



RECORD PHOTO BY BRETT MITCHELL

On Sept. 7 and 8 students throughout the Lord Selkirk School Division heard the first bells ring of the 2023/24 school year. Pictured: These four École Bonaventure students were very happy to see each other on their first day. See more photos inside.

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All welcome to participate in Terry Fox Run this weekend

Walk, roll, run or wag your way to help raise funds for cancer research

By Katelyn Boulanger

This year the Terry Fox Run in Selkirk is back in full swing and run chairperson Jana Pringle is inviting everyone to come down to support cancer research. This is the 31st run that has taken place in Selkirk and residents can stop by the Agricultural Building in Selkirk Park at noon on Sept. 17 to participate.

The run has various distance options so that everyone can make the best decisions about how they way to participate and residents can run, walk, bicycle, rollerblade, and use wheelchairs or scooters. Dogs on leashes are also welcome to attend the event in which funds are raised for the Terry Fox Foundation.

"Their goal is to erase cancer, and through donations, not just from the run day, but throughout the year. The donations gathered, mainly go towards research of all cancers. Unfortunately, some people think it is just specific to the type [of cancer] that Terry had but that's not the case, it

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER Jana and James Pringle invite you to participate in this year's Terry Fox Run.

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4 *The Selkirk Record* Thursday, September 14, 2023

TERRY FOX RUN, FROM PG. 3 >

goes towards research of all cancers for all ages," said Pringle.

The event starts at noon with registrations. And, as it's a family-oriented event, there are children's activities including face painting between the registration and the official ribbon cutting at 1 p.m. Those who register will also be able to get a hotdog or hamburger and a drink which they can enjoy before or after the run and a silent auction will take place with proceeds going towards the fundraising.

The official ribbon cutting that takes place at 1 p.m. starts the run. This year's event in particular has extra significance to Pringle as her husband James Pringle, who is a cancer survivor, will have the honour of cutting

the ribbon.

Pringle says that her husband is one of the main reasons that she takes part in the Terry Fox Run and has memories of explaining to her children when they were children why this run is so important.

"When explaining to my kids and them being so young, I tried to share with them the fact that Daddy is healthy now because Terry Fox did what he could to raise money to share with the doctors and the scientists to find ways to find the right medicines to help Daddy stay healthy," she said. In addition to explaining who Terry Fox was and how he showed everyone that we can all make a difference when it comes to helping people, parents can also explain the significance

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of the shirts that people wear at the Terry Fox Run. Residents can purchase a white Terry Fox shirt to support the event, of course, but red Terry Fox Shirts are given to people who are cancer survivors or currently fighting cancer. Many people in our community have survived or have cancer and wear red shirts and by doing this they remind all of us how important attending this event and supporting cancer research is.

Participants can register ahead of time online but they should also know that they still have to check in at the registration table at the event. People can also bring pledges and donations to the registration table on the day of the event.

"The run is extremely family-focused, but also individual. Try to make it an important outing, an annual outing maybe, for yourself and your family, or your team to come out and help to keep Terry's dream alive. We have younger generations that will never be able to experience what some of us older folks have - remembering seeing Terry on TV and all the hype and the talk and the importance and the news coverage. We need to be able to share that with our younger generations and this is a way we can do that. Keep in mind that doing the fundraising and the participating also

helps to continue in the fight against cancer the way Terry wanted," said Pringle.

She also wants to thank everyone who has been part of and supported the run over the years as it wouldn't have happened without the great effort from our community.

"Thank you to so many individuals and businesses that regularly and annually, even through COVID, have been super supportive. Whether it's helping us with signage, donations for the food, or donations for the silent auction, volunteers for their time, businesses for their time, to all of these people throughout Selkirk and the surrounding areas who have helped in any way shape or form thank you," said Pringle.

To learn more about the Terry Fox Foundation or sign up for our local run online visit https://run.terryfox. ca/29143.

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The Selkirk Record Thursday, September 14, 2023 5 **Red River Messenger brings new electric vehicle into fleet**

Local business gives a green option a shot

Wednesday Night Zumba is perfect for Everybody

By Katelyn Boulanger

Electric vehicles have been available for years but the lack of infrastructure to support them as well as their previous lack of ability to go as far as a tank of gas on one charge have meant that they haven't yet taken over the automotive market. However, with improvements coming with every new model and more charging options available in the province, Red River Messenger decided that now was a good time to give one a shot to see if it would work for their business.

Red River Messenger is a local delivery business that started in Selkirk.

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They have expanded to Winnipeg and more rural areas of Manitoba and do envelope delivery service as well as delivering larger items. With multiple runs a day, they are able to offer same-day delivery.

They purchased their new electric delivery vehicle in May.

"We had it for a month and [our Fleet Maintenance Supervisor, Kevin Galaugher] drove it for a bit. Kevin drove it to and from and around to make sure that we knew what kind of mileage it gets so that we knew what

SCAN:

omo

Jan Keryluk ~

... and every body!

Continued on page 6





> RED RIVER MESSENGER, FROM PG. 5

kind of run to put it on. We have drivers that just solely stay in Winnipeg and then we have the drivers that run back and forth to Selkirk," explained Red River Messenger President Darryl Kruk.

The reason for this testing was because they wanted to make sure that their driver didn't have to return to

charge and risk a late arrival of a delivery.

"We figured out that this truck should suffice doing a run in the morning [to Winnipeg] coming up by lunch and going back in and coming back, all in one charge," said Kruk.

The vehicle is a Ford E-Transit and

says it also depends on where you are driving and the speeds that you are going.

Something that's interesting about this electric vehicle's braking is that it actually charges it a bit.

"It does reclaim energy as it stops rather than using friction braking and wasting that as heat. You're using an electric motor to push it forward and then using the electric motor to slow you down so it takes that energy and puts it back in the battery," said Kruk. Galaugher had been personally driving an electric vehicle for many years and was interested in giving a vehicle like this a shot and Kruk says that

Continued on page 24





RECORD PHOTO BY KATELYN BOULANGER

Darryl Kruk and Kevin Galaugher in front of the new electric vehicle that joined the Red River Messenger fleet.

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Celebrating fire safety efforts in our community





RECORD PHOTOS BY KATELYN BOULANGER

The Selkirk Fire Department held an open house event last weekend. The bouncer was out, Sparky was making visits and the firefighters were showing off their equipment and trucks. The event was extra special however as Fire Chief Dave Milner and Deputy Chief Corey Gange presented the first ever Citizen Exellence Award to Lennox Campbell for his efforts getting everyone out safely from a local fire.



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A provincial general election has been called: voting day Oct. 3

By Staff Sept. 23 until Sat., Sept. 30.

ing/MyVotingInfo.

Who Can Vote?

- be a Canadian citizen,

Voter Information Card

- have lived in Manitoba for at least

Voters will receive a voter informa-

tion card in the mail. This card con-

firms that the voter is registered to

vote and tells them when and where

six months immediately before elec-

must:

day, and

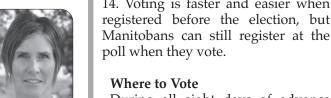
tion day.

Brittany Hiebert



Patricia Barrett

Lucy Kowalchuk



ADMINISTRATION Jo-Anne Procter

On election day, Manitobans can vote at any polling place in their elec-



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toral division.

Voters can find all their options at www.electionsmanitoba.ca/en/Voting/MyVotingInfo.

ID to Vote

All voters require ID to vote, either one piece of government-issued photo ID or two other pieces. There are many options. A complete list of acceptable ID is available on the Elections Manitoba website.

Voters are encouraged to bring their voter information card, which can be used as one piece of ID.

Candidate Nominations

As of today, candidates may officially be nominated. Candidates must file nomination papers with their local election office before 1 p.m. on Mon., Sept.11.

Third Parties

Third party rules have been in effect since June 7. Third parties must register with Elections Manitoba after spending \$2,500 on election communication expenses, with an expense limit of \$25,000.

Registered third parties can be

found at www.electionsmanitoba.ca/ en/Finance/ThirdParty_Election_Returns/GE2023.

Election Modernization

The 43rd general election will see new technology at the polls, resulting in reduced wait times for voters and faster results reporting. This new technology includes:

- Laptops with secure access to the voters list;

- Scanners to scan voter information cards and quickly find voters on the voters list;

- Printers for printing ballots on demand in place of write-in ballots for advance voting; and

Vote counting machines to scan and accurately record ballots and provide results at the close of polls.

It is expected that approximately 85 per cent of election day voters and 95 per cent of advance voters will see these tools in use in the 2023 general election.

> Cot something you want to get off your chest? How about an act of kindness to share?

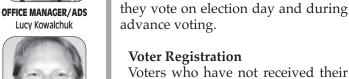
Send your letters to the editor or acts of kindness to news@selkirkrecord.ca. Please include your name, address, and phone number for confirmation purposes.

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The Selkirk Record welcomes submissions to Letters to the Editor. Letters or call our office at 204-785-1618 can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

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SPORTS EDITOR Brian Bowman

tionsmanitoba.ca or contact their local election office to register or update their information before September 14. Voting is faster and easier when registered before the election, but

Where to Vote

During all eight days of advance voting, Manitobans can vote at any advance poll in the province.

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Truth and Reconciliation Day event at St. Andrews Heritage Centre Sept. 30

Helping people connect with their history through the Red River Ancestry Genealogy Centre

By Katelyn Boulanger

Inspired by the Truth and Reconciliation Commission's Calls to Action as well as the story behind Orange Shirt Day, the people involved with the Red River Ancestry Genealogy Centre have put together information to help residents find information about their Indigenous ancestors.

"We've felt that we, as a genealogy centre, could do some of the basic research into what's available [and help people learn] how you find your missing relatives and set up a display of what we've got available and some handouts for people to learn the resources that are out there that they can access," said Kim Still, volunteer administrator, Red River Ancestry Genealogy Centre.

The event takes place on Sept. 30 and residents can drop in from 10 a.m. until 3 p.m.

"We're going to have both the genealogy centre itself and the adjacent room. The adjacent room will have displays and resources, and it will have four main sections. There will be a whole table having a display on Truth and Reconciliation with information regarding logos, the survivor's flag, and all the national stuff, but also what's available locally through the University of Winnipeg, Manitoba. It has a reconciliation department there. In addition, we will actually have on hand the residential school lists as they were produced by the Government of Canada, but those specifically for Manitoba. So, we have a listing of the schools, their locations, and then our listing of the students who passed away there who died at the school," said Still.

In addition, they will have the St. Peters Reserve pay lists from select years in the 1800s which can identify people



RECORD FILE PHOTO

The Red River Ancestry Genealogy Centre at the St. Andrews Heritage Centre will have resources to help people find out more about their Indigenous heritage at an event on Sept. 30.

as members of that First Nation. The books in Gail Morin's Métis Families series vol. 1-11 will be on hand and there will be web resources available. Still said that they felt that this was important as a way to help people understand and connect even if they learn painful information.

"They were our ancestors and the fact is that a lot of it was hidden and they almost disappeared from history. They are still our ancestors, no matter what happened to them. It's important to keep their memories not only alive in our hearts but just documenting where they were. Especially with genealogy, [it's about] fitting them into your family tree because sometimes they were taken away and almost never heard of again and so they're lost within individual family trees and their family histories as well," said Still.

There will also be volunteers available to help anyone who stops by in order to let people know about resources they may not have heard of before.

"It's going to be an ongoing event. You don't have to be there at a certain time. It's drop in and we will show you what we've got. In each area we will have handouts and stuff that people can take with them so that they know where to access things. And, if people want to do any research [in person], or get a tour of our centre and see exactly what they can look at as far as what we've already got loaded on our computer – on the databases — then we will have somebody in that room. We can do that on an individual basis. We don't do the research, but we are there to give them the information about where to find resources," said Still.

Still says that the resources used at this event will be added to the centre's library so that they are available for generations to come and she encourages people to come to this event if they are interested in learning more about themselves.

"This is going to be specifically to help people understand their heritage and for the Indigenous population within our community, [to learn] their history, and even more [than that for everyone to gain more] history of the Selkirk area in Manitoba," said Still.



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First class day at LSSD



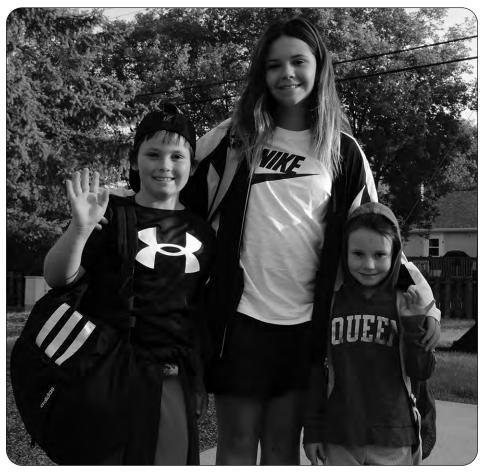




RECORD PHOTOS BY KATELYN BOULANGER

The first day of school for the 2023/24 school year took place last week. There were nerves, hugs and welcoming teachers getting ready for the new school year.









Pickleball proves popular in Petersfield thanks to SDCF grant

Community organizations can apply for SDCF grants until Oct. 2 deadline

Submitted by Selkirk & District Community Foundation

During the off-season, the most predominant sound coming from the Petersfield Curling Club used to be, well, nothing, unless there was a good time being had on a Saturday night at a social.

But now, the squeak of running shoes, the swoosh of rackets and plenty of laughter can be heard a couple mornings a week as the pickleball crowd does its thing. Where there was ice in the winter there are now four pickleball courts full of people having fun and getting fit.

"We wanted to utilize our curling rink all year round and we have a beautiful venue here and it was closed for so many months of the year," said Gail Charlo, organizer of the pickleball program.

"We decided last winter that we wanted to pursue a pickleball program here...and we were very fortunate to get grant money from the Selkirk & District Community Foundation which enabled us to do this. That was wonderful."

The Selkirk & District Community Foundation is accepting grants for the fall intake period until Oct. 2. Last year, the Foundation granted \$5,000 to the RM of St. Andrews through its Community Fund, which allowed the Petersfield Community Club to put in the four courts.

The ice at the curling club is out in April, so the pickleball group set about transforming the cement floor into a pickleballer's paradise. They purchased equipment and

paint to create the courts and have been playing since the last week in May.

"June and July and part of August we were basically full courts, we had a great turnout," Charlo said in late August.

"Now that summer is winding down and some of our seasonal folks are leaving their vacation sites, we're a few less. We have three courts going today and we usually have four.

The goal is to provide a place where local people can play. The courts are open Tuesdays and Thursdays from 9:30 a.m. to 12:30 p.m. and Tuesday evenings from 6:30 to 9:30 p.m.



RECORD PHOTO SUBMITTED

The four pickleball courts at the Petersfield Curling Club have been popular this summer.

"We only charge a \$2 drop-in fee which is very inexpensive for this program, but we wanted people from the community to learn how to play pickleball, we wanted our doors open...so it's been great," Charlo said.

"We added [Tuesday evenings] in at the beginning of July because we had some working folks who wanted to come out. They'd heard about us but they couldn't come, so we added Tuesday evenings into the mix."

They plan to get the season going earlier next year, at the start of May, and possibly rent the facility out on off days and increase the number of days they play to three a week.

Pickleball will wrap up for the season at the end of September so the ice can go in for curling. The SDCF also provided a grant to the Petersfield Curling Club to go towards replacing its ice plant. The updated ice plant is allowing pickleball to go an extra week because less time is needed to put the ice in.

Applicants for SDCF grants must be a Canada Revenue Agency registered charity or non-profit volunteer-based organization, located and providing services within the City of Selkirk, or the R.M.s of St. Andrews or St. Clements

Applications are accepted only online at sdcf.ca before Oct. 2.

We want to hear from you

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

Why You Should Write a Letter to the Editor

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

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

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

Tips for Writing a Letter to the Editor

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

Structure your letter in three parts:

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

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

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

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

Stick to a single point. Have more points to make? Write more letters. Be respectful - don't attack anyone when expressing your concerns.

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

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

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

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Paws for a Cause Walk unleashed the fun in fundraising











RECORD PHOTOS BY KATELYN BOULANGER

The Paws for a Cause Walk was a wonderful success this year. The Selkirk walk blew through their fundraising goal and people and pooches alike came down to raise awareness for the Never Alone Foundation which supports Manitoba's cancer patients. If you would like to learn more about the Never Alone Foundation visit https://nacf.ca/.







Sheep need some help getting back to Holiday Alley this year

Sheep sponsor needed to bring back the sonnets, haikus and baa-llads

By Staff

The good folks at Holiday Alley have the sheep all ready for their second annual Sheep Poetry event in Selkirk, but they now need an Honorary Shepherd Sponsor to help fund the event.

Last year's Sheep Poetry attracted 80 people who wrote poems based on the words found on the bibs of the eight sheep in downtown Selkirk.

It was a big hit with CBC Radio even running news stories on the poetry event across Canada helping to further raise the profile of Selkirk as a creative, clever and fun community.

"We'd like to bring this all-ages event back, but we need a sponsor – who isn't sheepish – to be our Honorary Shepherd Funder – and help cover some of the costs of the event," said Holiday Alley Organizer Andraea Sartison.

Manitobans flocked to downtown Selkirk last year to see the sheep who were on site to inspire citizens to write poetry. As the sheep roamed around their pen, they made different combinations of words and citizens used them as inspiration to make poetry. The poetry was then strung around the sheep's pen and all 80 poems were posted on the Holiday Alley website. Last year the sheep inspired with the words bliss, cheer, drift, frost, shine, spirit, star, and warm.

One poem that was written from the event went as follows:

As we toured Selkirk thinking the season was blah.

Knowing it needed just a little more "baaa".

We turned the corner, and it changed the tide.

We saw some sheep with names on their side."

Holiday Alley is largely run by volunteers and 90 per cent of the events are free, thanks to sponsors and grants they apply for explained Sartison.

"Lots of the activities have a champion sponsor – like Red River College Selkirk campus who is coming on board for the first time this year sponsoring the Soup Cook Off and a crafternoon on its campus. This year we still have one event that needs a champion and that's our sheep," she said. "This event was so much fun for everyone we really want to bring it back."

Anyone interested in adopting Sheep Poetry as their family or business's good deed can contact the Holiday Alley team at holidayalleymb@ gmail.com.



RECORD FILE PHOTO BY KATELYN BOULANGER Sheep Poetry was a big hit at last year's Holiday Alley.

You can see the Sheep Poetry video dex.php/activities/sheep-poetry/. and gallery of poems from last year's event at https://holidayalley.ca/in-

Selkirk Biz hosts meet the members night



RECORD PHOTOS BY BRETT MITCHELL

Attendees of the Selkirk Biz's Meet the Members night were able to chat with local business owners, have a wonderful meal and enjoy a beautiful night at the end of the summer on a boat ride at the Royal Manitoba Yacht Club.



14 The Selkirk Record Thursday, September 14, 2023 Selkirk Planning providing superior service one year in

Submitted by the City of Selkirk

There are no second chances to make a good first impression, and Selkirk's new planning division is working hard to make sure it gets things right the first time.

Rob Robson, President of Lionheart Developments, is constructing a 65unit apartment building in Selkirk, on Vaughn Street. The four-phase project is his first in the city, and his first impressions of the planning division are very good.

"My experience with Selkirk has been great. There is a person who answers the phone when you call. It's sort of a yes first philosophy, which I really appreciate," Robson said.

"E-mails are promptly responded to and just the small touches. I've received emails that clearly show that people in the planning department are thinking about me and my needs along with how the city is growing. I feel like I'm a piece of the puzzle, so to speak, which is a nice way to feel."

Mayor Larry Johannson says superior service and enhanced support for citizens and those seeking to invest in Selkirk were exactly the outcomes council wanted to achieve with the decision to repatriate planning services.

"Mr. Robson's words are music to my ears. Establishing a new planning department was not easy and was a major policy achievement for the city. Council wanted to make it easy for citizens to make improvements to their homes and we wanted to be attractive to developers and businesses who wanted to invest in Selkirk. We appreciate their interest and by providing an exceptional experience, we want to encourage them to do more business in Selkirk," Johannson said. Selkirk's CAO Duane Nicol says establishing the new planning division was an integral part of the city's strategic plan.

"A number of the city's strategic priorities depended on re-aligning our land-use planning and development services with our economic development and environmental stewardship efforts. By bringing the service inhouse, we are better able to do that. The success we have achieved so far is just the beginning. Not only are we providing superior service that welcomes investment and takes control of our own economic destiny - we're now able to ensure that how we use our land promotes the well-being of our citizens and is more resilient in the face of a changing climate. I'm convinced that in 50 years the city will look back at this decision and call it visionary," Nicol said.

It's been more than a year since the City of Selkirk's planning moved inhouse to serve clients and provide exceptional service, with the goal of reducing permit wait times and streamlining the process. Nicol said that provincial governments across the country have identified the need to simplify and streamline residential development processes to help address the critical shortage of housing in Canada.

"There is a lot of discussion lately about how to increase housing stock in Canada and improving development and permitting services is seen as a key element of that work. Well, we're not just talking about it in Selkirk – we're doing it," he said.

Until now, the city hadn't had inhouse planning services since 1977. The new division – which opened



A new development in the works in Selkirk.

May 1, 2022 – was built from the ground up and serves residents as well as builders and land developers. A full-time planner and building inspector are on staff.

The average turnaround time for commercial and residential building permits is seven working days.

The city's goal in bringing planning in-house was to create a one-stopshop, making obtaining a permit less cumbersome for clients.

And you don't have to be building a large building to receive exceptional

RECORD PHOTO SUBMITTED

service. Rene Wood built a deck this June and got his permit through the city division. For Wood, it was a positive experience.

"I didn't have any issues," Wood said, noting his permit was issued in one day.

"Everything was good. I had some questions I needed to ask and I was able to get those answered, I didn't get the runaround and the inspection was smoother than what I had an-

Continued on page 16

Selkirk RCMP investigating robbery of Main Street business

Police seek help identifying suspect

Submitted by Manitoba RCMP

On Aug. 31, at 3:30 p.m., Selkirk RCMP responded to a report of a robbery that occurred at a business located in the 300 block of Main Street in Selkirk.

Officers responded and were advised that a masked male had entered the store, pulled a knife, and demanded cash from the employee. The suspect walked up to the till and stole an undisclosed amount of cash before fleeing the store on a black coloured bicycle.

Surveillance camera footage from the store shows the suspect with a purple face covering, a blue and white ballcap, a black hoodie, black and white multi-patterned pants and carrying a black backpack.

No physical injuries were reported.

If you can identify this suspect, or have any information related to this robbery or in relation to a series of robberies which took place between June 16 and July 14 in Selkirk, please call the Selkirk RCMP at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477 or submit a secure tip online at www.manitobacrimestoppers.com.

Selkirk RCMP continue to investigate.





Photos of the robbery suspect.

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The most popular honeymoon destinations

Couples have different ideas regarding what makes a great honeymoon destination. Some couples may want to spend their trips with toes in the sand as they relax on a secluded beach, while others might want to traverse rapids in a tandem kayak. There's simply no rules when it comes to choosing a honeymoon destination other than picking a place each person will enjoy. With that in mind, couples looking for inspiration can consider the 10 most popular honeymoon locales as determined by a recent survey from Expedia.com.

1. United Kingdom: This might come as a surprise, but the most common honeymoon destination in 2022 was actually multiple destinations across the United Kingdom. A multicity train trip through various parts of England and Scotland was the most popular honeymoon trip in 2022.

2. Dubai, United Arab Emirates: Honeymooners looking for something upscale can consider Dubai, which combines sun and sand with

unrivaled luxury.

3. Paris, France: Little needs to be said about this European city considered one of the most romantic locales in the world.

4. Florida: Pristine beaches, awe-inspiring sunsets and seemingly endless sun and warmth made Florida the fourth most popular honeymoon destination in 2022.

5. Los Angeles: Los Angeles truly has it all, with sunsoaked beaches, world-renowned restaurants and, of course, Hollywood.

6. Madrid to Seville, Spain: Couples who want to make multiple stops can consider this popular option, which takes visitors from Spain's capital and most populous city to one of its most historic and unique destinations.

7. Rome, Naples and Amalfi Coast, Italy: A tour of three of Italy's most wondrous locales needs no introduction, which is undoubtedly why these three places were a mustvisit for many honeymooning couples in 2022.

8. St. Lucia: An idyllic island country in the eastern Caribbean, St. Lucia was recently named as one of the best places to visit in 2023 by Tripadvisor.

9. Iceland: Iceland has experienced a tourism boom in recent years as more and more people have discovered the unique beauty and extraordinary culture of this island nation in the North Atlantic.

10. The Maldives: An archipelagic state in South Asia, The

Maldives has the lowest elevation of any country in the world, which means its temperatures are always hot and humid, making this an ideal stop for honeymooners who can't wait to relax on a sunny, idyllic beach.



The 3 best denture add-on options for denture wearers

BY ELISHA VANDOR

Dentures alone can do it all. Yes, you heard me right! A wellmade, proper fitting denture does the job, but did you know that dentures can have added options? Just like purchasing a new car, you have the option to add-on features like heated seats, for example. Those addons enhance your comfort level in the car and provide a way to use your car like you couldn't have used it before. The same can be said about denture addons.

Some specific add-ons can be an upper chrome metal palate to strengthen a complete upper denture do it doesn't crack under added bite force pressure. Another option is metal on the denture teeth to give increased chewing capability to further help break down food. In my opinion, the best add-on option that we know to benefit everyone who wears dentures

is 2 lower dental implants. This is remaining (which is deterthe base dental implant add-on option to anchor a complete lower implant add-on is something denture into place. It's not a quick you will benefit from because it fix add-on solution like Polygrip, but it's a long-term lasting solution that you'll find you're benefit- denture stability, and comfort. ting from day-in and day-out. The There's a lot less likelihood of reason why Polygrip doesn't work food getting lodged underneath on a long-term basis is because the adhesive works best to the dentures ability, which is dependent on how tight the denture is fitting to your gums and the size of fit as tight as can be, then the your gums. However, with dental implants, the denture works to the way to improve tightness. best of the dental implants' ability, which is all the time!

If you're someone who has been wearing dentures for 20 years or 2 weeks, the dental implant add-on can still be an option tion is for you. Consultations are for you. Even if you haven't had your teeth pulled yet and would like to start with a denture and two pointment for you to talk to our dental implants, it can be done at the same time as extractions. As long as there is enough jaw-bone

mined by a CT scan) the dental means added confidence from improved chewing capability, your denture because it's not moving around while you chew. In addition, if you struggle with loose dentures even though they dental implant option is the only

If you're thinking that your mouth isn't made for dentures or finding the dentures are constantly loose no matter what you do, then the dental implant opabsolutely free, and we would be happy to schedule an ap-Denturists Brock or Matthew. We look forward to hearing from vou!



Jack learns that there's more his dentures can do for him while consulting with Denturist Brock at Vandor Denture Centre. SENIOR PRI

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Teulon Pumpkinfest set for Sept. 16

By Jennifer McFee

Teulon Pumpkinfest offers a jampacked day of entertainment — and this popular community event is celebrating its 30th anniversary this year.

On Saturday, Sept. 16, the 30th annual Teulon Pumpkinfest will draw crowds to Teulon Hall at 14 Main St. from 9 a.m. to 4 p.m. Doors open at 8:30 a.m.

"The Teulon Ag Society is proud to create a fun family event that has celebrated our harvest season and our rural roots for the past 30 years. We are celebrating 99 years of the Ag Society this year too," said Darci Loehmer, chair of the Teulon Ag Society, which hosts the event.

"Pumpkinfest is the result of our amazing volunteers and sponsors that come together for the good of our community."

Registration for the Ag Fair takes place from 8:30 to 9:30 a.m. This year's Ag Fair features 45 categories, including fall arrangements, vegetables, canning, photography, multiple pumpkin-related competitions and more. Judging will take place from 10 a.m. to noon, followed by public viewing.

Always popular, the largest pumpkin competition awards \$1,000 for first place, \$500 for second place and \$300 for third place. Pumpkin dropoff is from 8:30 to 10 a.m., and the weigh-off starts at 10 a.m. Last year's winning pumpkin weighed an impressive 1,017 pounds.

pressive 1,017 pounds. The Lions' pancake breakfast will take place from 9 to 10:30 a.m., and the Lions' canteen will run throughout the day. While you dine, you can enjoy the Red River Co-op main stage lineup, which starts at 9:30 a.m. with fiddle music by 16-year-old Morgan Grace of East Selkirk.

Manitoba Burrowing Owl Recovery will present a program at 10:30 a.m., followed by Drum Café and the cutest baby contest. Island Breeze Manitoba will take the stage at 1:30 p.m. and magician Ryan Price will wrap up the main stage show at 3 p.m.

"There's a really interesting and fun lineup of entertainment," Loehmer said.

"There will be lots going on the entire day."

Meanwhile, the Access Credit Union activity tent, located in the Teulon Elementary School playground, will be a hub of activity with crafts, face painters and a balloon artist. Diamond Disc Dogs will entertain the crowd with shows at 10 a.m. and noon.

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CHECK EFFICIENCY MANITOBA FIRST efficiencyMB.ca | 1-844-944-8181 "We have the farmers' market, petting zoo and carnival games," Loehmer said.

"New this year, we also have axethrowing. The pie-eating contest, which will be at 2 p.m., is always a riot to see. It's so much fun."

In addition, at the Teulon library from 10 a.m. to 1 p.m., youngsters can enjoy more crafts and activities.

Wristbands cost \$5 per person or \$20 for a family to a maximum of six people for admission. Wee ones aged two and under are free. Fall family photos are available for \$10 each at a booth inside the hall.

For more information about Teulon Pumpkinfest, including a full schedule, visit www.teulonpumpkinfest. com or check out the Facebook page.

> "PUMPKINFEST IS THE RESULT OF OUR AMAZ-ING VOLUNTEERS AND SPONSORS THAT COME TOGETHER FOR THE GOOD OF OUR COMMUNITY."



ticipated. I don't have any complaints."

He too, was impressed with the planning staff.

"The overall experience of getting my permit, having my questions answered and having someone come take a look, everyone was friendly, no one [had the attitude of] 'I'm inspecting this, look what you did wrong'," he said.

"[The permit] was quicker than what I anticipated...I got it the next day."

Commercial and residential permits issued since the planning division opened total 172, which includes 131 residential and 41 commercial building permits, representing a total construction value of \$74 million. This does not include occupancy, sign and a variety of other permits issued by the department.

To learn more about the department or to obtain a permit, visit www.MySelkirk.ca/PlanningAndDevelopment.

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*The Manitoba Seniors Hearing Aid Program provides eligible Manitobans with financial support up to \$2000 towards the purchase of hearing aids. Some conditions apply. See clinic for details. Source: https://news.gov.mb.ca/news/index.html?item=58348.**A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, an administrative fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. ***IAR MILES Reward Miles are non-transferable and valid upon the purchase of select hearing aids. AIR MILES available only at participating locations. Please allow 45 days for Reward Miles to be posted to your Collector Account. Limit one offer per customer per year. Trademarks of AMR oyabiles Limited Partnership used under license by LoyablyOne, Co. and HearingLife Canada Ltd. Offer not valid in Quebec. Offer not applicable for industrial hearing tests. Some conditions apply, see clinic for details.

GR8FUL to rock and roll: eight local musicians form band

By Becca Myskiw

They'd never met before, let alone strum guitars together, but since the first time GR8FUL played, they've been in perfect harmony.

Eight local musicians recently united thanks to their love of music. Anders Kuusselka has dedicated his life to youth. Born in Finland, he first learned to play the accordion at age nine and continued to sing and play with his father even after his family moved to Canada in 1967.

Kuusselka graduated from the department of education at the University of Manitoba with a French and Music degree. Upon graduation, he taught music in Arborg, before being transferred to Gimli where he started a garage band music program. From there, it evolved into an after-school rock band music program and students in the class began forming small bands together.

Several local musicians voluntarily teach in the program with Kuusselka, and even now that he's retired, he still keeps it going in the Gimli Lutheran Church and the Bayview Church.

"As we taught it occurred to us that it would be fun to form an adult band," he said.

So, he started asking the teachers in the program if they'd want to jam in his studio. It took a while to get going, but soon enough, eight fine musicians were together, taking turns singing, playing and creating their sound.

The band's first song together was "May You Stay Forever Young". Nicholson sang the words, and Kuusselka said it just clicked. From there, they started taking turns sharing what they each wanted to play, and soon enough, the band had a setlist.



Though they hadn't planned to actually perform together, the stars seemed to align, and GR8FUL played their first show on Aug. 25 at the Red Dock. Over 100 people came to listen to the twoset show, which included songs like "Have You Ever Seen the Rain," "Tennessee Whisky" and "Brown Eyed Girl.″

The band continues to meet once a week, having nothing but fun when playing their music. Each member is incredible grateful for the chance to have performed, and though they don't have any more shows scheduled, it's likely they'll be playing for the town again soon.

GR8FUL is comprised of eight members:

Anders Kuusselka Rhonda Bellan, She's travelled all over better than they thought. North Amer-



RECORD PHOTO SUBMITTED Eight local musicians recently who started singing in started playing together for a rock band in Ontario. fun, but learned they click

Continued on page 18

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-Mitch Dbach

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> GR8FUL, FROM PG. 17 ica singing everything from jazz and blues to country and rock. Belland has won a Manitoba Country Music Award for female vocalist five years in a row, along with recording artist and song of the year a few times. Belland has also done a lot of narrating and singing in commercials but has since retired and now sings with GR8FUL,

trying old favourites and new tunes. Ron Dirr, who plays a variety of instruments. He started playing music at just four years old. Dirr plays the accordion, guitar, banjo, keyboard, harmonica and drums, adding whatever the band may need at any time. He played with The Band Revival from 1988 to 1995 and then with Roy Mickey and the Downbeats

from 1997 to 1999.

Andrea Nicholson, who's been singing and songwriting since she was 14. Nicholson was in a specialized music school and named a prodigy who then received a scholarship (one of 10 people in the world) to Berkeley School of Music when she was 17. Too scared to go, Nicholson sang in a few bands, then became a

wedding singer.

Sid Avis, who's played with various musicians in Winnipeg and has recorded on three albums. He's always loved playing four or five string bass thanks to idols like Geddy Lee from Rush and Chris Squire of Yes.

Dave Merry, who's been playing the drums since he was a teen. Having joined the navy at 17, he's played music all over the world. Merry also lived in Inuvik, N.W.T., and Churchill for a total of 30 years and was in a Winnipeg band until a year ago when they broke up.

Mitchell Klyne, who's been drumming since he was a child. He picked up a guitar when he was a teenager and after learning that, he's played in various bands over the years. Klyne currently performs as a solo artist under the name Mitchell Stewart and will be releasing his debut album in 2024.

Edwin Janz, who's been playing music for 45 years in a number of bands. From churches to bars to festivals, he's played strings all across southern Manitoba, including lead guitar, mandolin, banjo, and ukulele. Currently, he plays in several bands, one of which is GR8FUL.

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Lockport couple growing quality garlic for a decade

Wayne and Colleen Barylski are growing nine varieties of garlic in St. Andrews

By Becca Myskiw

It was a decade ago when Wayne and Colleen Barylski started growing garlic.

After purchasing three hardneck varieties of garlic in 2013, the Barylskis were hooked. Wayne grew up on a mixed farm north of Arborg, and after living in Winnipeg for 26 years, the couple moved back to rural Manitoba, this time to Lockport.

"Having some acreage, I was inspired to start growing our own food," he said. "Homegrown vegetables were going to be a big part of our lives. We wanted to be self-sustained, where we grew our own vegetables. We have and continue to can and freeze for year-round consumption."

One day, Wayne looked into which specialty crops were in demand that they could grow and sell, and homegrown natural garlic came out as a result, being the second most sought after vegetable/spice product. That was also when Wayne learned garlic is not classified as a vegetable but as a spice.

"We tried growing the garlic from the local hardware stores and garden centers with little to no success," said Wayne. "(We) Found out later in my research these were soft neck garlic, grown only in the springtime."

So, they purchased some hardneck varieties and have since grown 19 varieties of garlic. Over the years, Wayne and Colleen have determined which varieties grow best in which soils and climate conditions — today, they grow nine varieties on their farm.

"I was eager to learn as much information as possible to be the best garlic

producer I could be," said Wayne. He read countless internet pages and numerous books and even took a workshop in B.C. five years ago to gain more knowledge on the spice.

"This quest for garlic wisdom allowed me to learn a lot of detailed information that helped us grow garlic to the best of our ability," he said. "Over the years, we gained valuable knowledge and experiences, and we now have the tools and know how to be a successful quality garlic producer." One of the tricks

the couple has learned in their 10 years of growing garlic is drip irrigation, which





they say makes a huge difference in production as it ensures consistent moisture, which is critical to growing healthy garlic. They also use composted organic fertilizer amendments, keeping their gardens pesticide and herbicide free.

The Barylskis process and eat their

garlic. Each garlic bulb they produce is organic and all-natural. They hand plant each seed, hand weed each plant, and hand harvest and process them.

"We believe in sustainable agriculture, which includes crop rotation

Continued on page 22



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Learn about all types of dementia at local event on Sept. 21

Gordon Howard Centre to play host to in-person Alzheimer's disease and dementia discussion

By Katelyn Boulanger

If you are someone on your Alzheimer's disease or dementia journey, have a family member who you are supporting or would like to learn more about these conditions, the Gordon Howard Centre will be hosting a 'What's New in Dementia Research: Ask the Expert!' presentation and discussion on Sept. 21.

"This is an event that we hold an-



nually to talk about news in the world of dementia. We've invited, for the past few years, world renowned researcher and neurologist, Dr. Donald Weaver, to come. The past few years, it's been virtual, just with COVID, but this is the first year where we'll have him in person. The event takes place in person in Winnipeg, at the Canadian Mennonite University but we decided that we want this event to be as accessible as possible for Manitobans throughout the province. So, we have set up live streaming events in Selkirk, Winkler and Brandon for residents to come and view that session live as it's happening, and have the opportunity to ask questions alongside the people that are in Winnipeg,"

Continued on next page



RECORD FILE PHOTO BY KATELYN BOULANGER

A crowd gathered at the Gordon Howard Centre for an Alzheimer's Awareness walk last June. This month, on Sept. 21 the Centre will play host to a presentation hosted by the Alzheimer Society of Manitoba where people can ask questions about the latest in dementia research.

Awareness's in September

- Acne Awareness Month
- Arthritis Awareness Month
- Charcot-Marie-Tooth (CMT) Awareness Month
- Childhood Cancer Awareness Month
- Craniofacial Acceptance Month
- Duchenne Awareness Month
- Fetal Alcohol Spectrum Disorder (FASD) Awareness Month
- Inherited Retinal Disease Awareness Month
- International Pain Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- Pulmonary Fibrosis Awareness Month
- Sickle Cell Awareness Month
- World Alzheimer's Month

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- National Polycystic Kidney Disease (PKD) Awareness Day - September 4*
- Fibromyalgia Awareness Week September 5 to 12
- World Duchenne Day September 7*
- World First Aid Day September 9*
- International FASD Awareness Day September 9*
- World Suicide Prevention Day September 10*
- World Sepsis Day September 13
- World Conference on Women Health Science and Care - September 14 to 15
- Myotonic Dystrophy Awareness Day September 15
- Terry Fox Run September 17
- World Rabies Day September 28*
- Sport Purple for Platelets September 29





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Continued from previous page

said Samantha Holland, First Link Regional Team Coordinator for the Alzheimer Society of Manitoba.

September is World Alzheimer's Month and Sept. 21 is specifically World Alzheimer's Day which makes this discussion particularly relevant.

"The conversation is going to be quite open. We want to keep it as a live Q&A session. So, whatever questions people have about what they've heard in the news, the new research surrounding dementia treatments, or general medications, anything of that kind is on the table. So, it really is just an open session to have your questions answered," said Holland.

Discussions will include many aspects of dementia research and how dementia affects people. Often people associate Alzheimer's disease and dementia with forgetfulness but they actually affect many aspects of patient's lives.

"Dementia really is a collection of symptoms that affects the person as a whole. It can affect their ability to communicate with others, to remember important details of conversations or appointments, and to problem solve like someone with an intact brain would. Whether it's at work, out in the community, or just with your daily living situation, it really does impact every piece of the person. It's not just memory loss, there are over 100 different types of dementia. So,

at the end of the day, it's so much more than forgetting little pieces of information," said Holland.

She says that with the work that has been done in dementia and Alzheimer's disease research, this discussion will benefit not just those who are new to their diagnoses but also those who may have outdated information and want to reconnect with our local supports.

"With COVID, we've seen a lot of isolation, not only with people that are directly impacted, but the people that care for them as well, friends and family members. So this, coming back to a hybrid event, helps to get the word out about what we do offer. That's really the whole point of World Alzheimer's Month, in September, in general, is to raise awareness about dementia, but also how to help improve dementia support and services in Manitoba. We know that it's coming up to a provincial election, so it's also a good time for people to think about what kinds of conversations they want to have with their candidates when they start coming around," said Holland.

She says that with the stigma and misinformation that surrounds these illnesses, it's important that everyone learn a bit more about them so that they can talk about dementia openly and comfortably. "I talk with clients all the time,

that may be experiencing some of these changes, and they're scared to talk to their friends and their

pening because they're scared of how they're going to be perceived. So, the more we talk about it, the more comfortable we can all be because people with dementia are just like you and me. They can participate in their communities. It doesn't mean that everything is lost all at once. They can still be active members," said Holland.

Residents are invited to meet at the Gordon Howard Centre at 384 Eveline St. in Selkirk. The event takes place on Sept. 21 starting at 6 p.m. but the doors of the Gordon Howard Centre will open at 5:30 p.m. so that people have a chance to find a spot in advance.

This is a free event but residents are required to register in advance. To register you can go to https:// alzheimer.mb.ca/event/whatsnew-in-dementia-research-askthe-expert/ or call 204-943-6622 or 1-800-378-6699.

Holland hopes that people will stop by this local opportunity to get the latest information as the Winnipeg event is already at the point of having a waitlist.

"It's just a really good opportunity, not only to learn about what's new but to engage with others that are on similar journeys or are working in similar fields. If you come and you take one thing away, we think that it's worth it and maybe you'll make some new connections as well," she said.



22 The Selkirk Record Thursday, September 14, 2023 > GARLIC FARMERS, FROM PG. 19

and no harsh chemicals," said Wayne. "We believe garlic should be given the utmost care and, as a result, a better product free from damage or bruising. This ensures quality seed stock and culinary."

Where no garlic is planted for three years at Lockport Gardens, the Ba-

rylskis will plant green manure or a cover crop as organic fertilization to keep each piece of soil well-balanced even when not in use.

Each year, Lockport Gardens plants its garlic seeds (bulbils) to ensure they have a fresh, clean garlic stock. Wayne said that growing their plants





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RECORD PHOTO BY BRETT MITCHELL Wayne and Colleen Barylski are garlic farmers in Lockport who believe in sustainable agriculture.

from bulbils is rewarding and yields the cleanest planting stock available. The newly planted bulbils will take anywhere from three to five years to mature, depending on the variety.

The garlic is planted in October and harvested in July or August the following year. Because of the overwintering, Wayne and Colleen have to battle snowfall, extreme cold, spring

Continued on page 23



> GARLIC FARMERS, FROM PG. 22

melt, rain, pests, and animal traffic each year. When their crops grow in the winter, the couple peels garlic cloves in preparation for garlic powder. Lockport Gardens' hardneck garlic also produces garlic scapes, which are curly-tipped, extremely tasty green shoots. They remove these from the plants in early summer as it allows the garlic bulbs to grow larger and fuller. Wayne said the scapes can be eaten raw, grilled, fried, or in pesto — either way, they harness the same

health benefits as garlic cloves do. "We chop them up and freeze for later cooking," he said. "They can be used in any dish you would

he said. "They can be used in any dish you would otherwise use cloves or powder in." Garlic is antifungal and

antiviral. It's an immune booster, it reduces blood pressure, lowers bad cholesterol, improves brain function, promotes longevity, improves physical performance, detoxifies heavy metals, keeps your bones strong, fights fungal infections, and it combats allergies. These various health benefits are some of the main reasons Wayne wanted to grow garlic.

Getting to where they are today has been a labour of love for the Barylskis. They've had excellent and not-so-good growing years, but each of the past 10 years has shown that growing garlic is a very labour-intensive job with big rewards.

To learn more about Lockport Gardens or to purchase garlic or garlic powder, call or text Wayne at (204) 223-2372. Soon, they will also have a website where people can learn more about their garlic production. Keep checking www.lockportgardens.ca to see when the site goes live.



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24 The Selkirk Record Thursday, September 14, 2023



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> RED RIVER MESSENGER, FROM PG. 6

even though the vehicle cost more than a gas-powered equivalent it seemed to make sense for them to give it a try because of the energy saving potential and lesser maintenance.

As far as affecting the business's carbon footprint, they estimate that the route before would have burned about 45 litres of gas and since Selkirk's electricity is hydroelectric it has made an impact.

Kurk says that so far the driver is enjoying the experience but the true test of whether this vehicle makes sense for them will come in a few month's time.

"The true test will be in the winter because from all indications they said that the kilometres should drop from what I've been told but I haven't found that out myself," said Kruk.

He says he can't yet recommend this option to other businesses but that it's something that they are interested in continuing with.

"I'm trying to do our part. I'm trying to lower our carbon footprint and this is my way of trying to try for the first time," he said.



TTT







Servings: 4-6

1/4 cup freeze-dried strawberries 6 cups popped popcorn

1 cup white chocolate chips, melted In small food processor or spice grinder, pulse freeze-dried strawberries until finely ground.

Place popcorn in large bowl. Drizzle melted chocolate over top; toss until well coated. Sprinkle evenly with ground freeze-dried strawberries; toss until well coated.



Prep time: 15 minutes, plus at least 1 hour chill time

- Cook time: 22 minutes Servings: 6 (1 1/3 cups per serving)
- Lime Vinaigrette:
- 1/2 cup extra-virgin olive oil
- 1/3 cup lime juice
- 2 tablespoons honey
- 3/4 teaspoon sea salt
- freshly ground pepper, to taste
- Salad:
- 11/2 cups quinoa
- 2 cups vegetable broth
- 2 cups halved Grapes from California
- 1/2 cup minced red onion 1/4 cup chopped freeh cite
- 1/4 cup chopped fresh cilantro 2 tablespoons minced jalapeno pep-

1 large firm, ripe avocado, peeled,

Strawberries and Cream Popcorn

Scrape onto large parchment paperlined baking sheet, spreading into even layer.

Let stand at room temperature 30-60 minutes, or until chocolate is set and hardened. To serve, break into pieces.

Tips: To melt chocolate: In heatproof bowl over saucepan of barely simmering water, stir chocolate chips 3-5 minutes, or until smooth.

To melt chocolate in microwave: In microwave-safe bowl or measuring cup, microwave chocolate on medium heat 1-2 minutes, stirring every 30 seconds, or until smooth and melted.

Honey-Lime Quinoa and Grape Salad

pitted and cut into bite-size pieces

1/2 cup chopped peanuts (optional)

To make lime vinaigrette: In medium bowl, whisk olive oil, lime juice, honey, sea salt and pepper, to taste.

To make salad: In fine mesh strainer, rinse quinoa; drain well. In medium saucepan, bring broth and quinoa to boil; reduce heat and simmer, covered, 12 minutes. Remove from heat and let stand 10 minutes then fluff with fork and let cool. Transfer to large bowl.

Pour vinaigrette over quinoa; stir well to coat. Add grapes, onion, cilantro and jalapeno pepper; cover and chill at least 1 hour.

Lightly stir in avocado and transfer to decorative bowl. Sprinkle with nuts, if desired.

Notes: Salad may be prepared and refrigerated up to 2 days ahead without avocado and peanuts. Add avocado and peanuts just before serving.

Ask The Money Lady

Dear Money Lady Readers: Have you ever looked at the story of your life and decided you wanted a different one?

Often times the new story to a new life is right in front of you, but for whatever reason we can't see it, can't feel it, and certainly can't imagine making a change. Changing the course of your future always brings new opportunities that in the beginning could never be imagined. A new career, new friends, more money, more love, it is all there for those who want a different story. Of course, this all sounds great, but the reality is we never realize we want or even need a new life story until we have usually hit "rock bottom."

Most people use the phrase "rock bottom" with addictions or alcoholism, however it just as easily can happen with a financial failure, career or business failure, or even an injury, trauma, divorce, or death. After struggling with anxiety and depression, hitting rock bottom means you have gotten to the point that you are finally sick and tired of feeling sick and tired. Here is a quote from an Italian poet Dante Alighieri, (1265-1321): "The path to paradise begins in hell."

I too had to hit rock bottom to find my true calling and begin my journey to provide financial literacy to all Canadians. It was something I never considered doing but am now so glad I have. It was a path I could never have imagined and only by being in my proverbial "Dante-hell" did I see an opportunity for greatness. Тоо often we tend to revel in our sad and pitiful life stories, getting an emotional charge out of how unfair life is to us, and how great we are for keeping up the struggle – against all odds. We whine and complain to people about being a survivor and love it when we get comforted "You poor thing, how do you ever manage?'

Now I am not saying we shouldn't have our pity-parties. Often times this is exactly what we need – I just don't want you to keep the party going forever. Remember, the greatest gift we have is the one we often forget: we have a choice. You can always choose a different direction in life. What story do you want to focus on? What



choices will you make that will change your experiences and bring you closer to the life you want to live. Negative feelings create negative attitudes, and they attract negative people. But, when you decide to make a change, being positive creates feelings of happiness and this will attract other happy people as well as successful people with opportunities and connections for you, with the probability of advancements to make your own success story. Start creating positive affirmations that you can say out loud to yourself on a daily basis and keep saying them over and over, every day. Write down your goals and read them to yourself daily, (honestly, this works!). Providing yourself with positive self-talk guaranteed will make you richer and more successful. It needs to be a daily habit, like brushing your teeth. If you don't do this five-minute chore every day, you won't have any teeth and if you don't build up your confidence through positive intentions you won't have a future. Try it. This is the first step to changing your story.

Good Luck & Best Wishes,

ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6. Send your money questions (answered FREE) through her website at askthemoneylady.ca





Renowned lighthouse cabin gets a facelift

By Joshua Frey-Sam

It's been a summer project for Dana-Jo Burdett and Corey Eyolfson.

The Lundar couple can see the light at the end of the tunnel on their facelift of the well-recognized lighthouse cabin in Sugar Point.

It's been a labour of love for Burdett and Eyolfson, who have spent every weekend and every other weekday evening at the distinguished property since the spring of 2023.

The couple bought the cabin on April 15, after selling its previous owner on their plans to renovate the 1,200-square-foot space, which was unused for the most part and rarely maintained before they took over.

"It was pretty dormant," Burdett said.

"It was used for the last couple of years for recreational purposes. The investment that was needed wasn't put into it, and we had a vision to give it a new life, a new beginning."

Eyolfson added, "It's always been a bit of a landmark out there.

"We actually reached out to the guy that owned it; it wasn't even for sale. It looked like he wasn't really using it; he had some people renting it, and it needed some maintenance it wasn't getting maintenance — we both like projects, and we're both handy people, so we just thought it would be an awesome side-gig to buy out, reno it, use it and rent it."

Eyolfson and Burdett have since poured \$20,000 and more than 500 hours of labour — outside of their day jobs — into their new property, redesigning the kitchen and giving the lone bathroom a makeover. New appliances and a new metal roof are on the way this fall. They hope to put the finishing touches on the cabin by the end of October, certainly before the snow begins to fly.

Once completed, the couple hopes to open the lighthouse as a prime destination for a short-term vacation



Dana-Jo Burdett and Corey Eyolfson are the owners of the newly renovated lighthouse cabin in Sugar Point.

rental.

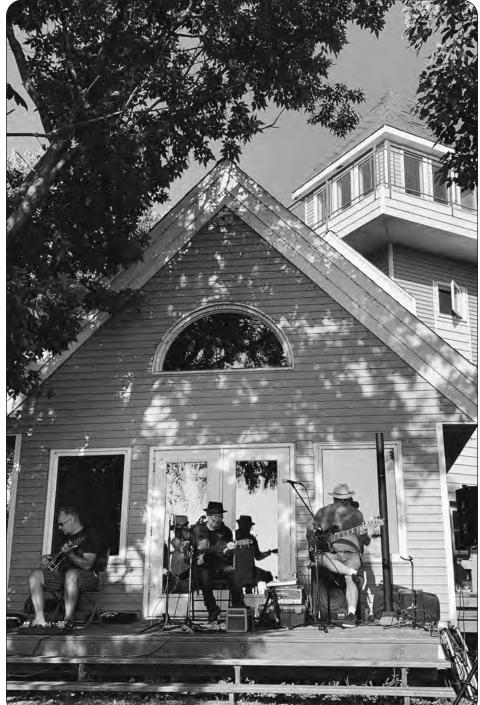
"This is an extension of our home, so we're putting in the same quality and effort that we've put into our own home and we're excited to be able to share that with others," Burdett said. "It's not a slapped-together cabin."

The picturesque lot rests 100 feet wide and 200 feet long, with 50 feet of beach. The lighthouse stands four stories high and includes a lookout on the top level, cathedral ceilings, two bedrooms (and a loft) and one bathroom. The cabin is also just a stone's throw away from Lundar Beach Provincial Park, which Burdett and Eyolfson hope is an attraction for prospective renters.

The lighthouse cabin was initially designed and built in 1988 by architect Gerald Korzeniowski and his wife Bonnie, along with her sister Dorene Petersen and husband Dick. The quartet owned the property until 2001. There have been three different owners since that time.

Fortunately for Burdett and Eyolf-





RECORD PHOTOS BY DANA-JO BURDETT An open house with live music and tours was hosted on Sept. 2.

son, the lighthouse is about a threekilometre drive away, making it an ideal destination for keeping on top of maintenance and for their use from time to time.

"So far, we've used it as a bit of an extension of our backyard. We'll go start a fire in the evening or we'll hang out. I like it more than I thought I would," Eyolfson said.

"It has grown on us. It's our little baby."

The couple hosted an open house at the cabin on Sept. 2 to give those interested a preview of the newest version of the lighthouse. They said it's something they may do annually for anyone interested in renting.



28 The Selkirk Record Thursday, September 14, 2023 **Vote for Interlake musicians to win a country music award**

By Jennifer McFee

Interlake musicians hope to hit a high note by garnering enough votes to win a music award.

The Manitoba Country Music Association released its list of nominees for this year's awards. Until Sept. 20, fans can vote online for their top picks in two categories — Fan's Choice and Cover/Tribute Artist, Duo or Group of the Year.

In the Cover/Tribute Artist, Duo or Group of the Year, local band Lost in a Small Town is in the running. The band features Trey King of Warren on lead vocals, Colton King of Warren on rhythm guitar and vocals, Garret Kristjanson of Warren on rhythm guitar and vocals, Craig Keena of Marquette on bass and vocals, Garrett Rattai of Lockport on drums and Cameron Ducharme of St. Laurent on lead guitar, fiddle and vocals.

The band has been together for six years, and Trey King points to the passion they all share for playing music. Coming up, they'll be playing the End of Summer Outdoor Social, which will be put on by the Woodlands Rec Club on Sept. 23.

"When we play as a group everything clicks. We never get upset if one guy misses a note or lyric. We always find a way to laugh and just enjoy the moment. We've become such a close group these past years and we're all proud to share the stage with each other," he said.

"As for our own music, we are in the works of starting to write some originals, but getting this nomination for Cover/Tribute Artist, Duo or Group of the Year will make us want to taste some of those other award nominations."

He expressed gratitude towards everyone who has helped the band along the way, including Trevor King.

"He helps us out so much, whether it be sound or giving us a break on the vocals or guitar," he said. "We truly couldn't do some shows without him."

The band members are also grateful for the help of Gage Millar and Brandin Johnston.

"These guys have helped us out so much this past year," he said. "They are also a part of making this happen for us. It truly takes a community effort to be nominated like this, and the sacrifices guys make to play shows."

It's an honour to be nominated for the award, he added.

"We want to thank our fans and families for making this possible. Every guy in our band shows up with such a passion and drive for music and a glowing smile on their face, which



Lachlan McLean of Stonewall is vying for the award in the category of All Star Band of the Year.

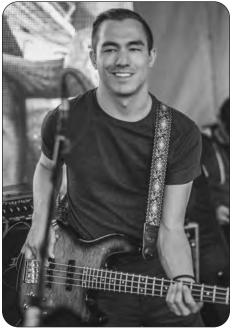


East Selkirk musician Morgan Grace is vying for votes for the Cover/Tribute Artist, Duo or Group of the Year award.

makes it special to be recognized as well. All the members are extremely talented, and seeing everyone improve musically and just watching the people everyone has become is truly amazing," he said.

"We are very grateful for being nominated. It truly takes a community to make stuff like this happen, and it's all the people that support us that make us want to thrive in it. We would also like to send our congratulations to everyone else that has been nominated in this category. Manitoba has a great field of musicians so now we've got to ask you the people to support."

Another Interlake musician vying for votes for the Cover/Tribute Artist, Duo or Group of the Year award is 16-year-old East Selkirk musician Morgan Grace, who has been playing the fiddle since the age of four. She



Ben Mak of Stony Mountain received a nomination in the category of All Star Band of the Year – Bass.



Two Crows for Comfort Erin Corbin and Cory Sulyma received a nomination in the category of Roots Artist, Duo or Group of the Year.



RECORD PHOTOS SUBMITTED

In the Cover/Tribute Artist, Duo or Group of the Year, local band Lost in a Small Town is in the running.

will be performing at Teulon Pumpkinfest on Saturday, Sept. 16. She will also perform at Indigenous Tourism Manitoba's inaugural conference and gala on Sept. 19.

"I would say the best part about playing the fiddle or music in general is the people. The fans, the fellow musicians and all the people that do all the work in the background are all lots of fun," she said.

"Being nominated is very humbling. It has been a very busy and adventurous year."

In addition, Morgan Grace is nominated for the Emerging Artist award against Catie St. Germain, Chris Michael, Gary Gach, Mitchell Makoons and The Sean Taylor Band. She's also nominated in the "Speciality Instrument" category along with Blaine Badiuk, Brad Moggie, Chris Nakonechny, James Klassen and Michael Audette.

Craig Keena of Lost in a Small Town received a nomination in the category of All Star Band of the Year – Bass, up against Ben Mak of Stony Mountain, as well as Brennan McNabb, Evan Gach, Greg Dunstan and Jon Mushaluk.

"It's an honour to have someone with such talent as Craig in Lost In A Small Town. His passion for music is like none other. He's always had influences in music from a very young

A pretty sweet gig: Petersfield apiarian buzzes about bees

By Becca Myskiw

In a manner reminiscent of *Winnie the Pooh*, Evan Laye couldn't keep bears away from his honey when he started Six North Apiaries.

When the Petersfield beekeeper brought his first pair of beehives home, he had to move them multiple times to avoid bear attacks — leading the business to a hairy start.

Fortunately, the problem has since subsided, and his bees began producing the honey he had hoped for.

Beekeeping has been in Laye's family for generations. His great grandfather had bees, and his uncle recently got back into the family hobby, which brought Laye into it himself. With his background in environmental science and growing up on a mixed farm with a few hives, he's a lover of all things bees.

"The part I enjoy the most is actually being out with the bees and hearing them buzz," he said. "It's a nice activity to keep busy with and to be outside."

So, upon deciding to start his own honey farm, his uncle gifted him two beehives, and the journey began. Though Laye's uncle has around 200 hives at a time, Laye has only around a dozen. Beekeeping is a side business for him right now, but one he hopes will continue to grow.

Every year once the snow melts, Laye takes his bees out of the barn they overwinter in and starts feeding them sugar water. Then, he starts setting them up in fields for the summer, their little space now complete with an electric fence to ward off bears. Then, Laye spends time checking out his hives — if one is looking particularly strong, he'll split it to get another.

The first bit of nectar for the bees is



Laye checking his hives.

marked when the dandelions bloom. By the time canola fields are in bloom, the honey is flowing. As the bees bring in more honey, they fill their hive boxes, so whenever Laye takes a full box of honey, he replaces it with an empty one. This ensures the bees have the space they need, and it prevents them from needing to swarm while maximizing the honey yield.

Over the summer, Laye continues to switch out boxes and monitor the health of his hives.

By the time the sunflowers bloom, Laye is taking away 50 to 70 pound boxes of honey, which he will extract and jar before the end of August in preparation for market season.

Six North Apiaries only sells raw honey. Some of it, Laye sells to the honey co-op, which typically pasteurizes it and retails it as Bee Maid honey. The rest Laye sells himself at various markets in the province the most recent market he was at was



RECORD PHOTO SUBMITTED

Evan Laye from Petersfield owns Six North Apiaries, named after Highway 6, which his family used to travel north to Thompson every summer in his youth.

Miss Millie's Flower Farm's five-year celebration event.

Raw honey comes straight from the hive and contains more nutrients than pasteurized honey, making it a hot commodity for some people. While pasteurizing honey removes any bacteria that may be there, it can also remove the accompanying antioxidants.

Come mid-September, Laye will begin feeding his bees sugar water so they can replenish their reserves for winter. Once it's close to snowfall time, the bees return to the barn, where they'll eat the honey stored in the hive and live in a tight cluster until spring. In that cluster, the bees will switch who's on the inside and outside, each of them getting the chance to be the warmest and coldest.

While the bees try to make it through the harsh winter months, the queen bee will lay eggs and prepare baby bees to start working in place of those that don't make it through the cold.

Six North Apiaries doesn't have any markets lined up for the year yet, but Laye said he's usually at Pine Ridge Hollow at least once and he'll be at other markets. To know when you can find him where, follow @SixNorthApiaries on Instagram.

> COUNTRY MUSIC AWARD FROM PG. 28

age — and it shows," Trey King said. "His bass-playing skills are very impressive, and he's always working on improving his playing or singing. We all appreciate everything he brings to our band. We want to wish him all the best of luck in this award category and wish everyone else in his category good luck as well."

No stranger to the Manitoba Country Music Awards, Ben Mak has won the category three times already.

"It's an honour to be considered for this award," Mak said, "considering all the talent that's in Manitoba."

Lachlan McLean of Stonewall is vying for the award in the category of All Star Band of the Year – Guitar against Max Dupas, Rylan Knaggs, Sean Borton, Troy Flamand and Brad Moggie of St. Ambroise.

"I'm so appreciative of the opportunities I've had in recent years to work alongside and learn from some remarkable musicians," said McLean, who performed this year alongside Manitoba artists including Don Amero and Emma Peterson.

"This nomination means a lot to me, and I'm especially grateful to have had the good fortune to be commended for simply doing what I love. Music has been good to me."

Two Crows for Comfort is made up of Erin Corbin of Stonewall and Cory Sulyma of Stony Mountain. They also received a nomination in the category of Roots Artist, Duo or Group of the Year, along Banned & Outlawed, Doc Walker, Jivetown, Petric and The Sean Taylor Band. In 2021, the local duo won in the Roots category.

"It's great to be nominated again," Corbin said. "It's always a wonderful surprise and a real treat to be mentioned among so many incredible musicians."

The duo hits the road on Thursday, Sept. 14 and will be touring and travelling until the spring.

"We'll be in and out of Canada a bunch over the next year or so — lots of miles being put on the truck," Sulyma said.

"We're also going to be releasing new music real soon. We'll have a couple singles to put out while we're on the road and an album to follow, so we're really excited about that."

The Dauphin Countryfest Festival or Event of the Year nominees are Morden Corn and Apple Festival, Hanover Ag Fair, Manitoba Stampede & Exhibition, Niverville Fair, Steinbach Summer in the City and Summer Winds Festival.

Award winners will be announced on Nov. 4 at Club Regent Casino and Event Centre in Winnipeg.

Voting for the Cover/Tribute Artist, Duo or Group of the Year award is open until Sept. 20 at 11:59 p.m. on the Manitoba Country Music Award website at www.manitobacma.com, where you can also see the full list of nominees in all categories. One vote per IP address is allowed.

First annual Gimli Métis Day celebration



















RECORD PHOTOS BY RAYME THOMSON

The Manitoba Métis Federation celebrated Métis culture and heritage at the first annual Cimli Métis Day on Saturday, Sept. 9 at Cimli Pavillion Park.

The fun-filled day included live entertainment by Métis Man in Black Eddie Fleury and the Michif Band with Mark Morriseau, dancing, games, food and a number of artisans display.





Tomko earns second-round TKO in Quebec

By Brian Bowman

It was a bit of a homecoming for Devin Tomko last Friday.

After spending quite a bit of time training and living in Ottawa, Tomko made a return trip to the area to earn a second-round TKO against an opponent from Leon, Mexico as part of the Eye of the Tiger card in Gatineau, Quebec.

"It was nice to get it in. I had a long camp, a long journey this whole year with everything going on," said Tomko before his flight home on Saturday. "It was really nice to get in there and get a win like that."

The fight was a short one which was dominated by Tomko.

"It took me a couple seconds to get my timing and range and once I felt everything that he had, I kind of settled my foot in and started taking care of business, I guess you could say."

Tomko enjoyed making the return trip back to the Ottawa/Quebec area.

"It was nice to see some old friends and familiar faces and hear some cheers from the crowd for me," he said. "It's always motivating."

The win improved Tomko's pro boxing record to 9-2 with four knockouts. That's a great record but Tomko felt it could be even better.

"I'm not too happy with it. I should have done stuff differently," he said. "I have some regrets in my career and I learned the hard way. With the short amateur career, I went right to pro and I have some of my lessons on my record and it shows but now it's time to put what I taught myself and start racking up some wins."

Tomko's fight was shown live on ESPN+ in the United States. A lot of



The referee raises Devin Tomko's right arm after an impressive victory.



people had an opportunity to view the East Selkirk product's victory.

"I found out about it at the press conference about two days before the fight," he said. "Honestly, I didn't think too much of it and now, when it's settling in, it's pretty cool. It's nice to know I had some eyes on me and to be on a broadcast station like ESPN is a dream come true, if you will. It was definitely a sweet moment."





RECORD PHOTOS SUBMITTED

East Selkirk's Devin Tomko improved his pro boxing record to 9-2 after a secondround TKO while fighting on the Eye of the Tiger card in Gatineau, Quebec last Friday.

Strike Force drops pair of MMSL games

Staff

The Tri-S Strike Force was defeated 6-1 by the Hanover Strikers last Sunday in MMSL 5th Division action in Steinbach.

Last Thursday, the Strike Force was shut out 2-0 by Crescentwood Saturday at Shaughnessy Park.

No goal scorers from either game were posted on the league website at press time.

Selkirk FC, meanwhile, was forced to forfeit their game against the Hanover Sting on Sunday.

Selkirk FC will host Volts FC on

Saturday at the Recreation Complex. Game time is 5 p.m.

Steelers lose preseason opener

By Brian Bowman

The Selkirk Steelers were doubled 4-2 by the Niverville Nighthawks in their preseason opener Sunday afternoon at the Selkirk Recreation Complex.

"It was a great game for us, we had all of our youngsters in (on Sunday). We didn't have any veteran players. All of our '06 and '07 draft picks were in," said Steelers' head coach Hudson Friesen. "We played against an older team and we played really well. I thought our young guys competed extremely hard and showed really well. It was a really good experience for those guys to get a game in and get their feet wet and see what Junior 'A' is all about."

Niverville took a 2-0 first-period lead on goals by Mighton Johnson and Bryce Warkentine (power play).

Selkirk's Ian Lavallee cut that lead in half with a goal at 1:37 of the second period. But it took Niverville's Johnson just 10 seconds to regain the Nighthawks' two-goal lead. The Steelers' Cole Babych scored at 14:58 of the middle frame (he also had an assist) before Warkentine closed out the scoring in the third.

Noel Olsanowski and Jack Hodgins split the goaltending duties for Selkirk.

The two teams played each other again on Tuesday in Niverville but no score was available.

Selkirk will visit the Winkler Flyers on Wednesday (7 p.m.) and then host Winkler Saturday. Puck drop for the home game is 2 p.m.

It's a very important five-day stretch for a lot of players.

"We're going to be making a lot of tough decisions here in the next week," Friesen said. "There's a lot of competition in camp right now with spots that we're deciding on. We're going to get to see players a couple more times this week and then make some tough decisions but we're excited about the group that we have here."

The Steelers had 60 players attend



RECORD PHOTO BY RAYME THOMSON

Noel Olsanowski, a 19-year-old goalie from Grand Forks, North Dakota made 18 saves in just over 30 minutes of work in the Selkirk Steelers' 4-2 preseason loss to the Niverville Nighthawks at the Recreation Complex on Sunday afternoon.

the start of training camp and that number was down to 32 by Monday evening. The roster will be finalized after Saturday's game. The Steelers begin their regular season Sept. 22 on the road at Niverville. Selkirk's home opener is the following evening when it hosts the Steinbach Pistons.

Varsity Thunder edge Outlaws 19-18

By Brian Bowman

The Interlake Thunder's bus ride home from Shoal Lake on Friday was a really fun one.

Interlake edged the Park West Outlaws 19-18 in a thriller to begin its Rural Manitoba Football League regular season.

"A win's a win is my first thought. It's better to win by one than lose by one," said Thunder head coach Christof Hasselfield. "This week I said our goal was to come out and play good fundamental football and watching the tape we had quite a few mental errors and alignment stuff but I was proud of the guys for gutting one out. I think ultimately with the youth that we have on our team having a one-point win it was a wakeup call for the guys and getting the 'W' was the best result even though it probably

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shaved a few years off of my life."

Last year's matchup between these two teams resulted in a wild offensive shootout. It was a different story on Friday.

"The defence really kept us in the game. They were sort of the steadier side of the two," Hasselfield said. "The offence was sort of in spurts, start, stop, and then a big play. The defence kept us in there by being solid, steady throughout the game."

The Thunder couldn't ask for a more fun and competitive game to start their season.

"Hats off to Park West. It was a real tough game," Hasselfield said. "They switched up their offence from last year a little bit, leaning a bit more into the run game. They did a better job with motions, pre-snap, which really tested our young defence as far as staying aligned."

Some player highlights included Jesse Batenchuk hauling in six catches for 169 yards and a touchdown. Ethan Eberts, a senior, had a pair of touchdown receptions. On defence, senior middle linebacker Ian Grey had a strong game along with Grade 10 safety Dylan MacLean.

The Thunder's next game is Saturday (3 p.m.) at the Falcons Football Club.

In PeeWee action, Interlake was doubled 40-20 by the St. Vital Mustangs last Saturday in Winnipeg.

On Aug. 26, the Thunder edged the Charleswood Broncos 56-55.

Interlake will visit the Ft. Garry Lions this Saturday. Kickoff is 7 p.m.

The Atom Thunder, meanwhile, lost 26-19 to the Charleswood Broncos on Saturday. It was a very well played football game and the result was decided in the final two minutes of the contest.

On Aug. 27, Interlake was defeated 32-7 by the Eastman Raiders.

The Thunder will visit the St. James Rods on Saturday at 10 a.m.





The Selkirk Record Classified booking deadline is

Monday at 4 p.m. prior to Thursday's publication

Classifieds

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

AUCTION SALES

A Closing Out AUCTION SALE FOR Ollie's Auto Garson, Manitoba, Saturday, September 23, 2023. 10:30 A.M.

Location: Lot 72046, just south of Garson on Road 33E

(Rain Date: Sunday September 24, 2023)

All items sold in "as is" condition with no warranties implied or expressed. A very good selection of garage, antiques, mechanical, household, & numerous interesting items will be sold. Many items will be sold by the pallet. Those items can be viewed on Friday September 22nd 1:00 PM -5:00 PM. Approx. 3:00 P.M. A storage war type of "auctioneering" will occur.

NOTE: This will be a fast selling "must attend" auction as Ollie is relocating.

Terms of the sale: Cash, debit, MC, Visa accepted * All item(s) must be paid for on day of sale *Any statement made by the auctioneer on item(s) or lot(s) before being sold shall take precedence over any other advertising * Once an item is sold the purchaser is responsible for the item(s) * Items may be added or delete before sale time * GST and PST applied * All items sold must be paid for on the day of the sale * Not responsible for errors in advertising* Food available for sale. For further information contact Ollie at 204-997-5910. This sale is being conducted by Rent-A-Auctioneer 204-268-6650. "Have Gavel will Travel

METAL RECYCLING

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

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SCRAP METAL

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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

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Please Call 204-785-1618 **McSherry Auctions** 12 Patterson Dr. Stonewall MB **Online Timed Auctions** @ iCollector.com

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Brand new Hoover up-

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vacuum cleaner, exc.

cond. \$150: BN men's

size 9 buckle-up leath-

er winter boots \$100;

EC Men's blueish

purple parka size XXL

w/black woolen hood,

fits a man's size XL

\$100; BNC & EC pair

size 9 men's work

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w/laces & steel caps

over toes \$100; Sun-

beam 2-slice toaster

EC & EWC \$15. Phone

telephone ring at least

10 times for an an-

Show at Friedensfeld

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10 AM - 4 PM. For

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The Rural Municipality of Gimli is accepting applications for two fulltime positions for Heavy Equipment Journeyman Mechanic. This position is under the direct supervision of the Public Works Foreman and is responsible for performing various tasks necessary for the repair, maintenance, and operation of all the municipal equipment. The successful candidate will be required to:

Duties included, but not limited to:

- · Make recommendations regarding the extent of repairs and suggest methods of improvement.
- Repair the equipment in a timely and financially responsible manner.
- . Think logically and keep up with changes in technology.
- Interpret work orders and technical manuals
- · Have a strong awareness and attitude towards workplace health and safetv.
- · Be motivated and able to work in a challenging environment with minimal supervision. • Providing and maintaining a set of tools required to perform required
- functions.
- · Performing other tasks related to his/her classification.
- Keep maintenance reports, inventory and documentation up to date. • Keep a tidy workplace free of any hazards.

Applicants are required to have a Journeyman Heavy Equipment Mechanic Certification, interprovincial Red Seal is preferred, min 5 years' experience and have a complete set of mechanical tools for use during employment. Experience operating heavy equipment and trucks is also required. Welding experience will also be an asset.

The incumbent will be required to hold a valid class one with air endorsement Manitoba driver's license. The incumbent will be required to work 40 hours per week and to be available for any call out emergencies that may arise from time to time. Salary range \$ 39.83 per hour and will be administered in accordance with the current Collective Agreement.

Resumes complete with a minimum of three references and a copy of related education transcripts will be received at the Municipal Office, 62 2nd Ave, until 4:00 pm on September 29th, 2023, or until the positions are filled.

Ron Hahlweg, C.E.T. Director of Operations

Rural Municipality of Gimli

PO Box 1246

Gimli, MB R0C 1B0

Email: operations@rmgimli.com

We thank all candidates for their interest, however, only those individuals considered for an interview will be contacted.

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central air, F/S, DW & Ph. 204-757-2861. microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 AVAILABILITY. HELP WANTED

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UPCOMING

EVENTS

Saturday, October 14

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Sheryl 204-250-8766

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Call 204-785-1618

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



UPCOMING UPCOMING **EVENTS**

EVENTS

Sept 10 - Gospel Blue Clandeboye United Grass music 10:30 Church, Fish Fry, Fria.m., Cloverdale Unitday, September 22, ed Church, followed by 2023, 5:00 p.m. to a BBQ/picnic, Sept 24 7:00 p.m., Clandeboye - Darrell & Angel bring Community Hall, 111 you country blues, folk music, some fa-Main St., Clandeboye, MB. For Tickets call miliar and some from 204-785-8040 or 204a by-gone era. Lead 738-2368, or speak Belly, Hank Williams, to a member of the Neil Young and many Clandeboye United Church. \$25.00 per more. We look forward to seeing you at Cloadult, \$12.50 children verdale Church, 10:30 2-12, 50/50 draw and a.m. 204-482-5359. cash bar.

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$\Lambda T D$ 8 y 2 4 4 2 5 9 7 Y 6 8 wand 5 5 7 4 accesso 6 2 9 3 mark 6

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!

PUBLIC

ALL PROPERTY TAX STATEMENTS **HAVE NOW BEEN MAILED**

Any property owner who does not receive their 2023 tax statement within two weeks should contact the Municipal Office.

All property owners are reminded that they are responsible for payment of the 2023 taxes whether or not they receive a tax notice in their name.

Due Date: OCTOBER 31, 2023

Dated at East Selkirk, Manitoba this 6th day of September, 2023

Deepak Joshi Chief Administrative Officer

1043 Kittson Road Box 2 Group 35 RR1 East Selkirk, Manitoba R0E 0M0 Telephone: Local 204-482-3300 Winnipeg: 204-474-2642 Toll Free: 1-888-797-8725 Fax: 1-204-482-3098 Email: info@rmofstclements.com www.rmofstclements.com



UPCOMING EVENTS

St. George Wakefield Anglican Church will hold our annual Hall Tea and Bazaar on Sunday, September 24, 2023 11 a.m. - 2:30 p.m. at the Clandeboye Community Hall: Home Baking; Rainbow Auction; Harvest Items: Fish Pond: Crafts; Raffles. All welcome - Bring a friend and enjoy a delicious lunch. For info call 204-738-2315.

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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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NOTICES URGENT PRESS RE-

Have a LEASES newsworthy item to announce? An exciting change in operations? Announcing a scholarship? Though we cannot guarantee MCNA publication. 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.

TAKING REGISTRA-TIONS FOR THE FALL? NEED SEA-SONAL STAFF? Let us help you with that. Book your Blanket Classified Ads NOW in the 31 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 News-Association. papers

www.mcna.com

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call the Record

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6

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Grow Your

Sudoku Answer

6 5 3

8 L 7

9 8 6

L

2



PUBLIC NOTICE is hereby given pursuant to Section 194 of the Municipal Act, that the Municipal Auditor's Financial Report, together with the related financial statements for the 2022 fiscal year, have been deposited at the RM of Alexander office located at 1 Bouvier Trail. St. Georges, Manitoba, and are available for inspection during the office hours of 8:30 a.m. - 4:30 p.m.

Gisele Smith Chief Administrative Officer RM of Alexander

ANNOUNCEMENT BIRTHDAY

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ANNOUNCEMENT IN MEMORIAM

In memory of Ronald William Fewchuk who passed away September 13, 2017 Those we love can never be more than a thought away. For as long as there's a memory, They live in our hearts to stay. -Love always and forever June and family

ANNOUNCEMENT IN MEMORIAM

Jamie Gerbrandt September 15, 1988 - September 6, 2021 In my heart your memory lingers, Always fond and true; There is not a day, dear son, I do not think of you. Happy Heavenly Birthday -Love Mom





Susan Rivers May 11, 1957 - September 19, 2022 In my heart your memory lingers, Always tender, fond and true. There is not a day, dear Susan, That I don't think of you. -Love Bill



41083 Rd103N, Grand Marais 161ac for Nature Enthusiast to Explore or Fantastic Farming Opportunity! Located on No Thru Rd. Nestled in Mix of Trees. Meadow & Your Own Pond. 1400sqft Home, 3BR, 2 Baths, Spacious Kit & Living Area. Dream Garage/Shop 38x26 w Office/ Storage, 10' Ceiling, Infloor Heat. Deck, Gazebo, Shed, Garden. Mins to Beaches, Golf Course, Casino & Amenities! See You at the Open House or Call to Arrange Appmt!



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160 acres with beautiful 3 bed home near Gimli with full basement & large shop. \$679,900 John Wishnowski

204-479-1208 **KATHY MARKS** 204-642-8501

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Beaut. 3br YR ctg or strtr. Eat-in ktch, lge LR

(or LR/DR), m.flr bth/ldrv

10x12 dck, lge wkshp + ofc spc. \$185k

Jasmin Theobald

204-642-8501

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Fisher Branch, 2 bedroom bungalow on private acreage. Priced to sell



SAMANTHA KING 204-229-7560

24 Brewster Dr - .42 of an acre treed lot great location \$29,900. Adjacent lot also available.

9 Old Arnes PI - 3 BR seasonal cottage, sunroom Great lot w/ mature trees. \$144,900

SellserkRegord Announcements

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

OBITUARY

Marion Elizabeth Molter

Marion Molter (nee Ladd) passed away at home September 6, 2023 at the age of 78. She was predeceased by her husband Bill.

She spent her entire life raising her kids and many other children. Mom and Dad spent a lot of time traveling together and with family and friends. She lived for her grandkids and greatgrandkids.

Mom loved to talk! She looked forward to her friends phone calls, especially during the last couple years.

Thank you to all her wonderful friends and family for their love and care, it meant the world to her and me!

Mom, you will be greatly missed.

Cremation has taken place and by her wishes no funeral will be held. She will be laid to rest at the Elmwood Cemetery.

"Till We Meet Again!"

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

Interlake Cremation & Memorial Services 204.482.1040

ANNOUNCEMENT **IN MEMORIAM**



Lori Dee Ann (Pichor) Grove September 13, 2018 Five years have passed since that sad day When you, who we loved, was called away. Our thoughts go back as they often do. To those days of happy times When you were here. Life goes on we know it's true, But it's not the same since we lost you. Forever in our hearts, loved and missed.

-Your Godmother Auntie Bea and Uncle Ron

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







In loving memory of Howard Leonard Zirk March 16, 1937 - September 14, 2022 In loving memory of a husband and father

so dear, In our thoughts and memories, you're forever near,

You taught us with wisdom, love, and grace, Your laughter, your guidance, your caring embrace,

We miss you dearly, every single day, But your spirit continues to light our way. With gratitude and love eternally strong, In our hearts, your legacy forever lives on. -Forever loved by your wife Steffie,

son Robert and Alicia and family

ANNOUNCEMENT **CARD OF THANKS**

Thank you to all our family and friends, near & far, for all the gifts, cards and best wishes on our 60th Anniversary. Thanks to Rick for being such a great organizer! -Bob and Gloria Wur

Express Your Thanks WITH A MESSAGE IN THE RECORD

OBITUARY

Wendy Joanne Hartenberger

It is with great sadness we announce the passing of Wendy, partner of Paul Beally at St. Boniface Hospital on August 28, 2023.

Cremation has taken place and no formal service will be held.

Arrangements entrusted to:

Interlake Cremation & Memorial Services 204.482.1040

OBITUARY

George Michael Fedoruk

Peacefully, on Sunday, September 10, 2023, at the Health Sciences Centre, George Fedoruk, aged 79 years, beloved husband of Darlene, passed away.

In keeping with his wishes, cremation has taken place and a memorial service will be held on Friday, September 15, 2023 at 11:00 a.m. in the Gilbart Funeral Chapel, Selkirk, MB. Full obituary to follow.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Patricia Phylis Gushta (nee Marko) May 6, 1938 - September 7, 2023

With deep sadness the family announces the passing of Pat on Thursday, September 7, 2023, aged 85 years of Libau, MB, beloved wife of the late Victor Gushta.

She was the loving and devoted mother to her son Brad Helwer (Barb) and daughter Judy Laing (Alan); sister to Sharon Jackson (Brian) and Marion Marko (Michael); Baba to four grandchildren: Michelle Cianflone (Tony), David Helwer (Chantel), Philip Helwer and Conner Helwer; four great-grandchildren, Sammy Cianflone, Mateo Cianflone, Ben Helwer and Matt Helwer.

She was predeceased by her ex-husband Harvey Helwer; parents Jean and Metro Marko; sister Virginia Drialich and brother-in-law Lawrence Drialich.

Pat grew up on her parent's farm in Poplar Park. This is where she learned the love of cooking, gardening, canning and baking. Whenever you went to visit, she would send you home with her homemade perogies, pickles, jams, etc. Her granddaughter Michelle once commented that if there was ever an apocalypse she would go live with Baba as she had cupboards of preserves and freezers of food for them to survive for years.

Pat was an active member in her community, and she devoted much of her time and energy to the Libau Community Club, where she volunteered in various roles.

Her favorite past-time was listening to Ukrainian music or knitting while watching curling in the winter and baseball in the summer on TV.

Pat will be lovingly remembered and sadly missed by her family and friends.

Graveside Service will be held on Friday, September 15, 2023 at 11:00 a.m. at the Libau East Cemetery, Libau MB.

In lieu of flowers donations can be made to the Libau Community Club by either e-transfer to Adrienne.fehr19960@gmail.com or cheques can be mailed to: Libau Community Club, Box 68, Libau, MB R0E1C0.

OBITUARY

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

Gilbart Funeral Home, Selkirk in care of arrangements.





Alaing Clare

On September 5, 2023 at 6:57 p.m., beloved wife, mother, sister, aunt, cousin and friend, Alaing Agnes Clare (nee Mckay) died at home in the presence of her loving family after a recent diagnosis of cancer.

Grieving this loss is Steve, husband of 53 years, son Ryan, daughter Samantha (Gordie Paradoski), sister Gail Mckay (Joe Bernard), brother Stuart Mckay (Diana), nephew Marty and Calli. Mourning her passing, is cousin ("sister") Donna Mackay, "daughter and granddaughter" Alex and Elizabeth Halmrast, nephew Jay Cleroux (Barb) and family (Abbey, Jacob, Noah) of Kelowna, extended family in Scotland (Walkinshaw, Mathieson, Laing), USA (Clare), Canada and dear friends Pat and Joe Pellaers.

Alaing was born, raised and educated in Selkirk. Upon

marriage to Steve in 1970, she immigrated to California. After returning to Selkirk in 1975, she attended Misericordia School of Nursing, graduating in 1978. She was a valued staff member in general nursing, SCU, PACU, and OR in Selkirk until fully retiring in 2019 after 41 years. She met her goal to work at all Selkirk hospital sites, with her last shifts at Selkirk Regional Health Centre.

Alaing's Christian faith was important to her. She was an involved member of the LDS Selkirk branch. She has taught Sunday school, served as church pianist and was an active member of the ladies group and a visiting teacher. Alaing was an avid gardener who shared her talents with those less gifted (Sam, Gail, Alex). Every year she found another place to extend her flower beds at home. Best friends Pat and Joe Pellaers shared their joy of travel with Alaing and Steve. In 2017, Alaing and Gail replicated their 1963 childhood visit to Scotland, birthplace of their mum. Alaing and Steve had a gift of hospitality - their home welcomed many guests at their table.

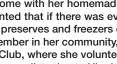
Per Alaing's wishes there will be no formal service. Alaing's ashes will be interred at St. Clements Church at a private ceremony.

The family extends gratitude to Dr. D. Kinsley, SRHC staff, the support of Dr. Puff and CancerCare MB. In lieu of flowers, donations in Alaing's memory to CancerCare or the charity of your choice would be appreciated.



ANNOUNCEMENT





Charlie Race 1954 - 2023

Charlie Edward Race left us on September 2, 2023 surrounded by family.

- Charlie was a beloved son, brother, and friend to everyone who knew him.
- Predeceased by Verna and Charles Race (parents), and nephew Charlie McKay.
- Left to grieve are sisters Emily (Jack), Roxie (Andy), Bernice (Jon); brothers Donald (Terry), Bill (Jacque), Jim (Ida); and many nieces and nephews.
- Charlie lived a full life, always helping everyone and was loved by all who new him.
- In lieu of flowers donations can be made to Cancer Society or Diabetes Association.

Marjorie Ann Zurvel

1948 - 2023

It is with sadness that we announce the peaceful passing

Marjorie was the "special daughter" of the late Peter and

Sophie Zurvel. Born in Selkirk, Manitoba on May 31, 1948.

At the age of 10, Marjorie's new home was the Manitoba

Developmental Centre in Portage La Prairie for the next 65

years. Marjorie was diagnosed with Severe Mental Retardation.

over the years. Everyone who worked there knew her by name

The staff of MDC have been caring and wonderful to Marjorie

of Marjorie Ann Zurvel at the Portage General Hospital on

Funeral arrangements handled by Gilbart Funeral Homes.

Gilbart Funeral Home, Selkirk in care of arrangements.





and she smiled and wanted "Big Hugs". To mourn her passing, Marjorie leaves behind her sisters Gail Bodman (Bill) and Christine Purvis (Billy) and their respective

A private interment for Marjorie's ashes was held at the Notre Dame Columbarium with Father Gerald Langevin officiating.

OBITUARY

Wednesday, August 30, 2023

Marjorie is now flying with the angels in the arms of her Mom and Dad.

If anyone wishes, a donation in her memory can be made to Inclusion Selkirk, 306 Jemima St,

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



April 10, 1942 to August 31, 2023



With heavy hearts we announce the passing of Norm Boyd on August 31, 2023 at St. Boniface Hospital at the age of 81.

Norm will be lovingly remembered by his wife of 60 years, Donna (nee Frost); daughter Leslie (Todd) Billington, son Jeffery (Sherri); grandchildren Ryan and Kyle Billington, Paige, Ashley and Jace Boyd and Brooklyn Keegan. Left to cherish his memory are his bothers Basil and Terry (Carol) Boyd; sistersin-law Elaine Boyd and Sandra Frost; brother-in-law David Carriere, as well as numerous nieces, nephews, cousins and friends.

Norm was predeceased by his parents Norman and Blanche Boyd; mother and father-in-law Jack and Bette Karol; his sisters Evelyn (late Murray) Stalker, Margie (late Doug) Cassidy, Meriam Carriere; brother Bruce and brothers-in-law Kenneth and David Frost.

Norm was born and raised in Selkirk, MB where he attended school and played various sports. Norm started his apprenticeship at the Selkirk Enterprise until he moved to Winnipeg in 1965 to continue his career at Stovels (Lawson Graphics MB Ltd). He then moved to Typoplate Ltd until he started his own company Ad Type Graphics. When it came closer to his retirement Norm moved and finished his career at Transcontinental Graphics Ltd. Along the way Norm made many lifelong lasting friendships.

Norm loved his sports, whether it was him playing or watching hockey, curling or golf. His love of sports continued once his children started to play, by either coaching or watching them play hockey, ringette or baseball. He was always there to cheer them on and show his support.

His greatest pleasure came later on in life when he was able to watch his grandchildren carry on with the love of sports as well. He was never too busy to come out and cheer them on.

Norm loved his family and spending time with them. There always seemed to be a Boyd gathering for any occasion where he was able to connect with them all.

Norm was the neighborhood watch and seemed to know everyone in the area; he will truly be missed by his neighbors. He always looked forward to Halloween when he was able to see all of the neighbor's kids come to the door for Grandpa Norm's candy.

The family would like to thank the staff at CancerCare Manitoba and St. Boniface Palliative Care for their kindness and care for Norm/Dad the past 2.5 years.

As per Norm's wishes cremation has taken place and there will be a private family interment. A celebration of Norm's life will take place on Saturday, September 30, 2023 at St. Clements Parish Hall, 5 St. Clements Dr., Selkirk, MB from 2:00 p.m. to 4:00 p.m.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Lynda Ann McMurachy (née Makara)

Lynda Ann McMurachy (née Makara), of Riverton passed away peacefully on August 23rd, 2023, surrounded by her family and loved ones. Lynda will be dearly missed and always remembered, she was just 77 years old. Her life would seem too short to many, but those of us who were blessed to be touched by her understand that her existence and the imprint she left on our hearts exceed the quantity of time that she stayed here. Lynda was predeceased by her late husband Irvin Turkitch;

parents James and Elsie Makara (née Bruce); brothers Keneth, Alan, Chuck; her granddaughter Cassandra; and her beloved dog Patches.

She is survived by her husband Brendon (Ben) McMurachy; brother Steve Makara (Patricia); children Darryl Turkitch, Michelle Turkitch, Crystal Martin, Jewel McMurachy (Chad),

Robin Bennu: 13 grandchildren, and three great-grandchildren. To sum up Lynda's life in only a few paragraphs would be an impossible task - but one we're still willing to try.

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OBITUARY

Lynda was born in Gimli on June 12th, 1946, the second youngest of five children. She often complained about the teasing that four brothers brought, and didn't like doing the "women's work" but helped her mom being the only girl of the family.

She married Irvin Turkitch, with whom she had her first two children, Darryl and Michelle. Lynda lovingly cared for Irvin in the final stages of his life. Out dancing one night, Lynda met the next love of her life, Ben McMurachy - Lynda and Ben danced their life away attending every old time dance they could for months, they were married in Selkirk on June 23rd, 2012. With Ben, Lynda also gained her beloved pup, Patches. After getting married, they travelled extensively after packing up the house and moving into a 5th wheel trailer, eventually finding their second home in Mission, Texas and coming home to Manitoba every summer. After COVID closed the border behind them in the spring of 2020, this led them to buy their home in Lynda's home town of Riverton, Manitoba in the fall of 2020. In three short years she has won the hearts of most friends, relatives, and the community of Riverton. Lynda loved her flowers, her garden (as small as it is), along with the very happy birds who enjoyed her bird seed and nectar.

Lynda's presence and smile lit up any room she entered, and it will be sorely missed.

A celebration of life will be held in her honour at Riverton Fellowship Circle (Riverton, Manitoba) on September 23rd, 2023 at 2:00 p.m.

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

Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Judy Carol Brooks (nee Brayton) June 24, 1935 - August 31, 2023

With heavy hearts we announce the passing of our mother and nana Judy Brooks. Judy passed away peacefully with her family by her side on August 31 at Selkirk Regional Health Centre.

Judy had a determined, kind and giving spirit for all that knew her. Her family was her priority, and she loved attending her children and grandchildren's activities and sports. She was born and raised in Selkirk, where she married the love of her life, the late Clive Brooks, and raised their own family. Judy was a dedicated registered nurse for 42-years in Selkirk, where she worked in most areas of the hospital. Judy believed in serving and giving back to her community. She was a very active member and volunteer in the Anglican Church. The House of Economy, Gordon Howard Senior Centre, Meals on Wheels.

Selkirk Curling Rink, and Selkirk Golf Course. She volunteered at the House of Economy for many years, right up to the last month of her life. Judy valued her friendships and was very active in nurturing each and every one of them. She loved the fact she made many friends through all the collective volunteer efforts that helped support local charity needs in Selkirk. She was a proud member of P.E.O. Chapters P & G in Selkirk for over 60 years, where she embraced the motto "In the end, it's not the years in your life that count, it's the life in your years".

Her husband Clive and sister Patricia predeceased Judy. She leaves behind her children, Scott (Lisa), Lesley, Kim (Wayne) and grandchildren, Tyler (Kruise), Brett (Aislyn), Kara (Riley), Adam, Brooke (Jordan) and Paige (Karl), Steven (Enza), great-grandchild Hailee.

Judy and Clive raised three children in their home on Maple Drive. They hosted many celebrations in their home, but they loved their time at the cabin on Chalet Beach. There have been many friends and memories made at the cabin.

The legacy Judy leaves to us all is woven with love, dedication, and boundless generosity. In her passing, we find comfort in knowing she lived a full and happy life. We know that her spirit is forever alive in the hearts of those who were privileged to know and be loved by her.

The family would like to thank Judy's friends and co-workers that visited her in hospital. A special thank you to the many doctors, nurses and health care aids at Selkirk Regional Health Centre. Your dedicated service and compassion for our mother's care will never be forgotten!

Cremation has taken place and a private family service will be held.

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







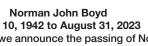


children and families.

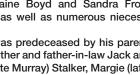
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Gilbart Funeral Home, Selkirk in care of arrangements.



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