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THURSDAY, MAY 2, 2024

VOLUME 15 EDITION 18

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Survivor's Hope hosted Selkirk's first Take Back the Night event last weekend. Participants walked from the waterfront to the water tower and back chanting "Take Back the Night", "Freedom has no curfew" and other phrases. See more photos from the event inside.

RECORD PHOTO BY KATELYN BOULANGER

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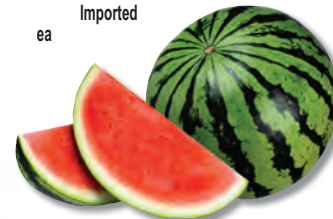
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Services to Seniors volunteers acknowledged on National Volunteer Week

Richard Perchotte speaks to the caring, compassion, understanding and confidentiality these volunteers show the people they help

By Katelyn Boulanger

Selkirk MLA Richard Perchotte has been on a roll making sure that the many amazing organizations in our community are brought to the attention of the Manitoba Legislature. During National Volunteer Week, he chose to highlight Service to Seniors volunteers in a member statement.

During his speech, Perchotte said

that though the volunteers at Services to Seniors are motivated to volunteer for many different reasons, they all have a tremendous impact in Selkirk and the surrounding area.

"In the course of a year, these volunteers help over 3,000 individuals with the services and programs necessary

Continued on page 4



RECORD PHOTO SUBMITTED

Services to Seniors volunteers on the steps of the Legislature (left to right) back row: Gerry Hamm, Howard Shiels, Henry Fast. Middle row: Alleson Sandwell, Yvonne Oxer, Ann Dixon and Melanie Shumilak. Front row: Linda Kuber. The group was recently recognized by MLA Richard Perchott in a member's statement at the Manitoba Legislature.

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BIG DOLLAR

Honouring Red Dress Day



RECORD PHOTO BY KATELYN BOULANGER

Red Dress Day, a day where residents honour murdered and missing Indigenous women, girls, and two-spirited people takes place on May 5. To honour those who our community have lost, residents have tied additional red ribbons to the Selkirk Bridge.

> SERVICES TO SENIORS VOLUNTEERS, FROM PG. 3

for independent living," he said.

Helen Brosowsky, program manager for Selkirk Services to Seniors, said that they were elated to find out from Perchotte that Selkirk Services to Seniors volunteers were going to be recognized in this way.

"I think they were all very honoured and very humbled," said Brosowsky.

Services to Seniors Selkirk is a non-profit also known as the Selkirk & District Seniors Resource Council that works with residents in the City of Selkirk and the RMs of St. Andrews and St. Clements to find ways that older adults in our communities can stay safely independently in their own homes.

"We have handy people who do yard work as well as grass cutting and snow removal. We have a Friendly Visitor Program for people who are unable [to get out] or lonely. We have a Lifeline Service through the program, which we have a very active program here. Our staff, we're local and so we handle all of our clients ourselves," said Brosowsky.

This organization has been in our community for decades and is meant to address the gap before people need home care when they are still in their homes but might need a hand here and there.

To do this they have many programs like Meals on Wheels which provides nutritious meals several times a week, and the Handi-Helper program which provides fee-for-service work at reasonable rates for things like housekeeping and home maintenance. They can also help people with the completion of an Emergency Response Information Kit and provide form assistance & resource information.

"The driver escort program. That's one of our biggest programs," said Jayme Anderson, resource coordinator for Selkirk Services to Seniors.

"We will match up seniors that are calling in for rides as best we can with a driver. We will get them to medical appointments in Winnipeg. We will get them to medical

appointments here within Selkirk. There's such a need for transportation, especially in rural areas. So, it's definitely one of the ones that keeps us very busy."

Anderson says that bridging the gaps in services provided by other programs is important.

"Simple things like keeping a clean space, keeping a healthy space, being able to get in and out of their driveways in the winter time. We have handi-helpers that can come and help do that. A lot of these people might have family but a lot of them might not. We do come across quite a few people that don't have family involvement and they rely heavily on our programs to be able to just stay in their homes and not go into the system. Essentially, with our system, as overwhelmed as it is right now, it's essential for us to be able to keep people in their homes, healthy and as safe as possible," said Anderson.

Brosowsky explained that the program doesn't do for people but does with them. This means that they work with people connecting them to volunteers and contractors who've undergone criminal record checks so that they can get the services that they ask for help with.

Services to Seniors is always welcoming to new volunteers and willing to partner with locals who provide housekeeping and home maintenance fee-for-service work.

As for the future of the organization, they will continue to provide services in our community. Residents should also know that since tax time is just around the corner, Services to Seniors will also act as a referral service connecting people 65 plus with tax professionals, clinics, and senior initiatives including hearing aids, dental plans and many other programs that could be helpful.

Brosowsky and Anderson thank Perchotte for recognizing the organization's volunteers and all the good work that they do in the community.

"He definitely put his money where his mouth is recognizing our volunteers," said Brosowsky.

Perchotte for his part was glad to be able to recognize these volunteers who help to make our community a better place.

"It is extremely important to praise the directors, managers, volunteers and supporting organizations that continue to make life better for our 65-plus community. Volunteerism is declining throughout the Province and it is clearly abundant how their gift of time enhances the lives of our seniors," he said.

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Selkirk Community Choir teaming up with Fu Fu Chi Chi Choir for Spring Concert

Get ready to experience the Rhythm of Life

By Katelyn Boulanger

Selkirk's Community Choir is back at it bringing their voices together for their Spring Concert. This year it's not just the choir who will be making music on May 26, as they've teamed up with the band the Fu Fu Chi Chi Choir for an unforgettable night of sound.

Kendra Obach, Selkirk Community Choir's conductor, who has been leading the group for over ten years explained that the Selkirk Community Choir is a very longstanding group in our community. They are a choir that consists of residents of all ages and this year they will be bringing 40 voices together for their annual show.

There is no auditioning process and anyone can join the choir. This openness to anyone in our community makes for a great show for attendees who want to support the musical talent in our region.

"The power of music is a strong tool for connection and singing is a very intimate yet collaborative art form. That maybe sounds a little cheesy, but that's okay. I think that [the Selkirk Community Choir] is an open and safe space, I think that we work hard, but do it in a way that is fun and inclusive. We're building vocal skills for any ability level and we explore a variety of styles of music," said Obach.

This year the theme of the spring concert is the Rhythm of Life.

"I like to often have a theme connecting stories so the music this year is all looking at aspects of the cycle of life and different moments within it and some stories and connections to that. There will definitely be a few familiar songs that people will be able to hum along to and recognize. There's also probably some new things and some new experiences in there for their listening and learning as an audience members as well," said Obach.

In addition to the Spring performance every year, residents will have likely heard the Selkirk Community Choir's voices ringing in the holiday season during Holiday Alley, at Selkirk's Remembrance Day service and possibly at their Valentine's Coffee-house series in February.

When they aren't practising for their annual performances the group sings a wide variety of choral music.

"We'll do some familiar pop songs; we'll do some choral classical. We'll explore some world music from different cultures, different languages and connect to the story of each song, which is one of the beautiful things about choral music, is that we have the ability to work and sing with the people around us, but also to use the text to tell the story and connect to an emotion of the music in a different way that instrumental music doesn't always have the opportunity to express," said Obach.

The pandemic was a difficult time for the group who weren't able to sing together in person for a time but Obach explained that the group has rebuilt from that point.

"It is definitely difficult to sing in masks and six feet apart and we did all of that after spending a full year on Zoom, then transitioning back with distance and masks and now we're back into the full normalcy of choir. So, we have definitely felt the rebuild. With that said we have had some new singers come try it and stay," she said.

For people who may be new to attending their annual concerts, the Selkirk Community Choir Concert will take place on May 26 at Good Shepherd Lutheran Church. Tickets will be available at the door for \$15 and doors will open at 6:30 p.m. with

Continued on page 6



RECORD FILE PHOTO BY KATELYN BOULANGER

The Selkirk Community Choir at Selkirk's 2023 Remembrance Day ceremony.

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Residents Take Back the Night in Selkirk



RECORD PHOTOS BY KATELYN BOULANGER

Survivor's Hope hosted the first ever Take Back the Night event in Selkirk. The night was a rally and walk from the waterfront to the water tower, which was lit up in teal, to raise awareness against gender-based violence. The name reflects the greater feeling of a lack of safety after dark. The event saw a crowd assemble and participate.

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> SELKIRK COMMUNITY CHOIR, FROM PG. 5

the concert starting at 7 p.m. There will also be a 50/50 draw and a reception with cake will also take place.

Obach invites anyone from our area who is interested in choral music to attend the show.

"I think that it will be a lovely celebration of choral music and a beautiful evening of entertainment and if it's ever something that you might be interested in, either in singing or just in supporting the choir come in and listen to a lovely evening of music," she said.

With the spring concert coming, they are closing out their 2023/24 season but they are very

open to new singers joining the group next year.

"We're always looking to bring in new people and try and reach new community members so that we can provide this safe, wonderful space for anybody who's looking for a musical home," said Obach.

Their 2024/25 season will start on Sept. 10 and residents can reach out to selkirkcommunitychoir@gmail.com for more information.

CRAFT program brings new approach to addiction and mental health

Program helps family members who want to learn more

By Katelyn Boulanger

Addiction and mental health struggles don't just affect the person who is going through them but can also affect the friends and family members of that person. In order to help people find better ways to support their loved ones the Canadian Mental Health Association (CMHA) is looking to host a Community Reinforcement and Family Training (CRAFT) workshop in the Interlake.

"The CRAFT program is for people

struggling to understand, particularly if they're living with people with a substance use disorder, or a mental illness. When you're walking on eggshells all the time, not knowing how to respond, what the program does is give you a whole different way to communicate based on more of an adult relationship," said Michael Kurek, firector of Family Programs for the Canadian Mental Health Association Manitoba and Winnipeg.

Kurek explained that when some-

one starts using substances when they are a teen sometimes their family relationships can get stuck in that space because their emotional life can be affected by the use of substances. He explained that the program helps parents and loved ones of the person experiencing substance use disorder or mental health challenges to create new adult relationships where they can interact instead of react.

The first CRAFT program to take place in our community took place last year in Selkirk and there is now interest in hosting another 6-week session. Residents who would like to take part should contact the CMHA to let them know they are interested in participating and ask to be contacted and when there are enough participants that the program will take place.

Kurek explained that people often will call to take part in the class when they are in crisis but that this class isn't just for those in crisis. Anyone with a loved one experiencing substance use disorder or mental health challenges who would like to learn ways to help can take part.

The CRAFT program was created and developed by Robert J Meyers, Ph.D. and adapted by Kurek for the CMHA and Bruce Oake Recovery Centre.

Kurek says that the biggest module in the whole program is the communication module and one part of it that people learn is how to start a positive conversation.

"[In the communication module, participants learn] what they call the sandwich, which is very, very simple. Begin with something positive, state how you genuinely feel, state what you want and at that point, it should

just be having the conversation and then ending with something positive," said Kurek.

Overall, the aim of the program is a simple one. To give participants useful tools that make a difference.

"There was a family therapist Virginia Satir decades ago she explained that the quickest way to change someone's behaviour is for you to do something different. And, that's exactly what CRAFT does. It teaches people to approach their loved one in a different way and they will get a different response," said Kurek.

Having programs like this is important for those people who are in need in our community and Kurek says that participants who come out of the program learn that they are capable of having healthy interactions with their loved ones.

"My goal is getting the word out and getting this training to as many people as possible so that more and more this will become a way of life and we'll change our policies and the way we look at addictions and mental health," said Kurek.

If you would like to contact CMHA to ask to be notified when a new session of this program starts, you can go to the CMHA website at <https://www.cmhaacrossmb.ca/about-cmha/contact-us/> and contact the CMHA Interlake Eastern branch to let them know about your interest.

Kurek strongly encourages residents to reach out if they want to learn more.

"It will change your life for the better," he said.

Rob, The Really Old Ball



RECORD PHOTO BY KATELYN BOULANGER

Lord Selkirk School Divison Superintendent Jerret Long has officially published his first book, *Rob, The Really Old Ball* and last weekend a release event took place. The book talks about how parts of Rob that some might perceive as flaws are part of what makes him better and encourages kids to accept themselves as they are. To purchase your own copy of this book check out McNally Robinson, Chapters/Indigo, Amazon, or get in touch with Long.

The Selkirk Record

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RRNT joins newly created Tourism Industry Association of Manitoba

Red River North Tourism becomes founding member of new industry group

By Staff

The Tourism Industry Association of Manitoba (TIAM) celebrated Tourism Week by welcoming 125 participants to their first annual conference and AGM held at the RBC Convention Centre in Winnipeg. One of the founding members of the group was our region's own Red River North Tourism (RRNT).

RRNT joined TIAM last year as a founding member, recognizing the importance of a shared, collective voice promoting the importance of tourism to Manitoba's economy and growth. The RRNT Board felt it was important for RRNT to be a part of forming this grass-roots organization to speak for the broader issues facing businesses and non-profits serving the tourism community.

RRNT plan to share what they learn being a part of this organization with our regional groups and businesses.

"Tourism is a cornerstone of Manitoba's economy," said new TIAM Board Chair, John Gunter of Frontiers North Adventures in a release by TIAM, "We want to thank everyone who came together to celebrate the industry and thank our incredible group of speakers from across Canada. We are ready to tackle the industry's challenges together and bring even more tourists from around the world to enjoy what Manitoba has to offer."

Many tourism operators and businesses continue to recover after the pandemic, but the future looks bright. According to a report by Tourism Economics in June of last year, visitation to Manitoba will meet 2019 levels in 2024, with international visitation recovering by 2026. Visitor spending

has already surpassed 2019 levels.

The most recent Statistics Canada data for 2022 shows Manitoba welcomed 8.7 million visitors, who spent just over \$1.8 billion throughout the province. The Manitoba Tourism Strategy targets to grow visitor spending to \$2.5 billion by 2030. This vital industry was responsible for over 18,000 tourism jobs in Manitoba in 2022, providing valuable opportunities for youth, first-time workers and newcomers to Canada in all regions of the province, with avenues for skill development and career growth.

During the first meeting of the TIAM much discussion was had about linkages between tourism and almost every other economic sector. During that meeting, TIAM also developed a Constitution and an elected Board of Directors. Red River North Tourism is included on that inaugural Board.

"The Tourism Industry Association of Manitoba will be a unified voice for industry," said the new TIAM Board Vice-Chair Shaun Jeffrey, Manitoba Restaurant & Foodservices Association in a release by TIAM, "We have heard from members about what they need to grow and better serve visitors to Manitoba – now we're ready to get to work."

The inaugural Board of Directors of the Tourism Industry Association of Manitoba are:

- Chair - John Gunter, Frontiers North Adventures, Travel Trade Representative
- Vice-Chair - Shaun Jeffrey, Manitoba Restaurant & Foodservices Association, Representative At Large
- Karly McRae, Lakehouse Prop-

erties, Accommodations Representative

- Caleigh Christie, Falcon Trails Resort & Falcon Ridge Ski Slopes, Attractions and Events Representative
- Doug Stephen, WOW Hospitality, Food and Beverage Representative
- Ashley Smith, Turtle Village (Turtleback Homes), Indigenous Tourism Representative
- Pit Turenne, Aikens Lake Wilderness Lodge, Lodges and Outfitters Representative
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Selkirk emergency department nurse profiled as part of college alumni campaign

Submitted by Interlake-Eastern Regional Health Authority

An emergency department nurse at the Selkirk Regional Health Centre is among 40 Red River College Polytechnic (RRC Polytech) grads being highlighted in a campaign promoting alumni who are working across a wide range of career paths.

Melissa Williams is a registered nurse who started working at the Selkirk Regional Health Centre in 2022 upon graduation from RRC Polytech's bachelor of nursing program. She is currently pictured on a billboard on Selkirk's Main Street across from Dairy Queen.

"The reason I did this campaign was to help with the recruitment of new nurses to our region," said Williams. "I have always been a nurturer and wanted to take care of people. I am also very fascinated by learning about medicine and the human body. My mother was also a nurse so health care is in the family and comes naturally to us."

She wanted to work at the Selkirk Regional Health Centre because it's the regional centre for patient care. When she encounters a nursing colleague who also graduated from RRC Polytech, she says she feels a kinship.

"I am usually impressed with their level of experience and critical thinking skills. I have found most RRC grads to be very well educated and

experienced from their previous clinicals," Williams said.

Partnerships with educational institutions and communities are proving valuable in encouraging people to pursue careers in health care and take positions in the Interlake-Eastern Regional Health Authority (RHA).

"Providing training opportunities in Interlake-Eastern RHA and opening our facilities to learners exposes them to our staff, our facilities, our processes and our culture. These are among our best opportunities to attract new staff," said Tanya Cheetham, regional lead acute care, public health and chief nursing officer.

Over the next two months, dozens of billboards will be visible in Winnipeg and Portage la Prairie in addition to the one in Selkirk. Print and online ads are also part of this campaign.

"When we learned of this opportunity to partner with the Polytechnic Proud campaign, we were excited about the timing. We are gearing up to staff the new 30-bed inpatient unit at the Selkirk Regional Health Centre that is scheduled to open this September," said Julene Sawatzky, Interlake-Eastern RHA's lead for human resources.

"Nurses who are new to practice and other people interested in working in Selkirk need to know about the positions that will soon be available in our beautiful health centre. Our



RECORD PHOTOS SUBMITTED
Melissa Williams is a registered nurse who works at the Selkirk Regional Health Centre and is a graduate from RRC Polytech's bachelor of nursing program. She is also part of their Polytechnic Proud campaign which encourages residents to pursue post-secondary education.

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staff and their positive experiences working for us are influential when people are making career choices. We thank Red River College Polytechnic for this opportunity, for their work with us and for generating new nurses

who will be graduating very soon in Manitoba."

Williams' gratitude is extended towards the people she has the privilege to care for.

"I find the most rewarding part of my job is when I can make a positive difference for one of my patients," Williams said.

To learn more about positions opening in Selkirk and within the Interlake-Eastern RHA, visit <https://www.ierhacareers.ca>.

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- 5 - Cinco de Mayo 1-5pm
- 10 - Vintage Groove band 8pm
- 11 - Initiations & Awards 7pm
- 16 - Over 60 Club Lunch
- 17 - Music Bingo 8pm
- 20 - Victoria Day, Open
- 24 - Bowman Bros band 8pm
- 29 - General Meeting 7:30pm
- 31 - Night Train band 8pm

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All Welcome! - Ask about Member Specials

CitizenVoice Relunched: Participate in the Transit 2.0 Survey Today

Submitted by the City of Selkirk

Having a say in the decisions being made in Selkirk just got a whole lot easier. With CitizenVoice you can weigh in on important issues as they arise.

The city has partnered with QuestionPro to relaunch CitizenVoice, the popular online survey tool where citizens provide input into programming, services and initiatives.

"Creating and maintaining a successful city takes collaboration and that's what CitizenVoice empowers not only citizens to do, but those who care about Selkirk as well," said Vanessa Figus, the city's manager of citizen engagement.

"We're engaging the public to help us make more informed decisions."

To participate, you will first need to register for CitizenVoice and become a panellist. If you have registered previously under the old platform, you will have to sign up again. It's simple and quick to do, just go to www.myselkirk.ca/citizenvoice.

The city has partnered with QuestionPro to protect your data. Personal info is kept confidential and used for statistical analysis, improving services and making community-focused decisions.

Once registered, panellists will receive an invitation via the email address they used to sign up to complete a new active survey.

First up, the Selkirk Transit Strategy - Transit 2.0 Survey is available now.

The city is looking for input on ways to improve transit services as well as to potentially offer new public transportation options.

The survey includes questions about whether you use transit or not, and how often you use it.

If you don't use transit, there's a question asking what the city could do to encourage you to use it. Some of the options for answers include more frequent pickups, bus stops closer to your home, service later in the evening and service on Sundays.

The city is considering offering on-demand transit service, meaning you can book transit ahead of time or right when you need it using a smartphone app. The survey asks if you would use this service.

Riding the bus is an environmentally friendly and cost-effective way to get around the city and in the survey you'll be asked about several other new ways to travel and if you'd consider using them.

"Exploring innovative transportation solutions is crucial for meeting

the evolving needs of our community," said Selkirk Transit Authority's Manager of Transportation Services, Charlene Dunning.

"The survey aims to gather valuable insights on potential new options like e-bike and e-scooter sharing, as well as van or carpooling, to enhance mobility choices for residents."

Selkirk Transit Authority (STA) began operating in 2011 and has provided valuable service to residents since that time. It has given just under 400,000 rides since it first rolled onto city streets and has continued to grow and change with the times.

It started with just two buses that could accommodate 22 riders each. STA now features six buses, one of which is a hybrid.

Selkirk's CAO Duane Nicol says that Transit is a service that has continually evolved to meet the needs of the city, and the survey will help to inform the newest route transit will travel.

"Selkirk Transit has always been a critical service with a vision for the progressive, innovative, and environmentally responsible city Selkirk wanted to be and has become. We're committed to taking it to the next level, and taking the survey through CitizenVoice will allow citizens to help take Transit 2.0 to places we couldn't have imagined when we picked up our first riders in 2011."

Information on CitizenVoice and the Transit survey is available online at www.MySelkirk.ca/CitizenVoice. Those without access to online services can visit the Civic Office Monday-Friday 10 a.m. - 4 p.m. for a paper copy.

"CREATING AND MAINTAINING A SUCCESSFUL CITY TAKES COLLABORATION AND THAT'S WHAT CITIZENVOICE EMPOWERS NOT ONLY CITIZENS TO DO, BUT THOSE WHO CARE ABOUT SELKIRK AS WELL,"

Thank you!



RECORD PHOTO BY BRETT MITCHELL

The Communities in Bloom's Bud, Spud, and Steak dinner on April 23 was a huge triumph, successfully raising \$4,000 which will go towards growing the many Communities in Bloom community projects in our region. A big thank you to all who attended as well as sponsors Selkirk Home Hardware, Parkwest Projects, the Flower Child, Gilbert Funeral Home and the many local businesses who donated prizes who supported this event. Thanks also goes to the Selkirk Legion volunteers who made this event possible. Pictured: Donna Klassen, Nia Massey, Debbie Kuypers, Dianne Veitch, Anne Kurbis, Cindy Klassen, and Taylor Gyselink at the dinner.

Shredding it up!



RECORD PHOTO BY KATELYN BOULANGER

Inclusion Selkirk's commercial shredder has arrived and workers are now shredding much more effectively than with the residential shredders that they were using before. The donation for the purchase of the shredder came from Cambrian Credit Union. Pictured: Shane Rusch, Mark Kroeker, Jason Cesar and Evan Bacon who are employed as part of Inclusion's shredder program.

Cruisers creating a better community



RECORD PHOTOS BY BRETT MITCHELL

The Lily Pad Cruisers are putting it into high gear when it comes to giving back to our community. Recently, they've donated \$1000 to Our Daily Bread Soup Kitchen and \$2000 to each the Selkirk Regional Health Centre and the Lord Selkirk Regional Comprehensive Secondary School.



Scott Dick
Agrologist, Agra-Gold Consulting
Landmark, MB

GOOD FOR ME

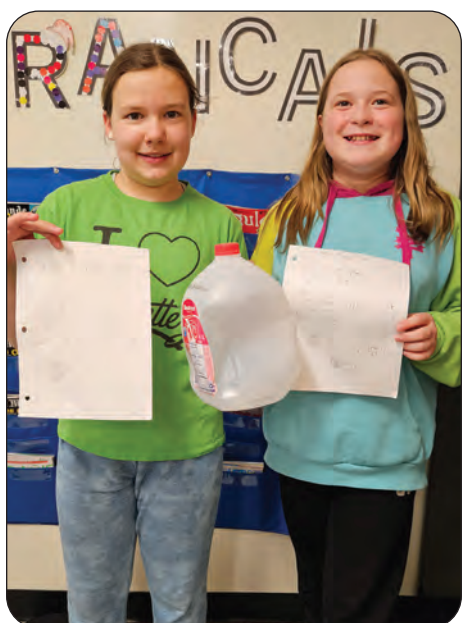
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Happy Earth Day from École Bonaventure



RECORD PHOTOS SUBMITTED

The students at École Bonaventure make learning about taking care of our Earth more than just a once a year activity. The school hosts a group called Le club Eco-vert weekly and the students participate in projects like collecting drink tabs, watering the plants in the school, cleaning the birdcage as well as feeding and watering the birds, emptying coffee pods for Food Cycling (food scraps are collected by grade 3 and 4 students twice daily from each classroom), taking care of the Green Space, and planting seeds for the plant sale. The staff and students also made an extra effort to bring Earth Day, April 22, information to their learning this past week, they wore Earth Day colours Monday, cleaned the playground and had a poster contest with the theme of 'Planet vs Plastic / La planète contre les plastiques'. Pictured: The students participating in earth day activities and their posters.

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War Amps 2024 key tags en route to Selkirk

Submitted by War Amps

Selkirk and surrounding area residents can expect to receive their 2024 War Amps key tags in the mail starting this week.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no govern-

ment grants. With the public's support of the Key Tag Service, the Association is making a difference in the lives of amputees, including children, by providing financial assistance for the cost of artificial limbs, peer support and information on all aspects of living with amputation.

Those who do not receive their key tags in the mail can order them at waramps.ca or call toll-free 1 800 250-3030.



RECORD PHOTO SUBMITTED

War Amps key tags.

Let No One Be Alone



RECORD PHOTO SUBMITTED

Selkirk's Services to Seniors is encouraging residents to participate in the Let No One Be Alone campaign. This campaign goes from May 5 to 11 and encourages residents to connect with someone who lives alone. Connecting can look like a phone call, having a meal together or planning an activity together like baking cookies or running an errand together. There will also be local businesses in our community handing out packets of Forget-me-not seeds in support of the campaign. Pictured: Jayme Anderson of Services to Seniors and Amy Beattie of The Co-operators with some of the flower seeds that will go out to our community.

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1. Greg Penner
2. Jasmine Mitchell
3. Randy Borsa

An extra Big Thank you to all of
our sponsors and participants who
worked so hard to
raise these much needed funds!

As you can imagine there was actually no 500 kilometre HD500 snowmobile ride this past winter because of course we didn't really have winter.

What we did have is a group of about 30 big-hearted sled heads who got together to break bread, have some great laughs and most importantly give of themselves for a very necessary cause... helping fund care for Huntington families and for research. These wonderful folks approached their friends family and other contacts to raise these much needed funds on their pledge forms.

This all could not happen with out our incredible major sponsors: The Jason Sargent Foundation, Waste Connections of Canada and Boyd Autobody and Glass.

We are also sponsored by Westside Powersports, Nopiming Lodge, Home Hardware, The Nopiming Sno-mads and The Selkirk Record.

The anticipation of our 12th HD500 ride on February 7th 2025 essentially began a year ago so we will all be very exited to add the ride element back into the equation next year.

Many - many - many thanks to our very good friends of the Huntington HD500 Power Toboggan Fundraiser Ride.

Thanks to our Incredible Sponsors



& Shauna and
the Boyz



New legislation introduced to repeal homegrown cannabis ban

By Lana Meier

The Manitoba government has introduced amendments to the Liquor, Gaming and Cannabis Control Act that would allow Manitobans aged 19 and over to grow up to four cannabis plants per residence, Justice Minister Matt Wiebe announced last week.

According to Wiebe, Manitoba is adapting to federal laws regarding cannabis and will permit individuals to cultivate up to four plants per

household. This alteration directly addresses the desires of Manitoba citizens and fulfills a pledge made during our campaign. The legislation allows for personal cannabis growth, as long as proper measures are taken to ensure safety and security. Our regulatory structure prioritizes public safety, with a particular emphasis on safeguarding youth and preventing access to cannabis by minors.

The suggested changes would elimi-

nate the ban on growing cannabis for personal use in residential areas, as outlined in the Liquor, Gaming and Cannabis Control Act. This would grant individuals aged 19 and above the freedom to cultivate up to four cannabis plants per household, which aligns with the maximum allowed by the federal Cannabis Act. To ensure responsibility and protection, guidelines for homegrown cannabis will be implemented through regulation,

according to the minister's statement.

Jesse Lavoie, founder of TobaGrown, expressed great satisfaction with the Manitoba government's decision to align our laws with the federal Cannabis Act and the rest of the country. This has been a lengthy process for us at TobaGrown and we are grateful for the support of the Manitoba cannabis community. We extend our thanks to Premier Kinew and the Manitoba government.

Selkirk RCMP investigate stabbing

Submitted by Manitoba RCMP

On April 21, at approximately 9:25 p.m., Selkirk RCMP received a report of a stabbing and that the male was currently at the hospital.

The investigation determined that the male was with two other adults when he got into an altercation with one of the adults and was stabbed. The victim, a 55-year-old male, remains in hospital with serious but non-life-threatening injuries.

On April 28, Selkirk RCMP ar-

rested Darien Williams, 30, of Winnipeg. He has been charged with a number of offences including:

- Aggravated Assault
- Assault
- Carrying a Concealed Weapon
- Possession of a Weapon for a Dangerous Purpose
- Fail to Comply x4

He was remanded into custody.

Selkirk RCMP arrest male for indecent act

Submitted by Manitoba RCMP

On April 22, at approximately 11:30 a.m., RCMP responded to a report of an indecent act at a daycare on Morris Avenue in Selkirk.

It was reported a male exposed himself in front of children and staff and then left on foot. An employee immediately contacted police and provided a description.

RCMP attended and began making patrols in the area but did not locate the suspect.

A second call was received at approximately 1:45 p.m. advising the male had returned to the area. Officers attended and the male was arrested without incident.

A 44-year-old male is facing a charge of Indecent Act. He was released from custody with conditions and is scheduled to appear in court at a later date.

Selkirk RCMP continue to investigate.

RCMP officers assaulted while conducting traffic stop

Submitted by Manitoba RCMP

On April 23, at approximately 9:20 p.m., Selkirk RCMP received a report of a possible impaired driver heading towards Highway 9 in the RM of St. Andrews.

Officers on patrol located the vehicle on Highway 9 at Capri Road and conducted a traffic stop. There were two occupants in the vehicle, a driver and a passenger. While the officers were speaking to the driver, the passenger started yelling and swearing at the officers. The passenger, an adult male, then exited the vehicle, refused to listen to commands to get back in the vehicle and rushed towards the officer, shoving him. As officers were attempting to place him in handcuffs, the male assaulted an officer by punching him and threatening the officers. A conducted energy weapon was deployed and eventually, the male was placed into custody.

The driver of the vehicle was sober and cooperative.

One officer sustained minor injuries. He did not require medical attention.

Alexander Chand, 42, has been charged with:

- Assault on a Peace Officer Causing Bodily Harm
- Assault on a Peace Officer
- Resisting Arrest x2
- Uttering Threats x3
- Mischief

He was released from custody on a release order.



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Your Health

Selkirk Home Hardware running Fighting Cancer of All Colours Fundraiser

Third annual event supporting all people who've experienced cancer

By Katelyn Boulanger

Cancer is something that many people in our community have experienced or have a friend or loved one who's experienced. Selkirk Home Hardware Building Centre supports many fundraising initiatives in our community and three years ago they decided they wanted to collaborate with the CancerCare Manitoba Foundation by creating the Fighting Cancer of All Colours Fundraiser.

"We named it Fighting Cancer of All Colours because we didn't want to just specify breast cancer or colon cancer, we wanted to represent all the different types of cancers," said Wendy Meger, general manager of Selkirk Home Hardware Building Centre.

Residents can participate in this fundraiser in many different ways. Donations at Home Hardware in Selkirk are a great way to start. Any donation will have the recipient receive a ribbon or a plant-able cancer dollar. If you'd like



RECORD PHOTO SUBMITTED

Some of the plant-able cancer dollars which contain wild flowers which residents will receive after donating to the Fighting Cancer of All Colours Fundraiser.

to enter the business's raffle for a conversation set, a donation of only a toonie will get you there, though you can always donate more. There are also tank tops, t-shirts, or lanyards available to purchase in-store which, of course, the proceeds from the sales of benefit the CancerCare Manitoba Foundation.

For those who'd prefer to donate online, they can check out the event's website, and, finally, there will be an in-person event on May 11 at Home Hardware where people can come together and give. "[On May 11,] we're going to have Tip Top Dogs selling [lunch]. They are a local

hotdog cart that has been partnering with us since last year and we're going to also have a table set up selling the different merchandise and accepting donations," said Meger.

Every meal sold by Tip Top Dogs will see a \$1 donation go to the Cancer-

Continued on next page

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Continued from previous page

Care Manitoba Foundation.

This event came about because of so many people's lives being touched by cancers of all types.

"Over the years, we've had several employees who have experienced different types of cancers, and we've actually lost a few of our staff members. I've been here 28 years and it wasn't just one specific type of cancer [that's affected people. Krystal Laferriere] who is helping organize this event also lost a family member to breast cancer. So, it's important that we help support all types of cancers because we've all been touched by it one way or another and we didn't want to just bring awareness to one type," explained Meger.

Hosting a fundraising event like this, as well as contributing to our community, is something that staff at Home Hardware take pride in and do often. In addition to the

annual Fighting Cancer of All Colours event, they supply materials for school projects, are involved in Communities in Bloom projects, as well as Tree Canada tree planting initiatives, and their newest endeavour is their annual Gifts from Angels holiday event which provides Christmas gifts to residents of local care homes.

"As someone deeply involved in several different charities and organizations that support worthwhile causes, I understand the importance of collaboration and support within our community. It is through collective efforts and partnerships that we can truly make a difference in the lives of those in need," said Meger.

She welcomes residents to come to Home Hardware to make donations and to stop by the outside event from 10 a.m. to 2 p.m. on May 11 to support the Fighting Cancer of All Colours Fundraiser.

"Every contribution, regardless of

size, is crucial as we strive to stay ahead of these diseases. Selkirk Home Hardware Building Centre remains dedicated to the Fighting Cancer of All Colours initiative. Each member of our team has been touched by cancer in some way, and we are committed to making a meaningful difference to this very worthwhile cause," said Meger.

She also wants to thank everyone who makes the effort to contribute to the Fighting Cancer of All Colours Fundraiser.

To learn more about this event or donate online visit the CancerCare Manitoba Foundation's website's fundraising page at <https://www.cancercarefdn.mb.ca/fundraise/> and search for 'Selkirk Home Hardware'.



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May Awarenesses

- Ankylosing Spondylitis Awareness Month
- Bladder Cancer Awareness Month
- Borderline Personality Disorder Awareness Month*
- Brain Tumour Awareness Month
- Celiac Disease Awareness Month
- Cystic Fibrosis Month
- GBS/CIDP Awareness Month
- Hemochromatosis Awareness Month
- Hypertension Awareness Month
- Huntington Disease Awareness Month
- Li-Fraumeni Syndrome/TP53 Awareness Month
- Lupus Awareness Month
- MedicAlert Month
- Melanoma and Skin Cancer Awareness Month
- MS Awareness Month
- National Physiotherapy Month
- National Sun Awareness Month
- Preeclampsia Awareness Month
- Sexual Violence Prevention Month
- Speech and Hearing Month
- Vision Health Month
- National Physicians' Day – May 1*
- World AS Day – May 4*
- Fibromuscular Dysplasia – May 1 to 31
- Food Allergy (Anaphylaxis) Awareness Month – May 1 to 31
- Mental Health Week – May 6 to 10
- International Day of the Midwife – May 5*

- World Pulmonary Hypertension Day – May 5*
- Heart Failure Awareness Week – May 5 to 11
- National Hospice Palliative Care Week – May 5 to 11
- National Child and Youth Mental Health Day – May 7*
- World Asthma Day – May 7
- Check Your Skin Day – May 8*
- World Red Cross and Red Crescent Day – May 8*
- World Ovarian Cancer Day – May 8*
- World Lupus Day – May 10*
- National Nursing Week – May 6 to 12
- Safety and Health Week – May 6 to 11
- Fibromyalgia Awareness Day – May 12
- International Awareness Day for Chronic Immunological and Neurological Diseases – May 12*
- International Nurses Day – May 12*
- Apraxia Awareness Day – May 14*
- Naturopathic Medicine Week – May 14 to 20*
- World Hypertension Day – May 17*
- Global Porphyria Awareness Day – May 18
- World IBD Day – May 19*
- Parademic Services Week – May 19 to 25
- World Schizophrenia and Psychosis Day – May 24*
- National Multiple Births Awareness Day – May 28*
- National Reflexology Day – May 28
- World Multiple Sclerosis Day (MS) – May 30*
- World No Tobacco Day – May 31*

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Bringing art and community together



RECORD PHOTOS BY KATELYN BOULANGER

The Selkirk United Church was packed last Friday honouring the amazing artists that we have in our community. Dancing, singing, music playing, and visual art was all on display at this community event. Provincial recommended performances were made by Hayden Hirst, Airynn Emmers, Ella Holmes, Quinn Kolisnyk, Emma Bullen, Neve Robbins, Asher Hofer, Dallin Anderson, Isabelle Goodman, and Neil Anderson. Madeline Crooks sang for the crowd and Adrea Reykdal, Bailey McQuarrie, Kadence Sharples, and Adrienne Schantz did a special flute and piano performance. Myrielle Aco lit up the stage with a solo tapdance, while trio Tayla Appler, Abigail Neale, Karli Paziuk also danced up a storm. Additionally, there were many awards that were given out: the Rising Star Award-beginner went to Edna Umuerrri; a second Rising Star Award-beginner was accepted by Anna Horniachek; the Rising Star Award- Level 1-2 was taken home by Olivia Cychowski; the Doreen Laing Award was claimed by Airynn Emmers; the Selkirk Piano Festival Honorary Award went to Isabelle Goodman; a Humber Alumni Award was awarded to Adrienne Schantz; a second Humber Alumni Award was earned by Gabriel Hoogervost; the Band Ensemble Award went to flute trio Adrea Reykdal, Bailey McQuarrie, and Kadence Sharples and Piano Accompanist, Adrienne Schantz; the awards were

rounded out by the Greatest Showman Award, in memory of Gordon Ray Anderson which went to Dallin Anderson.



Mother's Day Specials
Sunday, May 12
Brunch Buffet
10am-2pm
 Scrambled Eggs, Hashbrowns, Waffles, Bacon, Sausage, Ham, Perogies, Meatballs (mushroom gravy) Fruit, Ass't'd desserts

Adults \$16.95
Kids 12 & under \$12.95

Dinner
4pm-8pm
Ribeye Steak \$28.95
8oz Salmon (dill butter) \$18.95

All entries include mashed potatoes, baked potato, rice or fries. As well as vegetables or coleslaw

219 Manitoba Ave, Selkirk 204-482-1900

Roxi's by the Red
 UPTOWN CAFE





Lockport River's Edge Run
for HD
HUNTINGTON'S DISEASE

Down Beautiful River Rd, south of Lockport, MB
May 11, 2024
8:30am
5k Run/Walk, 10k, Half & 30k

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To register go to:
mraweb.ca/event/huntington-heroes-walk-to-cure-hd











Carbon tax squeezing Canadians, CAF sleeping on streets

Bezan on federal budget

By Patricia Barrett

Although the federal budget focuses on a number of measures to improve the lives of Canadians, from building more affordable homes to reducing the cost of living and growing the economy, the federal Conservatives said they won't support it.

The Liberal's budget was released on April 16 and parliament is expected to vote on proposed amendments through budget implementation bills next week, and in the weeks following.

Selkirk-Interlake-Eastman MP James Bezan (Conservative) said Budget 2024 will make life more expensive for Canadians and that his party will not support it unless prime minister Justin Trudeau axes the tax on farmers and food, cuts interest rates and holds off on federal infrastructure money for cities unless they increase housing by 15 per cent.

Bezan weighed in on housing, health, agriculture, the carbon tax and defence, saying the budget will fail to make headway on improving Canadians' lives.

"This budget represents another \$50-plus billion of new spending. Justin Trudeau hasn't balanced the budget in nine years and he's not going to balance it going forward," said Bezan. "And Canadians just can't afford that. The budget will add more taxes that will hurt farmers and rural Canadians and will require him to use more of the carbon tax to pay for all his extra spending."

With an expectation by Canadians to see various levels of government tackle the housing crisis, which has in the last few years seen extortionate monthly rents, housing prices beyond the budget of millions of Canadians and a shortage of available housing, the federal government promises to make housing more affordable.

"First, we're building more affordable homes. Because the best way to make home prices more affordable is to increase supply—and quickly. That's why we're cutting red tape and reforming zoning. We're building more apartments and affordable housing across the country and unlocking public lands and vacant government offices to build homes for Canadians," states deputy prime minister and finance minister Chrystia Freeland in the budget. "For Millennial and Gen Z renters, we're restoring the chance to make progress towards homeownership. We're creating more tax-free ways to save for your first down payment. We're giving renters credit for rental payments, so when it comes time to apply for that first mortgage, you'll have a better chance of qualifying."

The budget notes a number of strategies to build new housing. Those include building homes on public lands (federal), "unlocking" Canada Post properties across the country (one in Beausejour could be a candidate), using national defence lands and converting federal office buildings into housing.

Bezan said the strategy – which was first proposed by the Conservatives – will not be of great assistance to Interlakers in need of housing.

"It won't help the Interlake much because we've got very limited federal buildings and properties in the Interlake, but it could definitely help Winnipeg. This is something Pierre Poilievre has been talk-



RECORD FILE PHOTO BY PATRICIA BARRETT

Selkirk-Interlake-Eastman MP James Bezan said the Liberal's 2024 budget will make life more expensive for Canadians and the Conservatives won't support it.

ing about since he ran for leader. We have to make more of our federal buildings and land available for housing. The Liberals are trying to steal that [idea] from the Conservative platform, but their track record and this budget shows it's all backloaded with no real money up front," he said. "And there's not anything in here that will certainly help first-time homebuyers. Interest rates have gone up sky-high, rent has doubled, mortgage payments have doubled and that's making it almost impossible for young Canadians to get into the housing market. We have to increase supply. Trudeau is doing nothing to provide the incentives to municipalities to [remove] the red tape and improve housing development projects in their areas."

On the health care front, the federal budget pledges \$1.5 billion over five years (starting in 2024-25) to Health Canada in order to launch the National Pharmacare Plan. The first phase of the plan will see the government work with provinces and territories to provide coverage in two health areas: contraception and diabetes medications.

The government launched a dental care plan for

Canadians (18 and older) who don't have dental coverage and who have a family income of up to \$90,000 a year. That will be implemented in stages, starting with seniors.

The government also has a forthcoming initiative to introduce the *Safe Long Term Care Act* to implement new national long-term care standards, and a plan to hire more rural health and social service workers.

"Many rural and remote communities are struggling to find workers in the health and social services sector. Addressing these workforce challenges in rural and remote communities is critical so that all Canadians can benefit from greater access to the full suite of health and social services they need," states the budget.

The government hopes to achieve that by expanding the reach of a student loan forgiveness program.

Bezan said the student loan forgiveness program is an "extension" of a program the Conservatives started under former prime minister Stephen Harp-

Continued on page 22

get inspired

> MEAL IDEAS



Sheet Pan Cajun Shrimp Fajitas with Bell Pepper, Onion and Spicy Ranch

Drizzle veggies with oil, toss to combine and spread in even layer. Bake until veggies have softened slightly, about 5 minutes.

If using frozen shrimp, place them in colander and run under cold water to thaw slightly. Place shrimp on clean towel or paper towels and pat dry.

Remove baking sheet from oven. Arrange shrimp over veggies then sprinkle with 4 teaspoons Cajun seasoning and salt; toss to combine and spread in even layer.

Bake until veggies are tender and shrimp are cooked through, 5-7 minutes. Remove from oven.

Cut lime into wedges.

In small bowl, stir ranch dressing and remaining Cajun seasoning.

Warm tortillas in skillet, oven or microwave, if desired.

Divide tortillas between plates and fill with shrimp and veggies; drizzle with spicy ranch and serve with squeeze of lime.

Recipe courtesy of Albertsons
 Total time: 30 minutes
 Servings: 4
 2 green bell peppers
 2 yellow bell peppers
 1 lime
 1 medium red onion
 2 tablespoons extra-virgin olive oil
 1 1/2 pounds raw, peeled shrimp, fresh or frozen
 5 teaspoons Cajun seasoning, divided
 1 teaspoon salt
 1/2 cup ranch dressing
 12 small flour tortillas
 Preheat oven to 450 F.
 Wash and dry green bell peppers, yellow bell peppers and lime.
 Trim, seed and slice bell peppers lengthwise into thin strips; transfer to large baking sheet.
 Peel, halve and slice onion lengthwise into thin pieces; add to baking sheet with bell peppers.

Cheese Tortellini and Cauliflower with Creamy Spinach Marinara

Recipe courtesy of Albertsons
 Total time: 20 minutes
 Servings: 4
 2 bags (10 ounces each) cauliflower florets
 18 ounces cheese tortellini, fresh or frozen
 1/2 tablespoon salt
 1 jar (24 ounces) marinara sauce

8 fluid ounces heavy whipping cream
 1/2 teaspoon basil, dried
 1/4 teaspoon black pepper
 2 packages (5 ounces each) baby spinach

Fill large pot halfway with hot water, cover and bring to boil. Uncover then add cauliflower, tortellini and salt; stir for a few seconds. Cook, stirring occasionally, until just tender, about 5 minutes, or cook according to package instructions.

In separate large pot over medium heat, stir marinara sauce, cream, basil and black pepper to combine and bring sauce to simmer. Once simmering, reduce heat to medium-low and cook until slightly thickened, 3-4 minutes.

Wash and dry spinach.

When sauce has thickened, add spinach to pot in handfuls, waiting for spinach to wilt slightly before adding next handful. Remove from heat and cover to keep warm.

When cauliflower and tortellini are done, drain and add to pot with creamy marinara sauce; stir to combine.

To serve, divide pasta between plates or bowls.

BINGO
SUNDAY NIGHT BINGO
 Pots are as follows:

4 ● **\$9,500 JACKPOT**
 In 51 Numbers

\$9,077+ POKER FLUSH ●●●●●

4 ● **\$6,010+ BONANZA**
 In 52 Numbers

Ask the money lady

Dear Money Lady Readers,
 Most Canadians would define independence as being debt free, but how is that possible in a rising interest rate market?

If the cost of living and buying the basics becomes more expensive but your income stays the same, you will find it hard to keep up with the cost of living. This is a struggle many Canadians are facing now. According to a 2024 RBC Independence Poll, 81% of Canadians are worried about their cash flow and have "money concerns about today vs. tomorrow." So, what can we do about it? Perhaps we could help each other with this question. To all my readers, let's ban together to help one another. Please email me your ways of saving and coping now that the cost of living have increased. I will share your ideas with all Canadians next month. To get you started, here are my suggestions.



Christine Ibbotson

1. Planning for me would be my number one inflation buster. When we plan our future tasks, even our daily events, we take control and are better at ensuring the overall outcome. Try tracking your spending in a paper journal or on your phone for the next 30 days. I know this is a chore, but you will be guaranteed to find some things you can change to trim down your spending. You should also never go to the grocery store without a list. Can you meal-prep and plan your meals for the week so you know exactly what to buy without adding in the extras that stretch your wallet and your waistline? Budgeting your spending won't make the cost of essentials go down, but it can make the higher prices easier to manage.

2. Do you have a mortgage that is up for renewal this year? Normally I would not want you to increase your amortization on a mortgage renewal, but if it increases your monthly cashflow and makes it easier to cope monetarily for a few years, it could be worth it. Please remember to adjust your amortization back to the year you plan to retire once you are more financially stable. For those that are not renewing this year and have their mortgage in good standing, most financial institutions will allow you to skip one monthly payment per year without penalty.

3. Everyone should be taking advantage of the many cashback credit cards and rewards point cards now available. I use these cards continuously and love it when I can

pay for groceries with my rewards and cashback offers.

4. If you need dental care this year, why not take advantage of the CDCP - Canadian Dental Care Plan that is now available to all Canadians that do not have access to dental insurance and have a net household income of less than \$90,000. This program has a graduated application schedule which started in December 2023. If you are over 70 years of age you can apply in March, and those aged 65-69 will need to wait till May 2024. All remaining Canadian residents aged 18-65 will need to wait till Spring 2025. For children under 12, they are eligible now until June 2024, at which time it will open up to all children under the age of 18.

5. The Canada Carbon Rebate, formerly known as the climate action incentive payment, is another good benefit available to residents of Alberta, Manitoba, New Brunswick Newfoundland and Labrador Nova Scotia, Ontario, PEI, and Saskatchewan. Benefit payout dates for 2024 include: January 15, April 15, July 15, and October 15.

6. Lastly, remember the fastest way to improve your situation is in your potential to earn an income. Why not consider getting a part time job or even a new job all together? Did you know that the Canadian government will help with tuition fees for those Canadians wanting to retrain for a new career. To be eligible you must be between the ages of 26-66 and can claim the tuition fees to an eligible educational institution for courses taken to change your occupation, trade or to obtain professional licensing and certifications.

Money Lady

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

> BEZAN ON FEDERAL BUDGET, FROM PG. 20

er. Health-care workers who work for five years in a rural setting can get their student loans forgiven.

The national dental care program, on the other hand, is turning into a “fiasco,” he said.

“Dentists en masse are rejecting it. They’re saying the package being offered is limited as to who gets to use it and is worse than what most people already have in their own private dental plans. Only 10 per cent of dentists in Manitoba have signed up for it and it’s worse in other provinces. We’re going to undermine a system that’s been working quite well. Over 90 per cent of Canadians have coverage available to them to pay for dental care,” said Bezan. “We are very skeptical on the dental program and how much uptake there will actually be. [Conservatives] are not going to participate because it’s not good for the oral health of Canadians.”

With regard to the national pharmaceutical plan, Bezan said it touches on only two areas of health care.

“We should be putting more money into provincial health care to make sure we have enough beds and personal care homes and that we’re limiting wait times and hiring doctors and nurses,” said Bezan. “We’re not getting that from Trudeau. He’s doing piecemeal programs here and there and has out-of-control spending, which is undermining the social safety net that we all expect here in Canada.”

There’s very little ink in the budget devoted to agriculture, said Bezan. An interest-free cash advance for farmers does represent “a slight increase” from what was there in the past, but the Liberals have cut important programs.

“There was a cut to the national 4-H program in which they reduced the funding by over 50 per cent. The national program has laid off some staff and can’t provide training for young Canadians in our 4-H program. It’s very popular in the Interlake,” he said. “That’s an indictment against the Liberals; they just don’t care about rural Canada, don’t really care about farmers and the rural way of life.”

With the increase in the carbon tax on April 1 farmers are “upset” because it will drive up their cost of production.

The carbon tax is one measure to help reduce CO2 emissions that are contributing to the climate crisis. Alternatives to taxing populations to incentivize them to reduce their fuel consumption have not been put forward.

The federal Conservatives promise to “axe the carbon tax,” but haven’t announced what they’ll put in its

place.

“We will be rolling out our platform and there will be an environmental piece in there and how we can go about reducing emissions. We believe we can help reduce global emissions. The NDP-Liberal coalition has not hit a [CO2 reduction] target yet except during COVID when everything was shut down,” said Bezan. “The problem is you have countries like India and China that are building coal-fired energy plants at a rate of one per week. People don’t realise this, but Canada’s number one export to China is not grain or pork: it’s coal.”

On the defence front, the budget states that there will be “steady and responsible investments” in defence to ensure the Canadian Armed Forces (CAF) is ready for conflict and that Canada’s territorial integrity is maintained, especially from threats to the Arctic.

“Alongside our NATO Allies, we have reinforced our defence and deterrence capabilities and readiness, including by committing to expand Canada’s troop deployment in Latvia, where the Canadian Armed Forces already lead a NATO battle-group,” states the budget. “We have welcomed Finland and Sweden into the alliance, bolstered our support for members in Eastern Europe, and made the investments necessary to uphold our unique role in protecting NATO’s Northern and Western Flank—our Arctic.”

In February it was reported that Canada has 16,000 CAF positions unfilled. Bezan said CAF is standing at only 58 per cent readiness when it should be at 85 per cent, and that the Liberals are “actually cutting defence spending by almost \$3 billion” in this budget.

“The Liberals are making a bunch of promises for investments in defence and security, but it’s all backloaded. It’s a 25-year program with almost no money in the next two years. And what happens in two years is we’re going to have a federal election and the Liberals are going to push off all the problems that we have in the Canadian Armed Forces on to the next government. It’s typical Liberal dithering and delay and a kicking-the-can-down-the-road strategy,” said Bezan. “That’s a failure for the great Canadians who serve in uniform. We have women and men who are wanting to serve this country but are not seeing a commitment from the current government and we are experiencing a recruitment and retention crisis. We are understaffed by 16,000 troops and a further 10,000 troops are undertrained and undeployable.”

He added that ships are in a state of

disrepair and land vehicles and aircraft lack personnel to operate them. And the government is failing CAF personnel in areas of housing on bases, which have thousands of homes that are dilapidated and in need of repair or replacement. The budget has “zero dollars to build new homes next year,” he said.

In the past few months, it’s come to light that CAF personnel have been living on the street or in their vehicles because of either a lack of affordably priced homes or exorbitantly priced rental housing.

“CAF personnel who are trying to buy or rent off base are seeing, like all Canadians, that mortgage rates have doubled, rent has doubled and their ability to save up for a down payment to buy a house is almost impossible. We know there’s at least 6,700 homes required for CAF personnel on base. In the last few years, the Liberals have built only 38 new homes for CAF in all of Canada,” said Bezan. “So we’ve got a crisis and we’re seeing people leaving because they can’t find adequate housing. We are getting stories of troops living rough, either couch-surfing, living out of their car or camper or in tent cities that have sprung up in places like Halifax and Victoria. It’s unbelievable that people who are prepared to make the

ultimate sacrifice in defence of our country are being asked to live on the street.”

The federal budget pledges over \$14 billion for Ukraine, plus another \$910 million to “support military operations in Ukraine, the Middle East, and the Indo-Pacific region.” But Bezan said “only half those promises” with regard to Ukraine have been fulfilled.

Promises to forward surface-to-air defence systems to Ukraine have yet to be acted on and a promise last September to buy 50 light-armoured vehicles has only been acted on in the last few weeks – and it will take a year to build them, he said.

“It’s our position as Conservatives to support Ukraine. We have all sorts of surplus equipment such as 83,000 CRV7 rockets, which have hazardous materials in them but are sitting in storage and waiting for demolition on a Saskatchewan military base,” said Bezan. “Pierre Poilievre said that instead of wasting taxpayers’ money to dispose of these rockets, it would be better to give them to Ukraine so that they can defend themselves.”

The federal budget is available on the Government of Canada’s website.

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

Fisher Branch Women's Institute holding drug awareness open house

By Patricia Barrett

The Fisher Branch Women's Institute is spearheading an initiative to raise awareness of increased drug use in the Interlake and is inviting surrounding communities to collaborate on strategies to tackle the issue.

Debra Barrett, president of the Manitoba Women's Institute, said the Fisher Branch Women's Institute formed a committee that's organizing an open house to bring together people from the region to discuss drug use and addictions. The open house will also be live streamed for people to attend virtually.

"We're finding that all the Interlake communities are struggling with drug addictions and the associated costs to the community. There are not just financial costs, but costs to society and the family," she said. "We thought we'd gather some experienced and knowledgeable speakers and invite communities within the Interlake to take part in our open house where they can gather some information."

Barrett said the focus will be on the use of on street drugs such as weed, cocaine and crack, but also opioids and to a lesser extent alcohol, all of which can lead to breakdowns in families.

"We're finding that a lot of families are experiencing a breakdown. It not necessarily just young people using drugs; there are adults consumed by it," said Barrett. "Children are winding up in care, marriages are failing or the cost of drugs means families don't have the financial means to provide what's necessary for the family unit. Addictions are expensive and they have to be funded. So there's a lot of theft taking place."

The WI has a number of speakers lined up, said Barrett. Representatives from the Addictions Foundation of Manitoba, St. Boniface Street Links, Harm Reduction from Eriksdale and the Youth Treatment Program (Teen Challenge) will be part of the evening. There will also be individuals such as Chris (from Alcoholics Anonymous) who sits on community committees and boards and will speak on addiction impacts on the person, family, and community, Ron (from Fisher Branch) who has been a speaker on addictions at the Manitoba Youth Centre, and Kevin who will speak on the signs and behaviours of cocaine-addicted persons.

"We are also discussing speaker availability with Ian Rabb of Two Ten Recovery and Destiny House. He was formerly with Aurora Addictions Centre. And we've reached out to the RCMP regarding the process for enforcing an involuntary psychiatric

assessment order from the Court of King's Bench," said Barrett.

The topics will include how to tell whether a person has an addiction, how addictions impact families and communities, resources available for individuals with an addiction and their families/loved ones, where treatment programs are located for persons living in the Interlake, and the development of a comprehensive multi-community approach to addictions, associated mental health issues and the impacts on Interlake communities.

The WI will be also providing attendees with educational materials on services available to individuals and families, treatment programs and facilities, and legal issues surrounding addictions.

What the WI is hoping to accomplish from the evening is to raise greater awareness of drug use and encourage collaboration on a strategic plan.

"Our hope is for the Interlake communities to work together in developing a strategic plan, which would result in a cohesive approach focused on reducing addiction dependency and the related effects on families and communities," said Barrett.

She added that programs to treat addictions either have a waiting list, are beyond the financial means of people or are tailored to specific groups such as Indigenous programs at the Aurora Recovery Centre.

"At Percy Moore Hospital we've got an addictions centre and the program is excellent, but it's maxed out. The availability is just not there," she said.

The women's institute has invited a number of communities to attend the meeting either in person or by Zoom. Those include Teulon, Arborg, Riverton, Gimli, Peguis, Fisher River, Jackhead, Moosehorn, Ashern, Eriksdale and Lundar. And all reeves and councillors from the Interlake municipalities have been invited to attend.

"There seems to be interest in this. Unfortunately, some communities are still ignoring the issue although this is knocking on everybody's door and nobody should be ignoring it," said Barrett. "We've had people as far as Sundance ask to be involved and they'll be joining us on Zoom."

The meeting will be held on Wednesday, May 8 at 6:30 in the Ukrainian National Home (hall) at 33 Provencher St. in Fisher Branch. There will be room for 100 people at the hall. To register for a Zoom link, email Debra at wicommunityprograms@gmail.com

FISHER BRANCH WOMEN'S INSTITUTE is hosting a **DRUG AWARENESS OPEN HOUSE**

Come learn about the growing impact of drug addiction from knowledgeable and experienced speakers

IN PERSON

Time: 6:30 pm

Date: Wednesday, May 8th

Location: Ukrainian National Home (Hall)
33 Provencher St., Fisher Branch

Refreshments provided



VIRTUAL ATTENDANCE

To register for a Zoom link, email Debra at wicommunityprograms@gmail.com
Space is limited to the first hundred people



RECORD FILE PHOTO BY PATRICIA BARRETT

The Ukrainian National Home (hall) in Fisher Branch.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

From players to coaches: Interlake Thunder alumnae adapting to new role

By Kieran Reimer

The Interlake Thunder Varsity Girls football team will feature some familiar faces on the sidelines with several former players stepping into coaching positions this season.

Last year's graduating players Maddie Delaurier, Gillian Gesell, and Emily L'heureux have joined Madison Siwicki and Isabelle McDonald, also former players, to give back to the team.

Delaurier enjoyed her football experience and is looking forward to the opportunity to mentor the younger players.

"Last year it was such a great team," said Delaurier. "I was really upset that it was my last year after meeting these girls and the great coaches for the first time. When I was asked to come back without hesitation, it was a yes."

Delaurier and Gesell are joining as defensive assistants, while L'heureux is filling the role of team trainer.

The alumnae also join their former head coach, Joel McDonald, who originally reached out to them in the off-season about coming back as coaches

after seeing the progress they made with the team last season.

"They enjoyed their time with our program and bought in to how we want to do our business," said McDonald. "We designed our coaching staff with the intent of not having a bunch of parents. We understand that parent-coaches are necessary, but our overall plan is to have a sustainable program that can last year in and year out. When coaches are independent of our players, the likelihood of them sticking around is much higher."

And so far, McDonald likes what he sees from his new colleagues, who have already been helping with the team's training camp and indoor sessions throughout the winter.

Whether they're actively participating in pre-practice planning or having lengthy discussions with other coaches, he says their transition from player to coach is going well.

"They're evolving into their positions," said McDonald. "We don't expect them to be focusing a lot on technique, just getting their feet wet and progressing at their own pace. We're



RECORD PHOTO BY JO-ANNE PROCTER

The Interlake Thunder Varsity Girls football team were practising Monday night in preparation for their season opener at Stonewall Collegiate Field on Thursday, May 9 at 7 p.m. The Alumnae coaching staff left to right, Gillian Gesell, Madison Siwicki, Maddie Delaurier, Isabel McDonald and Emily L'Heureux.

not going to throw them in the deep end here. We want them to crawl, walk, and do their own thing. They're fortunate to be mentored by a couple veteran coaches."

McDonald said that mentorship has come specifically at the hands of fellow defensive coaches Colton Meisner and Isabelle McDonald, who also coached them last year.

Isabelle McDonald, in particular, has worked closely with Delaurier to teach her the ins and outs of facilitating a defensive line.

"She basically taught me everything I know about defensive line," said Delaurier. "She taught me how to be a player; now she's teaching me how to be a coach. The adjustment was a lot, but I'm definitely getting used to it and enjoying it."

Delaurier says this year's Varsity Girls' team will feature a physically strong and talented group that is building on last season's experience, as many of its players are also returnees.

Siwicki, the Thunder's offensive coordinator and current quarterback of the Manitoba Fearless football club, is mentoring the team closely, mainly the players she's helped stay conditioned in the off-season.

With less than two weeks to kickoff, she is happy with where the team cur-

rently stands.

"We've been working hard and for a while now," said Siwicki. "Even the new girls are fitting in good, and everyone fits in as a team. We're starting to amp up our physicality and everything as we get closer to gameday. Things are progressing really well and I'm excited."

There are four teams in the league and the Thunder will play six regular season games. Currently the Varsity roster has 19 girls aged 15 thru 18 years registered.

"Unfortunately there were not enough girls league wide to establish a junior division this year so the Club has created essentially a "red shirt" program that will allow the junior age players to practice and participate fully with the varsity team, with the exception of games," said McDonald.

McDonald hopes to set up at least one exhibition/scrimmage for the six junior girls, possibly with some of the girls from Westman that were at the RMFL girls camp.

The Thunder Varsity Girls team will open their season with a home game against the St. Vital Mustangs. Kick-off is at 7 p.m. on Thursday, May 9 at Stonewall Collegiate.

Head coach McDonald anticipates an exciting contest between the two rivals.

WHSHL Nominees



RECORD PHOTO SUBMITTED

The Selkirk Royals had several WHSHL All-Star nominees. Pictured left to right: Lisa Michaleski, Gaven Berry, Nolan Dear, Nathan Ramos-Lam, Ryan Cromie, Jonny Enns-Demchuk, Parker Carels, Michael Buffie. Cromie won the Platinum Promotions player award while Berry was named a first team defenceman. Enns-Demchuk and Cromie were awarded the Travis Price award.

Team Einarson celebrated at annual Night of Champions

Submitted by Sport Manitoba

Sport Manitoba hosted an evening of celebration for athletes and teams receiving national and international attention, dedicated volunteers contributing their time, officials facilitating decorum and fair play, and coaches shaping the next generation of champions in Winnipeg on April 18. Sport Manitoba's Night of Champions presented by Manitoba Liquor and Lotteries is a celebration of the highest achievements Manitobans have made in amateur sport last year.

Gimli's Team Einarson was among those celebrated and was named the Calm Air Team of the Year. In 2023, Team Einarson won a record-tying fourth straight Canadian Scotties

Tournament of Hearts National Championships, the Canadian Women's Curling Championship, and the bronze medal at the World Championships in Sweden. All four team members received All-Star awards for their performances at the Scotties, which are awarded based on statistics taken throughout the week. Einarson, Sweeting, and Birchard received first-team All-Stars, while Harris received second-team All-Star.

Every winner was honoured with a bursary to support their continued involvement in sports, and a personalized banner with their name and award will be proudly displayed at the Sport Manitoba facility.



EXPRESS PHOTO SUBMITTED

Team Einarson was named the Calm Air Team of the Year.

City Champions



RECORD PHOTO SUBMITTED

The U18 Northeast Predators female hockey team won the Hockey Winnipeg AA city championship. The team is made up of girls from northeast Winnipeg, East St. Paul, Selkirk and surrounding areas.

Kemp
named
10th in
WHSHL
Winnipeg
Free Press
poll



RECORD PHOTO SUBMITTED

Selkirk Royals' forward Deacon Kemp was named 10th in the Winnipeg Free Press hockey poll.

What's *Your* story?

We want to hear from you.

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

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

To see more photos
of your favourite
Interlake Athletes

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The Selkirk Record

METAL RECYCLING

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

SCRAP METAL

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

SCRAP METAL

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Birch, tamarack, ash, poplar, Pine and oak for sale. Call or text 204-904-8441.

EQUIPMENT

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

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McSherryttd@gmail.com

McSherryAuction.com

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

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

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

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Please contact for more details and information. Asking \$155,000 for business. Please contact 431-337-0769.

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www.batteryman.ca

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

Grill Chef liquid propane gas grill stainless steel with rotisserie side burner and a full tank; ABDDER Twist Fitness machine, personal motivation for 55 plus; small Evinrude outboard motor; 4 only General Radical Tubeless Tire P245/70 R17; new 1b Compartment Purple Martin Haus unfinished; 1 only 4 x 8x 3/4 Oak plywood; 2 new folding tables 25" x 48"; 30 aluminum extension ladder; air nailer with nails; assorted woodworking clamps; utility trailer 55" x 8"; heavy duty plow for all 3 point hitches. No reasonable offer refused. Please contact Andy at 204-757-9290.

SHOP LOCAL

MISCELLANEOUS

For sale - A real buffalo skull. Asking \$500 or best offer. Please call or text 204-481-0369.

Farm wagon, \$350; 16' tandem trailer, \$4500; 8' trailer, \$1150; 9' 24x30 patio biks, \$499; air compressor 2 tanks, \$325; large air tank, \$150; parts cleaning tub, \$175. Call 204-482-2723.

PET GROOMING

Professional one on one pet dog grooming for small and medium size dogs. Located in my West St. Paul home grooming shop. Nail trims also available. 204-293-6234.

UPCOMING EVENTS

Spring Market and Craft Sale. Saturday, May 11, 2024. 10 - 3. Holy Eucharist Hall 500 Pacific Ave Selkirk. Admission: Monetary donation to Selkirk Food Bank.

St. Andrews Anglican Church invites you to High Tea, Saturday, May 25, sittings at 1 and 3 p.m. Location: Selkirk Community Arts Centre in Selkirk, MB. Tickets \$20, call 204-757-9332 or 204-339-3090.

ADVERTISE YOUR UPCOMING EVENTS IN THE RECORD

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

WANTED

Coins, Coin Collection, Old Jewelry, Bullion +!



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

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Todd

250-864-3521

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Email resume to cdyker@mytudor.ca

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204-785-1066 Ext. 0 for more information.



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MANITOBA MÉTIS FEDERATION Now Hiring For: MULTIPLE POSITIONS

The MMF seeks to fill multiple positions within Métis Employment and Training Department located in St. Laurent, MB.

For a complete list of Skills and Qualifications, please visit: www.mmf.mb.ca.

We offer a comprehensive benefits package including: health, dental, vision, pension, and vacation.

Please submit your resume and cover letter, referencing the job posting number. Preference will be given to qualified Metis applicants and they are encouraged to self-identify on their cover letter.

MMF Human Resources Department
300-150 Henry Ave, Winnipeg, Manitoba R3B 0J7
Email to: jobs@mmf.mb.ca
Fax to (204) 947-1816



MANITOBA MÉTIS FEDERATION Now Hiring For: EMPLOYMENT AND TRAINING COUNSELLOR

The MMF seeks to fill one position within Métis Employment and Training Department located in Grand Marais, MB.

For a complete list of Skills and Qualifications, please visit: www.mmf.mb.ca.

We offer a comprehensive benefits package including: health, dental, vision, pension, and vacation.

Please submit your resume and cover letter, referencing the job posting number. Preference will be given to qualified Metis applicants and they are encouraged to self-identify on their cover letter.

MMF Human Resources Department
300-150 Henry Ave, Winnipeg, Manitoba R3B 0J7
Email to: jobs@mmf.mb.ca
Fax to (204) 947-1816

FULL-TIME PARTS POSITION NOW OPEN

Successful candidate will have a good understanding of what great customer service is, experience with off-road vehicles, enjoys meeting new people and good with computers.

Contact Kerri at 204-482-7782



6837 Hwy 9 Selkirk
kerri@wshonda.net

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER. RIDE DAY – SATURDAY, MAY 25, 2024. 10 p.m. start – Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge.

Back Pew Boys Male Voice Choir concert. Thursday, May 16 at 7 p.m. \$10. Selkirk United Church. For tickets 482-8271 or bpbchoir@gmail.com

WANTED

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

Estates, contents of homes, farms, barns, sheds, garages, etc. Buying most anything old & interesting! TEXT/PHONE: 204-918-1607. "Junkies Estate, Salvage, Antiques & Oddities."

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

www.mcna.com

WANTED

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

WATER TREATMENT

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

FLIGHT ACADEMY

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

NOTICES

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

HIRING? NEED CLASS 1 DRIVERS or Construction workers? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter or spring advertising for 2024. Please call 2 0 4 - 4 6 7 - 5 8 3 6 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

ADVERTISE IN THE RECORD

NOTICES

Notre Dame CWL Cash Draw Winners: 1st - \$500 Aaron Hoi-um, 2nd - \$400 Bert Parker, 3rd - \$300 Jane Massey, 4th - \$200 Tony Isaac, 5th - \$100 Nick Mulcahy.

HEALTH

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

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



Announcements

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ANNOUNCEMENT

IN MEMORIAM

Keith Keller
February 20, 1966 - April 24, 2018
In a quiet country graveyard, Where the gentle breezes blow; Sleeps the one we loved so dearly, And lost so many years ago. We hold him close within our hearts, And there he will remain; To walk with us throughout our lives, Until we meet again.
-Love Mom, Dwayne, Rhonda, Cameron, Brittany, Roger, Tanis, Chris, Carley and Taylor

ANNOUNCEMENT

CARD OF THANKS

Many thanks to Abundant Life Lutheran Church, Glen Eden, family and friends for the many comforting and supportive phone calls, cards, visits, flowers and food during the recent loss of Eleanor Frederiksen (neé) Loutit. Your kindness is appreciated.
-Kevin Frederiksen, Sheila Fidler, Lois and Bob Mabee

ANNOUNCEMENT

BIRTHDAY



Happy Birthday to Mary Kowalchuk
who will celebrate her 102nd birthday on May 7th
To our wonderful mother, grandmother, great-grandmother, sister, aunt and friend, Mnohaya Lita!
We are so thankful to have you in our lives and celebrate with you another year.
God bless you!
-With love from your whole family

RURAL MUNICIPALITY OF ALEXANDER



EMPLOYMENT OPPORTUNITY

Public Works Heavy Equipment Operator (Full-Time Permanent)

For complete advertisement and position profile please visit www.rmalexander.com

Written applications will be accepted until filled. NOTE that only those considered for an interview will be contacted.



RURAL MUNICIPALITY OF BROKENHEAD EMPLOYMENT OPPORTUNITY

SEASONAL OPERATOR

Applications are now being accepted for the position of Seasonal Equipment Operator for the Rural Municipality of Brokenhead. Duties include, but are not limited to, road maintenance, drainage enhancement, and operating semi and tandem.

Recommended qualifications include:

- Grade 12 education
- Class 1 driver's license
- Minimum 3 years' experience operating heavy equipment

The deadline for receiving applications for this position is 4:30 p.m. Friday, May 17, 2024. Applications may be forwarded to:

Rural Municipality of Brokenhead
"Seasonal Operator"
Attention: Sheila Mowat, CAO
P.O. Box 490
Beausejour, MB R0E 0C0
Phone: 204-268-6700
Email: cao@rmofbrokenhead.ca

R.M. OF EAST ST. PAUL ZONING BY-LAW 2009-04 ZONING BY-LAW AMENDMENT NO. 2024-05 SUBDIVISION APPLICATION S24-3045

COMBINED PUBLIC HEARING

We are Listening.

Public Hearing
Tuesday, May 28th 2024
5:30 PM
Council Chambers
3021 Birds Hill Rd.
East St. Paul, MB

Phone: (204) 669-8880
1-800-876-5831

Fax: (204) 669-8882
E-Mail: info@rrpd.ca

Website: redriverplanning.com



As per *The Planning Act*, any person can make representation on the matter at the meeting.

What is Zoning By-law Amendment No. 2024-05 and Subdivision S24-3045 about?

The intent of this amendment is to rezone the subject properties from "RR-5" Rural Residential Zone (5-acre minimum lot area) to "RR-2" Rural Residential Zone (2-acre minimum lot area) in order to facilitate a future rural residential development. The associated subdivision S24-3045 will create thirteen (13) new lots ranging from 2 acres to 2.5 acres.



3609 AND 3689 Birds Hill Road (Roll Nos. 74900 and 74955)

For those that wish to attend virtually please contact the RM of East St. Paul office at (204) 668-8112 by 4:00 pm on May 28th, 2024.

For more information, please contact the Red River Planning District.
Red River Planning District Mon-Fri*
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm

*excludes all statutory holidays
*NOTE: Property owners are responsible for notifying "Tenants"

Announcements

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OBITUARY



Ruth Wilson

On April 22, 2024 Ruth Wilson at the age of 93 passed away peacefully with her family at her side.

She is survived by and will be greatly missed by her sons Dwight (Linda), John (Tara) and her daughter Carol (Dean); her grandchildren Jennifer (Rodney), Bradley, Daniel (Kirsten), Jason (Hilary) and Dylan; her great-grandchildren Isley, Everett, Brielle and Arthur. She will also be remembered by sisters-in-law Marion Corley and Rosie Corley, her nieces and nephews, and her friend Maxine Watson.

She was predeceased by her husband Fred and her five siblings.

Mum was born in Brandon, Manitoba July 12, 1930 and lived for the past 58 years in Selkirk, Manitoba. She worked at the Selkirk Mental Health Centre until she retired. As long

as her health allowed, Mum loved her daily walks. She was always up to date on the world news and enjoyed conversations about politics and the royal family. She liked reading and doing crosswords. She was fiercely independent and a very private person. What she was most proud of and brought her great joy was her children, grandchildren and great-grandchildren. She was the family cheerleader and a wonderful listener. She loved us all and we loved her dearly.

The family would like to express their gratitude to the staff at Selkirk Betel Home for their loving care of our mother for the past 3 1/2 years.

According to her wishes, there will be no funeral service. A private family celebration of her life will be held at a later date.

In lieu of flowers, donations to Selkirk Betel Home would be greatly appreciated.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Eleanor Rose Ecker (nee Gartner)

Eleanor Rose Ecker (nee Gartner) passed away on April 24th, 2024 at the age of 86 years.

Eleanor was predeceased and joined in heaven by her husband Mike (d. 1987) and her daughter Brenda (d. 1960).

Her loss is mourned by her three daughters Laurie, Lyn (Adam), and Lee (John); her seven grandchildren: Brenda (JP), Andrew, Nic (Candace), Chelsea (Jon), Denise (Jesse), Evan (Lauren) and Braeden (Jasmine); and 12 great-grandchildren: Heidi, Kaison, Julia, Oliver, Zephir, Amelie, Grace, Lincoln, Michael, Felix, Malcolm and Emily as well as numerous nieces and nephews.

Her Catholic faith was always important to her and when she was unable to attend mass in person, she attended virtually each week. Eleanor had a wandering spirit after Mike's passing and travelled to both Europe and the East coast. She moved

her home around between Stonewall, Woodlands, Warren and Selkirk where she made many lasting friendships. She enjoyed time with these friends and the visits from her family. She was fortunate to have attended school graduations, sporting events, dance recitals and the weddings of her grandchildren, the last being in October 2022 before she became unwell. Those dearest to her were the "little people", her great-grandchildren. She loved hearing stories of the young ones growing up and seeing photos of their accomplishments and seasonal adventures. Eleanor spent just over her last year at Red River Place in Selkirk. Her speech became incoherent but she continued to wander about with her walker and to tell stories to the staff who found her humor intoxicating. We are all forever grateful that Lyn lived in Selkirk and her and Adam were able to provide her with the extra assistance and frequent visits as her health declined over the past several years. Although she rarely expressed it in deeds, visits always ending with the words "I love you".

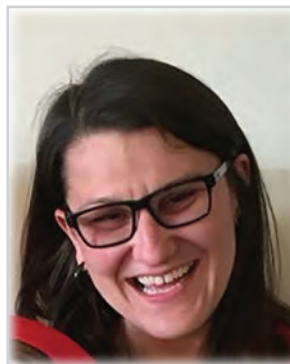
A special thank you to Red River Place staff for the care she was provided for the last months of her life.

A private service and interment will be held for immediate family members.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



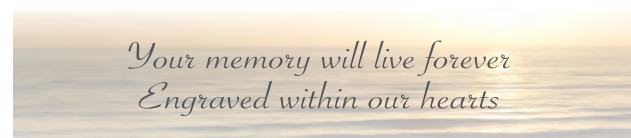
CELEBRATION OF LIFE



Kayla Anderson

The family of the late Kayla Anderson would like to invite those who knew Kayla to a Celebration of Life on Saturday, May 4, 2024 at the Stead Community Center (96134 Stead RD) in Stead, Manitoba. Celebration will start at 1:00 p.m. with a luncheon to follow.

Please join us to honour our beloved Kayla.



OBITUARY



Patricia Middleton

It is with broken hearts we announce the passing of our beloved mother, grandmother, great-grandmother, sister and friend, Patricia Middleton, aged 88 years, on Sunday, April 28, 2024 at Selkirk Hospital.

She was predeceased by her husband Bryan in 2006.

She will be lovingly remembered by her family: Lee (Wendy) and their children Danika and Kealan; Ross (Corinne) and their children Jessica (Tristian) and Grace; Todd (Liana) and their children Chantel (Kyle), Daniel (Erin), and Jordan; Catherine (Francois) and their children Benjamin (Florence) and Pascale; two great-grandchildren Dalhia and Reyn; as well as her two brothers, Hugh and Danny and extended family in England.

Mom was a woman of great purpose. She was a gymnastic coach for most of her life, teaching fitness into her 80's. Mom was a recipient of the Governor General Award. She loved her family and singing in the choir. She spent many cherished moments enjoying precious times with her family and grandchildren, taking in the simple things in life such as enjoying a walk to see the ducks.

A special thank you to all the doctors and staff at Selkirk Hospital for the care and compassion they showed toward our mom.

As per Patricia's request, cremation has taken place and a private interment will be held.

In lieu of flowers, donation may be made to either Autism Spectrum Disorders Manitoba or Alzheimer Society of Manitoba.



Beausejour
(204) 268-3510 or MB Toll Free 1-877-776-2220
Tributes to: www.soberingfuneralchapel.com

OBITUARY



Terrence John Onishko

August 7, 1960 – April 23, 2024

With heavy hearts we announce the passing of Terry, aged 63 years, at the St. Boniface Hospital in Winnipeg, after a long hard fought 10 year battle with leukemia.

He is predeceased by his mother Bernice (2018) and his father John (2000). Survived by his sisters Sandra (Dennis) and Tracy, nephews Brad (Sals) Kozoway, Michael (Kayla) Kozoway, niece Kaylin (Joel) Makara, and life companion Sherry Ammeter of 38 years.

Terry's final place of employment was with ABCO Supply Company in which he really enjoyed. His true passion was sports, especially The Winnipeg Jets and The Green Bay Packers.

Terry will be lovingly remembered for his kind and caring ways along with his amazing sense of humor that brought much joy to all that knew him always. Some very fun and memorable times were had with him. A great guy all around and much loved by many.

Special thanks to Dr. Yang and staff at CancerCare and St. Boniface Palliative Care Unit for all their care and compassion.

Cremation has taken place and no formal service will be held as per his wishes. A private family interment will be held at a later date.

Rest in Peace Dear Brother

Forever In Our Hearts

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

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Announcements

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OBITUARY



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

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

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

Nick was always known to be a hardworking, polite and respectful man. He started working when he was young, still in high school, at various jobs. He worked at Amsco Cast Products for almost 20 years. Nick pursued and earned his Red Seal Industrial Mechanic (Millwright). He was employed at Berger up until his illness escalated. He was an avid hockey fan and loved the Oilers and Jets. We're going

to miss watching the Jets games with you Nick!

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

Rest in peace Nick until we meet again.

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

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

Arrangements entrusted to:



OBITUARY

Jeannette Labossiere (née Henry)

It is with great sadness the family announces the passing of Jeannette Labossiere on April 23, 2024 at the Ste. Anne Hospital at the age of 76 years.

One of her favourite things in life was getting together with family and friends to share a visit and a meal, listen to the guitar and sing by the bonfire. So, in order to help celebrate the life of this amazing woman please join with the family at a BBQ/bonfire on Saturday, May 4th at 5:00 - 24173 River Road, Lorette, MB.

In lieu of flowers donations to the Heart and Stroke Foundation or the Winnipeg Humane Society.

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

Arrangements entrusted to:



OBITUARY

Stella Yellowega

Peacefully, on Wednesday, April 24, 2024 at the Concordia Place in Winnipeg, Mb, Stella Yellowega, aged 88 years passed away.

Funeral Services will be held on Wednesday, May 1, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, Mb with viewing one hour prior to. Interment will follow at the St. Clement's Cemetery.

Tributes: www.gilbartfuneralhome.com



Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

Geraldine (Ger) McDonald

A Celebration of Life for Geraldine (Ger) McDonald will take place on Thursday, May 16, 2024.

Service and interment at 12:30 p.m. at St. Matthew's Church, 601 Pigeon Bluff Rd: with luncheon to follow at Selkirk Golf and Country Club, 2-4 p.m.

Tributes: www.gilbartfuneralhome.com



Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

Leo Sutyla

On Tuesday, April 23, 2024, Leo Sutyla passed away at the age of 86.

He will be missed by his wife of 61 years, Mary Ann, son, Roger (Charlotte) and her children, and many, many friends.

He was predeceased by his son Danny, parents Nellie and Frank, brother Steve, and sister Francis.

Leo was born and raised in Progress, Mb. in 1937. He spent his final working years at Mack Truck as a Diesel Mechanic where he retired after 36 years in 2002.

He enjoyed nature and being outdoors, cutting many cords of firewood, hunting, quadding, snowmobiling, as well as playing hockey and golf. A good time for Leo was sitting together listening to Polka Party, sharing stories over a 'bump' and enjoying an onion sandwich.

Gratitude goes out to the staff at Tyndall Building at Selkirk Mental Hospital for their care and compassion given to Leo.

In keeping with Leo's wishes, cremation has taken place, and no service will be held. Leo's ashes will be interred at Little Britain Church Cemetery.

In lieu of flowers, donations can be made to the Alzheimer's Society.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



CELEBRATE THE SPECIAL MOMENTS!
Don't forget to send your special wishes to your friends and family.

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