hum a familiar tune.

I whisper, "everything is going to be okay.."

Because that's what mothers do.

Today I became my mother's mother.

What's *Your* story?

We want to hear from you.

The Selkirk Record connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337

The Selkirk Record

Manitoba PCs attracting strong new slate of candidates

Competitive Races Deliver Fresh New Team Ready to Fight for Manitobans: 38 of 57 nominated

Submitted by the Progressive Conservative Party of Manitoba

As the race to the 2023 provincial election continues to heat up, there is no shortage of high-profile, top-quality candidates beating a path to run for our Progressive Conservative Team.

The latest to land a nomination (in St. James) is former Winnipeg police officer Tim Diack, who will add muscle to our PC Team's fight against violent crime with his street savvy and long-time experience as a beat cop.

"We're building a strong and diverse new team," said Campaign Co-Chair Candace Bergen, "This team is reinvigorating our party with the kind of new ideas and drive that comes from changing things from the grassroots and up."

Candidates nominated to date include:

Rick Shone, Fort Garry, is a strong, get-things-done community advocate and avid volunteer who served as a board member of the Central Neighbourhoods Association and the West End Biz. Rick is also a small business owner who is married to a dedicated police officer. In 2022, he ran in the

Winnipeg Mayoral race.

Alan McLauchlan, The Pas-Kameesak, is a community leader and advocate for the north. A retired RCMP officer of 40 years, his goal is to make communities safer with his strong understanding of the justice system. He also served as Mayor of The Pas and Vice President of The Pas and District Chamber of Commerce.

Alana Vannahme, Kildonan-River East, understands the intricacies of governance, formerly working as a senior policy analyst in the Mayor of Winnipeg's office. She holds a master's degree in International Relations.

Titi Tijani, Transcona, is passionate about social services and the housing sector for vulnerable people. She served as a long-time civil servant in Manitoba.

Lauren Stone, Midland, is an entrepreneur with extensive experience in the agri-food and manufacturing sectors. She is a proud mother of two and wants more opportunities for rural families.

Trevor King, Lakeside, is a municipal expert and former Reeve for the

RM of Woodlands. During that time, he also served on the Board of Directors for the Association of Manitoba Municipalities. On top of that, he still operates the family farm.

Konrad Narth, La Verendrye, was first elected on the Municipal Council for the RM of Stuartburn at just 23 years old. He served for 12 years, and was appointed as Deputy Reeve. He has spent many years also volunteering on numerous community boards and organizations.

Jodie Byram, Agassiz, has been the eyes and ears of local issues for many years as the constituency office manager for the MLA for Agassiz, where she gained deep insight into the needs of the community.

Jeff Bereza, Portage la Prairie, is a seasoned policy-maker. He has been involved in the agriculture sector for decades, and has served as a city councillor for Portage la Prairie.

Carrie Hiebert, Morden-Winkler, is a locally-minded small business owner with extensive public service experience in the community, having worked for former Conservative Party of Canada leader the Hon. Candice Bergen, and former PC finance minister Cameron Friesen.

Richard Perchotte, Selkirk, understands the importance of the trades in Manitoba, having worked in several. He has operated a business for over

30 years.

Kathleen Cooke, Roblin, wants to make life better for families to help them make ends meet. She recently served as the Director of the Canadian Federation of Independent Businesses (CFIB) and has extensive experience working in both municipal and provincial governments.

Grant Jackson, Spruce Woods, knows what it takes to get things done in government. He has served as a staffer on Parliament Hill and in the Manitoba Legislature, working for MP Larry Maguire, and as a special advisor to the office of the Premier, respectively.

Saima Aziz, St. Vital, is fighting for our youth. A former school board trustee and chair of their education committee, she also served on the board of the Thompson Boys & Girls Club.

Also seeking re-election are Rochelle Squires, Obby Khan, Kevin Klein, Kelvin Goertzen, Bob Lagassé, Audrey Gordon, Ron Schuler, Wayne Ewasko, Janice Morley-Lecomte, James Teitsma, Greg Nesbitt, Scott Johnston, Jeff Wharton, Andrew Smith, Jon Reyes, Andrew Micklefield, Derek Johnson, Doyle Piwniuk, Rick Wowchuk, Josh Guenter, Len Isleifson, Sarah Guillemard and PC leader Heather Stefanson.

Manitoba government opens nominations for 2023 seniors of the year awards

Further Recognition and Resources Support Seniors

Submitted by the Manitoba government

Nominations are now open for Manitoba's Seniors of the Year Awards, which celebrate senior Manitobans who have made a significant contribution to their families, communities and the province, Seniors and Long-term Care Minister Scott Johnston announced June 1.

"Older Manitobans laid the foundation of our strong, prosperous province, and their contributions continue to play a pivotal role in fostering a healthy, productive society," said Johnston. "These awards will recognize the hard work and dedication of Manitoba seniors whose outstanding voluntary contributions enrich their communities."

Awards will be presented in two categories, noted the minister. The senior of the year award recognizes Mani-

toba seniors for enriching the social, cultural or civic life of communities. The active and healthy living award recognizes role models for their work creating active, healthy communities.

Nominations for the awards are open until 4 p.m. on June 23.

The minister also invited Manitoba residents who are 100 or older to sign up for Manitoba's Centenarian Club, which celebrates their experiences, wisdom and contributions.

"Along with recognizing the immeasurable contributions of Manitoba seniors, our government continues investing in key initiatives that will build a stronger foundation for improved seniors care," said Johnston. "During the comprehensive public engagement process that informed our seniors strategy, we heard that it can be challenging to access and

navigate services and supports which is why we are launching two new resources specifically designed to address these challenges."

The new Manitoba Seniors Guide provides important information about seniors serving organizations throughout the province and includes hundreds of listings of services supporting adults including home care, social services and community groups.

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The minister noted the Department of Seniors and Long-term Care's

newly refreshed, fully accessible website is now live at <https://www.manitoba.ca/seniors/>. The website includes comprehensive information on healthy aging resources including:

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- safety and security;
- financial and legal matters;
- health and well-being; and
- transportation.

The website also includes a section dedicated to combatting ageism, the minister noted.

"We want to support all Manitobans in their aging journeys," said Johnston. "Our government remains committed to making Manitoba an ideal place to age."

To nominate someone for a senior of the year award or to sign up for Manitoba's Centenarian Club, visit <https://manitoba.ca/seniors/seniors-of-the-year-awards.html>.

Selkirk Rotary Club gives generous donation to Gaynor Family Regional Library



RECORD PHOTOS SUBMITTED

Above: Ken Kuryliw receiving the \$50,000 donation for the library from Selkirk Rotary Club President David Thorne. Left: A rendering of what the new children's area might look like.

Local library gearing up for future expansion

By Katelyn Boulanger

The Rotary Club of Selkirk is giving a generous \$100,000 to go towards the planned expansion of the Gaynor Family Regional Library. The library will be expanding by an additional 6,000 square feet creating a new children's area in the space formerly occupied by the Red River Planning District.

"The library has the potential of taking over the former space that the planning board was in. It's wonderful for us because we built the library smaller than what was recommended because that was what we could afford at the time. It was a huge improvement over what we had, of course, and the planning board had a third of the building. But when they moved out, it was a perfect situation for the library to take over that third and get us up close to what the province recommended for our size," said Ken Kuryliw, Director, Library Services at the Gaynor Family Regional Library.

With this donation, children's area will now be called the Rotary Hide-away.

"The former planning board section is going to be mostly the children's area, we're moving it from this side to that side, and we'll be able to expand the kid's area, increasing study space, increasing the amount of room for books and programming, and being able to recognize the Rotary Club multiple ways because of their long partnership with us," said Kuryliw.

The Selkirk Rotary Club started the donation process with the announcement of a \$50,000 donation at their

Lobsterfest dinner. The remaining \$50,000 donation will be given to the library over the next two years.

The last time the rotary club made a major donation like this to our community was when they donated towards the Selkirk Skate Park.

"This project focuses on two of our main priorities, the first being literacy, and the second being youth. And, the project also represents all three of the geographical areas that the Rotary Club serves, those being St. Andrews, St. Clements, and here in the City of Selkirk. So, it was just a perfect fit for what's important to our club," said Rotary Club of Selkirk President David Thorne.

This donation as well as the library expansion is wonderful news for Selkirk, St. Andrews and St. Clements residents because the library will be able to increase its collection from 60,000 books to 90,000 books.

"By moving out the children's area, we're able to expand our shelving throughout the library. In addition, we're going to be able to expand study space for students because one of the things that we found is that there's a huge demand by students to use the

library. Around exam time, we've had up to 100 kids in here studying. When we designed the building, and we did probe research, we had no idea the demand that there'd be from students at the time. It didn't look like there would be but because the building is so wonderful, students love it," said Kuryliw.

Thorne feels like investing in this project is good not just for the library but for our community.

"By investing in our youth, now, we're going to pay dividends in the future by inspiring future leaders to not only use the library but to grow the community. So, we're super pumped to be part of this. We think it's important

for not just the City of Selkirk, but the entire Tri-S region," said Thorne.

This donation is the first of a lot of fundraising that will have to happen to get this project underway. The hope is that

grants as well as future fundraising events will come together to get the project started.

"We've just added to our website that people can give gifts online for the project. We just made this rotary announcement at their wonderful Lobsterfest dinner. We're really excited about starting this and there's a lot of support in the community for the library. We're really pleased to start this campaign and we're probably looking at about a year to get into the space," said Kuryliw.

To donate to the library or keep up with future library events visit their website at <https://gfrl.org/>.

Watch out for more information regarding the Pancake Breakfast Fundraiser in the June 15th Selkirk Record

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First operating room assistants join perioperative program at Selkirk Regional Health Centre

Submitted by IERHA

Former health care aides, Kerri Donald and Kamila Skorupski, are the first graduates of Operating Room Assistant (ORA) Program in Interlake-Eastern RHA. They will use their new training as members of the surgical team at Selkirk Regional Health Centre to provide additional support. This is one part of Manitoba Health's strategy to improve access to diagnostic and surgical interventions in the province.

This is one part of Manitoba Health's strategy to improve access to diagnostic and surgical interventions in the province. Donald and Skorupski recently completed a 12-week micro-credentialing training program to become operating room assistants. Surgical and procedural teams across the province are supporting the delivery of care for thousands of Manitobans.

"The ORAs are extremely happy to be graduating

from the program. They learned about the position through postings on the IERHA website and reaching out to perioperative management for clarification and questions. They found the course intense and extensive over a short 12-week period, however, beneficial overall," says Nicole Shead, IERHA surgical services educator. "The extensive perioperative knowledge and skills that they have gained within the course has helped them anticipate the needs of the surgical team. We welcome them to our surgical teams."

The ORA role supports the surgical care team and increases overall capacity across the province. They play an important role in operating rooms, freeing up time for nurses to focus more on performing the tasks that require their specialized skills. ORAs are not trained to carry out the same responsibilities as nurses. They are members of the surgical team providing additional support. Responsibilities in-



PHOTO SUBMITTED

Operating Room Assistants, Kerri Donald, left, and Kamila Skorupski, right.

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Peguis First Nation Trust Nominating Committee (TNC)

TNC GENERAL MEETING

The Peguis Trust Nominating Committee will be hosting a General Meeting to vote on the New Peguis Trustee Eligibility Criteria.

DATE: Friday, July 14th, 2023
TIME: 4:00 PM- 7:00 PM
LOCATION: Peguis Community Hall, Peguis, Manitoba

TNC Members: Wayne Bird, Heather Sinclair
Jules McPherson, Clarence Daniels, Victor Sutherland

Peguis TNC
Box 948, Peguis, MB R0C 3J0

clude decontaminating rooms and disinfecting equipment, transferring and preparing patients safely for surgery, readying equipment and cleaning post-procedure.

The IERHA perioperative program provides surgical and diagnostic services to the residents of the Interlake-Eastern health region and surrounding communities. Surgical specialties performed at Selkirk Regional Health Centre include general surgery, urology and gynecology, including Cesarean sections. In 2022, 5,185 endoscopic procedures and 2,676 surgical procedures were completed in the region. IERHA has recently expanded its surgical and endoscopy program in efforts to reduce provincial waitlists.

This training that is provided at no cost. Participants are paid a full salary while completing the course. The course takes place virtually with weekly visits to Selkirk Regional Health Centre for observation and labs over two weekends to prove their competence and knowledge.

Applicants to the course must have recognized health-care aide training and at least three years of experience working in an acute care setting.

For more information, please visit: Educational Opportunities - Interlake-Eastern RHA (ierha.ca)

Sadie Grimm Celebration & Ride on June 11

Submitted by Mary Johnson

The Coalition of Manitoba Motorcycle Groups is once again hosting the Sadie Grimm Celebration & Ride raising funds to complete construction of the Sadie Grimm Commemorative Picnic Shelter in Winnipeg Beach Provincial Park.

Teenager Sadie Grimm won a gold medal in 1914 for being the first motorcyclist to complete a motorcycle enduro ride from Winnipeg to the prestigious Empress Hotel in Winnipeg Beach. This year's events include a planned ride through the Interlake with stops in Inwood, Poplarfield and Fraserwood ending with the celebration at the bandstand on Main Street in Winnipeg Beach. At 3 p.m. Rob Barg and Headingley ReUnion will

once again share their music along with their special Sadie Grimm song as well as debuting a newly written tribute song to Denis L'Heureux. Program between 4:30 p.m. and 5 p.m. includes an update on the Sadie Grimm project as well as an announcement by Minister of Municipal Relations Andrew Smith. Celebration at Winnipeg Beach is open to anyone to attend.

Preregistration for motorcyclists and supporters on <https://www.eventbrite.ca/o/manitoba-women-riders-committee-mb-wrc-of-cmmg-13078685397>. For more information contact project coordinator, Doug Houghton at 204-268-5406 or Sadie Grimm Committee Chair Mary Johnson at 204-981-5183.



PHOTO SUBMITTED

Rob Barg and Headingley ReUnion will share their music along with their special Sadie Grimm song at the Winnipeg Beach Bandstand on Sat., June 11 at 3 p.m.

Red River Métis unanimously accept modern-day treaty with Canada in historic vote

Submitted by the Red River Metis

The Manitoba Métis Federation (MMF), the National Government of the Red River Métis, brought their Citizens together, in-person and virtually, an estimated 4,000, to approve the Red River Métis Self Government Recognition and Implementation Treaty on Saturday, June 3. Indeed, this was the largest Assembly in MMF history. The treaty was unanimously ratified as thousands of Citizens stood up and raised their hand and voted to continue our historic progress forward.

"This vote was as extraordinary as the Assembly itself," said David Chartrand, President of the MMF. "So many of our Citizens have fought along our side, shoulder to shoulder, for decades – some for their whole life – to finally find our place in Confederation. I was so proud to see so many of our Citizens participate in the vote, with a sea of hands raised in favour of ushering in this new era for our Nation – one that was 200 years in the making. I was overwhelmed to see thousands of hands reaching for the ceiling and dancing in the air like prairie grass in a strong wind."

Now, the treaty will go through Canada's ratification process and be introduced to the House of Commons this Fall to solidify its place in legislation and the Constitution of Canada. Once the implementation legislation is passed, the Red River Métis government and our Nation will be enshrined in our country's constitution through this modern-day treaty.

"With this vote, our treaty rights a

wrong that took place 153 years ago, when our first treaty – the Manitoba Act – was negotiated and then ignored by Canada. We negotiated this agreement in good faith with Canada, but before negotiations were even complete; Canada backstabbed our Nation," said President Chartrand. "Today, we are another step closer to justice, taking yet another step in restoring our rightful place in Canada's confederation through this treaty may well be the most important thing we've done as a Nation to date."

It is Red River Métis tradition to gather in Assembly to make decisions

that affect the future of the Nation, making this vote on the modern-day treaty a direct echo of the way the Nation's Ancestors have always made important decisions.

The vote comes on the heels of negotiations that began in 2016 and three intensive months of consultation with Citizens, both within Manitoba and beyond borders. From Vancouver to Toronto and Thompson to Fargo, Citizens turned out in record numbers to hear about the treaty and provide their feedback and guidance.

"In every consultation leading up to this vote, it was clear that our Citi-

zens recognized the historic nature of this treaty, and fully understood the power it gives to our Youth to shape the path of our Nation in the future, when they become our leaders," said President Chartrand. "It was equally clear that our Elders, seniors and Veterans who fought so hard to arrive at this historic moment were moved to see the progress we've made as a Nation. We are truly standing on the shoulders of giants today, and we have answered the call of our Ancestors to complete what they started. We are Red River Métis and we stand united."

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Selkirk walks for Alzheimer's disease



RECORD PHOTOS BY KATELYN BOULANGER

Residents walked to raise awareness for Alzheimer's disease and research last Friday in Selkirk. A crowd came together to make the trek from the Gordon Howard Centre to Selkirk Park.



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Lilypad Cruisers never tired of giving back



RECORD PHOTOS BY BRETT MITCHELL AND BRITTANY HIEBERT
 Local car enthusiast group the Lilypad Cruisers are as passionate about donating to local causes as they are to maintaining their vintage automobiles. This year they've donated to Our Daily Bread Soup Kitchen, the Lord Selkirk Regional Comprehensive Secondary School and Selkirk Palliative Care. Pictured clockwise from top left: Dale Hiscock and Marcel Lemire of Lilypad Cruisers with LSRSSC automotive technology teachers Lucas MacIntosh and Mike Di Ianni and principal Darcy Nazimek. Hiscock, Faye Drummond, and Lemire with Averill Stephenson, Executive Director of the Interlake Eastern Health Foundation. Drummond, Lemire and Hiscock donating to the Soup Kitchen.

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Your Health

Learn about cataracts from local optometrist Dr. Anderson

June is cataract awareness month and residents should know what to look out for

By Katelyn Boulanger

This cataract awareness month gives residents the opportunity to sharpen up their knowledge about what cataracts are and what you can do should they start affecting your vision.

"Everyone has a lens inside their eye that helps them focus. It allows us to see clearly far away and allows us to see clearly up close. When that lens becomes cloudy, where we can't see through very well, that's what a cataract is, a cloudy lens," said Dr. Matthew Anderson, local optometrist and owner of Anderson Family Vision Care.

When a person starts to develop cataracts there are a variety of symptoms to look out for.

"It makes what they see more yellow. It makes it cloudy. Cataracts can make it double. They can make it blurry and in severe cases, it makes [your vision] disappear," he said.

The first sign of cataracts is generally blurry vision according to Anderson but he says that the yellow tint that it gives can make it so that it's harder to see the colour blue. That might mean that the blue sky doesn't look as vibrant as it once did or if text is written in blue ink it can be more difficult to see.

He says that cataracts are often age-related but people of any age can get cataracts.

"They're more common after 65 but I've seen

it in all ages. Age-related cataracts can happen to people in their 30s. Children get cataracts that they're born with but they don't get the same type of cataracts as seniors," said Anderson.

There are some medical conditions that make people more likely to get cataracts such as being diagnosed with diabetes. Smokers are also more likely to get cataracts than non-smokers.

Anderson says that in addition to smoking, vaping also increases cataracts a great deal.

"Vaping is worse than cigarettes in terms of cataract formation," he said.

Anderson says that this is because of the artificial chemicals in the vaping liquid.

Not smoking and vaping are a way that people can reduce their risks of getting cataracts but there are also other lifestyle changes that people can make in order to reduce their chances.

"Wearing sunglasses while you're outside. Make sure your lenses have a UV coating on them even if they're not sunglasses and eat healthy. You need to eat healthily, so mixed vegetables of different colours, fruits and vegetables. Also, make sure you're getting your omega-3s from fish and your omega-6s and omega-9s from other sources including meats. Those are all good for preventing cataracts," said Anderson.

Cataracts are treatable if you do happen to be one of the large portion of the population that ends up developing them as we age.

"Early stages, they just need a new prescription for glasses to see better. Later stages, they'll need a combination of new lenses and surgery," explained Anderson.

His best advice for anyone that worries that



METRO CREATIVE

One of the first signs of cataracts is blurry vision.

they may be developing cataracts is to see their optometrist and get their eyes checked.

He also encourages residents to visit an optometrist should they be experiencing any eye difficulties as there are many conditions that they can help with.

"There are visual problems where people see 20/20 There are visual problems where people see clearly and that things aren't doubled that still cause problems with reading and computer work. I wish people would understand that if they have problems even if they think they see clearly or they think, 'No, I don't see double. I don't see blurry. My eyes must be fine.' But reading drives them crazy and the computer drives them crazy. I wish they would still come and see me because there're vision problems that are more rare that cause problems like that," he said.

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- Canadian Men's Health Month
- June is Thyroid Month in Canada
- National Health and Fitness Day - June 5
- National Spinal Cerebrospinal Fluid (CSF) Leak Awareness Week - June 6 to 13
- Meditation national day - June 9
- Action Anxiety Day - June 10

- World Elder Abuse Awareness Day - June 15*
- World Sickle Cell Day - June 19*
- International Day Against Drug Abuse and Illicit Trafficking - June 26*
- National Cancer Wellness Awareness Day - June 26
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Your Health

What to do when migraines strike

Metro Creative

Headaches may be a common nuisance, but that doesn't mean they all share common characteristics. Migraines for example can have a plethora of different symptoms and can be much more painful than a typical headache.

The health and wellness resource Healthline says a migraine is a neurological condition that typically causes painful headaches which are accompanied by other symptoms, such as sensitivity to smell, touch, light, and sound. Migraines also may produce numbness or tingling, visual auras and nausea or vomiting.

People experiencing a migraine for the first time may not know that they feature distinct phases. Recognition and understanding of these phases can help to manage headaches more effectively. Some of the earliest signs of migraine include fatigue, blurred vision, auras, and other prodrome symptoms unique to people's migraine histories. These conditions can occur anywhere from a few hours to a few days before a migraine attack. It is important to note that symptoms may not occur with every migraine, nor will early symptoms always result in migraines.

Identifying potential migraine symptoms early may help a person reduce the severity of a migraine. Typically, the migraine headache stage can last for several hours or up to three days.

Migraines can feel pulsating, throbbing, pounding, perforating, and debilitating. Some people compare it to having an ice pick inserted into the head.

Luckily, people who feel a migraine coming on can make changes which should help them feel better such as:

- Find a calm environment away from stressors and the bustle of everyday life.
- Relax in a dark, quiet room as light and sound can exacerbate migraine pain.
- Small amounts of caffeine can relieve migraine pain in the earliest stages and enhance the ef-



METRO CREATIVE

Migraines can be disruptive to the lives of those who get them but there are ways that people can mitigate their symptoms.

ffects of common OTC pain medications like acetaminophen and ibuprofen. Sip small amounts of caffeinated soda, tea or coffee. Don't overdo it, as that can lead to caffeine withdrawal headaches.

- Try to get steady, uninterrupted sleep each night. Poor sleep may trigger a migraine. If you have difficulty sleeping, listen to soothing music, establish a bedtime routine, go to bed and wake up at the same times each day (even on weekends), and exercise regularly. Speak with a health care provider if sleeplessness is chronic.
- Eat a healthy, balanced diet at regular intervals. Fasting may contribute to migraine onset. Avoid foods such as aged cheese, alcohol and chocolate if they trigger your migraines.
- Try to manage stress in any way you can, which may include time management and simplifying your life. Delegate to others if you're taking on too much.
- Journal when migraine symptoms come on so you can determine if there is a trigger.

Migraine headaches can interrupt life and prove debilitating. Finding relief takes patience. If home remedies do not suffice, people can speak to their doctors about possible medical therapies.

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Rocking at Circle of Friends



RECORD PHOTOS BY KATELYN BOULANGER

Shauna Bell, Marcel Cook and Craig Smith took to the stage at the Gaynor Family Library's Circle of Friends event last Friday. The played for the crowd and brought joy with their musical performance.

Manitoba RCMP Traffic Services conduct traffic stop and seize firearm and tobacco

Submitted by Manitoba RCMP

On May 26, at approximately 2:00 p.m., RCMP conducted a traffic stop on a vehicle in a parking lot of a business, just off Highway 59 in the RM of St. Clements.

During the stop the officer observed unstamped tobacco in the vehicle and both occupants were arrested. A further search was conducted and the officer located a 3D printed handgun.

Zachary Gladu, 23, of Winnipeg has been charged with:

- Possession of a Firearm in a Motor Vehicle
- Possession of a Restricted Firearm/Prohibited Weapon with Ammo without Licence/Registration
- Unauthorized Possession of a Firearm/Prohibited Weapon or

Restricted Weapon
• Possession of a Weapon for Dangerous Purpose
Drayden Prince, 20, of Winnipeg has been charged with:

- Possession of a Firearm in a Motor Vehicle
- Possession of a Restricted Firearm/Prohibited Weapon with Ammo without Licence/Registration
- Unauthorized Possession of a Firearm/Prohibited Weapon or Restricted Weapon
- Possession of a Weapon for Dangerous Purpose
- Failing to Comply

They were remanded into custody. Both are also facing Provincial charges for the illegal tobacco. The investigation is ongoing.



RECORD PHOTO SUBMITTED

Handgun seized at traffic stop.

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Lakeside Quilters prepare for annual two-day show: June 9-10

By Annaliese Meier

Lakeside Quilters is a vibrant and supportive community that shares a passion for quilting and the group responsible for organizing an annual quilt show in Winnipeg Beach. This event brings together quilters from all over Manitoba to showcase their incredible creations, learn new techniques, and connect with like-minded individuals. The 2023 quilt show is on Friday, June 9, from 10 a.m. to 8 p.m. and Saturday, June 10, from 10 a.m. to 4 p.m. at the Gimli Recreation Centre.

Nancy Stillinger, a co-chair for the Lakeside Quilters Quilt Show is an experienced quilting enthusiast who finds joy in every aspect of creating a quilt. From selecting the perfect pattern to choosing a complimentary colour palette and fabric, Stillinger enjoys each step of the process.

For Stillinger, quilting isn't just about creating beautiful pieces but forming close friendships with like-minded individuals who share her passion for stitching. Being part of Lakeside Quilters has allowed her to teach others, work on community projects together, and support each other as they complete their masterpieces. It's clear that Stillinger's enthusiasm for quilting extends beyond just making beautiful creations; it's also about being part of a creative community where everyone can learn from each other and grow in their craft.

"Attending a local quilt show is an excellent way to get inspired and motivated to take your quilting projects to the next level," said Stillinger. "You'll find new techniques, patterns, and color combinations that you may not have considered before. The creativity on display at these shows is truly awe-inspiring."

One of the best things about attending a quilt show is discussing all aspects of quilting with like-minded individuals. You can learn so much just by talking with other quilters. Stillinger's love for sewing and quilting began at a young age. Even though her mother didn't sew, she instilled in Stillinger an appreciation for art, color, texture and creativity. As a result, they spent many hours crafting together. Now with over 30 years of experience in quilting, Stillinger has honed her skills and developed a keen interest in the use of color to create light and shadow on any quilt. To her, a successful quilt is one where the viewer is drawn from one block to the next.

At the show, visitors can shop some of Manitoba's finest fabric vendors, enjoy food and drinks in The Fat Quarter Cafe; there will be presentations by quilting experts and fabric artists for all, along with a silent auction and door prize. With admission for \$8, it is the perfect weekend event.

Lakeside Quilters has humble beginnings that date back to 2011. It all started with a simple idea from Shelly, the owner of Keeper's Quilts in Winnipeg Beach: why not bring together quilters from all over the region to plan a quilt show? Quilters from as far north as Arborg and south as Matlock are invited. The goal wasn't necessarily to make money – just enough to cover the costs of putting on the show. Instead, it provided a platform for local quilters to display their work and inspire others in their community. And it worked! After their first successful event, they had some leftover funds, which they used for future events or donated to charity. Fast forward several years later, and Lakeside Quilters' annual event is now highly anticipated by quilting

enthusiasts throughout Manitoba. Thanks to Shelly's vision and dedication, this group has grown into an incredible community that supports each other.

Giving back to the community is a crucial part of their mission. They believe that quilting is not just an art form; it's also a way to spread warmth and comfort throughout our communities. They don't just donate money – they donate handmade quilts as well.

In 2019, they proudly presented 50 baby quilts to the Thelma Wynn Foundation at their annual quilt show. This organization assembles layettes for babies all over Manitoba, providing essential items for needy families.

Over the years, the Quilters have donated thousands of dollars. Past recipients include Camp Stepping Stones, the Evergreen School Division meal program for its eight schools, the Nova House women's shelter in Selkirk, Winnipeg Beach School's new playground, the Gimli Recreation Centre's after school program, Arborg Collegiate's outdoor track, Arborg Personal Care Home for a blanket warmer and the Gimli & District Health Auxiliary for a power stretcher.

The event is a fantastic opportunity for quilters to showcase their work in a welcoming and supportive environment. What makes this event even more special is that it's completely run by volunteers from the quilt groups in the Interlake, which shows just how much passion and dedication goes into making it happen. Organizing and running a two-day quilt show requires an enormous amount of planning and energy, but the volunteers always rise to the challenge said Stillinger. They work tirelessly to create an unforgettable experience for attendees, while also providing a platform for local quilters to share their creations with each other.

This year has been particularly challenging due to COVID-19 restrictions preventing group gatherings. However, many of the quilts displayed at this year's event will have been created during lockdown when individuals were unable to meet up with their usual quilting groups. This adds an extra layer of excitement as attendees will get to see brand new quilts that they may not have seen before. Stillinger said most quilters will agree that their weekly quilt group meetings are something they look forward to every week.

"It's not only an opportunity for them to work on their projects but also to share experiences and learn from each other."



RECORD PHOTOS SUBMITTED

Lakeside Quilters co-chair Nancy Stillinger, left, and Elaine Lezubski at Show and tell at Winnipeg Beach Fibre Arts. Stillinger is one of the many who will have quilts on display for the quilt show June 9 and 10.



Nancy Stillinger working with another quilter at Winnipeg Beach Fibre Arts group.

The members of Lakeside Quilters have created a community where everyone feels welcome regardless of skill level or experience. From beginners to experts, all members come together with the common goal of creating beautiful quilts. For those who are new to quilting, there is no need to feel intimidated. The group provides support and guidance throughout the process. Whether you prefer hand stitching or using a sewing machine, there is always someone willing to help you learn new techniques.

If you're new to the Interlake region or looking for more information about local quilting groups, visiting a local quilt show is an excellent place to start. Not only will you be able to gather valuable information about different groups in the area, but you'll also get to see some beautiful examples of their work firsthand.

Making a splash



RECORD PHOTOS BY BRETT MITCHELL

The BarkX Motel hosted a dog dock diving event last weekend. The hot dogs Crash and Chance got to cool off while having fun and challenging their athletic prowess. The BarkX Motel was once the only facility in the province. Now two more have popped up since the Covid restrictions lifted. It is now a growing sport in Manitoba.

Manitobans encouraged to host Lemonade Stands for Hope

Submitted by CancerCare Manitoba

It's the season for lemonade stands and this summer CancerCare Manitoba Foundation is asking Manitobans to host a stand for a good cause. Lemonade Stands for Hope is the perfect opportunity for kids, teens, and anyone young at heart to create hope and raise important funds for CancerCare Manitoba. Families, friends, businesses, community teams, leagues or groups can all host a lemonade stand!

Upon registering, stand holders will receive supplies to host their stand including a free starter kit, online donation page, and tools to help them promote their stand.

"My daughters and nephew hold their lemonade stand on our driveway each year and seeing all of our family, friends, and neighbours coming together to support the kids is so special," said Nikki Phaneuf. "A couple of years ago a young girl we

know was diagnosed with Leukemia and the kids wanted to do something to help...so we held a lemonade stand and have been doing it every year since."

Getting started is easy!

Register your stand online at LemonadeForHope.ca

Pick up your free starter kit from the Foundation at 825 Sherbrook Street (Monday-Friday, 8:30 a.m. - 4:30 p.m.)

Host your Lemonade Stand for Hope anytime over the weekend of July 14-16, or anytime this summer

Manitobans are encouraged to rally their community to support their lemonade stand while they raise funds for crucial research, patient care, and support services at CancerCare Manitoba. All funds raised from Lemonade Stands for Hope stay in Manitoba and help cancer patients and their families.

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Interlake-Eastern Regional Health Authority hosts first-year medical students

Submitted by IERHA

This year, 20 medical students attended Rural Week in eight communities in the Interlake-Eastern area.

During Rural Week, first-year medical students are hosted by communities and given the opportunity to shadow physicians, nurse practitioners and other care providers during their regular workday in local health clinics.

In an effort to provide medical students with exposure to the practice diversity found in rural settings, students shadowed hospital and primary health-care staff in Arborg, Teulon, Stonewall, Gimli, Oak Bank, Beausejour, Pine Falls and Pinawa.

On top of clinic and hospital time at Selkirk Regional Health Centre, the week also includes a host of activities organized by community volunteers to give students an understanding of what it's like to live and work in rural communities.

Shirley Muir, visit co-ordinator for Selkirk, hosted a small barbecue at her historical home in Selkirk. Merrilee Mollard, visit coordinator for Selkirk as well also hosted a separate barbecue at her cottage in Whytefold.

"I think we all know that future

doctors have lots of options, and we just wanted them to see that Selkirk is the best of both worlds— but, most important, a welcoming and inclusive community," Muir said. "Several young adults who attended shared why they've made Selkirk their home and why they grow their businesses in Selkirk. Some said they liked that Selkirk was large enough to have all the amenities for them and for raising a family. Others said they loved that Selkirk has lakes, forests, beaches and provincial parks right in its backyard."

Rural Week, as part of the University of Manitoba medical curriculum, first started in 2004.

It's an initiative co-ordinated by Interlake-Eastern Regional Health Authority in collaboration with the department of family medicine, Max Rady College of Medicine and the Manitoba HealthCare Providers Network.

"Interlake-Eastern thanks each of the visit co-ordinators and welcoming citizens of our region who made Rural Week 2023 such a success," said Pamela Robertson, physician recruiter. "We can't wait to do it again next



RECORD PHOTO SUBMITTED

Four first-year medical students enjoyed a barbecue at the cottage of Merilee Mollard and Charlie Birt overlooking Lake Winnipeg in Whytefold during Rural Week.

year."

For more information on career opportunities with Interlake-Eastern

Reginal Health Authority, please visit www.ierha.ca/careers.

Raising awareness



RECORD PHOTO BY BRETT MITCHELL

Special Olympians Olivia Thompson, Savannah Thompson and Freya Thompson were at the Selkirk Safeway on June 3 raising awareness for the Special Olympics. These athletes were there for the the Sobeyes/Safeway/IGA campaign which has customers donate to support Special Olympics athletes across Canada. Donations are matched up to \$500,000 with the goal of raising \$1 million total. The campaign runs until June 8 so get to donating if you'd like to take part.



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> MEAL IDEA



Chocolate Covered Prune Fudge Cake

Prep time: 15 minutes
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 Cake:
 Coconut oil spray
 14 tablespoons butter, chopped
 2 teaspoons vanilla extract
 3/4 cup cocoa powder
 10 soft, pitted prunes, chopped small
 1/3 cup maple syrup
 6 eggs
 1/2 cup coconut sugar

1 cup almond meal
 Ganache:
 1 cup full-fat coconut milk
 1 1/3 cups dark chocolate morsels
 To make cake: Preheat oven to 300 F. Lightly spray bottom and sides of 8-inch springform pan with coconut oil spray. Place round piece of parchment paper in bottom of pan and lightly spray with coconut oil spray.

In small saucepan over low heat, place butter and vanilla. Use sieve to sift cocoa into saucepan. Stir with spatula until completely smooth. Remove from heat and set aside.

In bowl of food processor fitted with "S" blade, place prunes and syrup. Top with cooled butter mixture then process until smooth. Transfer to large mixing bowl, scraping all chocolate mixture from food processor with spatula.

In bowl of stand mixer fitted with whisk attachment, whip eggs and coconut sugar on high speed 7 minutes, or until tripled in volume.

Add one-third of egg mixture to bowl with chocolate mixture. Using spatula, gently fold together until completely combined. Add almond meal and remaining egg mixture to bowl and gently fold to combine.

Pour batter into prepared pan and bake 55 minutes, or until set. Once cooked through, transfer cake to cooling rack and cool completely in pan.

To make ganache: In top of double boiler, melt coconut milk and dark chocolate until completely smooth. Pour prepared ganache over cake. Serve immediately for molten fudge effect or allow to completely set.

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Boulding breaks Manitoba records at Swim/Natacion Canada Masters National Championships

Submitted

The Swim/Natacion Canada Masters National Championships were held in Calgary May 27-28.

Masters swimmers competed with others in their age categories from the early 20s to over 90 in events ranging from 50 metres to the 1500-metre distance and in all the competitive swim strokes.

Swimmers were in attendance from across Canada, many of whom have competed since their youth and others who are newer to masters competitive swimming.

Selkirk's Beluga Masters swimmer

Paul Boulding competed in the 70-74 age category, coming home with medals in all his events and breaking a number of new Manitoba Provincial Masters records.

He won gold medals in the 200m breaststroke and 100m freestyle. Boulding also captured silver in the 50m and 100m breaststroke and the 200 Individual Medley and won a bronze in the 50m freestyle.

Those are some fantastic results but Boulding said there is always room for improvement.

"Competitive swimmers are weird because as soon as we do something



RECORD PHOTO BY BRETT MITCHELL

Selkirk's Beluga Masters swimmer Paul Boulding competed in the 70-74 age category and came home with medals in all his events and a number of new Manitoba Provincial Masters records.

Smith stellar at MHSAA baseball provincials



RECORD PHOTO MHSAA

St. Andrews' Colson Smith, far right, was named a Garden City all star as his Fighting Gophers won the MHSAA provincial baseball championship. Garden City defeated a Boissevain/Wawanesa co-op team 16-12 in the final last Saturday in Glenboro.

good, we want to do better," said Boulding, adding he is ranked No. 1 in Canada in his age group for the 200-metre breaststroke. "We're never satisfied."

The third-place medal was one of the most meaningful results as it established a new Manitoba Masters Provincial record - breaking the record set in 1981 by Bob Hamerton.

"To know him and even be mentioned in the same sentence is unbelievable," said the 71-year-old Boulding.

Hamerton was the first Manitoban swimmer to compete in the Berlin Olympics in 1936, the same year that Jesse Owens made Olympic history. Hamerton went on over the course of his life after his international success to coach young athletes in Winnipeg, swimming for many years as well and competing into his 70s in masters swimming.

Boulanger is the coach of the Beluga Masters Swim Club, practicing at the Selkirk Community Pool.

Adult swimmers of all ages and abilities find the swim workouts a great life-long fitness activity. Swim prac-

tices are usually Monday, Wednesday and Friday mornings from mid-September through the end of June and swimmers are welcome to join throughout the season.

It's a great way to stay in shape. "My simple message about this is it's neat to race and all of those things and it's nice to gather the accolades," Boulding said. "I welcome anyone to come out and swim. Even if you can't swim a stroke, we have taken in non swimmers. We had one lady from Beausejour pre-COVID, she was 74 or 76, and she couldn't swim a stroke but by the end of the time that she swam with us...she was swimming 1,200 metres a workout. That's an amazing story. My good fortune in that story was that I was able to coach her and motivate her."

Whether training for summer triathlons, looking for a non-impact fitness activity or wanting to "get in the swim" for the lake, Beluga Masters is a great place to start.

For more information about Beluga Masters in Selkirk please call 204 960-2303 or email Paul Boulding at pmb.swimmer@gmail.com.

Selkirk Judo Club athletes win medals at nationals

Submitted by Brian Jones

Six members of the Selkirk Judo Club competed with the provincial team at the national judo championships held in Montreal from May 18-21.

The event featured approximately 1,100 entries, making it the largest judo nationals ever held.

Sarah Ekosky, a 19-year-old black belt, won a silver medal in the U21 Women under 63 kg division.

With 18 competitors in her division, Sarah was the top seed going into the event. She received a bye through the first round and then won three-straight matches to reach the gold-medal final.

Sarah lost a hard-fought match to Rebeca Manaila from Quebec, who took the gold medal.

The following day, Sarah competed in the Senior Women under 63 kg division and again reached the second spot on the podium. There were 16 competitors entered in this division, and Sarah again won three straight matches, including the semifinal against Manaila, before losing in the

final to Isabelle Harris from Quebec.

"Sarah had an excellent performance at nationals this year. With her double silver-medal performance, she has moved up to third place in the national rankings for under 63 kg women," said Brian Jones, one of the club's coaches.

Daniel Ekosky, a 17-year-old brown belt, won bronze in the 14 competitor U18 Men under 81 kg division. Finishing with a record of three wins and a loss, Daniel defeated Soren Taboulchans from Alberta in the bronze-medal match.

"After missing the podium last year, Daniel has worked hard this year to develop his judo and it was good to see the effort pay off with a medal," Jones said.

A number of other Selkirk athletes also competed at the nationals but did not place. Kaya Leveille, Dalin Kymanick, Beth Penner and McKenna Stewart rounded out the talented Selkirk contingent on the provincial team.



Sarah Ekosky, a 19-year-old black belt, won a silver medal in the U21 Women under 63 kg division and a silver in the Senior Women under 63 kg division.



Daniel Ekosky, a 17-year-old brown belt, won bronze in the 14 competitor U18 Men under 81 kg division.

Grobb-Prins selected to National Excellence Program



RECORD PHOTO SUBMITTED
Brooklyn Grobb-Prins has been selected to the National Excellence Program with Volleyball Canada. She will train in Richmond, B.C. next year with the national team. Last weekend, she competed at the Biosteel All Canadian Girls Volleyball Games in Toronto.

Hladun maned MHSAA athlete of the week

Staff

The Dairy Farmers of Manitoba High School Athlete of the Week is Andrew Hladun of the Lord Selkirk Royals' baseball team.

The award date was May 24.

In the first nine games this year, Hladun went 11-for-19 with nine walks, eight doubles, a triple, and 12 RBI. He has also scored 13 runs while stealing six bases. In a must-win game against River East to wrap up the regular season, Hladun pitched three no-hit innings to lead

the Royals to the victory.

"Andrew has been a force on the diamond this year," said Royals' coach Michael Buffie. "He has been hitting for a high average and for power and has been a catalyst for our team's offence while leading the team in all offensive categories. He has been doing all this while playing an elite level defence at shortstop and second base."

Hladun maintains a 91 per cent academic average while in Grade 12.



Andrew Hladun

Royals bounced in MHSAA wildcard baseball game

By Brian Bowman

The Selkirk Royals' baseball season is now over.

Selkirk was edged 6-5 by a Birtle/Shoal Lake/Strathclair/Rosburn co-op team in a wildcard game on May 29.

The Royals let a 5-4 lead slip away in the bottom of the seventh inning.

"It was a battle the entire game, they got up three on us after the first inning and then we battled our way back into the game," said Royals' coach Michael Buffie.

Despite the loss, it was a great game to be a part of.

"It was a ton of fun," said Buffie. "The kids were super into it and it was a battle both ways. We were actually down quite a few players...so

other guys had to step up. Our lineup actually was entirely Grade 10s and 11s and they battled the whole way. I saw some really great things from them. We came up a little bit short but we showed we can play at that level."

The experience of playing in a wildcard game will definitely help the team next season.

"We talked about it after the game about how this group is going to be a very strong group next year and even the year after that," Buffie said. "They're disappointed obviously that we weren't able to make it to provincials but they know what it takes to get there now and they're already talking about how excited they are for next year - that's a good

thing, for sure."

This Selkirk team was a very young one with just three players - Andrew Hladun, Jostyn Jonatanson, and Easton Vermeullen - moving on due to graduation.

"Andrew has been a solid part of our team for the past two years. He's our starting shortstop and biggest contributor on offence. He had a really great season," Buffie said. "Easton and Jostyn have been part of the team the last couple of years and they chipped in as well, contributing where they could."

With the win, Birtle/Shoal Lake/Strathclair/Rosburn advanced to the MHSAA provincials last week in Baldur.

Steelers excited about their picks from Sunday's MJHL draft

By Brian Bowman

The Selkirk Steelers are very, very pleased with their picks at last Sunday's Manitoba Junior Hockey League draft held in Winnipeg.

"We're really happy with how the draft went for us," said Hudson Friesen, the Steelers' head coach and director of hockey operations on Monday. "Going into it knowing we had four picks in the top 16, we knew it was a big draft for us and we identified four guys we were really eager to get and...they will help fill some of our positional needs."

With the second overall pick, the Steelers selected Rink Hockey Academy's Kayden Turner. The very next pick, Selkirk snapped up RHA Academy's Remy Hlady.

"Kaden, for one, is a great kid. He loves the game, he's passionate and plays with a lot of emotion. He's a bigger kid that can skate and he's got a great stride. He plays at a high pace and is a guy that goes to the hard areas and he plays with a lot of skill. His offensive IQ and the skill that he possesses, to go along with how hard he works, we see him being a very, very good player at our level and going on after that as well," Friesen said.

"Remy is a taller kid who skates very well. He's a very good 200-foot player and he's very high in skill as well so we're excited about both of them. We feel both are going to be very good fits in our program in the near future."

The Steelers' other picks included Rhett McAuley, 14th overall (RHA Academy), Ayden Collins, 16th overall (RHA Academy), Reid McIntyre, 29th overall (Winnipeg Wild U17), Dawson Croen, 31st overall (Winnipeg Wild U17), Lucas Boulanger, 40th overall (Winnipeg Bruins U18), Cole Babych, 73rd overall (Winnipeg Wild U17), and Drew Russell, 57th overall (Winnipeg Wild U17).

The Steelers also selected a pair of Winnipeg Thrashers to their Auto-Protect list.

Selkirk picked forward Rohan Guevarra and



Kayden Turner



Remy Hlady

goaltender Wyatt Minsky.

"Rohan, we're really excited about him as well. He's a player, if he was going to be in our draft, he would have gone pretty high. We're very, very happy to be able to protect him and he's another player that plays with a motor. He competes hard, he's got skill, he can fly around and he plays at a high pace," Friesen said. "Wyatt is a bigger guy who takes up a lot of the net. He's athletic, he competes, he loves the game and comes from a great family. We're really excited about adding two local players and good people as well."

On the trade front, the Steelers acquired 2003-born forward Colton Crysler from the Red Lake Miners in exchange for future considerations.

Crysler was the captain of the Miners where he scored 20 goals and registered 45 points in 46 games during the 2022-23 season.

"We were really excited and happy to add Colton to our organization," Friesen said. "For us in this offseason, we were looking to add a little bit more experience up front. Someone who has played junior hockey and a couple of years in the league. Colton was the captain so obviously he was a great leader for that team last year. Being a captain at 19



RECORD PHOTO SUBMITTED

The Selkirk Steelers have acquired 2003-born forward Colton Crysler from the Red Lake Miners in exchange for future considerations. Crysler was the captain of the Miners where he scored 20 goals and registered 45 points in 46 games during the 2022-23 season.

isn't an easy feat so the fact he accomplished that is awesome. "Obviously, he can score. He was a point-a-game player and we were looking to add some scoring. Last year, our secondary scoring, at times, would dry up so we were looking to add a little more scoring to our lineup."

Meanwhile, full-face protection will be a new rule for players 18 and younger in the MJHL in 2023-24.

Nineteen and 20-year-olds will still be allowed to wear the half-shield visors, but the new rule will be expanded to include players 19 and under in 2024-25.

All of the Canadian Junior Hockey League's nine member leagues are required to implement the rule although the Ontario Junior Hockey League and Northern Ontario Junior Hockey League already require all of their players to wear either a full-face shield or cage.

Royals club teams compete at basketball championships

By Brian Bowman

The Selkirk Junior Royals U17 club basketball team finished with an 0-3 record at the 2023 Manitoba Club Basketball Championship last weekend.

Selkirk started the tournament with a 75-53 loss to the Crossover Basketball Club last Friday.

Michael McDougall led the Royals with 16 points, six steals, and four rebounds while Tyson Prince added eight points, seven rebounds, and four assists.

Colin Bobrowich chipped in with seven points.

On Saturday, Selkirk was defeated 83-56 by the Jr. Bison Basketball Club.

Prince scored nine points and had seven rebounds while McDougall added nine points and seven boards.

Bobrowich, once again, scored seven points.

Sunday saw the Royals lose 74-49 to the Winkler Basketball Club.

McDougall paced Selkirk with a

dozen points, five steals, and nine rebounds. Andrew Vandenberg scored 12 points and added 10 rebounds while Jonny Enns-Demchuk scored 12 points, had five steals, and three rebounds.

The U15 Royals, meanwhile, were winless at their club championship late last month.

The competition at the tournament was really tough.

"With all things considered I thought we played pretty well considering we were playing the top teams in the province," said Royals' coach Rory Doak. "A lot of these teams have had a lot more experience at a high level of basketball. Considering those kids have been playing basketball, I would imagine, a number of years since our team's first year so I think we held our own pretty well."

Royals' players gained invaluable experience playing against the elite competition. Doak expects this group

to be much better next season and could be a force in club basketball in the near future.

"As a team going into provincials, our record was 3-4 or 4-3 so we were doing pretty well but at provincials we didn't win a game but they gained so much playing at that level," Doak said, adding this was a great group of players to coach. "It was a huge jump with the kids from the first game to the last."

Club basketball is a great way to prepare players for the high school game.

"Just from my experience going into

junior varsity basketball, having only played low-level community club basketball, going against teams like Garden City, Maples, and River East, teams that are used to playing at that level, it's a huge culture shock," Doak said. "It really hits you in the face. You're not prepared for the speed of play, the aggression, you're not prepared for it at all. These kids are now introduced to it at a younger age and it's huge for them."

Selkirk's other U15 coaches were Jackson Doak and Jack Harrison.

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Approx. 1996, 4 bdrm. Best Buy mobile home with addition. Comes with skirting, fridge, stove, dishwasher, electric heat, air conditioning. Located in Gimli. \$80,000. Ph 204-641-8137.

APARTMENT FOR RENT

Rule Apartments located at 424 Eveline Street. 2 beds & 1 bath apartment suites available from \$1,250/month & \$1,150/month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amenities, Selkirk Park, public transportation, legion, fishing, shopping & more! Sorry, No pets & no smoking policy. Call/text Rule Apartments for more information 204-290-3805.

MOVING SALE

Moving sale, 14 Dacombe Place, West St. Paul. Dates: June 9 & 10, June 17 & 18. 10 a.m. to 5 p.m. All must go, tools, furniture, clothing, Misc. Items. Rain or shine.

GARAGE SALES

June 10 & 11 Saturday & Sunday 9 - 5, 804 Manitoba Ave, Selkirk. Rain or Shine.

28051 Boundary Rd (1 1/4 mi. east of Hwy 206)

June 9,10,11: Fri: 9-5; Sat: 9-5; Sun 10-2.

Tools; power saws; table saw; drill press; wood splitter; etc; Christmas and house deco; kids stuff; fitness stuff; and so much more than space to list here. It's an everything for everyone sale!

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.

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

LOT FOR SALE

For sale, 55 foot wide lot, Lot 1, Block 3, Pearson Parkway, Selkirk. Beautiful lot with trees. Will take offers on Thursday, June 15 between 1 pm - 3 pm. Call 204-785-3433

**News Tips?
Story Ideas?
call the Record
204-785-1618**

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ADVERTISE IN
THE RECORD**

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Here's How It Works:

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

Level: Intermediate

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

Sudoku Answer

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

Crossword Answer

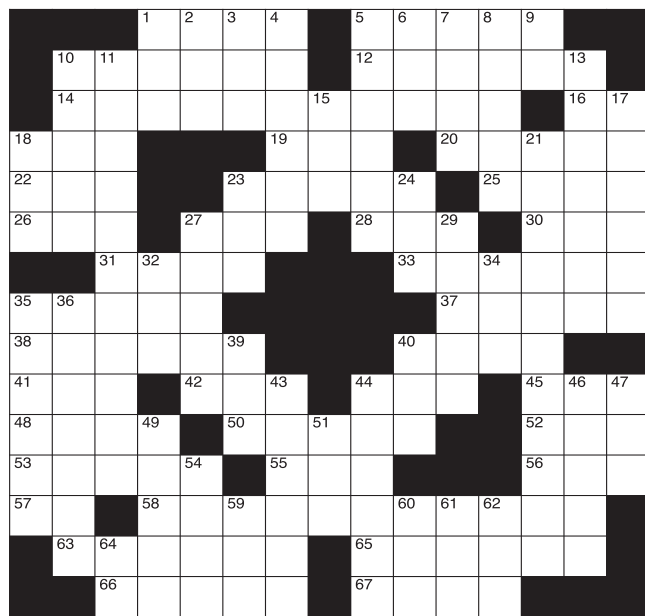
X CROSSWORD

CLUES ACROSS

1. Flat tableland with steep edges
5. Where there's __, there's fire
10. Talked incessantly
12. Skill
14. Without shame
16. Where teens spend their days (abbr.)
18. Boxing's GOAT
19. Used to anoint
20. Cluster cups
22. Footballer Newton
23. They make up a forest
25. Split pulses
26. Self
27. Post-office box
28. Test for high schoolers
30. Large, flightless bird
31. Expectorated
33. Falsehood
35. Prickly, scrambling shrub
37. French river
38. Told on
40. Hillside
41. Peyton's little brother
42. Soviet Socialist Republic
44. Cathedral city in Cambridgeshire
45. Witness
48. Brews
50. Yellowish-brown
52. Arctic explorers, abbr.
53. Mexican agave
55. A type of "cast"
56. Encourage
57. Atomic #52
58. Relating to position north of south of equator
63. Gadget whose name you forget
65. Another recording
66. Small blisters
67. Dark brown or black

CLUES DOWN

1. Licensed for Wall Street



2. " __ and flow"
3. A very large body of water
4. Accumulate on the surface of
5. Central cores of the stem
6. Angry
7. Ceramic jar
8. Scraped a car
9. __ route
10. Soviet labor camp system
11. Strong hostilities
13. Vitamin of the B complex
15. Go quickly
17. Toast
18. A team's best pitcher
21. A Philly culinary specialty
23. Small child
24. Unhappy
27. Trims away
29. Characterized by crying eyes
32. Soft touch
34. American spy organization
35. A person's chest
36. Came from behind to win
39. Fall back
40. Nellie __, journalist
43. Great places to kayak
44. Suffer patiently
46. Majestic bird
47. Electroencephalograph
49. Organic compound used as an antiseptic
51. Objects connected to the web (abbr.)
54. Ship as cargo
59. The bill in a restaurant
60. Upper-class young woman (abbr.)
61. Judge in OJ Simpson trial
62. One's grandmother
64. Siberian river

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

www.mcna.com

Classifieds



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

HELP WANTED

Lakehead Tower Erectors LTD. Springfield is hiring for 2 positions! Apprentice rigger and experienced rigger. We offer competitive wages, full health benefits, training. We are looking for highly self-motivated individuals who are physically fit, mechanically inclined, and enjoy the outdoors! Email info@lhtower.ca or call our coordinator at 204-688-3363 for more information or to send in a resume!

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews. 204-338-4292.

J&L Truck Recycling is looking to hire a licensed heavy duty mechanic or mechanics helper full time, wages negotiable. Please call 204-338-1458 or email: jtruckrecycling@gmail.com

Makers of aircraft and boat covers ARCTICOVERS IS HIRING. Qualifications: knows how to sew, have a valid driver's license, and able to drive to Winnipeg to get supplies when needed. Please call Timie Stringer at 204-339-3852.



HIPPY : un nouveau programme pour les parents francophones au rural

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 • rencontrer d'autres mamans au rural

Pour en savoir plus:
www.lafpfm.ca/hippy
hippy@lafpfm.ca
 1-888-666-8108 ext.218

HELP WANTED

Seeking bookkeeper with min 4 years accounting experience. Westside Powersports is a fast-growing Honda and Polaris dealership in Selkirk. Our goal is to reconcile accounts in a new accounting system. \$23- \$30/hr depending on experience. Some duties include entering bills, A/P, A/R management, journal entries, reconciling the bank statement transactions. A full description can be found at www.westsidepowersports.ca Apply in person, by phone or email sales@wshonda.ca

BUSINESS SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

HOUSE CLEANING

Want a clean house? No time to clean? Call or text Rosy c. 403-393-8193 for a free estimate in Lockport and surrounding areas.

McSherry Auctions

12 Patterson Dr., Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
 Featuring Tractors & Acreage Equipment
 Closes June 14 @ 7:00PM

Estate & Moving
 Closes June 21 @ 7:00PM

Estate & Moving
 Featuring Guns & Ammo
 Closes June 28 @ 7:00PM
 Booking On Site Spring Auctions

McSherryAuction.com
 204-467-1858
 Consignors Welcome!

WATER TREATMENT

Pentair water softeners. Well pumps/tanks. 5 stage reverse osmosis systems, \$285. E-coli ultraviolet systems. Iron/odour/manganese removal filters. 10" & 20" Polyspun. Pleated. String wound. Carbon replacement water filters. Best prices. All Seasons Furnishings 204-661-8581.

MISCELLANEOUS

EC Men's blueish purple parka, sz XXL, w/ black woolen hood; fits a man's sz XL, \$100, BN Men's sz 9 buckle-up leather winter boots, \$100; Sunbeam 2-slice TOASTER, ECIEWO, \$15; BN-CIEC pr. sz 9 Men's WORK BOOTS/SAFETY SHOES w/ laces & steel caps over toes, \$100; BN floor vacuum cleaner \$150. Ph. 204-785-8598.

MISCELLANEOUS

For sale: Baseball Empire equipment, with bag. To replace is over \$425. Asking \$150 firm. Contact John at 204-785-1760.

Got Stuff???
 Sell it in Classifieds.
 Call 204-785-1618
 or email lucy@selkirkrecord.ca

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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.

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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.

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 Winnipeg

TF 1-877-775-8271
www.batteryman.ca

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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- Small Demolition

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204-298-7578

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
 Email: news@stonewallteulontribune.ca



Eddie's Gravel Supply Ltd. is Hiring

MECHANIC

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

CLASS 1 & 3 DRIVERS

Must have a valid license
Competitive Wages, Benefits
info@eddiesgravel.com
204-389-2023
 102086 Hwy 9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

SKID STEER OPERATORS WITH CLASS 3

Competitive Wages, Benefits
info@eddiesgravel.com
204-389-2023
 102086 Hwy 9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

OPERATORS DOZERS, GRADERS, LOADERS, EXCAVATORS

Experience Required
Competitive Wages, Benefits
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Positions Available Include

- Chef/Cook
- Housekeeper
- Bartender
- Cooks
- Servers
- Dishwasher/Barback
- Convenience store customer service

APPLY TODAY
 Email: office@narrowssunsetlodge.com
 Phone lrv at 204-981-2831 or Chris at 204-901-3993
 Drop in and leave your resume with our staff



Full time/Part time
 Options to cross train
 Seasonal and permanent options
 Potential options for housing/subsidized site

Classifieds



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

Everything you need to promote your business



Call Today!
785-1618

FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

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

UPCOMING EVENTS

St. Clements Mapleton Anglican Church is hosting a Father's Day Lasagna Dinner on Saturday, June 17, 5 pm. At the Church Hall, 1178 River Rd. St. Andrews, MB. Tickets - Adults \$20, Children 6-12 - \$10, Children 5 under - Free. For tickets call 204-482-9486 or Jennifer 204-334-2792.

McSherry Auctions
12 Patterson Dr., Stonewall, MB
Online Timed Auctions @ iCollector.com

Alex Yanchuk Construction
Featuring: Dsl. Truck, Skidster, Carpenter Tools
Closes June 15 @ 6:30PM

Farm Auction for Grace Sigfusson
Featuring: 10 Tractors, Hay + Grain + Livestock Equipment
Closes June 22 @ 7:00PM

Auction for Muriel Taplin
House & Building to be Moved
Closes June 27 @ 7:00PM
Booking On Site Spring Auctions
McSherryAuction.com
204-467-1858
Consignors Welcome!

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Announcing a scholarship? 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

SUMMER HIRING? SOMETHING FOR SALE? HAVING AN EVENT? Book your Blanket Classified Ads NOW in the 32 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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 stonewoodelkranch@mymts.net

NOTICE TO CREDITORS

TO: THE ESTATE OF FRED JOHN GOODWIN also known as JOHN FREDERICK GOODWIN TAKE NOTICE that an Application to pay into The Court of King's Bench the sum of \$93,667.83, less solicitor/client costs payable from the said sum (Claim No. CI 23-01-40382) has been filed by Canadian Western Trust Company. The hearing of the Application will take place in person on the Civil Uncontested List scheduled for Wednesday, July 12, 2023 at 10:00 a.m. at the Law Courts Building, 408 York Avenue, Winnipeg, Manitoba, R3C 0P9. Enquiries may be made to: Levene Tadman Golub Law Corporation, 700 - 330 St. Mary Avenue, Winnipeg, Manitoba, R3C 3Z5, Attention: Simone Marcoux, Telephone: 204-957-6432.



EMPLOYMENT OPPORTUNITY

Charisons Turkey Hatchery is currently hiring for GENERAL LABOURER positions.

- Full time and part-time positions available with a competitive compensation and benefits package, including health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.

Starting a new business?
Call us - We have everything you need to promote your business
Call 204-785-1618

SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

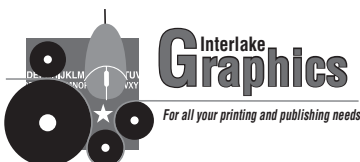
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net



Summer Employment Opportunity

Maintenance Assistants in various facilities for various locations within the IERHA:

Locations: Arborg, Ashern, Eriksdale, Fisher Branch, Lundar, Teulon, Selkirk & Stonewall

Competition number: IERHA 628/23

Please refer to complete job posting at: <https://selfservice.ierha.ca> and search under "View All" and scroll to : Student Maintenance Assistants.

Deadline for submissions is Tuesday, June 13, 2023 at 11:59 pm.



McSherry Auction Service Ltd

Farm Equipment Online Timed Out Auction For Grace Sigfusson Late Russell Johannson

Closes Thursday June 22nd 2023 @ 7:00pm
Lundar MB Contact 204-762-5782

10 Tractors: JD 2750 Cab MFWA FEL, JD 6310 MFWA FEL, JD 2140 3PH, JD 3020 FEL, JD 2130 3PH, 2x JD 4020, INT 1086, CASE 1175, WHITE 2-60 FEL Equip: PREMIER 2920 SELF PROPELLED DSL 16' MOWER CONDITIONER, CASE IH RBX 561 RD BALER, BUHLER/INLAND 6060 RD BALER, JD 566 RD BALER, NH 166 RD INVERTER, HAYLINER AUTO BALE WAGON, CASE IH 8380 MOWER CONDITIONER, ROWSE TANDEM 9' X 2' SICKLE MOWER, VICON 1050 9 WHEEL RAKE, 22' HYD DUMP RAKE, HIGHLINE 6084 ROCK PICKER, HUTCH MASTER 10' OFFSET DISC, 16' LAND PACKER/ROLLER, NEW IDEA TANDEM MANURE SPREADER Trailers: 2015 FEATHERLITE ALUM. GOOSENECK 20' STOCK TRAILER, 2014 PJ GOOSENECK 30' FLAT DECK TANDEM DUALY TRAILER METAL CORRAL PANELS, SELF STANDING PANELS 10' UP TO 30' ALONG WITH DIESEL TRUCK, STORAGE TRAILERS, OLDER SMALLER HAY AND GRAIN EQUIPMENT FARM MISC., LIVESTOCK HANDLING EQUIPMENT

Detailed Listing with Pictures, Directions, Viewing Dates, Online Bidding Go To - McSherryAuction.com
204-467-1858 + mcsberry@mymts.net

SHOP LOCAL

Used Hotel Furniture For Sale (Renovation - Four Points By Sheraton Wpg.)

Entire Guest Room Contents/ Furniture Packages \$1000.
Curved Reception desk \$750.
Curved Privacy Wall \$850,
Restaurant/Lounge: Booths x 4 - Red and grey \$1,150.00.
Back Bar display \$1500, All woodwork Espresso. Faux Leather Brown arm chairs \$40

For more info call Tom at 204-275-0055 or email: tmanos@shawcable.com
See photos on: www.facebook.com/fourpointswinnipegssouth

WANTED

Buying large amounts of coins & coin collections!



Old coins, old money, collectors coins, rare coins, coin collections, pre-1969 10¢, 25¢, 50¢, \$1., Olympic coins, coin sets, Royal Canadian Mint Coins, Franklin Mints Sets, buying Entire Collections & Estates. USA, Canada & world collections wanted. Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

Todd
250-864-3521

ANNOUNCEMENT

BIRTHDAY



Martha Fewchuk
A very special greeting with wishes warm and true, We hope your Ninetieth Birthday is just as wonderful as you. Happy 90th Birthday - June 14/23
-Love from your family

ANNOUNCEMENT

IN MEMORIAM



Laura Gowen

Laura will be sadly missed by her husband Dudley, son Tim (Andrea) and granddaughters Trinity and Paige. She also leaves behind her brothers Roy and Lyndon, her sister Shirley (Donald) and family.

ANNOUNCEMENT

CELEBRATION OF LIFE



Celebration of Life for Hans Jehle

Friday, August 4, 2023
2:00 PM
Selkirk Rec Centre Banquet Hall

ANNOUNCEMENT

IN MEMORIAM

Myrtle Johanson
Mother, Nana, Great-Nana
September 26, 1923 - June 11, 2014

You left us peaceful memories,
Your love is still our guide;
And though we cannot see you,
You are always by our side.
Our family chain is broken,
And nothing seems the same;
But as we're called home one by one,
The chain will link again.
Loved and missed.

-Laverne and family

ANNOUNCEMENT

IN MEMORIAM



Robert Loutit
June 21, 1947 - June 11, 2020

We miss your smile,
Your joking ways;
We miss the things
You used to say.
And when old times
We do recall,
It's when we miss you
Most of all.

-Sadly missed and lovingly remembered
by your wife Leslie
and your family
and your dog Gomez

ANNOUNCEMENT

CELEBRATION OF LIFE



(Hans) Peter Orlick
April 20, 1946 - February 2, 2023

To honour Peter's wishes, let's get together on a warm summer day to celebrate and remember his life.

Thursday June 29, 2023 at 1 pm
Beausejour Room
Brokenhead River Community Hall
320 Veterans Lane
Beausejour MB R0C 0C0

Please RSVP k_orlick@shaw.ca by June 19 as a luncheon is planned

Announcements

OBITUARY



Louis-Paul Poirier

Louis-Paul Poirier passed away at the Betel Home in Selkirk with family at his side on May 29, 2023.

He is survived by his children Adrien (Marcia), Lionel (Kerry), Yvonne (Wayne), Yvette (Kelvin), Roger (Linda) and numerous grandchildren and great-grandchildren.

Family would like to thank Betel Home for all their loving care over the past 10 years.

Keeping with his wishes, cremation has taken place and a celebration of life will be held at the Good Shepherd Lutheran Church in Selkirk on Thursday, June 15, 2023 at 2:00 p.m.

Condolences and memories can be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Howard James Murray (Murray) Dupley



Howard James Murray (Murray) Dupley, 60 of Selkirk, Manitoba passed away peacefully on May 26, 2023, with his son, Russel, at his side.

Murray was born on March 8, 1963 to Nick and Margaret Dupley in Burnaby, British Columbia. The addition of Murray required the family to move into a bigger home in the Kerrisdale area of Vancouver. With the support and encouragement of his father, Nick, Murray was able to find an affinity for sports; Murray's do or die attitude could be seen on the rugby field, but more so on the ice. After graduation from Point Grey Secondary School, Murray chose to pursue work instead of professional hockey. Murray worked hard and quickly became a renowned Corian installer in the Vancouver area.

In 2002, Murray's family moved to Selkirk, Manitoba, where Murray attended Red River College, becoming a Red Seal Heavy Duty Mechanic, a career that he enjoyed.

Murray was an avid gardener, toy collector, tank, plane and vehicle aficionado, father, brother and friend, he will be missed by many.

Murray is survived by his son Russel and grandson Marlowe, his mother Margaret, sister Cheryl (Doug) McFarlane and brother Paul (Karen) Dupley.

Murray was predeceased by his eldest brother Michael and his father, Nick.

To honour Murray, a Celebration of Life will be held on Thursday, June 8 at the Rosedale Parish Hall, 537 Donald Road, Lockport, MB. from 7:00 p.m. - 9:00 p.m.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Vera Horvath (nee Falk)
December 3, 1943 - March 29, 2023



It is with heavy hearts that we announce the passing of our beloved mother, grandmother, and great-grandmother Vera at Grace Hospice on March 29, 2023.

Throughout her life Vera enjoyed many hobbies and activities such as bowling, gardening, curling and being active in her local church community. But nothing brought her greater joy than spending time with her children and grandchildren. Though she is gone, we are left with many fond memories of our times together and her love will live on through us.

Vera will be lovingly remembered by her children John, Joanne (Richard), Joyce (Jeff), Jeffery, and Janet (Pat); grandchildren Melissa, Darryl (Sam), Trent, Brandon, Brett, Riley, and Piper; great-grandchildren Dominic and Edana; partner Rudi Fleischhauer and his son Ralph; siblings Margaret Martin, Jack Falk and Donna Black, Violet and Ted Molinski; in-laws Joe and Marlys Horvath, Harold and Donna Horvath, Vera and Mario Iorio, and Walter Dreger along with numerous nieces, nephews, cousins and friends.

Vera was predeceased by her husband Bill; son James; daughter-in-law Kandise; granddaughter Miranda; parents Dick and Helen Falk; parents-in-law Joseph and Mary Horvath; brothers-in-law Hillard Horvath and Richard Martin; and her sister-in-law Diana Dreger.

We will be holding a celebration of her life on Saturday, June 10, 2023 at 1:00 p.m. in the Gilbart Funeral Chapel, 309 Eveline St, Selkirk, MB.

We would like to thank all the angels without wings at Riverview Health Centre 3E Palliative Care and Grace Hospice for the wonderful treatment Vera received while in their care.

Flowers are gratefully declined but donations in Vera's memory can be made to any of the following organizations: Grace Hospice, Riverview Health Centre, Cancer Care Manitoba or Selkirk Evangelical Lutheran Church.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

The Selkirk Record

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OBITUARY



Wanda Marie Harris

Wanda passed away at home in Rainbow Acres, Quartzsite, Arizona on May 20, 2023, at age 67. Wanda is survived by her husband, Robert Delling; her son, Chad Harris; her daughter, Melanie Glenwright (Dave Gregory); and her grandchild, Kate Glenwright. She is also survived by her brother, Ben Spreacker (Debbie), sister, Pauline Soulatzkoff, and nieces and nephews.

Born on August 2, 1955, in Yorkton, Saskatchewan, Wanda escaped from that province at the age of 18 to pursue a bartending career in the lounge of the Maryland Hotel in Winnipeg. Wanda often reminisced about the "classy" Maryland lounge of those days. There she met her first husband, Ken Harris. Within 3 years, they married and built a waterfront house in Petersfield. During her 25 years in Petersfield, Wanda led an active lifestyle, engaging in daily walks, gardening, playing cards with her in-laws, and boating

on Netley Creek. She held various part-time jobs, including driving instructor and wedding dress salesperson.

In 2000, Wanda retired to Arizona, where she cherished the desert life with its warmer temperatures, friendly neighbors, flea markets, and reasonably priced wine. In 2001, she achieved her goal of becoming an American citizen. In 2007, she married Robert Delling, and together they shared a peaceful life with occasional trips to the casino to play bingo. Robert provided devoted care to Wanda during her final two years, as she dealt with complications from cancer. Throughout this challenging time, Wanda, a resilient woman, never voiced any complaints and surpassed the doctors' predictions by 1.5 years.

Wanda was proud of her Métis and Chippewa heritage. She valued her appearance and never left the house without perfectly styled hair, makeup, and nails. She adored jewelry, pedicures, bedazzled jackets, snazzy hats, tabloid magazines, and animal print clothing. She had sweet dance moves, a keen eye for fashion, and a wicked sense of humor. Wanda will be deeply missed. In accordance with Wanda's wishes, no funeral will be held. She would prefer that you not mourn her passing. If you wish to honour Wanda's life, visit the casino, play bingo, and raise a glass of Chardonnay with ice. Condolences may be sent to Robert at r_delling@yahoo.com, and Mel and Chad with Melanie. Glenwright@umanitoba.ca.

OBITUARY



T. Desmond Loutit

November 12, 1969 - May 22, 2023

It is with great sadness that we announce the passing of Desmond on Monday, May 22, 2023 at the St. Boniface Hospital in Winnipeg.

Left to cherish his memory are his children Montana, Lloyd, Sabrina and grandson Marcel; sister Kayla (Max) Graff; brothers Quentin (Carmen), RJ and Jeremiah (Sarah); his parents Wendy (Don) Stefanyshyn, Richard (Agnes) Loutit and the remainder of the 3 Amigo's Destry Loutit and Gord Noonan, many aunts, uncles, cousins and friends.

Desmond was predeceased by his soulmate of 25 years Jackie Bear in January 2023 plus his grandparents and other family members.

Desmond was born in Portage la Prairie on November 12, 1969, he started school and was a member of the Boy Scouts-Beaver division while there. He moved to Selkirk with his parents and little brother Quentin in summer of 1975. He attended elementary school through to the Comp and made some life-long friends along the way. He was a member of St Andrews Church and Choir, at one time singing with four generations of family members.

Most of all, Desmond loved to fish, starting at an early age and received his Master Anglers at age of 12. This was something he passed onto his youngest daughter, Montana, who also loves to fish. Through the years, he loved cars, motorcycles, darts, guitars and taking things apart-to see how they worked, most times forgetting to put them back together. A jack-of-all-trades is the best way to describe Desmond, if he didn't know how to do it, he learned.

Carpentry, plumbing, flooring, mechanic, little electrical, he did it all and contractors loved it. Desmond spent some time in the States touring with his father, Richard, entertaining people with their 'horses'.

Desmond became a part of a gang called the 3 Amigo's at a very early age, with cousins Gord and Destry they started their reign of terror at age four, with first major heist at six years of age. They remained close thru the years; they were forever friends till the end.

Desmond met his soulmate, Jackie Bear, over 25 years ago and took on the new title of "Dad" to L.J. and Sabrina, with Montana joining them years later. Desmond loved his kids, bicycle riding, flying kites, playing hide 'n' seek, whatever it took to see them smile. He was thrilled when he received the new title of "Grampa" to little Marcel.

Desmond loved his brothers, Quentin, R.J. and Jeremiah, he often commented how he missed them and wishes they could see each other more often. Desmond's closest connection was with his little sister Kayla. Right from the start they formed a bond, loved each other, no matter what life threw at them. Nothing broke that bond and it was strong to the end.

Final good-bye will be on Monday, June 5, 2023 at 11:00 a.m. in the Gilbart Funeral Chapel, Selkirk. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Mayme Olive Pruden (nee Stranger)

On June 2, 2023, with family by her side, Mayme Olive Pruden (nee Stranger) peacefully passed away at Beausejour Hospital. She is lovingly remembered by her husband William Pruden of 65 years, daughters: Elizabeth (Lawrence), Wilma Lee (Robert), Corrine (Robert), Christine (Lloyd), sons: Ronald and Mark (Shannon). Grandchildren Tara, Kyle, Meghan, Noelle, Josh, Thomas, Cheyanne, Joseph, Samantha, Tobias, Morgan, Ashley, and Cody. Great grandchildren Kyra, Malia, Jaxzon, Avery-Anna, Michaela, and Katelin. Mayme was pre-deceased by her son James Calvin Stranger in 2010.

Mom was very skillful in crocheting and sewing; she enjoyed tending to her garden and baking for her family. Her greatest pride and joy were her children, grandchildren, and great grandchildren. She cherished and loved every moment spent with them and

always looked forward to family gatherings.

As per her wishes, cremation has taken place and a private family service will be held at a later date. She has left her handprint on all of our hearts, always missed, forever loved.

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OBITUARY

Douglas Clifford Hill

October 20, 1937 - April 8, 2023

The family of Doug would like to invite you to attend a memorial service being held in his honour on Saturday, June 17 at 11:00 a.m. in the Gimli Rec Centre curling lounge from 11:00 a.m. - 2:00 p.m. Condolences can be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Diane (Diana) Lynn Walker

It is with great sadness and heavy hearts that we announce the unexpected passing of a beautiful wife, mother, sister, grandmother and soon to be great grandmother, Diane Walker on May 23rd 2023.

She was predeceased by her parents Frank and Alida Baczewich, sister Marion Streich, and her father-in-law George Walker.

Born in Selkirk, October 10th 1956, she is survived by her husband Chris Walker, daughter Rhonda Walker (Mark), sons Dustin and Daniel Walker, grandchildren Braeden (Samantha), Kaliegh, Nolan, Emily, Sadie and soon to be great grandson, as well her sister Rita Johnston (Dan), brother Don Baczewich and mother-in-law Helen Walker.

Anyone who met Diane would say how loving and caring she was. She would make anybody feel welcome and like family when they would come over. Her laugh and smile were unmatched and always lit up any room she walked into. She truly loved everyone she met.

One thing she loved almost as much as her family was the Winnipeg Jets. Spending game nights watching them with Chris, giving a high five (5 times), anytime the Jets scored a goal.

Before the Selkirk Church (Springs/New Life) closed down, everyone would say how much of a blessing she was. Anyone who came there, newcomer or regular she always welcomed them with open arms and a loving smile. Even though she is gone from this world, we know she's been well received by her Saviour, watching over us and reuniting with past loved ones.

My love I miss you so much but I know that one day we will be together again I love you
-Chris

I will always remember the way my mom made everything special, from her homemade birthday cakes, to her Christmas advent calendars. My mom was an awesome grandma who always made family get togethers fun with her games and activities she had planned. She was my best friend and was always there when I needed. We will miss her so much
- Rhonda

We will hug and dance again someday, love you forever
- Dustin

Mom always made me feel so special, even over the smallest accomplishments she would tell me how proud she was. That's one thing I'm going to miss most. She was such an inspiration to me. What I would give to have you chat me up as I'm in my car ready to leave, even though we already said bye a few times. I love you so much, I'll never forget you. - Daniel

She touched a lot of lives in her short time on this Earth, we all love you so much, we will see each other again one day.

A celebration of life will be held at a later date in July, date is yet to be set.

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

OBITUARY



Donald Frank Gifford
May 10, 1938 – June 2, 2023

It is with heavy hearts we announce his peaceful passing in the arms of his family at the Selkirk Regional Health Centre.

Lovingly remembered by his wife Linda; son Allen (Cyndi), Brady and Dayne; stepson Lee (Suzanne), Lee's daughters, Leeanna and Amanda; brother Fred Gifford; uncle John Gifford.

He was predeceased by parents Fred and Marge Gifford; sister Marge Smith and son Robert in infancy.

Don's passion was Judo. He was inducted into the Judo Manitoba Hall of fame May 31, 2019.

Ranked as San Dan, national referee, he started and coached The Selkirk Judo Club for over 55 years. He produced numerous Black Belts including Brian Jones, Curtis McRae, Niki Adams (Jenkins) (Olympian), and William MC Kenzie. For his dedication

he was awarded the Triple S Lifetime Achievement Award Feb. 2009, Silvio Sbotto award for coaching excellence 2005, Lloyd Davies Award for outstanding voluntary contribution to youth programs in Selkirk in 1999.

Thank you to Dr. Ian Alexander and staff for your compassion and understanding.

Don had a love for horses. I know he is riding a good one.

A million tears could not keep you here, I know because I cried. I'll be seeing you in all the old familiar places. Thank you for the 42 great years. Love Linda

Cremation has taken place and per Don's wishes there will be no funeral.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Ashley Donald McKay

Peacefully on May 19, 2023, Ashley McKay passed away at home at the age of 62.

Ashley was born March 14, 1961 to Donald and Gladys McKay. He grew up in Granton, ON. He was the 3rd youngest of six children. He was predeceased by his dad, Donald McKay and sister Mary.

Ashley remembers and cherishes the times that he spent with his grandparents on their farm. In his early teens he worked on a beef farm in Ontario.

He moved to Winnipeg, MB with his first wife and they had two children, A.J. and Melody.

Many years later he met Karen, who would become his best friend and soul mate. They married and were blessed with 3 children, Joshua (Sara), Katelyn (Marshall) and Matthew.

Ashley worked in Winnipeg as head supervisor and awesome cook at Salisbury House. From there he decided to go to Adult Ed to further his education. After Ashley and Karen married, he soon began his favourite position as stay at home dad. It was also during this time that he started his career as a courier for the Winnipeg Free Press until he retired in 2020.

Ashley loved cycling and camping and went on many long distant bike trips. He loved to fish and it was in these remote and beautiful places that he experienced God's presence and peace. He took Karen on a couple of bike trips to the Whiteshell and Rushing River. Ashley loved our family road trips (with the car) and camping with his children as they grew up. Bird's Hill soon became the regular campground that we would live at for many summers.

Ashley was a very talented person and somehow knew how to do everything and anything he put his mind to. He taught himself how to work on our cars and renovating our house so that his family was always taken care of and had the best. He taught his children to work on cars and many other skills, although no one wanted to be the one to hold the flashlight. He taught them to build and fix their own bikes and soon the kids would look forward to our trips to the dump to buy their next project or part they needed.

Ashley was the baker in the family and loved the holidays. He was famous for his butter tarts and peanut butter cookies. He loved our family gatherings and felt blessed to be part of it. He had a very expressive personality and would talk your ears off. He was genuinely interested in those he would talk to.

We always had dogs in our home; he was always comfortable with dogs and loved them. He would want to 'visit' the Winnipeg Humane Society, but I knew that meant we were coming home with a dog. One visit he was so connected with a senior dog that we had to adopt her as we were her last chance.

Our family would like to send our deepest appreciations to the doctors and nurses that cared for Ashley during his illness. I know they couldn't help but get to know him and he always was thankful and cared about them.

A Celebration of Life will be held on Saturday, June 17th at 1:00 p.m. at Crossroads Church, 2001 Manitoba Ave., Selkirk, MB with Rev. Neill Stitt officiating.

Due to allergies, please refrain from wearing colognes or perfumes.

Even youths grow tired and weary, and young men stumble and fall.

But those who wait upon the LORD will renew their strength, they will mount up with wings like eagles; they will run and not grow weary, they will walk and not faint. Isaiah 40: 30-31

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

Arrangements entrusted to:

Interlake Cremation & Memorial Services
204.482.1040

OBITUARY



Victor George Typliski
May 24, 1931 to May 29, 2023

It is with sadness we announce the passing of our beloved 92 year old husband, father, grandpa, and great-grandpa on May 29, 2023. Victor passed away peacefully at the Betel Home five days after his 92nd birthday. Victor leaves to mourn his beloved wife, Doreen, of 69 years, son Ron (Donna), daughter Caroline (Ben), daughter Connie (Norm), son Allen (Cyndi), 7 grandchildren: Geoff (Lauren), Reed (Geeta), Christine (Russell), David (Kristin), Erin (Dave), Diana (Steve), Holly and 5 great-grandchildren: Greta, Eli, Emily, Jack and Jackson. Survived by sister, Adeline, one sister-in-law, two brothers-in-law, numerous nieces and nephews.

Victor was predeceased by his parents and brother.

Victor was born and raised on the family farm, where he learned to work hard all his life. Victor was his father's right-hand man.

Victor was a crane operator for the Manitoba Rolling Mills. He retired after 35 years of service. In their retirement years, Victor and Doreen enjoyed fishing, camping, traveling, visiting family and numerous activities at the Gordon Howard Center.

Victor had many accomplishments in his 92 years: he was a great son, husband, father, grandfather and great-grandfather. He was a Master Angler. He was a life long member of the Selkirk United Church.

One of Victor's many passions was his love of music. There wasn't an instrument he couldn't master. In 2008, Victor and Doreen moved to Kiwanis Garden, where Victor entertained at monthly dinner parties.

Thank you to Dr. Brown and the staff at the Betel Home for their loving care. Thanks to Gilbert Funeral Home and the Selkirk United Church with funeral arrangements and service. Victor was a fisherman and hunter who believed in conservation. If you wish, a donation can be made to Oak Hammock Marsh in Victor's memory. Cremation has taken place. A private family service was held. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Alice Belanger (nee Benoit)
October 30, 1923 - May 30, 2023

It is with great sadness we announce the passing of our mother, grandma, great-grandma (GG) on May 30, 2023, at Tudor House Personal Care Home.

She was predeceased by her beloved husband Noel, her brother Francis Benoit of Ste. Anne MB, her sister Irene Ross of Downey, California, and her brother Edward Benoit of Winnipeg.

She leaves behind her six children Dennis (Mary), Noel (Jeannine), Noella, Gerry (Lyn) Gilbert (Bev), Eileen; grandchildren Marleau (Natasha), Ted (Laurie), David (Sara), Nicole (Jim), Luke (Trina), Adam, Jeff (Ashley), Chris Pahl; and 15 great-grandchildren. Also, her sister Jean Joyce, sisters-in-law Betty Benoit, Merilda (DD) Belanger, Marie (Nicky) Lavallee, Lorraine Belanger and many nieces and nephews.

She was born and raised on a farm in Ste. Anne, MB. At age 17, she left home to teach in a one room schoolhouse in McMunn, MB. The only way to reach McMunn was by handrail. Her dream was to go to nursing school, but the war came, and they froze her position as a teacher. To attain her teaching certificate, she attended the Normal School Institute. After graduating she taught in Giroux, MB, then on to Selkirk to teach Jr High. She taught many a student in Selkirk and when you needed help, she was there for you.

Alice was the first women on town council in Selkirk, MB doing two terms. With six children at home and working as a substitute teacher she was one busy lady. Alice was very involved with Notre Dame Church. She became President of the local chapter of the Catholic Women's League and did several terms. She was also on the CWL provincial council as secretary. Alice was a gold leaf member of the CWL and was honored with The Bellelle Guerin Award in 2017. She was a published author of four historical books based on our Catholic church. In 2008, Alice was awarded the Citizen of the Year Award by the City of Selkirk.

Alice and Noel purchased their cottage in Otter Falls, Whiteshell Provincial Park. There they spent many happy summers entertaining family and friends.

We wish to thank the staff of Tudor House Personal Care Home for their exceptional care of our mother.

In lieu of flowers, donations may be directed to Tudor House PCH.

A Funeral Mass will be held at Notre Dame Church in Selkirk, MB at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Audrey Greenham
1927 - 2023

Peacefully on Saturday June 3, 2023 Audrey Greenham of Clarkleigh, Manitoba let go of the hand of her family, and reached out for God's Hand, and her eternal heavenly home.

Cremation has taken place and a funeral service will be planned for a later date.

Arrangements by:

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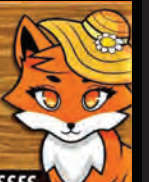
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SHOW HOME OPEN! FEATURE OF THE WEEK!














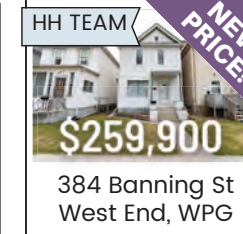
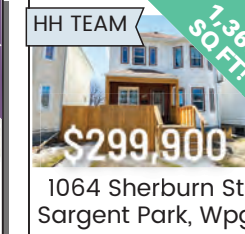
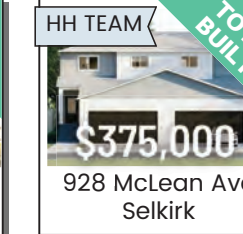
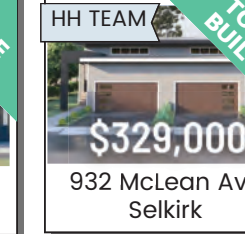

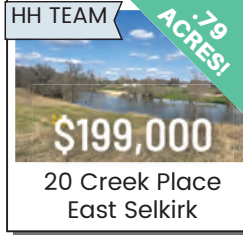
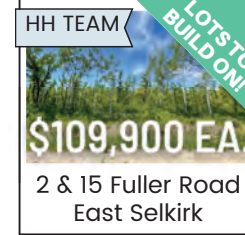

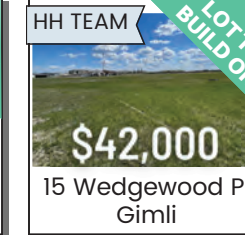

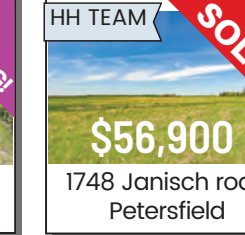




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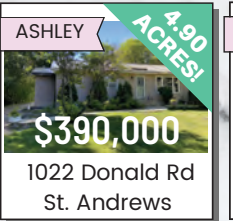

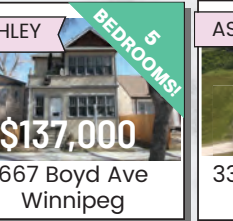

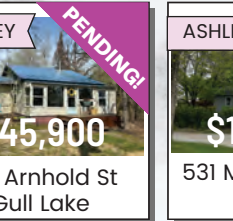

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