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VOLUME 9 EDITION 18

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Celebrating creativity

RECORD PHOTO BY LINDSEY ENNS

St. Andrews artist Kathy Freeman, pictured right, talks about her piece entitled "Birthing Ceremony," with Jane George of Selkirk, left, during the Interlake Juried Art Show at the Selkirk Rec Complex last Saturday morning. Freeman's piece won the red first place ribbon in the art show's experimental category over the weekend. For a story and more photos, turn to Page 10.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



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More paramedic positions coming to the Interlake

Staff

The provincial government is funding 60 new full-time paramedic positions, with more than two dozen of them situated close to home.

On Monday, Infrastructure Minister Ron Schuler made the announcement about the new paramedics on behalf of Health, Seniors and Active Living Minister Kelvin Goertzen at the West St. Paul EMS Garage.

The new positions include 4.85 full-time equivalent positions in Teulon, 4.85 in Gimli and 9.7 in West St. Paul.

In addition, another 6.65 full-time equivalent positions in the Interlake-Eastern Regional Health Authority will support flexible deployment across the entire region and help provide coverage for sick leave and vacation time.

"The addition of 26 new full-time paramedic positions for the Interlake-Eastman region will ensure highly-skilled professionals are available at a moment's notice if and when they need them," Schuler said in a press release.

"The new positions will be strategically placed throughout the region, ensuring residents have access to consistent, reliable health care no matter where they live."

On-call staff that currently works in the system will fill some of the new positions. Other positions will be posted soon, with paramedics expect-



RECORD PHOTO BY BRETT MITCHELL
Infrastructure Minister Ron Schuler, pictured centre, announced 60 new full-time paramedic positions for the province during a news conference in West St. Paul on Monday.

ed to be hired later this year.

Lakeside MLA and Agriculture Minister Ralph Eichler said these new positions will provide services that are critical for ensuring health care is delivered in a timely and efficient manner.

"Of course, we know that health care is one of our most important issues we

have as a government," Eichler said by phone. "So we want to make sure that we meet those response times that we've set."

In 2015-16, more than 98 per cent of EMS calls in rural and northern Manitoba were responded to within the provincial response time standard, with 62.14 per cent within nine minutes, 15.66 per cent within 15 minutes and 20.38 per cent within 30 minutes.

Ron Van Denakker, CEO of the Interlake-Eastern Regional Health Authority, noted that the funding will allow for a new model of EMS staffing that

will increase the availability of coverage across the region.

For example, when Teulon staff are off, ambulances from Stonewall, Selkirk and St. Laurent would be positioned to provide coverage for Teulon and area. When the new positions are filled, the Teulon station will be able to provide services 24 hours per day.

"After extensive consultation with our paramedics, we're introducing a temporary, 12-hour shift rotation instead of on-call service to ensure appropriate rest periods for staff and improved access to care for residents," Van Denakker said in a press release.

Based on recommendations from the 2013 Manitoba EMS System Review, other changes include increasing paramedics' training, adding more ambulances and resources for inter-facility transports and restructuring station locations.

"Ensuring ambulances in Manitoba are staffed 24 hours a day, seven days a week is necessary to ensure patients have access to emergency care and that the paramedics responding are properly rested," said Eric Glass, administrative director of the Paramedic Association of Manitoba, in a press release.

"This investment is an excellent step towards ending long on-call shifts and allows paramedics to deliver those services in a predictable, responsive and safe manner."

For more information on the transformation of Manitoba's health system visit www.gov.mb.ca/rightcare/index.html.

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Junior high school drama students take on a tale as old as time

By Lindsey Enns

A group of École Selkirk Junior High School students were busy preparing to put their own spin on a tale as old as time last week.

The school's drama club is presenting the Pioneer Drama Service's "The Tale of Beauty and the Beast" on Wednesday, May 2 and Thursday, May 3 beginning at 7 p.m. inside their school's gymnasium.

Joan Cooney, the play's director and the school's drama teacher, said this is the 14th production she's been involved with at the school. She said it's been exciting watching their drama students grow over the years.

"We've seen how much it does for the students," Cooney said. "They change so much with their confidence and just feeling like part of the group."

"We sort of become like a family we spend so much time together."

There are more than 30 students from grades seven to nine taking part in this year's production. Among those are Grade 7 students Julianne Dubé, Cassandra Zeiss and Savannah Thompson who all said last week that they were looking forward to opening night. All three students have various roles in the play and said they have been rehearsing since February.

"I'm so excited," Ziess said.

"I'm excited for my parents to see the play," Dubé added. "It's a different kind of beauty and the beast and I've been telling them a lot about it."

Thompson said this is the first big play that she's been apart of.

"I'm both nervous and excited," she said. "We started building the stage in March and now we have costumes."

Tickets for either shows are \$6 for adults or \$3 for students and can be purchased at the door or from any cast member.

For more information about the production, contact École Selkirk Junior High School, located at 516 Stanley Ave., by calling 204-785-8514.



RECORD PHOTO BY LINDSEY ENNS

École Selkirk Junior High School drama students pose for a photo in between rehearsing for their production of "The Tale of Beauty and the Beast" last week.

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Big DOLLAR

Manitoba to test mobile emergency alerting system on May 9

By Justin Luschinski

Manitoba has officially turned on a new emergency alert system that sends warnings directly to someone's phone, but one local leader says there is still spotty reception in some rural areas.

Alert Ready sends warnings directly to a resident's phone. The wireless alert capabilities, which was launched on April 6, also sends out alerts through cable televisions and radio alerts as well.

St. Clements Mayor Debbie Fiebelkorn said the system is an improvement, but worries about areas with spotty reception.

"For our community, it is a good thing. We haven't had a system like this before, in previous years we've done an email blast, or just go door to door," Fiebelkorn said. "There are some areas in our municipality where the reception is spotty, but I think this system will help all Manitobans."

Fiebelkorn said the Gull Lake and Grand Marais areas have been reported to have cell service problems. According to DJ Sigmundson, the CAO of St. Clements, the RM entered into a deal with Telus, which allowed a number of new towers to be built in



RECORD PHOTO BY JUSTIN LUSCHINSKI

A public awareness Alert Ready test message that will go to compatible wireless devices scheduled to take place in Manitoba on May 9 at 1:55 p.m. during National Emergency Preparedness Week.

the area. He said that the reception has improved quite a bit in the last few years.

But some residents are concerned that they might not hear about a disaster before it's too late.

Artie Cross, who recently moved to St. Clements from Winnipeg, said that while he's happy about the alert system, he's worried he might miss an alert.

"I do think it's a good idea. But I'm concerned because my (smartphone) reception isn't the greatest out here," Cross said. "Will I still get an alert on my phone if I can't get a signal? I'm not sure. But I'm sure the RM will find a way to reach me."

The alert will begin with a distinct sound and vibration, followed by an emergency alert banner display on the wireless device and a message

outlining the nature of the alert.

Canada's existing Alert Ready system warns the public of emergency or disaster events via radio, cable and satellite TV broadcasters and web feeds. A public awareness test message that will go to compatible wireless devices scheduled to take place in Manitoba on May 9 at 1:55 p.m. during National Emergency Preparedness Week.

Broadcasters and wireless service providers are only required to distribute 'broadcast immediate' threats to Canadians that have the highest level of severity, urgency and certainty. The Alert Ready system is a partnership between federal, provincial and territorial emergency management officials, Pelmorex Corporation (The Weather Network), the broadcast industry and now wireless service providers. The Manitoba Emergency Measures Organization and Environment and Climate Change Canada are authorized alerting authorities in Manitoba and are capable of sending emergency alerts through this national system.

For more information on public alerting in Manitoba, visit gov.mb.ca/emo or www.alertready.ca.



Five Most Common Running and Walking Injuries and How to Manage Them

Spring is finally here and we now can get out and enjoy the fresh air with a run or walk! We need to take caution though, as at the start of the season, we haven't conditioned our bodies to take on this new load and sometimes this can lead to problems.

We may start to feel some new small aches or pains, and this is normal. However, if these aches or pains don't go away, the best approach is

to not ignore it but to listen to your body and address these as soon as possible. We often see people in the clinic 3 months after this "ache" began which then has turned into a whole host of new problems due to compensatory movement patterns.

The following list is the more common injuries we see with runners (and certainly can also apply to walkers), and the ways that these can be treated.

1. Plantar fasciitis - inflammation of the fascia (connective tissue from the arch of the foot to the heel), can cause sharp pain on weightbearing, sometimes can feel like stepping on a nail. Improper footwear and tight calf muscles can often be the cause.

2. Achilles tendonitis - inflammation of the achilles tendon - the thick band connecting the calf muscle to the heel bone - can also lead to plantar fasciitis; usually caused by tight calf muscles and can feel swelling and pain close to the heel.

3. Iliotibial Band syndrome - this is connective tissue on the outside of your knee extending to your hip. This can become inflamed from repeated hip/knee movement and can feel like a stabbing pain on the side of your knee when running or walking - especially going downhill.

4. Patellofemoral pain syndrome (Runner's knee) - constant ache underneath the knee cap (patella). Usually worsened with increased intensity of exercise and likely due to muscle imbalance around the knee and commonly poor footwear

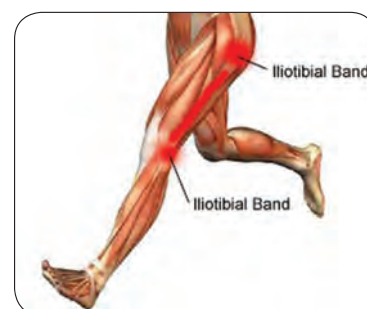
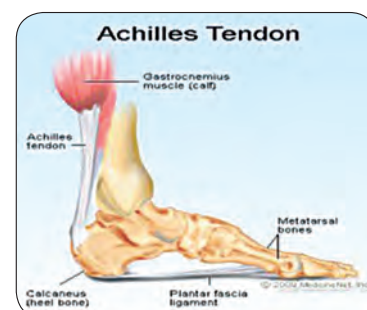
5. Shin splints - an umbrella term usually felt as pain along the shin area. Usually from sudden increase in intensity of training with an increase of load on the muscles of the calf. Also can be from improper footwear.

Much of the above injuries can be treated with rest, ice, proper stretches, corrective footwear/custom fit orthotics and if all else fails seek medical treatment.

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Cavalía's horses enjoy a holiday in rural Manitoba

By Jennifer McFee

The four-legged stars of Cavalía Odysseo are enjoying a little time to horse around during their vacation at an equestrian facility in rural Manitoba.

For the second time since the show launched in 2011, Cavalía Odysseo will dazzle audiences under the white big top in Winnipeg, this time from May 12 to June 10.

After performing two sold-out shows in Arizona, Cavalía Odysseo's 70 horses travelled to Manitoba in specially equipped trailers to enjoy a 10-day rest before they're in the spotlight once again.

A 20-person stable team works from 7 a.m. to midnight every day to care for and pamper the horses, which include 13 different breeds: Appaloosa, Arabian, Canadian Horse, Warmblood, Lusitano, Paint Horse, Percheron Hanoverian Cross, Quarter Horse, Selle Français, Thoroughbred, Spanish Purebred, Miniature Horse and Warlander.

On average, the horses are about nine years old, originally coming from as far as Spain, Portugal, France, Germany and Australia, as well as the United States and Canada.

As part of their daily life, the horses participate in a program of stretching and gymnastics. They also have the chance to play and enjoy the weather outside in the paddocks. The horse-training philosophy focuses on understanding the needs, emotions and preferences of each animal, so the human-animal relationships centre on mutual respect, trust and kindness.

The idiom "hungry as a horse" rings



true, since they eat eight meals per day, made up of five servings of hay and three servings of grain. On Sunday evenings, they indulge in special treats including apples and carrots.

In addition to the mesmerizing performance of the horses, the show also features talented riders, acrobats, aerialists, stilt walkers, dancers and musicians from around the world — including local teen Maria Aragon as a guest singer in Winnipeg.

"The show is so wonderful, and there are some new surprises," said Marc-Olivier Leprohon, Cavalía's artistic and equestrian operations director, who is in charge of the horses' transportation and vacation. "Everybody can find something they love in the show."

This is the last chance to see Cavalía Odysseo in Manitoba, since the show will wrap up its tour of more than 1,500 performances after its final two



TRIBUNE PHOTOS BY JENNIFER MCFEE

The equine stars of Cavalía Odysseo enjoyed some down time at a ranch in rural Manitoba last week. The show runs under the big top in Winnipeg from May 12 to June 10.



stops in Winnipeg and Montreal.

Tickets to Cavalía Odysseo range from \$29.50 to \$149.50 plus applicable fees and are available online at www.cavalia.com/winnipeg or by calling 1-866-999-8111 or through Ticketmaster.

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Nurses union donates over \$13K to Camp Stepping Stones

Staff

A camp for children who have suffered the recent loss of a loved one has received some support in the form a donation from the Manitoba Nurses Union (MNU).

Last Friday, The Interlake-Eastern Regional Health Authority's (IERHA) palliative care program celebrated the donation of \$13,450 from the MNU in support of Camp Stepping Stones. This donation will help fund an entire weekend of a unique camping experience for children who have experienced the death of a loved one.

This June, the IERHA's Camp Stepping Stones will enter into its 15th year of providing a supportive camp experience for children who have suffered the recent loss of a loved one. Each year since 2004 approximately 50 kids have come to Camp Stepping Stones, a children's grief camp for ages 7 to 17, held the first weekend in June at Camp Arnes.

If not given the opportunity to cope with their grief, kids can experience low self-esteem, depression, academic failure and deterioration in relationships with family and friends. If grieving children are to heal, it is important to provide them with a safe



and accepting environment.

"I experienced loss at a young age, it changed me quite significantly as a young person, so I see a huge benefit

in helping kids move on, and to help them form those healthy relationships for the future," said Sandra Milotte, IERHA palliative care volunteer co-ordinator and community liaison.

The weekend long camp program has changed very little over the last 14 years — a combination of memorial activities and traditional camp activities fill the weekend from Friday evening to Sunday afternoon.

What makes each year different are the campers' individual journeys that have brought them to camp. Last year, the average age of the campers was 10 years old out of the 52 who attended, 54 per cent of the kids had experienced the death of an immediate family member and 40 of them resided within the IERHA catchment area.

"In the few years I have personally attended camp I have seen children

transform over the weekend and leave with tools to help them through their grief and build connections they will likely maintain for life," said Tammie-Lee Rogowski, clinical team manager for IERHA's palliative care program. "The children who attend camp never cease to amaze me in their strength and resilience; for many this is the first opportunity they've had to grieve and say good-bye and actively create many memory keepsakes."

For more information or to find Camp Stepping Stones camper applications, visit the Interlake-Eastern RHA website at ierha.ca under Palliative Care/Additional Services in Communities or contact Camp Stepping Stones directly at 1.855.494.7369 or via email at campsteppingstones@ierha.ca

RECORD PHOTO BY
JUSTIN LUSCHINSKI

The Interlake-Eastern Regional Health Authority's (IERHA) Camp Stepping Stones, for children who have lost a loved one, recieved a donation of \$13,450 from the Manitoba Nurses Union (MNU) last Friday at the Selkirk Regional Health Centre. Pictured from left to right: Sandra Milotte, IERHA palliative care volunteer co-ordinator and community liaison, Kathy Nicholson, MNU Interlake-Eastern Chapter president, Joan Marr, secretary treasurer Interlake-Eastern MNU - Stonewall, and Christine Boychuk, vice-president Interlake-Eastern MNU - Beausejour - East Gate Lodge.

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OUR MEMBERS HAVE SPOKEN!

We revealed the results of our recent board election at our annual general meeting on April 26, 2018.



We are happy to announce that Lesli Malegus has been re-elected for a three year term. Lesli has served on the board for the past ten years and looks forward to continue to serve our membership.

We are also happy to welcome new director Raquel Lincoln to the board. Raquel has been a long time member of Sunova and will bring her community and business experience to the team.

We would also like to extend a huge thank you to our retiring director Huguette Dandeneau for her tremendous contributions and 27 years of service with Sunova!



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Province to roll out standardized commercial truck driver training

Staff

Manitoba is mulling over implementing a standardized system of training and certification for commercial truck drivers.

"Our first priority is public safety on roadways and that is why we are announcing that we have started work across government to consider how a standardized system could work for the trucking industry," Infrastructure Minister Ron Schuler stated in a release last week. "This is something the trucking industry has asked for and we want to work together in a collaborative way to see how this would work in Manitoba."

Work will be done across government through Manitoba Infrastructure, Manitoba Education and Training, and Manitoba Public Insurance. A standardized system of training would allow for a uniform standard for all truck drivers across the prov-

ince and would allow road safety to be the number one priority in issuing licenses.

Educators in the province already provide training, approved by the province and Manitoba Public Insurance, to the current National Occupational Standard. However, there is no current requirement for new drivers to access this training.

Other jurisdictions, such as Ontario, Alberta and Saskatchewan, have either already changed their standard or are in process of working on upgrading to this standard.

"It is clear that Manitoba needs to start this work to ensure that all provinces are moving together on a standardized system of training," Schuler added. "This work is beginning immediately and we hope to move forward with a plan of action as soon as possible."

Selkirk Legion donates to sea cadets



RECORD PHOTO BY JUSTIN LUSCHINSKI

Local Royal Canadian Sea Cadets Nicholas Oliver, pictured centre left, and Keith Rennie, centre right, accepted a donation of \$1,548 towards the Darewood Sea Cadets from Selkirk Legion members last week. The funds will go towards summer camp activities.

Residential school survivor shares his healing journey in new memoir

By Justin Luschinski

Two men who have experienced genocide came together to discuss their past, and how to move forward last week.

Theodore Fontaine, former chief of the Sagkeeng First Nation and survivor of the Fort Alexander and Assiniboia Indian Residential Schools, and Nate Leipziger, who, as a teenager, survived several Nazi concentration camps and a death march, gave a talk at the Canadian Museum of Human Rights in Winnipeg last Sunday evening.

The pair discussed the writing process behind both of their memoirs "Broken Circle: The Dark Legacy of Indian Residential Schools, a Memoir" and "The Weight of Freedom." They

also discussed the trauma they've had to face, and how the similarities of their experiences helped them along their healing journey.

Fontaine said he noticed the connection between the Holocaust and the Indigenous cultural genocide when he visited a concentration camp.

"It really resonated with me when I had my first visit to the Dachau concentration camp in Germany. Those philosophies of Hitler were so similar to the Canadian government's policies," Fontaine said. "The pope declaring that the land was free for the taking, because there were no human beings there. 'They're savages,' they said. They rounded us up, and did everything they could to kill the (Indigenous) inside of us."

In Fontaine's memoir he gives a firsthand account of the horrors he experienced at the Fort Alexander and Assiniboia Indian Residential Schools. Twelve years after he left, he described himself as being "frozen at the emotional age of seven."

Leipziger met up with Fontaine a few years ago at the University of Toronto. As he was writing his memoir he started to notice some similarities between what they both went through as youth.

"The problem was with the Nazi's, the Holocaust was a solution to solve their problem, not ours," Leipziger said. "Same with Indigenous people. We couldn't accept who they are, we wouldn't

accept their culture as equal, even though it's existed for thousands of years. (Canadians) created the problem."

Leipziger's memoir is one of 75 memoirs published by the Azrieli Foundation and is distributed free of charge to educational institutions across Canada.

The program is guided by the conviction that such stories play an important role in education about tolerance and diversity. For more information about the foundation, visit azrielifoundation.org.

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5th – Cinco de Mayo Celebrations 6pm
6th – Ladies Aux Spring Tea 1-3pm
11th – You Had it Coming band 8pm
18th – Black Water band 8pm
22nd – Garth Brooks Tribute 7:30 tickets \$25
25th – Uncle Basic band 8pm
26th – Member Welcome Ceremony & Awards 7pm
30th – General Meeting 7:30pm
June 6 – Paint Night 7pm

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The formal application is available from your local Manitoba Infrastructure office. The deadline for these applications will be **no later than May 25, 2018**.

For more information, please contact one of the following Infrastructure offices:

Steinbach	204-346-6266	Dauphin	204-622-2061
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Portage la Prairie	204-239-3292	Brandon	204-726-6800
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RED RIVER > CHALET BEACH > LAKE WINNIPEG

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Angler manages to reel in some supper

Hi sisters and brothers. I wish you could meet Janet Peterson. I was lucky enough to encounter this tiny, bright, joy-filled gal along with her family a month ago on the Red River ice upstream of Selkirk. When I pulled up to her families shack she was darting about with lightening speed between fishing holes, her short brown hair tucked under a toque talking a mile a minute. Doug, her husband, a man of average height with a round face, dark eyebrows, a slightly graying beard and a low melodic voice that made you listen to everything he said, walked up to me and shook my hand. Janet's cousin, Kevin Fossay, a young, tall, brown bearded lad and his significant other Shanna Bilinski, a young thin lady with stately features were part of the group. The thing that got me about this delightful Winnipeg bunch was their unique "living history" game they played to record their fishing life. The game was to give their catches a funny name and tally number signifying the last fish caught. Apparently the kids are really good at suggesting funny fish names. After taking a picture of a fish they caught, they would release it, then later write its name and number on the picture and hang it on the ice shack wall. I hope I run into these wonderful vibrant folks again sometime!

About the same week I met the Peterson family, I was out on the Lake Winnipeg south basin ice on an overcast quiet day and came across a couple of guys putting their fishing gear into the back of their truck. The tall, young, lanky chap with a three day brown stubble growth on his face turned out to be Kevin Gregorchuk from Beausejour and his shorter salt and pepper haired buddy sporting a handlebar mustache was Randy Bean from Winnipeg. "How did you guys make out?" I asked through my open driver's window. Randy gave me a frail smile as he



RECORD PHOTO BY ARNIE WEIDL

Randy Bean, pictured left, and Kevin Gregorchuk, right, with Randy's catch on Lake Winnipeg.

bent into the truck box pulling out a trophy sized walleye. "When I saw the size of this thing coming out of the hole I was just going to take a picture then release it but the pickerel swallowed the hook so deep there was no way to save it," he said with a regretful expression on his face. "Well, your hearts' in the right place anyway Randy," I offered. "It's been an oddball day," he reflected, first my scoop slipped out of my hand when I was cleaning ice out of my hole and it sank in the water; then this fish! "Too bad about the scoop," I said. "Oh I got it back," he declared, "I dropped a weighted jig to the bottom and after a half an hour I snagged it!"

On the west side of Lake Winnipeg a week later I was bouncing along the ice in old red feeling pretty good with the heat and radio on having a sandwich and coffee. Anglers were spread out everywhere as far as I could see. In time I pulled up to a couple of guys who were drilling an ice hole. I got out of the truck beside them just as the water gushed up from the finished hole. I told them who I was and asked if they had a fishing story for us. They looked at each other for a while, thinking and then started chuckling. The taller one who had a commanding nature and called himself Ron White,

said to his always grinning, always restless, buddy, Terry Roney, "How about the kids at the beach?" "Yeah, tell that one," Terry encouraged. Ron started. He and Terry were ice fishing east of Winnipeg Beach for the better part of a day catching nothing but air when some local kids showed up. The men sat in their chairs like spectators watching them clear off a patch of ice and start playing scrub hockey. After a while one of the boys having brought along a rod got Rod to drill a hole for him. He dropped his line with a lure into the water then sat cross legged on the ice and watched his buddies play hockey. It couldn't have been ten minutes when the kid got a strike! He jumped up reeling in his quivering line. Soon the head of a giant pickerel rose from the hole splashing water out onto the ice as the kid landed it. It lay on the ice its huge round two foot long body flapping intermittently. "I can bring supper home," the lad cried triumphantly. Ron and Terry just sat back blank faced; deflated. Slowly Ron bent over and picked up their tub of minnows toying aimlessly with it. He looked over at his friend and uttered, "Maybe we need better bait!"

Drop in next week won't you, bye for now.

View the Selkirk Record online at selkirkrecord.ca



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

TROUBLE WITH PAPER DELIVERY?

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

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Selkirk named Fair Trade Town of the Year at national conference

Staff

For the second year in a row, Selkirk has been recognized with a national award for its support of fair trade.

The city was named 2017 Fair Trade Town of the Year during the sixth annual National Fair Trade Conference, held March 2-4 in Vancouver.

Selkirk CAO Duane Nicol said the award is especially meaningful since the city had only been designated a Fair Trade Town 10 months prior to the conference.

"The speed at which our committee was able to have Selkirk recognized as a Fair Trade Town, and the fact that in less than a year our work was recognized with this national award, is due entirely to the commitment, dedication and creativity of our fair trade town committee," Nicol stated in a release. "They have done and continue to do amazing work on this front."

The fair trade town program is an international one, with over 2,000 cities and communities around the globe recognized as Fair Trade Towns, Nicol added.

A fair trade committee – which includes representatives from the City of Selkirk, Selkirk Community Renewal Corporation, Selkirk Transit Authority, the Ecole Selkirk Junior High Youth in Action Committee, Selkirk Biz and the *Selkirk Record* – works together to support and promote fair trade throughout the city. They recently hosted Beny Mwenda from Tanzania, who spoke to students at the Selkirk Comp recently. Mwenda has worked for the Tanzanian government in the Department of Agriculture and is known for his work



Beny Mwenda from Tanzania, pictured above left, speaks about the benefits of fair trade at the Comp recently. Selkirk's fair trade committee hosted Mwenda as part of a fair trade event for local students, which included a fair trade chocolate tasting, at the Comp.

supporting rural women's and youth groups to alleviate poverty and build local leadership.

Selkirk Mayor Larry Johannson said he's proud of city staff, and citizens of Selkirk, for their strong social conscience.

"Winning a national award is very prestigious, but when it's for something like this, for decisions we make here in Selkirk, Manitoba, that can impact and improve lives around the world, it's really something," Johannson stated in a release.

Nicol said fair trade is an alternative approach to conventional trade and is based on a transparent and respectful partnership between producers and consumers.

Fair trade contributes to sustainable development by offering better trading conditions to, and securing the rights of, marginalized producers and

workers – particularly in the global south. They get fairer compensation for their work, thus reducing poverty, child labour, and building the prosperity and resilience of families and developing communities.

Selkirk businesses carrying fair trade products include: The Marketplace,

A&W, Shopper's Drug Mart, Gramma Carols, Co-op Gas Bar, Three6Tea, The Liquor Mart, Safeway, the Canalta Hotel and Walmart.

For more information on fair trade, visit myselkirk.ca/fair-trade/fair-trade-town/.



RECORD PHOTOS BY LINDSEY ENNS

Comp to host Performing Arts Showcase May 10

Staff

Performing arts students at the Comp are gearing up to perform at this year's Performing Arts Showcase. All year, students have been auditioning and performing for a chance to perform for the public at this final showcase, which will take place on Thursday, May 10 at 7 p.m. inside the local high school's theatre. The showcase will include a wide variety of acts, including singing, drama, poetry and bands will perform. Tickets are available at the door for \$10 or \$5 for Comp students.

Gwen Fox Gallery hosting 20/20 art show this month

Staff

A total of 26 former Comp students are joining forces for a special art show in Selkirk this month. This month marks the 20th anniversary of the Annual Student Art Show at the local high school. The show is titled "20/20" as a reference to vision, the 20th year of the student art show, and the more than 20 former students that are taking part. The show runs until Saturday, May 26 at the Gwen Fox Gallery located at 250 Manitoba Ave. An opening reception will also take place at the Gwen Fox Gallery on Friday, May 4 from 7 p.m. to 9 p.m.

Burning bans, travel advisories in effect across Manitoba

Submitted

Manitoba Sustainable Development advises that a number of travel restrictions have been put into place and burning permits remain cancelled for the eastern and central regions of Manitoba due to dry, windy conditions and the high risk of fires.

Travel restrictions are in place for much of southeast Manitoba, from Lake Winnipeg and the Wanipigow River south to the U.S. border, and from PR 302, PTH 12, PR 317, PTH 59 and PR 319 all the way to the Ontario border.

Burning permits are cancelled, but campfires in approved firepits are al-

lowed, and propane or electric grills can be used for cooking.

Local municipalities may also implement burning bans or fire restrictions. Check with local municipal offices or visit gov.mb.ca/wildfire/burn_conditions.html for more information.

For further general information on the fire status, maps, restrictions, burning permit cancellations or other restrictions go to gov.mb.ca/wildfire.

For additional information on these restrictions, contact the nearest Manitoba Sustainable Development office. To report a wildfire, call 911 or the T.I.P. line (toll-free) at 1-800-782-0076.

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Talent, creativity collide at Interlake Juried Art Show

By Lindsey Enns

Sheer talent and creativity were on full display during the 39th annual Interlake Juried Art Show in Selkirk last weekend.

The three-day event hosted by the Gwen Fox Gallery, which kicked off with an artist's reception last Friday evening, featured 275 pieces of artwork from a total of 139 artists from across the Interlake.

Entries were organized into a total of 10 categories ranging from paintings, sculptures and photography to mixed medium, experimental and fibre art. First place winners in each category will now go on to represent the Interlake at a northern and rural Manitoba juried art show taking place this September.

"We had a strong showing from youth as well as adults," said Joanie English, a member of the Gwen Fox Gallery and juried art show committee. "The working committee is made up of about 49 volunteers who come and help to support and put this all together and it's open to the public."

Those interested in browsing all of the art on display were invited to do so inside the Selkirk Rec Complex's banquet hall last Saturday and Sunday.

"It's one of the nicest ones I've seen so far," said Werner Batke, an avid painter and member of the juried art show's board, while browsing the pieces last Saturday. "We have tremendous talented artists as you can see."

The 67-year-old from Arnes, Man.



RECORD PHOTOS BY LINDSEY ENNS

ABOVE LEFT: Interlake Juried Art Show board member and painter Werner Batke, pictured right, talks about his deer painting during the art show inside the Selkirk Rec Complex last Saturday. ABOVE RIGHT: Linda McKenzie, of Selkirk, holds up her first place ribbon for the fibre art piece pictured behind her last Saturday. BELOW: Art show attendees browse the 275 pieces of artwork during the show in Selkirk last Saturday.



said he's been painting since he was a young boy.

able here.

"In an age where everything is mass produced, we come in with hand crafted pieces."

Artists Kathy Freeman of St. Andrews and Linda McKenzie of Selkirk said the annual art show serves an inspiration for artists across the region.

"This year I've gone from quilter to artist that's how I feel," said McKenzie, who took home a first place ribbon in the fibre art category. "It's an honour."

"I love to hear the comments. Even the negative."

Freeman, who has won multiple first place ribbons for her sculptures, says she's always "surprised and grateful" to be recognized amongst such a talented group of artists.

"I'm just grateful for the entire experience," she said.

Over the years the art show's entries have continued to evolve, English said.

"I think it's becoming stronger," said English, who has been a member of the art show's committee since 2014. "I'm finding that people are expressing themselves more, being more creative and feel more free to be creative."

She added the annual art show is also a great opportunity for established and emerging artists of all ages to showcase their work.

"This allows artists to get to know each other in the Interlake as well as see what other artists are doing," she said. "The Interlake Juried Art Show's goal is to support and strengthen our community through art."

Volunteers are also making an effort to encourage more youth to get involved with the annual show, she said.

"We're trying to get a strong youth involvement to make them feel that art is a wonderful part of the world and we'd like them to experience what is available to them," she said, adding those interested in getting involved, should visit their local art gallery or art club. "Across the Interlake there are a lot of different groups that open their arms up to artists and help to support all aspects of art."

English said she wanted to thank the City of Selkirk for their continued support. This year's art show also received financial assistance from the Province of Manitoba and the Manitoba Arts Council.

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St. Andrews couple wins a new car



RECORD PHOTO BY BRETT MITCHELL

Nancy Janzen, pictured centre, and her husband David, right, collected their brand new Mustang GT at Steeltown Ford last week after winning a Costco contest. The St. Andrews couple was very excited to get behind the wheel of their new sports car after winning the contest, which was held over last summer. They received the good news call last October.

WSP unveils financial plan at public meeting

By Justin Luschinski

Municipal taxes in West St. Paul will be increasing by 0.55 per cent residents learned following the RM's public financial plan meeting last month.

West St. Paul Mayor Bruce Henley says the RM is in good financial health.

"I think we're in great shape," Henley said. "I'm very proud. This year, over 80 per cent of the people in West St. Paul are going to see their taxes go down on the municipal portion. Not a lot of other municipalities can say that."

According to the council's presentation on April 17, while the RM's taxes will remain low, school taxes are increasing at a higher rate.

In 2018, Seven Oaks School Division increased its tax request by \$226,966 or 3.5 per cent when applied to West St. Paul assessment and Interlake School Division increased its tax increase by \$20,547 or 6.8 per cent. West St Paul's increase was \$21,892.

Since 2015, municipal taxes in West St. Paul have only increased by 4.6 per cent.

Henley explained that the municipality has no role in school taxes, other than that they appear on the tax bill sent out by the municipality. The municipality does not set school tax levels.

This year, a homeowner in West St. Paul with an assessment of \$356,500 who pays school taxes to the Seven Oaks School Division will see their school taxes rise \$46.53 while that same home's municipal taxes will go down by \$36.90, according to the RM.

Sunova Credit Union, Oakbank Credit Union vote to amalgamate on July 1

Submitted

Oak Bank Credit Union members voted in favour to amalgamate with Sunova Credit Union late last month and last week Sunova members followed suit during their AGM in Lockport.

Following approval by the competition bureau, the two credit unions will become one on July 1.

All current Oak Bank Credit Union staff will have positions with Sunova and a branch will remain open in all three communities where Oak Bank Credit Union currently has branches: Oakbank, Dugald, and Bird's Hill. Later this year, the back office administrative staff will transition to the Sunova corporate office in Selkirk, while

member-facing staff in Oakbank will eventually transfer over to Sunova's Oakbank branch, allowing members to continue to connect with the staff they have built relationships with.

Staff will develop a process to transition accounts to the Sunova banking system. This will not happen immediately, and the conversion will be carefully planned to ensure minimal disruption to members. All existing mortgage, loan, and term deposit contracts members have with Oak Bank Credit Union will be honoured during the transition. Upon renewal, all conditions will be reviewed and renegotiated as usual. If members have any questions, we encourage them to reach out to their respective branches.

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Kasper test-driving larger buses, reduced rates to increase ridership

By Lindsey Enns

Kasper Transportation Service says its making a "last ditch effort" to keep its Selkirk to Winnipeg bus route running but exactly for how long will be up to riders and local municipalities.

The Ontario-based bus service has submitted a one-page business proposal to the City of Selkirk, RM of St. Andrews, RM of St. Clements and the RM of West St. Paul seeking financial support. They are also test-driving

some other changes this week.

A larger 24-seat transit-style bus took over their existing routes on Monday and they reduced their rates in an effort to increase ridership. The cost for a one-way adult ticket is now \$12 or \$24 with a return. Students and seniors now pay \$10 for a one-way ticket or \$20 with a return.

"We've been able to review our numbers a little more closely and I think this will work for us," said Scott Spak,

Kasper Transportation Service's vice-president of operations.

Although he wouldn't disclose how much money they are seeking from either of the above listed communities, Spak said they are hoping to keep the route going.

"If the City of Selkirk and municipalities are willing to step up with our proposals to subsidize in some capacity we can guarantee staying," he said. "For now, we're just trying to make this work. We don't really have a time line as far as ... how long we're going to stay."

City of Selkirk CAO Duane Nicol said over the years the city has offered their support to various bus companies in terms of providing data, community insight, logistical planning and communication support. Nicol said the city and surrounding municipalities have never provided any financial assistance to any independent transportation business.

"We were looking at all ways that we could provide in kind support because we believe this service is needed in our community," Nicol said, adding the city is currently reviewing Kasper's business proposal. "We've asked for more information."

"We certainly applaud their recent decision to extend the service ... and the reduction of their rates."

Kasper announced in February that they were cancelling its Selkirk to Winnipeg bus route effective May 27 but unveiled their plans to stick around in a Facebook post early last week.

Kasper took over the Selkirk to Winnipeg bus route shortly after Exclusive Bus Lines announced they would be cancelling their commuter service last year. Exclusive Bus Lines stepped up after Beaver Bus Lines said they would be cancelling the same service in July 2016. Beaver Bus Lines had shuttled people from Selkirk to Winnipeg for 68 years before they called it quits.

"We've been trying to make a go of it ... we've assessed and we don't want to step away," Spak said. "We thought that using our smaller bus units like we do in Northwestern Ontario would work but in reality they ended up costing a lot more because of just insurance premiums and the regulations surrounding those."

In an earlier interview with the *Record*, Selkirk Mayor Larry Johannson said the city would be open to working with surrounding communities and the province on developing a transportation master-plan for the region.

"There has to be an alternative to not only cars and trucks on the road ... not everybody can just jump in a vehicle and go," Johannson said.

For an up to date Selkirk to Winnipeg route schedule and ticket prices, visit go-kasper.com or call 1-855-566-2378.



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Local mechanics building 'one of a kind' ride for Vegas car show

By Justin Luschinski

A team of mechanics from across the Interlake are preparing to take on the world at an international car show in Las Vegas.

Tyler Turton of Zombie Bodyshop, located just outside Selkirk, and his team have been chosen to represent Canada at the International Ratical Rod Build Off, taking place in Las Vegas.

Teams from around the world have been tasked with building custom vehicles, and drive them from Lincoln, Nebraska, to the SEMA Show in Las Vegas. SEMA is one of the largest car conventions in the world, and it's a chance for Turton's "little shop on the prairie" to make a big splash.

"The team is working really well together, we're putting in around 1,000 man hours into this in 100 days," Turton said. "The motor's rebuilt, the body is starting to look like something cool, but we've still got a long way to go."

"We'll probably be working on this right up until we have to leave."

Turton's team, composed of David Yates, Darren Ralke, Tony Kratzer, and Dwayne Wiltshire, is building a 1951 F5 quad-cab panel truck. According to



Turton, they're making a 1950's vehicle that has never existed before. They essentially are building a completely new truck, combining parts from at least four other vehicles.

"It's a truck that's never existed before, it's totally one of a kind," Turton said. "There's nothing else like this on planet Earth."

The team has roughly 170 days left before they have to leave for Nebraska. Turton says he plans to show the car off with a drive through Selkirk before they leave.

The SEMA Show is scheduled to take place from Oct. 30 to Nov. 1 at the Las Vegas Convention Centre.

Those interested in following along on their journey can visit their Instagram page by searching "zombiebodyshop."

SUBMITTED PHOTO

A team of local mechanics are preparing to take a truck they built on the road to compete at an international car show taking place in Las Vegas.



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Selkirk Area Women Glad to See Familiar Workout in New Women's-Only Gym

By Kenzie Bilyk

When Jill Dowson heard about Glow Fitness for Women opening in Selkirk, she was one of the first to sign up.

Dowson used to run a club from a franchise called Curves, and when she saw the women's-only circuit at Glow, she was excited for a chance to return to a workout that she missed since her club closed.

"It feels like I'm coming home. It's a grown-up girlfriends club! And so glad to see smiling faces when I open the door!" says Dowson about her experience since joining.

The Glow circuit, just like the one at Dowson's former club, uses a force called hydraulic resistance to create a full body strength workout, like lifting weights but more comparable to swimming, because the resistance of the machines will increase depending on how fast you push or pull, and you raise your heart rate for the additional benefit of a cardio workout.

"Easy weight loss and muscle toning. It's an hour and a half workout in a half hour!" Says Dowson on the benefits she remembers from when she owned her club.

"It's for every woman too, the machines will adjust for everyone and will continue to challenge you even after you have gotten stronger. And it's nice to see the yoga added to complement the circuit."

Since Glow Fitness for Women opened a few weeks ago, Dowson now works out at Glow a few times a week with her friend Ruth Weins.

Weins also used to work out at a circuit style gym in the past and has been enjoying her workouts so far.

"I like it because it's stress-free! I have so much more energy now!" says Weins.

Feedback from members working out in the morning show similar enthusiasm for the new gym.

"I find it empowering, the staff is so motivational and welcoming. The space is beautiful" Glow member Dianna Mae Hocaluk comments cheerfully before her regular

early morning yoga.

"No one judges, you don't need headphones either!" Christie Pellaers, another member, added enthusiastically from the circuit.

"Oh yes! That's so important, and the schedule for the yoga is so thoughtful for a working professional woman" Hocaluk continued.

"It's just such a positive environment!" Pellaers finished off. Some other general comments heard dancing around the space between the recovery boards and the yoga studio show similar sentiments:

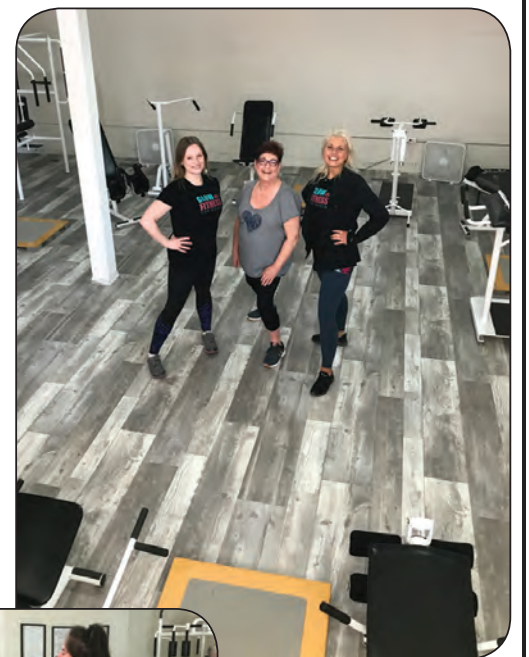
"I'm happy that it's back, it's so nice to get back into it!" said one member in between squats.

"The circuit and the yoga are both so easy to get into, doesn't matter your current shape or activity level!" Added another from the stretch area.

Glow Fitness for Women opened March 12 in downtown Selkirk at 217 Clandeboye Avenue, close to the waterfront.

The women's-only gym has memberships with and without contracts, and is open 24/7, with coaches on-site six days a week.

New members are welcome to drop by during staffed hours Monday to Friday from 6am to 6pm and Saturdays from 8am to 12noon. Visit online (glowfitnessforwomen.ca) or call to sign up - 204.420.2480.



Glow Fitness owner Katie Hartle (left) and circuit coach Darcie Field stand with Jill Dowson (center) surrounded by the circuit fitness machines. Pictured at left, Dowson gets instructions from coach Kenzie Bilyk.

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1 1/3 cups shredded Mexican cheese blend

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chipotle-ranch dressing (optional)
Heat oven to 400 F.

Bake tortillas directly on oven rack 2 minutes. Cool. Spread 1/4 cup beans onto each tortilla. Top evenly with tomatoes, jalapenos and cheese.

Bake 8 minutes, or until cheese is melted. Sprinkle with cilantro just before serving.

Tip: For added flavor, drizzle pizzas with chipotle-ranch dressing.

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4
4 flour tortillas (8 inches)
1 can (15 ounces) refried black beans
4 fresh plum tomatoes, chopped
1 can (4 ounces) Rio Luna Organic Nacho Sliced Jalapenos, drained



Coleslaw with Green Chile Dressing

1/2 cup thinly sliced white onions
2 1/4 teaspoons kosher salt, plus additional, to taste

1/2 teaspoon ground black pepper, plus additional, to taste

In medium bowl, whisk mayonnaise, sour cream, chiles, apple cider vinegar, Dijon mustard, Sriracha and agave nectar until well blended.

In large bowl, combine napa cabbage, red cabbage, carrots, onions, salt and pepper. Add mayonnaise mixture; toss until well coated. Season with additional salt and pepper, if desired, to taste.

Tip: Coleslaw can be prepared ahead of time and refrigerated up to 1 day.

Prep time: 20 minutes
Servings: 6
1 1/2 cups mayonnaise
1 cup sour cream
3/4 cup Rio Luna Organic Diced Green Chiles, drained
6 tablespoons apple cider vinegar
2 tablespoons Dijon mustard
2 tablespoons Sriracha sauce
2 tablespoons agave nectar
2 cups shredded napa cabbage
1 cup shredded red cabbage
1 cup shredded carrots

Jalapeno Brownies



Prep time: 15 minutes
Cook time: 15 minutes
Servings: 16

1/2 cup vegetable oil

1 cup sugar

2 eggs

1 can (4 ounces) Rio Luna Organic Diced Jalapenos, pureed

1 teaspoon vanilla

1/2 cup, plus 3 tablespoons, all-purpose flour

1/3 cup cocoa powder

1/4 teaspoon baking powder

1/4 teaspoon salt

powdered sugar (optional)

Heat oven to 350 F.

In medium bowl, whisk oil, sugar, eggs, jalapenos and vanilla until blended.

In separate bowl, combine flour, cocoa



Is it okay to spank your child? When does spanking become physical abuse? What rights does a parent have? These questions can give rise to much debate. To my mind, however, the answer is simple. I have a hard time imagining a situation in which there would be justification for using physical force against a child. It is one thing to use force to restrain a child. If a child is running out into the street, or being abusive to a sibling, then, of course a parent should use physical intervention to protect a child in danger.

This is completely different from hitting a child: using physical force as a punishment, to show displeasure, to intimidate a child, or to emphasize the inappropriateness of a behavior. If a parent hits a child, he or she is demonstrating aggressive behavior, and teaching the child that if someone makes you angry, it is okay to hit. It is also confusing to the child, because mom and dad are people with whom a child should feel safe. When a child feels afraid of a

Be Aware of Abusive Behavior with Children

parent, there is no safe place. Such a child will develop fears, anxieties, distrust and may exhibit nail biting, nightmares, bed-wetting, or school difficulties.

Many parents raise children without the use of physical force: it is entirely possible to do this, even with difficult children. If, as a parent, you have fallen into the habit of resorting to physical force with your child, I urge you to investigate non-violent child management methods. Check out the library, bookstores, or the internet. If you have difficulty changing old patterns, enlist the aid of a counselor or psychologist. You are not alone, and you will be respected for your efforts.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on FaceBook for daily inspiration.



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- Sliced black olives
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- Lime wedges

powder, baking powder and salt; add to egg mixture. Mix just until combined. Pour into greased 8-by-8-inch baking pan.

Bake 15-20 minutes, or until brownies pull away from sides of pan easily. Cool in pan on wire rack.

Tip: Dust with powdered sugar before serving for added flavor and enhanced presentation.

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Fiddling Up A Storm tour to stop in Selkirk May 10

By Justin Luschinski

A fiddling champion and his all-star band are about to take Selkirk by storm.

Scott Woods is bringing his Fiddling Up A Storm show and tour to Selkirk's Memorial Hall on Thursday, May 10 at 7 p.m.

Woods is a two-time winner of the Canadian Open Fiddle competition, and his upcoming show will feature classic Canadian fiddle songs, gospel favourites as well as some fancy foot-work.

Woods says the show will have a lot of fun energy.

"We do a lot of fast tunes, some finger twisting guitar and fiddle work," Woods said. "It's almost like being in the eye of a tornado, it'll have a lot of energy. There's set dancing, there's comedy, it's just a very fast paced show."

Woods said he's known as the "Flip-pin' Fiddler," and the show will feature the trick fiddling he's well-known for.

He said he'll be playing behind his back, playing under his legs as well as walking on a barrel, all while fiddling. The show is described as a Branson-Missouri style show, which means a high energy show which mixes music, comedy, and trick playing.

Woods says he comes from a family of musicians.

"My dad was a fiddler, my sisters were playing fiddles since they were kids. My mom was a piano player for my dad's band. We've been doing this for many, many years, and we do our best to create a fun show for the whole family."

Joining Scott onstage in Fiddling Up A Storm is his sister, Kendra (Woods) Norris – a multi-instrumentalist who has won the Canadian Duet Fiddle Championship title three times with Scott, as well as several solo wins in various classes including the 2016 Canadian Open (19-55 division). Also onstage are Canadian Country Music Award Winner and Guitar Player of the Year, Steve Piticco; bass player Peter Sisk, Canadian Country Music Award Winner and Drummer of the



SUBMITTED PHOTO

Fiddling champion Scott Woods and his all-star band are bringing their Fiddling Up A Storm tour to Selkirk on May 10.

Year, Bill Carruthers and champion Step Dancer 13-year-old Leo Stock.

Woods is also a two-time winner of the Canadian Grand Masters Fiddle Championship as well as Fiddle Entertainer of the Year.

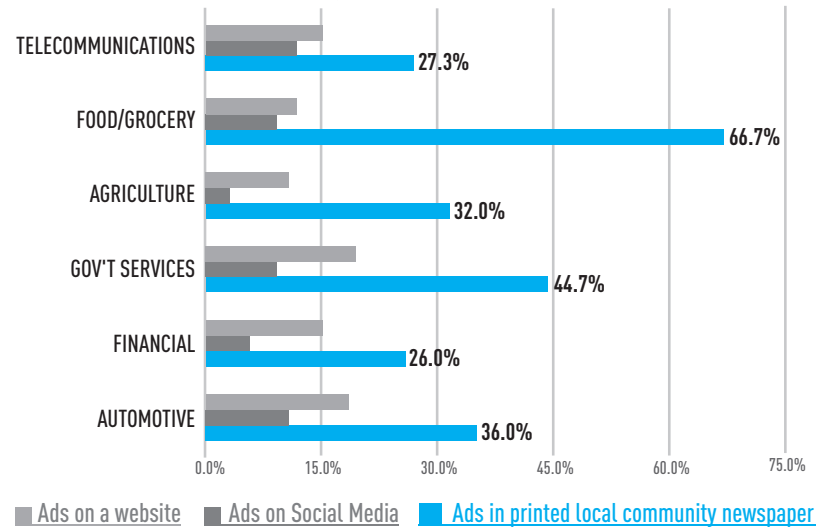
Tickets for the show are \$25 for adults, \$10 for children (age 6-12) and children 5 and under get in free.

To purchase tickets visit scottwoods.ca or call toll free 1-855-SCOTTWOODS (1-855-726-8896) to charge by phone.

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INSIDE > OUTSIDE > UPSIDE DOWN

Silliker signs multi-race deal in Texas

By Brian Bowman

It will be a few more years before Ben Silliker can get a driver's licence in Manitoba.

But that hasn't stopped him from driving down in Texas.

The 13 year old from East Selkirk recently signed a multi-race deal with Nathan and Danielle Moore out of Kaufman, Texas.

"It's great and I want to thank the Moore family for letting me do this," said Silliker last week. "It's been a little bit of a challenge driving a new car but it's been a great experience."

The deal will see Silliker travelling throughout the US gulf south region, driving primarily in the POWRi Elite Non-Wing Series.

Silliker is, by far, the youngest driver racing in the series.

"I'm used to racing older guys," Silliker said. "I have to spend a couple of races earning their respect and then I just go racing."

"Now, I'm just one of the guys."

Races began in April and will continue through October. Silliker, who was born in New Brunswick and also lived in Grand Prairie, Alta., will be flying down to Texas several times each month.

Silliker is very grateful to have this unique opportunity at such a young age.

"I've been really lucky because the age limit for this is 16 and everyone has been helping me," he said. "It's been great."

When he lived in Alberta, Silliker raced down in California where he



East Selkirk's Ben Silliker is just 13 years old but is racing down in Texas against much older drivers.

learned a lot and got much faster. He has no problem traveling so far to race.

"You can get tired awfully quick but I've had a break the last two weeks," he noted. "Our goal is to go down there and learn every single race and just keep getting faster and faster while gaining the respect of the drivers."

Silliker's deal also includes use of the Lucas Oil Trademark. The motor oil producing company will be featured as the primary sponsor on the cars throughout the 2018 racing season.

Justin Zimmerman is Silliker's crew chief. He is a seasoned dirt-racing veteran with multiple wins, top fives, and top 10s to his name.

"My crew chief has really helped



RECORD PHOTOS SUBMITTED

Silliker's deal also includes use of the Lucas Oil Trademark and is the primary sponsor on the car throughout the 2018 racing season.

me," Silliker said. "I just like getting into the car and driving. What I like most about racing is that you need quick reaction time to drive the car. If you take a break for one second, you're going to get passed or you're going to get wrecked."

Their team will be making starts in the Gulf South Region in Winged Sprint Cars as well.

The experience will be a great one for Silliker, who has ambitions of one

day becoming a NASCAR driver and World Outlaw Racing.

Silliker said his dad, Jason, has helped him immensely.

"He was mainly a pavement racer but he did a little bit of dirt racing," Silliker said. "He has been able to help me quite a bit."

Silliker can be followed at either www.teamsilco.ca, facebook.com/teamsilcoracing, or twitter.com/team-silcoracing



Eyes on the birdie

RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Kya Jackson shows great concentration while following the birdie during KPAC badminton action last week. The MHSAA badminton provincials are slated for this Friday and Saturday in Brandon.

Oxer breaks provincial powerlifting record

By Brian Bowman

Mark Oxer went to Brandon recently to compete at a powerlifting meet.

He came home with a pair of provincial records with just one lift.

Oxer competed in the 83kg Men's Masters 1 division (for lifters aged 40 to 49) and set a provincial bench press record while winning his age/weight class.

He threw up 112.5 kilos on the bench press, which is just over 248 pounds.

"I would have liked to have done a little bit more after watching the video afterwards," said Oxer, 40, who grew up in Selkirk and now lives in St. Andrews. "I probably could have put a little more weight on the bar but I'm happy with it."

Oxer noted that he has lifted more weight while training.

"I've done more in the gym," said Oxer, the head coach for Starke Powerlifting, which operates out of Starke CrossFit in West St Paul. "There's definitely more eyes on you (at a competition) as far as spectators watching but there's also judges and we have to meet very strict criteria."

Oxer, who has a Master's Degree in strength and conditioning, got involved in the sport five years ago when he moved to Alberta.

He loves the challenge of the sport.

"I wanted to get stronger," Oxer said. "I grew up playing soccer and started doing things like CrossFit and I enjoyed it. I always had a really good cardiovascular capacity from being a soccer player but I noticed my strength was basically lower than other guys."

"I turned to powerlifting and really enjoyed getting strong."

He said people in the Manitoba powerlifting community are incredible to work with.

"We have young and old and guys and girls and some that are coming from athletic backgrounds and some that have never really competed in sport before," Oxer explained. "It's a really good community of people."

The powerlifting meet April 21 was a qualifying event for the provincial championships, which will be hosted in Selkirk on June 23.

Athletes have to qualify for the provincials, said Oxer.



RECORD PHOTO BY CHARMINE MALLARI

Mark Oxer competed in the 83kg Men's Masters 1 division and set a provincial bench press record.

Royals hitting the field

By Brian Bowman

The Selkirk Royals are hoping to win a KPAC title to earn a spot into the MHSAA baseball provincials that will take place at the end of the month.

But they won't have much time to get ready before league play.

A later spring has left the Royals without any game action before they played Steinbach yesterday in an exhibition doubleheader.

"We had been practicing twice a week indoors and this week was the first time that we were able to get outside," said Royals' head coach Trevor Churchill last Friday afternoon.

Selkirk will begin its KPAC schedule next Wednesday when they play a pair of five-inning games. League play started Monday at St. James Optimist Park but the Royals had a bye.

Selkirk will play three doubleheaders in the next couple of weeks and then the top two teams in the seven-team league at the end of the regular season will battle it out for the KPAC title on May 23 at Shaw Park.

On the line will be a berth into provincials.

Selkirk will be fielding a veteran-laden team of 16 players, 12 of which were on the team a year ago.

The Royals have quite a bit of talent

with their core of Grade 12 players. Some of Selkirk's most notable players include Kevin Burnett, Liam Allen, Brittany Langlais and Travis Spratt.

"I foresee us being stronger than last year," Churchill predicted. "We should be OK (with pitching). We'll probably go with pitching-by-committee. Everyone is probably going to throw a little bit."

The Royals have made a pair of nice additions to their coaching staff with Roger Langlais and Ken Allen helping out the team. Langlais has been working with the pitchers, said Churchill.

The Royals tried to get into the Altona tournament on May 10-12, which attracts the top high school teams in the province, but it was filled to capacity.

The Altona tournament was shrunk down from 24 teams to just eight this year. The tournament is a great way for teams to see where they stand before provincials.

"We didn't make the cut but I'm actively looking for some exhibition games and maybe even playing a small tournament in Selkirk," Churchill noted.

The MHSAA baseball provincials are slated for May 31 to June 2 in Plumas.

Jets fans pose in Smashville



RECORD PHOTO SUBMITTED

Left to right, locals Jason Boyd, Mike Klassen, Grant Jehle and Marc Garvin travelled to Nashville to cheer on the Winnipeg Jets at the NHL playoffs last weekend. As one of many playoff traditions in Nashville, fans are able to pay for their chance to take a shot with the hammer and help destroy a car laden with the opposing team's logo and colours for charity. Prior to the opening game of the highly-anticipated first-round matchup with Winnipeg, however, the team brought in a plane featuring Jets' logos and colours to destroy.

ANAVET Cup even at a win apiece



Wayde Johannesson

Staff

The Steinbach Pistons scored three third-period goals to defeat the Nipawin Hawks 3-1 in Game 2 of the best-of-seven ANAVET Cup final on Saturday in Steinbach.

Nipawin took a 1-0 first-period lead on a goal by Logan Casavant. Wayde Johannesson of Arnes assisted on the goal.

The score remained 1-0 until Steinbach's Austin Heidemann potted a power-play goal at 4:06 of the third. Braden Purtill then scored two goals just 3:12 apart midway in the period.

Nipawin opened the series with a 4-3 win Friday evening in Steinbach.

Brandan Arnold scored the game winner at 18:56 of the third period.

Arnold scored twice in the first period to give the Hawks a 2-0 lead before Steinbach's Drew Worrada and Nipawin's Carter Doerksen traded goals.

The Pistons tied the score at 3-3 with a power-play goal from Heidemann and an even-strength tally from Bradley Schoonbaert.

Game 3 of the series was played Tuesday while Game 4 was set for Wednesday in Nipawin. Game 5 is slated for Friday in Nipawin.

If necessary, Games 6 and 7 will be played in Steinbach on Monday and Tuesday of next week.

Selkirk Judo Club hosts 'Fighting for charity' fundraiser

Submitted by the Selkirk Judo Club

The Selkirk Judo Club held its 18th-annual "Fighting for Charity" Fundraiser in support of Habitat for Humanity on Sunday at the Selkirk High School.

Members of the club participating in this event raised money by collecting pledges and competing in a judo team competition. All proceeds are donated to Habitat for Humanity projects in Selkirk.

Twenty three members of the club competed, while a number of other club members volunteered as referees, technical officials and event organizers.

Fighters were divided into six teams and the teams competed in a double knockout, judo team competition. The team of Cameron Pennell, Mckenna Stewart, Miles Doyle and Brody Malinowski won the tournament.

Silver went to the team of Mckenna Masse, Kaya Leveille, Lachlan Patton and Bailey Malinowski.

The third-place team was Ottawa Hogan, Daniel Vasiliev, Ryan Marsh and Aaron Haak.

The club raised \$3,050 for local Habitat projects. Over 18 years, this event has raised over \$45,000 for Habitat.

The top individual fundraiser this year was Aaron Haak, who raised \$760. Other top pledge earners this year included Ottawa Hogan (\$461) and Beth Penner (\$249).

"We are very pleased with the effort of all of our athletes and



RECORD PHOTO BY BRETT MITCHELL

Ottawa Hogan, left, and Mckenna Masse battle it out on the mat at the Selkirk Judo Club Habitat tournament fundraiser last Saturday. The tournament raised \$3,050 for Habitat's Selkirk chapter.

volunteers who assisted with this event and raised money for a very worthwhile cause," commented Brian Jones, one of the club's coaches.

Local fighters compete in Portage, Philadelphia

Submitted by the Selkirk Judo Club

Ten fighters from the Selkirk Judo Club competed at the Portage Open Tournament on April 14. The club finished with two gold, three silver and two bronze medals.

Winning gold medals were Daniel Ekosky (U12 over 55 kg) and Franklin Martin (Senior Men Heavyweight Newaza (groundwork)).

Silver medals went to Hannah Grobb (U14 Girls over 52 kg), Schaelyce Kopp (U21 Women under 63 kg), and Aaron Haak (Senior Men Middleweight Newaza).

Winning bronze were Lachlan Patton (U12 under 36 kg) and Carter Masse

(U12 over 55 kg)

Meanwhile, at the Liberty Bell tournament held on April 14 in Philadelphia, three members of the club - Damien, Justin and Sarah Ekosky - competed with the Manitoba provincial team.

Damien won gold in U19 under 73 kg while Justin Ekosky finished fourth in the same division. Sarah Ekosky collected a gold medal in U16 Girls under 57 kg.

In other news, four members of the club have been selected to attend the Canadian National Championships in Calgary in May - Damien, Justin and Sarah Ekosky and Bailey Malinowski.



RECORD PHOTO SUBMITTED
Damien Ekosky won a gold medal at a judo tournament in Philadelphia recently.

Selkirk 2-0 at high school ringette tournament

By Brian Bowman

The Selkirk Royals are a perfect 2-0 at a high school ringette tournament in Ile Des Chenes.

Selkirk started play last Sunday with a 4-2 win over defending-tournament champion Leo Remillard and then the Royals edged College Gabriel Roy 4-3 on Monday afternoon.

"Our goaltender (Rebecca Zdrill) was unreal (against Leo Remillard)," said Royals' staff supervisor Trevor Churchill. "She stole the game, no question about it. Our goalie kept us in there."

Selkirk's top goal scorer after two games is Emily Lazaruk with five. She

scored three goals in Monday's win.

Selkirk has played well defensively in the two victories.

"We do have some good defensive players," Churchill noted. "We have a couple of Grade 12 'AA' players that are strong on defence."

"We also have strong coaching. Our coaches have been coaching for a long time and they have coached high-level ringette. We had three practices before the tournament and a lot of these girls have played together since they were young and that helps out a lot."

The Royals currently have the maximum 18 players allowed on the team.

Nineteen players came out for the squad but one was injured during a league game.

"We had a good turnout," Churchill said. "It's a good number and there are a lot of Grade 10s on the team and apparently there's a real strong Grade 9 contingent coming to the school next year."

Selkirk will wrap up pool play this Saturday at 3:30 p.m. against J.H. Bruns Collegiate. A win would guarantee the Royals a playoff spot as the top two teams in each pool advance.

The bronze-medal game is slated for Sunday at 3:15 p.m. while the gold-medal game is set for 4:30 p.m.



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Local players make POE top-40 rosters

Staff

Hockey Manitoba announced the rosters for the 2018 Male U16, Female U18 and Female U16 Program of Excellence last week.

The male top-40 roster includes Selkirk goaltender Cole Plowman, St. Andrews' defenceman Jared Chapel, East St. Paul defenceman Lucas Brenton, East St. Paul forward Branden Humeniuk, and St. Andrews' forward Nate Goodbrandson.

The U18 female top-40 camp features West St. Paul forward Chloe Oleksiuk while the U16 camp has invited East St. Paul defencemen Madisyn Smith and Nicole Black and St. Andrews' forward Trinity Grove.

The male U16 Top-40 camp will run from May 10-13 alongside the Female U16 Top-40 camp May 11-13. The Female U18 Top-40 camp will take place May 13-15 with all three operating out of Stride Place in Portage la Prairie.

This camp is the second phase of the Hockey Manitoba U16 Male, U16 Female and U18 Female Program of

Excellence which is the provincial high-performance development and selection program that leads to the formation of Male U16 Team Manitoba, Female U16 Team Manitoba and Female U18 Team Manitoba.

The final Male U16 Team Manitoba and Female U18 Team Manitoba rosters will compete at the 2019 Canada Winter Games from February 15 to March 3 in Red Deer.

The Male U16 POE Top-40 will see 44 players invited, comprised of 25 forwards, 16 defencemen and four goalies.

The invite list also includes two under-age players born in 2004 who are invited for an exclusive development opportunity and as potentials to challenge for a final roster spot later this fall.

The Female POE Top-40 camp is designed to mirror the selection camps used by Hockey Canada at the U18, development and national team levels.

This camp combines on-ice practice/skills, team building and inter-squad games. Players are taught about the importance of preparation and recovery in a short-term competition environment.

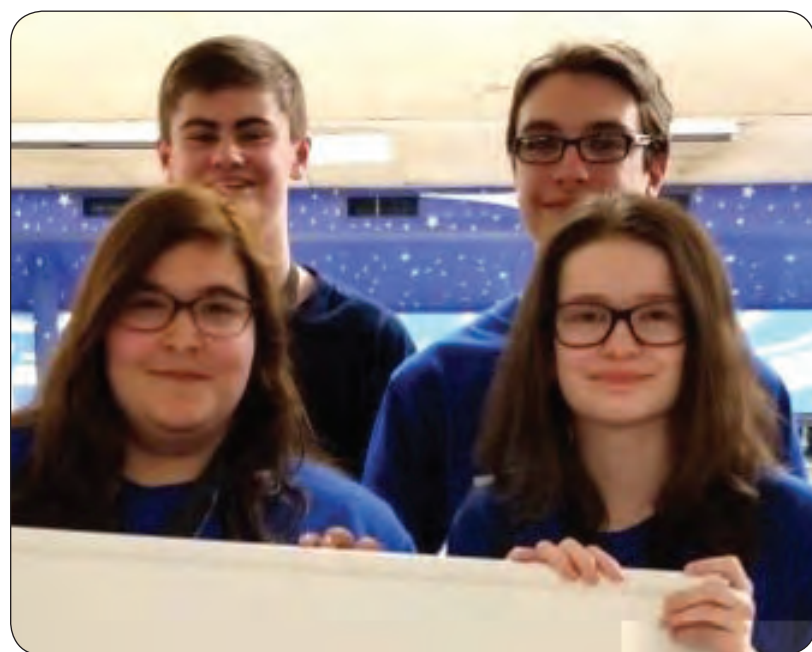
This year's U18 Top-40 roster includes seven returning players from the 2017 U18 Team Manitoba (Camille Enns, Kate Gregoire, Makenzie McCallum, Olivia Cvar, Paige McArthur, Sarah Dennehy and Taylor Coward). They will be joined by 17 players from the inaugural 2017 Female U16 Team Manitoba and 24 other Manitobans hoping to earn a spot moving forward.

After a successful first year for the Female U16 Program of Excellence

the Top-40 camp sees 15 players coming from the Rural AAA leagues and 20 players from the Winnipeg AA League. The roster also includes five players who spent their past season playing for either a Prep School in Winnipeg or in the Midget AAA League.

The Female Program of Excellence is designed to provide high performance female players with the opportunity to develop advanced skills as well as an introduction to the concepts needed to play at an elite level. Players from the Program of Excellence go on to play at the CIS, NCAA and international levels.

Bowling brilliance



RECORD PHOTO SUBMITTED

The Selkirk Royals' team of Jeston Bartram, Alexa Bunn, Belle Lourenco, and Colton Youwza won the 2018 High School 5-Pin Bowling Tournament championship last Saturday. Sixteen teams were entered in the one-day tournament. Lourenco was the top high school female bowler while Youwza placed first on the boys' side.

Will you know when and where to look?



The Government of Manitoba would like to end the practice of requiring municipal councils to provide public notice of proposed land, aggregate, water, highways and livestock use changes in newspapers.

It is proposing to change the requirement to simply post such information anywhere on a municipal or planning district website for 27 days prior to a public hearing.

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If you are registered with the Clerk's office but cannot attend the meeting, you may send a written submission to:
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Selkirk starts lacrosse season with pair of losses

By Brian Bowman

The Selkirk Royals saw their first game action of the lacrosse season last Saturday.

Selkirk started its season with a 9-3 loss to the Garden City Fighting Gophers and then the Royals were defeated 6-4 by the River East Kodiaks.

"We're a really young team and we only have six Grade 12s and one Grade 11," said Royals' head coach Chris Poponick. "Seven of our 19 guys have played before and the rest are all Grade 10s. Some of them have never played field lacrosse before

"We had lots of little growing pains."

Josh Poponick led Selkirk with three goals against River East while Draven Clemons had two goals against Garden City and a goal and two assists against River East.

Braeden Wyrina added a goal against Garden City.

The Royals played much better in

the second game of the day, which was the two-goal loss.

"With a little more familiarity, the players got better," Poponick said.

Selkirk is playing in Division 1 this season, which includes nine teams. The Royals' regular season consists of eight games.

The Royals started with 25 players coming out for the team but that number has now whittled down to 19.

"Nineteen isn't bad as long as everyone shows up," Poponick said. "But we do have some (schedule conflicts) that will be challenging. It will come down to kids making themselves available."

Selkirk resumes league action Thursday against West Kildonan at 4:30 p.m. at the Rec Complex in Selkirk and then Saturday (11 a.m.) in Beausejour.

Garden City and Edward Schreyer will play a game at 5:45 p.m. in Selkirk on Thursday.



RECORD PHOTOS BY LANA MEIER

Selkirk's Brady Hrymak (98) flies past a Garden City player during lacrosse action last Saturday in Winnipeg. Garden City won the game 9-4.

Royals kickoff season with indoor tournament

By Brian Bowman

The Selkirk Royals' boys' soccer team took their game indoors last week.

Selkirk entered an indoor tournament at the new Leila Complex, which attracted six teams to play on a full field.

The Royals lost 2-1 in their first game of the tournament and then was defeated in penalty kicks.

In a quarterfinal game, Selkirk lost 2-1 and was eliminated for the tournament.

"Definitely some tired legs and we showed our youthfulness," said Royals' head coach Kevin Lopuck in an email. "Overall though, better we see what we are capable of in the tournament rather than in KPAC."

Getting some indoor games in to be-

gin the season was very welcomed by the Royals

"The problem with the KPAC schedule was that we would go into KPAC not really knowing what we had," Lopuck said last Friday afternoon. "Our first game was a quarter-final and if you lose, then you're done."

The Royals were guaranteed at least three games at the indoor tournament.

"This way we can play with our lineup and get the boys gelling before we go into the KPAC schedule and the KPAC tournament," Lopuck noted.

"We're excited. We always start in the gym in March and do about six or eight gym times before we get outside, but now we actually get to play."

As for league play, KPAC has intro-

duced a minimum two-game tournament for this season. That may not seem very much but it's small step forward compared to the past couple of seasons.

"This is great," Lopuck said. "Soccer has always been a challenge because of the time of year. I get it...our emphasis is winning our quarter-final and semifinal, that's always our goal, but for teams to be guaranteed two games, that's a good thing."

KPAC games this season have been changed from Buehler Park to East St. Paul. East St. Paul fields are cheaper, said Lopuck, while the league has elected to get their officials through an Adult Safe Soccer League.

In the past, the Manitoba Soccer Association supplied officials.

The Royals, meanwhile, had 26 players come out for the team, which is now pared down to a roster of 19. It's been a few years since Selkirk had to make cuts on its boys' high school squad.

The Royals feel they have a lot of talent at several positions.

"We're pretty pumped," Lopuck stressed. "We have a lot of really talented Grade 10s that have spent a significant amount of time playing some Premier League soccer. And when you combine that with some veteran strength and presence from people like Tanner Berube at the back end, that's going to be a huge help."



Royals heading to nationals

RECORD PHOTO SUBMITTED

The 15U Royals won silver at the Volleyball Manitoba Provincials at MBCI last weekend.

The Royals, who finished third during the round robin, will now compete at the nationals in Edmonton from May 16-19.

Pictured back row, coach Ryan Penner, Bryce Bodnarus, Brett Zeller, Bennett Freiter, Spencer Grahame, Jordan Donald, Brandon Doucet, and assistant coaches Tristan Hodges and Riley Reckseidler.

Front row, Rylan VanKooten, Eric Mulla, Soren Eramchuk, Josh Yeroshak, Cade Chisholm, and Josh Jehle.

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GARAGE SALE

Fri. May 4, 12 - 6 p.m., Sat. May 5, 10 a.m. - 6 p.m. 1505 Breezy Point Road, 10 min. North of Selkirk (Main St.). Light & heavy horse tack, show shirts, furniture, antiques, household, motorcycle jackets and saddle bags.

HELP WANTED

Personal Support worker-home support for female in Lockport. Regular part-time evenings. Casual/on call. Accountabilities: non-smoker, activities of daily living, quality of life. Qualifications/experience: First Aid and CPR certification, health care certificates, dementia care, criminal and abuse registry and class 5 driver. Email resumes and enquiries to belbs904@gmail.com

Selkirk Record

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

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

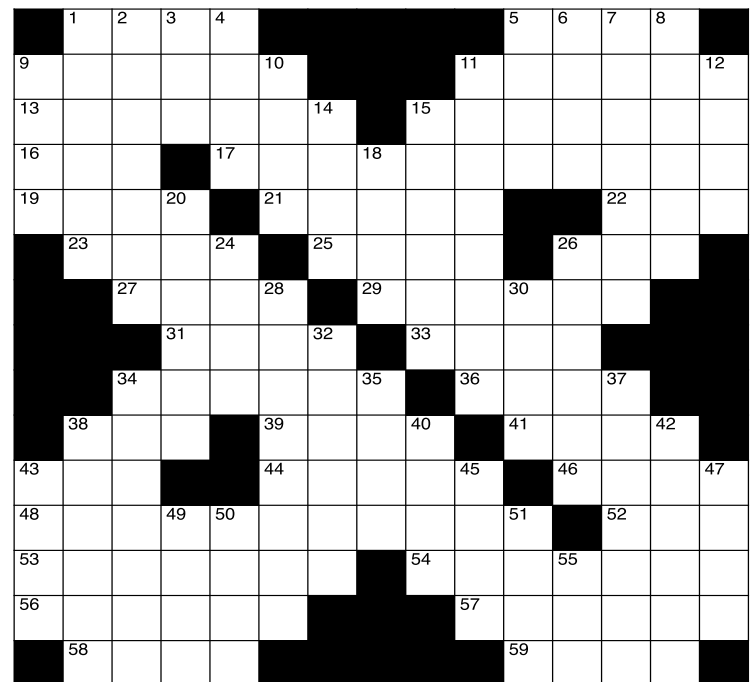
Q	V	O	L			N	V	T	E					
S	E	N	O	L	V		S	E	S	V	H	E		
E	I	W	E	H	E		S	E	A	I	O	W		
D	V	R		T	O	H	E	L	S	E	T	O	H	O
I	H	V	S		S	E	N	I	T					V
O	O	O	T		S	N	H	U		D	O	T		
	O	T	V		D	E	E	E	S					
	N	V	A	E					S					
N	E	P		N	V	T		P		L	R	E		P
T	O	G		V	U	V	T		B	B	E	S		
N	O	I	L	I	S	O	P	E	R	P		E		P
I	T	T	O	V	B		R	E	P	O	E	T		S
I	V	B	W	O	O		W	V	R	H	S	V		
S	O	O	T				P	V	S	V				

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. As fast as can be done
5. WC's
9. Religious retreat
11. Warfare
13. One you wouldn't expect
15. Disease-causing microorganisms
16. For each
17. Grammatical term
19. One point east of southeast
21. ___ Dern, actress
22. Popular HBO drama (abbr.)
23. Shampoo
25. Scale drawing of a structure
26. An enclosure for confining livestock
27. Goat-like mammal
29. Cigar
31. Appear
33. "Westworld" actress ___ Rachel Wood
34. Leaked through
36. The highest adult male singing voice
38. Musical group ___ Soundsystem
39. Aurochs
41. Crazy (Spanish)
43. Swiss river
44. Strains
46. Frock
48. Found in most body tissues
52. Cool!
53. Reasons behind
54. Christian recluse
56. Removes
57. Repents
58. Energy
59. Tailless amphibian



CLUES DOWN

1. Not awake
2. Type of dessert
3. They ___
4. Retired Coast Guard admiral
5. Gene positions
6. Exclude
7. One who is bound
8. Where drinks are served
9. Small vipers
10. Blackbird
11. Adventurer
12. Shade
14. A way to gain
15. A salt or ester of boric acid
18. Monetary units
20. Removed
24. "My country, tis of ___"
26. Horses
28. Drives back by force
30. Bold, impudent behavior
32. Rates
34. Types of nerves in males
35. A ridge of sand created by the wind
37. Wind instrument
38. Pakistani city
40. Dry or withered
42. Delivered a speech
43. Peak
45. Small waterbird
47. Days falling in mid-month
49. Elvis' daughter
50. Flat and smooth
51. Dallas Cowboys great Leon
55. What cows say

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HELP WANTED

Seasonal opportunity May 1st - October 1st for a hardworking, punctual and organized individual. Office skills and dealing with the public an asset. Gardening, setting up for events and general cleaning are job tasks. Contact Great Woods Park 204-268-2814.

HELP WANTED

PT bar waitress req'd at the Rockwood Motor Inn, Stonewall. Call Bruno at 204-467-2354.

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R.M. OF ST. ANDREWS

Green Team Summer Students - Public Works Department

The R.M. of St. Andrews will be hiring positions for Green Team Summer Students to work in the Public Works Department once funding has been approved.

Valid Class 5 Driver's License required; must provide documentation of having attended school for 2017/2018 and if returning to school 2018/2019.

Position is for May - October 2018. Students must provide steel toe footwear. (Other safety equipment required will be provided by the R.M.)

Duties to include:

- Garbage collection
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- Cleaning drainage ditches
- Painting
- Cleaning shop
- Washing equipment
- Patching roads
- Other duties as assigned

Wage as per union contract. Please submit your resume and contact information by **4:00 p.m. on May 11, 2018** to:

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Clandeboyne, MB R0C 0P0
Email: office@rmofstandrews.com

We thank all those who apply but only those selected for an interview will be contacted.

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Interlake-Eastern Regional Health Authority

Employment Opportunity

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

ACTIVITY ASSISTANT
AS MMF 509/18 (Ashern Personal Care Home)

MAINTENANCE ASSISTANT
SEL MMF 510/18 (Selkirk Regional Health Centre)

Only Metis, Non-Status or Inuit students between the ages of 16-29 may apply.

Please refer to complete job posting in Careers at www.ierha.ca
Please apply on-line at: www.ierha.ca or fax: 204-785-4736, stating competition number on resume.
Deadline for submissions is Tuesday, May 15, 2018 at 4:00 pm.

Hand In Hand Day-care is looking to hire two students to work various hours over the summer. Candidates must have been a full time student during the prior academic year and be returning to school as a full time student in the fall. Persons 18 to 30 years of age are eligible to apply. Education in a field relating to children would be considered an asset. Please submit resume via email to hihdc@mymts.net

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Lower Fort Garry National Historic Site

PUBLIC NOTICE TO VISITORS

Planning a visit to Lower Fort Garry National Historic Site this summer? Take note that after July 3, **visitors will have limited access to the site's historic grounds.** Essential restoration work is needed on our buildings as part of the Government of Canada's Federal Infrastructure Investment program.

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UPCOMING EVENTS

Your Holistic Fair, Mother's Day Celebration. Local Artists of Natural Health. Sun., May 13, 2018 at Smitty's Banquet Room, 168 Main St. Selkirk. 10 a.m. to 4 p.m. \$3 entry, silent auction. Spiritual reading sessions available, Mind-Body-Soul sessions, and Natural products and jewellery for sale. For info. call 204-485-1509.

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ANNOUNCEMENT

CARD OF THANKS

Thanks to those family, friends, schoolmates, and gals of the Lions Centre who attended Wilfred Pshednowek's service April 5th. Special thanks to Darwin and Bev Darker who gave their care and friendship in the past decade. Also, to John and Wendy Semenovich, long time friends.

-Florence Cybulsky

CARD OF THANKS

On behalf of Karen Keller's daughter Karianne and her family, we would like to thank everyone for their support during this difficult time and also their generosity in donating money to Karianne's RESP. It is truly appreciated.

ANNOUNCEMENT

CARD OF THANKS

We would like to express our sincere thank you to all our family and friends for the cards, visits, donations of food, flowers and donations to Gardenton Cemetery Fund (in town) and Gardenton Historic Church and especially for your support during this difficult time on the loss of our mother, grandmother, great-grandmother and great-great-grandmother, sister, aunty and friend Olga Hawryshko. Thank you to Fr. Oris Naherniak and Dobrodiyka Rose for your support and for traveling out to Selkirk Tudor House for blessing our mother when she passed and also for providing spiritual support for Prayers and the funeral. Also thanks to Alan Pawluk for providing catering services for the prayers and funeral. Thank you to Korbans Funeral Home for your assistance with details in Winnipeg and Gardenton. Thanks Kelvin for letting us use Gardenton Park Hall for our private funeral on Saturday, April 28, 2018 and thanks for the catering by Phyllis and the beautiful hot meal. We would especially like to thank Tudor House Selkirk MB and all the wonderful staff that gave our mother exceptional care and made her life so special.

-Diane (Laurie) Youzwa and family
Don (Karen) Hawryshko and family
Nancy (Nestor) Bially

ANNOUNCEMENT

ANNIVERSARY



Gordon and Mary Busch
Happy 50th Anniversary
April 27, 2018

Thank you Mom and Dad (Baba and Gina)
for your never ending example of love and devotion!

-Love your children Syl (Bob), Karen (Ron);
grandchildren Kendall (Chad), Kyle (Chelsey);
and great-grandchildren Davis, Taylor, Carys,
Dexter and Emmeline



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IN MEMORIAM



Werner Meger
May 4, 2007

He had a nature you could not help loving,
And a heart that was purer than gold;
And to those who knew him and loved him,
His memory will never grow cold.
Lovingly remembered and sadly missed.
-Love, Doug, Tanis, Roger, Kim, Michele
and families

ANNOUNCEMENT

IN MEMORIAM



Rose Pawluk
February 4, 1922 – May 7, 2016

Two years have passed since that sad day,
When one we loved was called away.
God took her home. It was His will.
You're not forgotten.
As long as life and memory last,
We will remember you.
We love and miss you Mom.
-Love from your children,
Barry, Linda, Peggy (Dennis),
grandchildren and great-grandchildren

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OBITUARY

Paul Joseph Cyrenne
The world has lost a fighter...



Paul, aka "Cease", age 69, peacefully left his family in the early hours on April 19, 2018. His wife Linda; son's Dan (Dawn) and Allan (Melanie); and daughter Jennifer (Cory); along with his most prize possessions, his grandchildren, Jamison, Juliet, Claire, Carter, Brielle and Lucy are left behind with endless wonderful memories.

Paul was born on June 25, 1948 in Gravelbourg, Saskatchewan. He moved to Winnipeg with his parents Claire and Romeo, along with brother Louis when he was a child. In his younger years, Paul loved to spend time with his friends going on numerous fishing trips where many fond memories were made. In his early 20's he met the love of his life, Linda Szydluk. They married in 1970, and not long after Linda was able to make a "Country Man" out of her "City Boy". Paul enjoyed constructing things around the house,

challenging himself to renovations, perfecting his yard, and had the willingness to tackle any task no matter how unfamiliar. He was a perfectionist, which he passed onto his son's.

Paul lived for his family. Every soccer, hockey, volleyball; practice, game or tournament; there was Dad smoking a cigar on the sidelines, cheering on his team or clapping as loud as possible with his large leather mitts.

Paul was a fighter; he was diagnosed with Stage 4 Lymphoma back in 2001 and fought like a champion to spend another 17 years with his family.

In his later years, Paul enjoyed many camping trips and road trips in his 5th wheel with his wife, close friends, and family. Other travelling trips included Mexico, the East Coast and Europe.

We were blessed to be given the time to say everything we needed to our dad before he left us. Our family will cherish the last words that were spoken for a lifetime.

The family would like to extend their greatest appreciation to every doctor, nurse and nurse's aid at Health Sciences Center, CancerCare and Selkirk General Hospital who cared for Paul with the utmost compassion and care. There are no words to express the gratitude and comfort this gave our family.

At Paul's request, a private service was held at Gilbert's in Selkirk, a celebration of life will be held at a future date.

In lieu of flowers, please send donations to CancerCare Manitoba.

Condolences, photos and videos may be left on Paul's tribute wall at www.gilbartfuneralhome.com.

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

Michael (Mickey) Dennis Donohoe



Mickey passed away on April 25, 2018 at the Tudor Home in Selkirk, MB.

He leaves to mourn his three children, Shane Ballantyne (Bob), Jamie (Kevin) and Michael (Krista); grandchildren Drake and Kion; brothers Desmond (Diane) and Pat (Karen); sister Trudy; as well as numerous cousins, nieces and nephews. He was predeceased by the love of his life Janice (nee Bochen).

Mickey was unique. Everyone that knew Mick knew his door was always open for visitors. Whether it was for a drink or a quick poker game. Mickey loved company and telling his numerous stories.

Funeral services were held on Saturday, April 28 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, Manitoba with a viewing to held prior to. A private family interment followed the service.

We would like to give a special thanks to the staff at Tudor Home for their wonderful care.
Rest in peace Dad, your finally with Mom.

Condolences, photos and videos may be left on Mickey's tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

Georgina Elizabeth Shackleford (nee Loney)
November 2, 1925 - April 29, 2018



Georgina Elizabeth Shackleford (nee Loney) passed into the arms of her savior on April 29, 2018.

She was predeceased by her loving husband Dennis; sister Verla and her great-granddaughter Ella.

Memories of her will be shared by her three sons Kent (Jill), Dale (Brenda) and Alan (Loida); grandchildren Alanna, Michael, Marlo, AJ, Kelly and Jodi; great-grandchildren Wyatt, Korbin and Chelsea. Memories will also be shared by Jill's family.

Georgina enjoyed a long rewarding career teaching kindergarten in Selkirk and raising her three sons.

The family are forever grateful for the professional loving care given at Red River Place.

In lieu of flowers donations can be made to the life and work of the Selkirk United Church in Georgina's name, C/O 202 McLean Ave. Selkirk, MB, R1A 0Z6.

A memorial service will be held on Friday, May 4, 2018 at 1:00 p.m. in the Selkirk United Church with Rev. Cole Grambo officiating.

Condolences, pictures and videos may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

William Archibald Robert MacLeod
Born in Winnipeg, Mb. July 21, 1942
Died in Winnipeg, Mb. April 24, 2018



Predeceased by his parents Albert and Almira MacLeod; his wife Judith Mary MacLeod (Sinclair); his sisters Jean, Joan and grandson-in-law Bill.

Archie has left to mourn, his wife Mary MacLeod (Makarchuk); brother Jack, children and grandchildren; sister Betty children and grandchildren; brother Ed (Norlene) children and grandchildren. Archie's daughters Marlene (Dan) and Wendy (Warren); son Sonny (Nicole); grandchildren Susan (Chris), great-grandchildren Nick, Logan, and Kolbe; Sherry, great grandchild Joshua; Daniel (Sheena), great granddaughter Cassidy; Jeff; Brandon (Kaitlyn), great grandchildren Miles and Emily; Lindsay (Cory), great grandchildren William and Damien; Nate, Taylor (John), Bailey,

Liam, Connor. Step children and grandchildren; Darlene (Alvin), Ken and Krystyn and grandchildren; Darryl (Ruth), children, Gail (Dave), Kristin, Haley and grandchild; as well as numerous nieces and nephews.

Archie grew up in the Matlock area, met his first love Judy and moved to Calgary in 1964, he was a painter by trade, Archie and Judy moved back to Manitoba in 1984. He worked at Jenkinson's as a delivery person. Archie was the proprietor owner of MacLeod's Painting till he retired.

Archie was lucky to find a second love Mary to whom he married in 2000. They loved traveling and going on Casino trips together with their good friends Jim and Cheryl.

A memorial service was held on Wednesday, May 2, 2018 at 11:00 a.m. in the Gilbert Funeral Chapel in Selkirk, Manitoba.

He will be deeply missed by all, until we meet again.

Condolences, pictures and videos can be left on Archie's tribute wall at www.gilbartfuneralhome.com

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OBITUARY



Keith Martin Keller
February 20, 1966 – April 24, 2018

It is with deep sadness that we announce the passing of Keith, aged 52 years, peacefully with his family by his side.

He will be deeply missed by his mother Carol; brothers Dwayne (Rhonda) and Roger; sister Tanis (Chris); nephew Cameron; nieces Brittany, Taylor and Carley; as well as numerous aunts, uncles, cousins and friends. Keith was predeceased by his father Martin.

Keith grew up in St. Andrews where he had fond childhood memories of riding dirt bikes, snowmobiling, getting into mischief with the neighbourhood kids, and spending time on the family farms. Growing up he played hockey and baseball. He attended Red River College where he earned his certificate in Power Mechanics. Over the years, Keith worked at Dawson Enterprises,

Stadium Ford and Cam Clark Ford. He loved being in the garage working on his vehicles, helping others with their vehicles or working side jobs. He shared a mutual love of Dodge vehicles with his dad, his pride and joy was his 1973 Dodge Challenger. He enjoyed going to watch the drag races, playing slo-pitch, sponge hockey and golf. He was a proud uncle who always made time for his nephew and nieces.

Keith touched the lives of many people and had many friendships. He was a kind, quiet, gentle person who never asked anything of anyone. We will always miss and remember his warm smile, his soft chuckle and genuine concern for people.

Funeral Mass was held on Monday, April 30, 2018 at 10:30 a.m. in the St. Theresa's Roman Catholic Church in Middlechurch, Manitoba.

In lieu of flowers, donations in Keith's memory may be made to St. Benedict's Cemetery, Box 4 Camp Morton, MB. R0C 0M0.

Condolences, pictures and videos may be left on Keith's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Lynda Dianne Craig
March 8, 1948 - April 25, 2018

With heavy hearts, we announce the passing of our Mom, sister and friend, Lynda Craig on April 25, 2018.

Lynda worked for many years at Daerwood Press in Selkirk until retirement.

Left to cherish her memory are her children, Candee and Michael (Sarah); sister Carmen (Rae); brothers Rick (Nancy) and Dave (Jackie); grandson Joshua (Isilma); granddaughter Liliana; many nieces and nephews, and her very special extended family.

She is predeceased by her best friend Bernie; her parents Percy and Kathleen; infant brother Gordon and nephew Rick Oertel.

Cremation has taken place and a celebration of her life will take place on Saturday, May 5 at 10:00 a.m. at Gilbart Funeral Chapel, Selkirk. Interment will take place at a later date. Knowing Lynda as

we did, please come as you are.

In lieu of flowers, if friends so desire, donations to Breast Cancer Manitoba, Imagine Mental Health Matters - c/o Mona Stott - #1-530 Waterfront Drive, Palliative Care Selkirk General Hospital or charity of your choice can be made in Lynda's name.

Condolences, photos and videos may be left on Lynda's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Raymond (Ray) Starr

Peacefully with his family by his side, Raymond (Ray) Starr passed away Thursday, April 26, 2018, at the Health Sciences Center, Winnipeg, MB.

He is predeceased by his son Renee; mother Ruby; sisters Freddie and Linda; brothers Herb and Gordie; along with many in-laws, cousins and friends. He leaves behind his loving wife of 45 years, Connie (nee Young); daughter Tara; sons Carlin (Tracy), and Aaron (Amy); dear grandchildren, Kalina and Kaleb and his furry little friend Copper.

Ray was born September 15, 1952 in Pine Falls, Manitoba. He will be remembered foremost as a family man. His wife and kids were his world, and his grandchildren were his biggest joy. Ray spent most of his adult life living in Selkirk where he was an integral member of the community. Through coaching sports, spending his summers with family at Selkirk Park, and supporting many local events and organizations, he met numerous lifelong friends and colleagues.

Ray grew up in the West End of Winnipeg and spent most of his young life at Patricia Beach. In 1966 Ray met the love of his life Connie. Connie came from a large family which welcomed Ray with open arms. After many years of teenage adventure, Ray and Connie were married in 1973. Together they raised three children, owned numerous businesses and were graced with their very first grandchild in 2010, followed by another in 2014.

Camping was one of Ray's favorite pastimes, enjoying many wonderful days at Rubber Ducky Campground with family, and touring the countryside with his beloved wife.

Ray was a proud member of the Sarasens "Old-boys" Rugby Club, an avid snowmobile enthusiast, player and lover of hockey, football, soccer, and broomball.

Among many things, Ray was a lifelong educator with a continuous drive and passion to improve the lives of those in the aboriginal and non aboriginal communities. Through work with his company, Anokiwin Training Institute, and more recently Aki Energy, he thrived to make a difference through education and training.

Ray, Poppa, Poppa Ray, Ray-Ray, Big Ray, Rescue Ray, Rammy Ray, Porky, Big Guy, among many others, you will be truly missed.

We would like to thank the medical teams at Selkirk Regional Health Centre and H.S.C for their wonderful care during Rays short illness.

A celebration of Ray's life will be held on Thursday, May 3, 2018 at 11:00 am in the Gilbart Funeral Chapel in Selkirk, MB.

In lieu of flowers, donations can be made in Ray's name to the Manitoba Habitat for Humanity. Condolences, pictures and videos may be left on Ray's tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Richard M Smith
April 7, 1952 – April 28, 2018

With his beloved family at his side, Richard passed away on Saturday, April 28.

He was predeceased by his parents John and Shirley and his brother David. Left to mourn is his wife of 37 years Kim; son Josh; grandchildren Issabella, Billybob, and Ryden; daughter-in-law Trina (Dan); his youngest granddaughter Kassidy (papa's favorite golf partner); brother Larry (Delema); his dear friends Glenna and Randy and his many nephews and nieces.

The family wishes to express their heartfelt thank you to Dr. Densas who took this long journey with us. Thank you to the compassionate nursing staff on the medicine ward of Selkirk Reginal Health Center and a very special thank you to nurse Tristan and nurse Bunny.

A private family interment will take place on Saturday, May 5, 2018 at the Clandeboye United Churchyard.

Condolences, photos and videos may be left on Richard's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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