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THURSDAY, MAY 9, 2019
VOLUME 10 EDITION 19

The Selkirk Record

Happy Mother's Day

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Searching for answers

RECORD PHOTO BY LINDSEY ENNS

Deb Kostyk playing the part of Ruperta Williams, pictured left, and Mats Hanson as Monte Brainard, right, in a scene from the murder mystery "Agatha Christie Made Me Do It" presented by the Holy Hams of Selkirk United Church inside the Comp's theatre last Wednesday evening. Approximately 700 community and area members attended the dessert theatre over the course of its four performance run with shows also taking place last Friday, Saturday and Sunday. For more photos, see Page 10.

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

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Selection Hashbrown Potatoes
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The history behind Harry's Foods Part 2

Submitted

In 1999, Stan Halbesma saw that a little grocery store in St. Andrews was for sale. He'd seen the posting before, and decided that if he didn't make a move someone else would. Though he loved the West End store, he liked the idea of working outside the city where he was already enjoying life in the country.

He opened Harry's Foods in St. Andrews on its current site in 1999 after some quick renovations and upgrades and in 2006 he started making plans to expand the 3,500 square foot store. Also that year, he sold the Mini Markets to a young Korean family and the Portage Avenue store to the Food Fare group that continues to operate it today.

In 2008, an expanded Harry's Foods was opened, and Stan's three sisters work with him, along with a dedicated staff.

"I'm blessed. My friends are my customers and my customers are my friends. It's a fantastic neighbourhood to own a business in and it's a fantastic neighbourhood to raise a family," Stan said.

"I'm fortunate that in the latter part of my career I've got a fantastic staff that do a real nice job of running the day to day operations, which gives me opportunity to be involved in the community."

And so after all these years in the grocery business, you might think the most oft-asked question of Stan, the grocery man, is something like, 'how fresh is the bread?', or 'how much for a pound of ground round?'

But no, not in the case of Stan, who owns Harry's Foods.

"Why is Harry's Foods called Harry's Foods?"

"I get asked this question probably every day of my life. I get called Harry at least twice a day, if not more,"



RECORD PHOTO BY BRETT MITCHELL

Pictured from left to right: St. Andrews Mayor Joy Sul, Stan Halbesma, owner of Harry's Foods, and Stan's father, Harry Halbesma, hold up a large sausage before cutting it to help mark the official grand re-opening of Harry's Foods following some renovations to the grocery store last Saturday afternoon.

Stan laughed.

So feel free to say hi to Stan, or ask why he's not Harry.

He had to chance to change the name when his dad retired, but he chose not to.

"When my father decided to retire, about 10 years after we bought the store, we had developed a pretty good name for ourselves. The Harry's Foods name had a pretty good reputation behind it so I just chose to keep the name the same and explain on a daily basis why my name is Stan and my store's named Harry's Foods."

"But it's a story I'm very, very, proud of."

What's New in 2019?

You may have noticed there's been some renovations taking place at Harry's Foods. Stan says he'd been

contemplating renovations for a while, and then two gentlemen approached him about opening a pharmacy in the store -it was the spark necessary to ignite the project.

The pharmacy is now open and the renovations are complete. Stan has also switched wholesale suppliers and is now partnered with Pratts Wholesale, a local company with a stronger local focus.

Stan says he's thrilled with his new relationship with Pratts, a family-owned business that fits perfectly with Harry's family feel. During the next couple of weeks, Harry's will be celebrating this new era with a Grand Re-opening of the store. Stan invites everyone to come and see the new Harry's Foods, say hi to him and his wonderful staff, and enjoy the improvements.



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Big Dollar

Chocolate pairing event to honour local moms, Manitoba

By Justin Luschinski

A self-described chocolatier wants to celebrate local and area mothers and Manitoba during a special wine and chocolate pairing event this weekend.

Doreen Pendgracs, also known as Doreen the chocolate queen, is partnering with Evergreen Gate, located at 1138 River Road, to host a chocolate and wine pairing event on Saturday, May 11 featuring the best of Manitoba's top local chocolatiers in honour of Manitoba Day, which takes place on Sunday, May 12 and is also Mother's Day.

Pendgracs has dedicated a large part of her life to chocolate. She began as a travel writer around 1997, and started her chocolate journey in 2009. She's travelled all over the world, attending festivals, and literally wrote the book on chocolate, and aims to bring that expertise to Selkirk and the area.

Pendgracs said it's a wonderful experience that should not be missed.

"Red wine pairs exceedingly well with dark chocolate ... when people get to experience that, it takes them to a whole different level. You're not just sitting and eating chocolate, you're experiencing chocolate," she said. "I'm taking people on a journey, giving



SUBMITTED PHOTO

Doreen Pendgracs, pictured centre, also known as Doreen the chocolate queen, is partnering with Evergreen Gate, to host a chocolate and wine pairing event on Saturday, May 11 featuring the best of Manitoba's top local chocolatiers in honour of Mother's Day and Manitoba Day.

them history, the flavour notes in the wine and chocolate, and how the two meld to create the perfect pairing."

Pendgracs said the event will feature

Manitoba-made chocolatiers, such as Decadence Chocolates, Chocolatier Constance Popp, and Mordens of Winnipeg. Pendgracs will guide attendees through five pairings, and talk about the flavours as well as the history of each chocolate presented.

A "chocolatier" is a chocolate artist who purchases blocks of processed

chocolate from a larger company, and then adds their own flavours to create a new product. A chocolate maker is someone who actually makes those processed blocks of chocolate, sometimes from cocoa beans.

Pendgracs said chocolate has an important place in many cultures.

"We know the Mayans have been working with cocoa for hundreds of years. There's a sexiness with chocolate, there's a sensuality that draws people in," she said. "There's also some health benefits. If you eat a little bit of dark chocolate a month, it's been shown to slow down deterioration of the brain ... Do you use cocoa butter? The primary ingredient in that is cocoa, same with chocolate."

Pendgracs started her chocolate journey in 2009, while researching for her award-winning book, "Chocolatour: A Quest for the World's Best Chocolate (Volume I)." The book won a bronze medal at the 2014 International Book Awards in the Readers' Favorite Food/Cooking category, and she has interviewed chocolate masters from Belgium, France, Italy, and around the world.

The chocolate and wine pairing will take place on Saturday, May 11 from 7 p.m. to 9 p.m. Tickets can be purchased online by visiting <https://chocolatour.net/events/>, or you can contact Doreen Pendgracs via email at doreen@chocolatour.net.

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RCMP offer safety tips after St. Andrews woman assaulted, robbed

Staff

The RCMP is reminding St. Andrews and area residents to be aware of any suspicious vehicles or persons in their area after a local woman was assaulted and robbed while confronting two people breaking into her vehicle last Saturday.

On May 4, at approximately 12:20 p.m., Selkirk and East St. Paul RCMP responded to a report of break and enter in progress at a residence on Parkton Road in the RM of St. Andrews.

Upon arrival, officers located a female in her 70s who had been assaulted during the course of a robbery at her residence.

The investigation has determined that the victim was in her residence

when she heard someone ring the doorbell. She did not answer the door but later saw an adult male and female in dark clothing breaking into her car that was parked in the garage. The woman then confronted the suspects and was assaulted and robbed. She was treated at the scene by EMS personnel.

The suspects fled the area prior to the arrival of officers. There is no additional physical description of the suspects.

Anyone with information or may have seen something relating to this incident is asked to contact Selkirk RCMP at 204-482-1222.

The RCMP is now reminding homeowners to be aware of any suspicious vehicles or persons in their area and

to report anything of concern to police.

Additional home safety tips:

- Always keep your doors locked. This includes ensuring that your garage door is closed and secured.
- Close and lock all windows each time you leave your home.
- If you have an alarm, ensure to set it before you leave home.
- Always keep your vehicle locked even if it's parked in your garage or driveway.
- Use timers on indoor lights and tamper-proof, motion sensor lights around the perimeter of your home. Lighting is the most effective crime prevention tool since criminals do not want to be seen.

- Make sure your house number is visible during the day and night. In an emergency you want emergency crews to find your house number as soon as possible.
- Install a door viewer so you know who is at your door before you open it. Know who is there before you open your door and home to a stranger.
- Join or start a Citizens on Patrol group in your area to encourage everyone to keep an eye out for suspicious activity and share the information with each other and with the police.
- Follow the Golden Rule of community safety: If you see something, say something. Always report suspicious activity to the police.

Honouring Canada's MMIWG



PHOTO COURTESY OF JEANNIE RED EAGLE
Dozens of Selkirk and area community members gathered to tie red ribbons in honour of Canada's missing and murdered Indigenous women and girls (MMIWG) to the Highway 4 bridge in East Selkirk last Sunday afternoon. The gathering, which was organized by Selkirk resident Jeannie Red Eagle, started with a pipe ceremony inside the St. Peter, Dynevor Old Stone Church, and then attendees headed to the Highway 4 bridge to write names of MMIWG on red ribbons and then tie them to the bridge.

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Local students take the stage



RECORD PHOTOS BY JUSTIN LUSCHINSKI

École Selkirk Junior High students perform during their drama production of "The Royal Bachelor" inside the school's gymnasium last Tuesday afternoon. Shows also took place at the school last Wednesday and Thursday evening.

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Catfish Catwalk reels in a crowd

RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Selkirk Mayor Larry Johannson, pictured left, and his grandson, Tucker, right, model some Chuck Wear during the first annual Catfish Catwalk in support of Inclusion Selkirk and hosted by Packers Women's Fashion last Wednesday evening. According to organizers, roughly 150 Selkirk and area community members attended the event but a final tally of funds raised for Inclusion Selkirk wasn't available by press deadline on Monday.



Comp art students to host spring showcase on May 16

Staff

Community members are invited to attend an evening of ensemble music, solo voice, spoken word poetry, and more during this year's Annual Spring Showcase at the Comp.

From pop to country and from classical to chamber music, this evening highlights the talents of the Selkirk high school's Performing Arts students outside of the band, theatre, or choir programs where they can shine playing their guitar and singing or performing a spoken word slam poetry duet.

The Annual Spring Showcase will take place on Thursday, May 16 at 7 p.m. inside the Comp's theatre.

Admission is \$10 for the general public and \$5 for students at the school and tickets will be available at the door.

For more information, contact the Comp's instrumental educator Kenley Kristofferson by calling 204-482-6926.

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Manitoba farmland values see steady climb in 2018, report says

Staff

Average farmland value in Manitoba and across Canada continued its steady climb in 2018, driven by fewer, but more strategic investments by producers, according to a Farm Credit Canada (FCC) report.

"With the steady rise in farmland values, producers are making more strategic investments," according to J.P. Gervais, chief agricultural economist for FCC. "Whether it means paying a higher price for land that has potential to be more productive or buying in blocks to improve the efficiency of their operations, producers are sharpening their pencils with an eye on variable commodity prices."

The average value of Canadian farmland increased 6.6 per cent in 2018, following gains of 8.4 per cent in 2017 and 7.9 per cent in 2016, according to FCC's 2018 Farmland Values Report.

In Manitoba, average farmland values increased by 3.7 per cent in 2018, following gains of five per cent in 2017 and 8.1 per cent in 2016.

In all provinces, except for Nova Sco-

tia and Newfoundland and Labrador, average farmland values increased. Quebec experienced the highest average increase at 8.3 per cent, followed by Saskatchewan and Alberta, both at 7.4 per cent, and British Columbia at 6.7 per cent. The rest of the provinces were below the national average with Prince Edward Island's average increase at 4.2 per cent, Manitoba at 3.7 per cent, Ontario at 3.6 per cent and New Brunswick at 1.8 per cent.

Nova Scotia recorded a decrease of 4.9 per cent in average farmland values, while Newfoundland and Labrador did not have enough publicly reported transactions to fully assess farmland values.

Although average farmland values have increased every year since 1993, recent increases are less pronounced than the 2011-2015 period that recorded significant average farmland value increases in many different regions.

Gervais said fewer land transactions in 2018 is consistent with a tight supply of land available for sale and a softening in demand, which is a re-

flection of farm income levelling off, variable commodity prices and rising borrowing costs.

Farm operators need to exercise caution, especially in regions where the growth rate of farmland values significantly exceeded that of farm income in recent years. At the same time, there is still a strong business case for buying more land, but not without carefully weighing the risks and rewards, he said.

"There was a strong demand from producers for lower-valued land, which explains part of the average value increase recorded in some regions," Gervais said. "It's a strategic investment that can pay off if the operation is able to

extract more from that land and improve its overall efficiency."

FCC's Farmland Values Report highlights average changes in farmland values – regionally, provincially and nationally. This year's report describes changes from January 1 to December 31, 2018 and provides a value range in terms of price per acre.

Barkxing up the Right Tree

Located just north of Petersfield, at 800 Netley Road, Barkx Motel is a dog kennel, daycare training and aquatic centre. Since opening in December 2015, BarkX Motel has been offering quality care for both boarding and daycare guests. Pet owners who have used the services have had nothing but great things to say, some even claim their dogs do not want to leave.

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The kennel is a renovated double garage, fully insulated with two industrial heaters for those cold days. The kennels themselves, measure 8' long X 4' wide and 5' high which ensures lots of room for comfort. All play time is supervised, and no guest is left out of play time.

Although Barkx does have bedding available for use by the guests, Debbie encourages bringing their own beds and or blankets along with their favorite toy so the guests can feel safe and secure while staying at BarkX Motel.

Debbie has numerous years of experience with dogs, having her own and being involved in numerous sports with her own dogs, Flyball, Disc, Agility and her newest endeavor, Dock Diving.

For more information please call 204-471-6370 or email barkxmotel@gmail.com

St. Andrews honours volunteers



SUBMITTED PHOTO

Members of the RM of St. Andrews council, local dignitaries and community members gathered to honour and celebrate volunteers during the RM of St. Andrews Volunteer Appreciation Evening at the Petersfield Curling Club last Friday evening. This year's volunteer award recipients included Joan Wilkinson, Tyler Croy, Jackie Benson, Rob Ataman, Jean Picklyk, Leona Hacking and Pat Croy. Marg Paradossi, the first female firefighter in St. Andrews and one of the first in Manitoba, also received a special recognition award during the evening. "Volunteers are worth their weight in gold," St. Andrews Mayor Joy Sul said while addressing the crowd last Friday evening. "They share their time and talents without any compensation, so it's crucial to acknowledge their contributions and let them know they are valued."

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Third times a charm to reel in that rod

Hi gang.

Last week you might remember my writing about Nikki Benish of Winnipeg and her story of how much she liked going fishing with her dad. I also mentioned we will be hearing from her again for a particular reason - but not just yet.

A few weeks ago I met Larry Skoleski of Lac du Bonnet who loves to fish much like his "significant other" Jackie Pyle. We will also meet Larry again in the near future like Nikki - but not just yet. As it turned out though, Jackie was the one who had a funny, exciting fishing story for this week. Her natural sense of humor has kept her in good stead with their family and friends because in her own words, she has a tendency walk into walls when looking the other way as she talks at great length about nothing in particular, or tripping when there's nothing in her way. These little irritants fade when compared, according to Jackie, her impressive angling luck and skills.

Apparently she and Larry went ice fishing with friends two months ago on the south end of Lake Winnipeg. Arriving at their shack, their friends carried supplies in while Jackie built a pile of firewood in her arm from the back of their truck. She approached the shack door carefully with short steps on the ice but as she opened the door, a gust of wind whipped it against her. Seemingly in an instant she found herself flat on her back with the firewood strewn on top of her. I hope this isn't an indication of how this day is going to go, she thought to herself.

Later inside the shack, a fire crackled in the stove, coffee and sandwiches were being enjoyed and baited hooks on fish lines were dropped into ten feet of water. Jackie sat in a folding chair beside her ice hole jigging her line. The smell of the wood fire from the stove mixed with the easy music

**SUBMITTED PHOTO**
Larry Skoleski and Jackie Pyle with one of her many catches.

on the radio put everyone in a warm comfortable mood. Then Jackie felt a sharp jerking on her line and instinctively pulled up. The short rod quivered and bent toward the ice hole. Jackie, though excited, realized whatever she had caught was too much for her little rod. She grabbed a piece of kindling and began winding her line around it. Soon she saw the head of a huge jackfish appear in the water of the ice hole. With both hands on the piece of kindling she wound the line up hard until the fishes head was out of the water far enough to grab it by the gills and haul it up onto the floor. As with most huge, long jacks, when out of the support of water it didn't move much.

Jackie dove into her tackle box digging out her measuring tape then on her knees was happily surprised to see the tape reach from head to tail at forty two inches. With help she released the fish nose first back into the ice holes water. Amid shouts of con-

gratulations she baited her hook and put it back in the water. It couldn't have been more than ten minutes and she got another heavy bite. This time the fish darted back and forth getting itself tangled in Larry's line. She fought the fish, reeling in when she could and letting it play itself out when it fought furiously. By now Larry had left his rod in its holder and was standing beside Jackie watching.

Slowly she reeled in her second big catch and as it came up to the ice hole she could see it was a large, fat pickerel. She felt her rod could handle this fish so she took her time playing it until it tired then she lay on the floor and grabbed it by its gill to land it. She measured it at thirty inches. She pulled Larry's line off the fish but as she released the pickerel the line became entangled on its tail again as it disappeared down the hole. Larry stared in astonishment as he watched his rod spring free of its holder and plunk down his hole into the water after Jackie's fish.

"I'm sorry honey," Jackie said, "I'll buy you another rod." Resigned, Larry got his old backup rod, baited its hook and dropped it in the water. Everybody settled down to do some fishing. Minutes passed and Jackie's line again pulled down toward the water of her ice hole. "This can't be happening, you catch three fish and we get nothing," Larry cried out! Jackie feeling a bit guilty about her luck said nothing and busied herself reeling in her latest strike. Another huge pickerel! It looked familiar! She reeled it up and as it plopped onto the shack floor a little cry escaped Jackie's mouth. It was the same pickerel she had just caught! Larry's line was still tangled around its tail with his rod dangling in the water. "There's your rod back Larry," Jackie teased.

See you next week folks, bye for now.

View the Selkirk Record online at selkirkrecord.ca> **CONTACT US**By phone: **204-785-1618**
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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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Shedding light on Huntington Disease across Canada



RECORD PHOTO BY BRETT MITCHELL

The Light It Up for HD event at The Merch in Selkirk raised roughly \$2,400 last Friday and featured performances by Kalyna Morrow-Lytke, Ella Es, Double Bourbon and November Underground.

Submitted

May is Huntington disease (HD) Awareness Month and volunteers are spreading the word, educating Canadians about the disease and how they can help the thousands of Canadian families affected by this devastating disease, through several movements.

Since 2015, volunteers from across Canada have been illuminating various buildings, monuments and statues during the month of May to raise the visibility of HD and Juvenile Huntington disease (JHD) with blue and purple lights, respectively. On Friday, May 3, The Merch in Selkirk hosted a Light It Up for HD event and the outside of the building was lit up in purple and blue in honour of the event.

"After having the CN Tower lit up in 2015, I was asked by the Huntington Society of Canada (HSC) what I would like to see become of this," says James Walters, Founder of the Global Huntington Association and the LightItUp4HD initiative. "I said I would love to see more buildings across Canada illuminated in 2016. And my Canadian Huntington's family did not disappoint! In May 2016, Canada was awash in blue and purple. Then, in 2017 members of our worldwide Huntington disease families stepped up and joined us in our quest to bring HD and JHD out of the shadows and into the light."

Volunteers have reached out to HD organizations from around the world and have invited them to "LightItUp4HD." Along with almost 50 sites in Canada (and counting), Australia, England, Ireland, Scotland, Northern

Ireland, Norway, Spain and Wales are just some of the countries working to "LightItUp4HD" this May. Many cities here at home have also made proclamations to declare May as HD Awareness Month. In most cases, this is coupled with a flag-raising event outside the local city hall or civic centre.

Huntington disease (HD) is a debilitating brain disorder that is fatal and incurable. About one in every 7,000 Canadians has HD and approximately one in every 5,500 is at-risk of developing the disease. Many more are touched by HD whether as a caregiver, a family member, or a friend. Learn more at www.huntingtonsociety.ca.

Thank You

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Mother's Day walk to benefit community renewal corporation

By Lindsey Enns

Organizers behind this year's Mother's Day walk/run say they are looking forward to bringing the community together while raising funds for a good cause.

The ninth annual Mother's Day Walk/Run, organized by the Selkirk Community Renewal Corporation, takes place this Sunday, May 12 from 11 a.m. to 2 p.m. at the Ag Building in Selkirk Park. Registration will take place at 11 a.m. with the walk/run beginning at 12 p.m. The route will begin at the Selkirk Park Ag Building and runs along the Selkirk Park dike. For more information, email cf.scr@selkirkcra.ca or call 204-492-0701.

Ashley Monkman, executive director of the Selkirk Community Renewal Corporation, says this year funds raised will go towards the programming the community renewal corporation offers including its Little Métis Sing with Me program and others that are offered for free to families in Selkirk.

"The whole purpose (of the event) is to celebrate moms while supporting a good cause," Monkman said, adding each year the event draws around 50 to 100 participants taking part in the walk or run.

Last year's event helped raise \$1,200 in support of those affected by the Humboldt Broncos bus crash tragedy as well as the Selkirk Com-

munity Renewal Corporation. Last year, the renewal corporation partnered with Selkirk resident and avid community volunteer Linda Rosser to help put on the event. But after eight years of helping organize the event, Rosser said she is now handing it over to the corporation. Rosser originally started it in memory of her daughter, Nancy, but now she said it's time to move on to other things.

Monkman said the renewal corporation has been helping with the event for past five years and they're looking forward to officially taking it over.

"We've been a huge part of the Mother's Day run for quite some time so we're looking forward to continuing that," she added.

Monkman said as in year's passed, a well-known community member will be cutting the ribbon to kick off the walk/run but as to who will be doing it this year is still being determined she said.

Pledge forms can be picked up at the Selkirk Community Renewal Corporation located at 630 Sophia St. in Selkirk.

For more information about the Selkirk Community Renewal Corporation, visit selkirkcra.ca.

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Saturday May 25th - 10am Start

Earls - Polo Park Shopping Centre WINNIPEG

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RECORD PHOTOS BY LINDSEY ENNS

Members of the Holy Hams of Selkirk United Church during their production of "Agatha Christie Made Me Do It" by playwright Eddie Cope and directed by Jeff Allen inside the Comp's theatre last Wednesday evening. Approximately 700 community and area members attended the dessert theatre over the course of its four performance run.



Bridge over Red River Floodway to be replaced by 2023: Province

Staff

The Manitoba government is moving ahead with detailed design work and a public engagement session for a new bridge on PTH 59 North over the Red River Floodway.

"The bridge over the Red River Floodway on PTH 59 is a gateway to so many great experiences that Manitoba is known for – from Birds Hill Provincial Park to Grand Beach – and some of the great gems in cottage country," Infrastructure Minister Ron Schuler stated in a release last week. "We have determined a cost-effective solution to replace the existing bridge and we look forward to consulting with Manitobans on this exciting project."

Construction on the project is slated to begin in the fall of 2020, with completion slated for November 2023, Schuler added.

The bridge was built in 1964 and has reached the end of its service life, and was also damaged in a vehicle collision last summer. Manitoba Infrastructure has selected the most cost-efficient replacement design, with no private property acquisition required. No alternatives under consideration would require the acquisition of any private homes, the minister noted.

North and southbound bridges will be built to replace the existing structure and some roadway realignments will take place. The existing bridge will remain open during construction. Detailed design will lead to construction starting in the fall of 2020 with construction work to be completed and the roadway and bridges fully open to traffic by the fall of 2023. Construction will be staged to accommodate the operation of the Red River Floodway.

A public information session on the project will be held on Wednesday, May 22 at the East St. Paul Curling Club 260 Hoddinot Rd., East St. Paul. As of press deadline on Monday, no times had been released for the information session.

Schuler noted the Manitoba government's responsibilities include water management, drainage and transportation infrastructure management, the construction, maintenance and operation of 19,000 kilometres of all weather roads, 2,200 km of winter roads, and over 21,000 bridges and culverts that keep traffic moving smoothly across the province.

PLAYSAFE: Don't Let It Happen to You

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

Visit waramps.ca/playsafe for the video and safety resources.



The War Amps

Correction

In the April 25 edition of *The Selkirk Record*, the Selkirk Toastmasters story featured on Page 15 should have read that as of April 24, Selkirk Toastmasters meetings have moved to a new location and more information can be found by visiting their website, <https://3977.toastmastersclubs.org/>. Meetings were previously held at the Community Futures Building and guests are always welcome. In-

correct information appeared in the previous article. The *Record* apologizes for the error. Toastmasters provides public speaking and leadership training courses to its members and their new Pathways Program aims to build self-confidence, leadership skills, and speech-giving abilities. For more information about Selkirk Toastmasters, contact vice-president of public relations Kay Boyd by calling 204-226-1290.

The Selkirk Record

217 Clandeboye Ave., Selkirk

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

Booking Deadline
Mondays at 4 p.m.

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





Happy Mother's Day

Wishing all moms a wonderful day!



Mother's Day ideas for moms from all walks of life

Mother's Day is a celebration of women who devote so much of their effort and energy to their families. Celebrating Mom on Mother's Day lets her know all of her efforts haven't gone unnoticed.

The Crafter
Mothers who are avid crafters may enjoy a craft-themed Mother's Day. A family crafting project can make for a fun afternoon and produce mementos that Mom will cherish for years to come. Dads and kids can plan the project in advance without Mom's knowledge, arranging all of the materials ahead of time and setting up the crafting station the night before or while Mom is relaxing on Mother's Day morning. Kids can even get a head start on the day by making their own craft for Mom and giving it to her as a Mother's Day present. Dads can keep the craft theme going at dinner and get a laugh out of Mom by pouring her a craft beer when dinner is served.

The Reader
A 2017 survey found that women

read more than men. Women read an average of 19.8 minutes per day, which can make a Mother's Day focused on Mom's love of books an ideal and unique way to spend the day. Kids can write Mom their own books, and Dad can help put them together. Dads can visit rare bookstores and look for original copies of Mom's favorite books that she might not find elsewhere.

The Nature Lover
Fishing and other outdoor activities might have a reputation as predominantly male hobbies, but studies show that's not really the case. A 2016 report from the Outdoor Foundation found that 46 percent of people who participated in outdoor activities were women. If Mom is a nature enthusiast, families can plan a Mother's Day enjoying the great outdoors, even giving Mom a new fishing pole, hiking gear or other items that align with her favorite nature activity.

The Relaxation Specialist
Of course, some mothers may want to simply unwind with a relaxing morning at the spa on Mother's Day. A relaxing morning at the spa can be the perfect way for moms to be-

gin Mother's Day before they enjoy a brunch of dinner out with their families.

Mother's Day celebrations can be as unique as the women being celebrated.

The Flower Child

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Bread Basket
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Cold Station
Caesar Salad
Beet Salad with Fresh Dill
Caribbean salad
Roasted Veggies Platter
Grilled Asparagus

Mediterranean Fusilli with artichokes and roasted peppers

Carvery
Ham
Turkey

Hot Station
Hashbrowns
Scrambled eggs
Maple Smoked bacon
Barons Breakfast Sausage
White and wild Rice Pilaf
Butterflied Breaded Shrimps with Roasted garlic
Three cheese tortellini
Beef sauted with pearl onions in a cognac pepper creamy sauce
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Sweet Station
Chocolate Fountain with Fresh Cut Fruit & Cream Puffs

Assorted Cakes & Sweets

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Cold Station
Caesar Salad
Beef Salad with Fresh Dill
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Roasted Veggies Platter
Grilled Asparagus

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Herbed Crusted Prime Rib with au jus
House raddish
English Roast leg of Lamb with mint sauce

Hot Station
Pepper Berry Chicken baloutine with wild mushroom demi glace

Chefs Vegetable Medley

Mashed potatoes yam swirl White and wild rice pilaf
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Panko Breaded Wild PickerelFingers with Chipotle Tartar Sauce

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Chocolate Fountain with Fresh Cut Fruit & Cream Puffs

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Bridging the distance on Mother's Day

Many modern families are spread out across the country if not the globe. Some people move away from family to further their careers, while others are called upon to care for others. Children may separate from their parents to

witness new travel experiences. Military service may call individuals away from home as well.

Distance can make it challenging to spend time together for major holidays and other special occasions - like Mother's Day. But Mother's Day can still be special even if Mom lives hundreds or thousands of miles away.

Embrace technology



Explore the many ways to reconnect with Mom even if you live far apart.

Technology helps break down some of the barriers created by distance. While phone calls were once the way to keep in touch, many people now utilize various forms of digital communication. Someone who lives across different time zones can talk through texting or the various social media avenues available on computers, phones and tablets. Video apps like Skype and FaceTime enable you to video chat with others in real time. Come Mother's Day, connect with mom via such apps so you can watch her open up her gifts.

Reconnect with home

If Mom is the one who ventured from home, help her to reconnect with her hometown or another place she feels attached to. Ship her some favorite regional foods that can only be bought in town. Make a photo or video montage of places of interest in town. These little touches of home can mean the world to her.

Create a special day

Even if you do not live near your mother, you can still plan a fun day for her in her town. Make reservations for a spa, hair salon or other sources of pampering and surprise her with all the details.

Treat her to the ultimate surprise

If possible, make a surprise visit this Mother's Day. Coordinate the plan with your father or another relative and then enjoy seeing her eyes light up when you arrive.

With a little creativity, even families separated by geography can share the magic of Mother's Day together.

Happy Mother's Day

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Unique Mother's Day gift ideas

Select Mother's Day gifts that will make Mom feel special.

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Select Mother's Day gifts that will make Mom feel special.

en often work tirelessly and without fanfare to provide for their families. Even though they may deserve to be recognized throughout the year, moms enjoy a special day nestled within the month of May when children, spouses and others celebrate Mother's Day.

Many people give heartfelt gifts on Mother's Day to express their love for the mothers in their lives. The perfect gift may focus on Mom's interests and the things that make her truly happy. With that in mind, the following shopping tips can help anyone find the perfect Mother's Day gift.

- Explore spa packages. What mother won't benefit from some rest and relaxation with a little pampering thrown in? Salons and massage therapists typically put together Mother's Day packages that cater to mothers. Packages may include massages, facials, hair treatments, manicures, and

pedicures. Gift-givers can customize the services depending on their budgets.

- Dining out can be a treat. A meal at a favorite restaurant can be a welcome change from kitchen duty. Mother's Day is a busy day for restaurants, many of which have limited menus to better handle the crowds. As a result, if dining out on Mother's Day, Mom

may not get the full menu she desires. To ensure mothers have full menus at their disposal, gift givers can cook a meal at home on Mother's Day and then choose another day of the week to enjoy a meal in an upscale restaurant.

- Schedule a paint and sip. A paint

Continued on page 15

Wonderful Floral Arrangements

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Fitness tips for busy moms

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Working mothers have a lot on their plates. In addition to the responsibilities that come with raising a family, working moms also must focus on their careers.

Many mothers find that managing such hectic balancing acts leaves little time for physical fitness. But there are ways for working moms to stay physically fit even as they juggle their commitments to career and family.

- **Work out in the early morning.** Working out in the early morning, when the kids are still asleep and the office has yet to open, is a great way for busy working mothers to get their daily exercise. Designate a room in your home where you can spend time each morning doing some light strength training before hitting the treadmill or elliptical machine. The Canada Fitness Council recommends that adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week, and women who get up just 45 minutes earlier each morning can meet those requirements and then some. An added benefit to working out in the early morning is that many people who follow such regimens insist they have more energy throughout the rest of the day.

- **Exercise with the kids.** Working mothers looking to find time for exercise can turn part of family time into a time to exercise with their children. Play in the yard with youngsters while dinner is cooking or go for nightly post-meal walks. Exercising with kids is a great way for mothers to get their daily exercise while also instilling a love of physical activity in their children.

- **Have a backup plan on hand.** Working out at a gym can be motivational, as many mothers want to make sure their monthly membership fees aren't going to waste. But there will inevitably be days when working mothers can't get to the gym. Prepare for such days by purchasing home workout DVDs you can play while the kids are doing their homework or after they have gone to bed.

- **Look for gyms with childcare.** Many gyms now offer on-site childcare to parents of young children who can't stay home alone while their folks are at the gym. Gyms that offer on-site childcare may prove more reliable and even less expensive than hiring a sitter, and some gyms even offer fitness programs to youngsters, helping to ensure kids get the daily exercise they need as well.

- **Exercise during lunch breaks.** If possible, squeeze in your daily exercise during lunch breaks. Take advantage of on-site exercise facilities if your company offers them. If not, take your lunch outside and then go for a walk around the campus or a nearby park rather than eating at your desk.

Finding time to exercise is a common dilemma for working mothers. But there are some creative ways for moms to stay fit without affecting their commitments to work and family.

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What various flowers can represent

Customize Mother's Day bouquets with flowers that have specific meanings.

Flowers are popular come Mother's Day, as various blooms can signify love and appreciation. Some gift-givers may want to deviate from the standard bouquet of roses and offer flowers that are more in tune with mom's preferences.

Flowers have long been used to convey certain feelings in many cultures. Folklore, poetry and mythologies have played a role in defining the various meanings associated with certain blooms.

- Amaryllis: This flower symbolizes splendid beauty and can be given to indicate worth beyond beauty.

- Aster: The popular aster symbolizes wisdom and devotion.

- Bird of Paradise: The interesting shape and rarity of these

blooms symbolizes joyfulness and magnificence. It can be an exciting flower, and one that evokes feelings of anticipation.

- Black-eyed Susan: These vibrant blooms represent justice and can be ideal for the person who works in the legal profession.

- Carnation: A less expensive alternative to roses, carnations represent pride and beauty. Furthermore, the colors of carnations represent different meanings. Red symbolizes love, while pink is for a mother's love and white represents innocence and pure love.

- Daisy: Innocence and purity are the meanings behind the yellow and white daisy. This can be the perfect pick for new, young love.

- Freesia: Those wanting to evoke passionate feelings can choose freesia, which is also said to mean "joy."

- Hydrangea: Hydrangeas sym-

bolize heartfelt emotions and can be used to express gratitude for being understood. This may be the perfect "making amends" flower.

- Lilac: Couples seeking tranquility and passion can turn to lilacs. The calming lavender hues also can be a welcome change in floral arrangements.

- Rose: Of course, no flower roundup would be complete without roses. Roses represent love and passion, and, like carnations, their colors symbolize different things. Red roses represent desire, pink roses suggest happiness and white roses symbolize worthiness. Avoid yellow roses, which suggest fading love.

- Zinnia: Zinnias symbolize thoughts of distant friends and can make a thoughtful friendship arrangement to send to a faraway comrade.

> GIFT IDEAS, FROM PG. 13

and sip session is a unique gift. A session is typically two hours and includes step-by-step instructions. Patrons are encouraged to bring snacks and their favorite beverages. With the right planning, well-intentioned children can turn the evening into a "ladies night out" and encourage other moms to join in the fun. Or the entire family can paint masterpieces together.

- Give tickets to a show or sporting event. Whether Mom is a sports fan or she prefers the theater or live music, event tickets can make a wonderful gift. Unique gift ideas include tickets to Cirque du Soleil, Shen Yun or a Broadway play.

- Give the gift of wine tasting. Wineries can be found across the country and frequently open their doors to wine tastings and wine pairing events. A Mother's Day wine tasting can be special for the entire family and support local businesses. Check the vineyard's rules on guests. Many times those under 18 can attend but will not be permitted to consume wine, though other refreshments may be available.

Mother's Day offers the perfect opportunity to lavish attention on special women. Gifts that cater to Mom's interests will make the biggest splash.

How about a "Deluxe" Treat for Mom this Mother's Day

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The **Selkirk Record**

By Lana Meier

Ten years ago I, along with business partners Brett Mitchell and Rick Reimer started up a small chain of locally owned and operated newspapers. I'm sure many people thought we were crazy continuing with print media, when corporately owned newspapers were closing offices, laying off staff and ceasing printing newspapers that had been recording the history for generations.

Well like many of the small businesses that support our newspapers today, it's a passion and a love for our communities that keep us going day after day. We have an extremely dedicated team of reporters, photographers, designers, pressmen, sales, administration and collators who work 24/7 to bring you the local news, news that matters and is relevant to our communities.

The newspaper is produced, printed, distributed and paid for by the local businesses, community members and politicians who purchase advertising space. It is these advertising dollars that cover all the costs and it is our job to deliver the news while delivering results to those who support us.

But it is also our job to deliver the news in a timely, accurate and compassionate matter. We

don't make the news, we only report the news. And sometimes the news may not appear the way some feel it should. Often there are two sides to controversial stories, or two different views. It is not our job to tell the reader who to support, but it is our job to educate you, the reader on both sides. Ask difficult questions and clarify details so you can be informed.

I grew up in the newspaper business, alongside my father Mervin Farmer, who owned and operated the Stonewall Argus and Teulon Times, the Interlake Spectator and the Selkirk Journal. I had the privilege of working with him for thirty years before he retired, after selling the papers to Quebecor. When people say I was born with ink in my veins, I think I was. Dad bought the Argus from my Uncle Bill Saundry in 1967, six weeks before I was born. Dad and his dedicated staff gradually expanded their coverage area to include three titles and reached every community north of the Perimeter and in between Lake Manitoba and Lake Winnipeg. Dad's passion and love for the Interlake soon became my passion. I learned every aspect of the business working alongside people including Linda Doubleday, Art Essery, Lenore Holloway, Lorne Reimer, Rick Fast, Rosemary Hodge, Marilyn Moloney and so many

more. Staff would come and go and when I was younger and I always wondered why? But I soon learned that the weekly newspapers were a stepping stone to the daily newspapers and TV stations. They weren't leaving because Dad was a bad employer, it turned out he was an amazing leader and a great teacher and they were on to bigger and better things.

Not much has changed in the industry today, regarding the news coverage.

There is still news happening 24/7 but there are fewer opportunities for great reporters for the written word and there are fewer pages to produce for that news.

However, the newspaper still has a job to do and is still relevant to many today. We are the record keepers, we document the news, we record the events of the day and in 100 years the Stonewall Teulon Tribune, the Selkirk Record, the Express Weekly News and the Winkler Morden Voice will hopefully be in the archives for those interested in reading our history.

So when you are wondering how that newspaper gets delivered to your mailbox or house each week, thank the local advertisers that appear in the pages alongside the news of the day.

Shopping local matters.

ADVERTISING TESTIMONIAL

Wanted - Young chicken farmer looking for egg cartons. If you are interested in recycling please drop off any cartons at the Tribune office in Stonewall at 74 Patterson Drive.

The advertisement ran in November of 2018 for three weeks. The response was overwhelming and we had to cancel the ad. We received enough egg cartons to last us the next three years. We still have regulars dropping cartons off at the Tribune office.

"I was amazed by the number of people that read the ad and went out of their way to drop the cartons off. When I have too many eggs to sell, I will definitely run an ad in the Tribune."

Matthieu Meier (16 years old)

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The Benefits of Shopping Local

The Stonewall Teulon Tribune is built on the idea that we connect people through stories to build stronger communities. Did you know that our community newspaper is paid totally by advertising dollars. We are fortunate to have strong local support, which allows us to produce, print and distribute an award winning newspaper week after week. Why shop online when shopping locally is better for the community, better for the environment and the best way to find something unique that can make all of your friends say "wow."

Shopping locally benefits your community.

When you shop locally, the money you spend stays in the community. Filling your grocery cart up locally takes dollars out of your pocket and puts them into the pockets of a local business owner and their employees. What you might not consider is that those dollars get spent by the business owners as well, and they're also likely to spend their money locally. This owner might donate a silent auction prize to a local fundraiser or donate cash to the local pool or splashpad.

American Express estimates that about 68 cents out of every dollar spent in local shops stays at home, and if that dollar is spent locally three times, it means that – for every dollar you spend at local shops – \$1.45 goes back into the community. It's what economists refer to as the multiplier effect, and it's very powerful.

Of course, that money doesn't just go to business and restaurant owners. The local government takes out its share in local taxes. Even if you hate the idea of taxes, and we all may grumble in October, local taxes go to schools, recreation centres, libraries, RCMP, firefighters, and other services in the area. Buying dinner at a local restaurant can be the reason the town has enough money to add a sidewalk or pave a street.

Shopping locally is better for the environment.

You already know about the danger of greenhouse gases and the effects of global warming. What's easy to forget is that everything you buy had to come from somewhere. If you're drinking imported spring water from Fiji, that

water flew halfway around the world. If your new pants were made in China, they racked up frequent flyer miles, too.

It's really hard to avoid foreign manufacturing, but many local businesses have locally made goods for sale, which eliminates at least one flight your product might take, saving on fuel and greenhouse gases. Even if the product you're buying was manufactured overseas, buying it locally can shave a flight or two off the product's carbon footprint.

Shopping locally is the best way to find hidden gems.

There's nothing quite like the feeling of finding something your friends have never seen before. Whether it's jewelry from a local metal smith, a purse from a local gift shop or pottery from a craft sale, local shops have the best potential for one-of-a-kind, "where-did-you-get-that, I-love-it-so much" uniqueness out of any shopping you can do. Anyone can get on Amazon or check out a department store. But it is these local businesses that are here for you when you need them, they are here for your convenience. Remember to support them so they are still here for the next generation.

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Mayors tout open communication, infrastructure projects at State of the Region

By Lindsey Enns

Open communication, growth and major infrastructure projects were top of mind for some local leaders during the Selkirk Biz's 10th annual State of the Region luncheon in Lockport last month.

West St. Paul Mayor Cheryl Christian said last year's municipal election brought about a lot of change for the community and they are focusing their efforts on better communication with residents.

"We are investing in more communication with additional news letters, social media and open houses," Christian said during her address to the crowd on April 24 at Gaffer's Restaurant and Lounge. "West St. Paul council has budgeted more for council training to ensure good governance and we are more accessible to our residents with council coffee times and the return of question period at our council meetings."

"I'm very proud of the positive changes we've made to encourage more community engagement."

Christian added more than \$100,000 will be spent in the coming year on community trails in West St. Paul and surrounding areas.

"We are proud to support an active



RECORD PHOTOS BY LINDSEY ENNS

ABOVE LEFT: Pictured from left to right: City of Selkirk Deputy Mayor Darlene Swiderski, St. Andrews Mayor Joy Sul, West St. Paul Mayor Cheryl Christian, and St. Clements Mayor Debbie Fiebelkorn pose for a group photo following the Selkirk Biz's 10th annual State of the Region Address at Gaffers in Lockport on April 24. ABOVE RIGHT: West St. Paul Mayor Cheryl Christian addresses the crowd during the State of the Region gathering.

and connected community," she said. "We hope to run our trail system north in the near future to tie in with St. Andrews and Selkirk."

St. Andrews Mayor Joy Sul said she ran for mayor because she "believes in doing what is best for the community."

"And that's what I intend to do," said Sul, who is the first female mayor of St. Andrews.

Sul went on to talk about the community's rich history and the need for open communication with residents.

She added council and administration continue to explore the option of sending the RM's wastewater to Selkirk instead of up hill to Winnipeg's treatment centre.

"We are only six months into this term, but as we move forward, we

will do our best to start on these projects and make them not just goals, but realities," she said, adding seniors housing and child care spaces are both needed in the community.

St. Clements Mayor Debbie Fiebelkorn said there's lots going on within the rural municipality including work on a municipal sewer system and the construction of the South St. Clement Activity Centre. The RM is also working on bringing residential and commercial developments to the community wherever possible.

She added tourism is one of the RM's strongest economic drivers and they have been working with Travel Manitoba when it comes to showcasing the East Beaches region.

"They are providing support and leadership to re-brand and promote the East Beaches area in both St. Clements and the RM of Alexander not only for recreation but also tourism," Fiebel-

korn said. "As always, we are working with the province wherever possible."

Selkirk Deputy Mayor Darlene Swiderski, who filled in for Selkirk Mayor Larry Johannson who was attending an Association of Manitoba Municipalities meeting, spoke about the city's wastewater project, the recent installation of solar panels at the Selkirk Rec Complex as well as the changes coming to Manitoba Avenue East.

"Based on the feedback we received at our open houses, we've made some changes to the plan, and I'm happy to report that we have been able to reduce the loss of net parking to about seven spaces while keeping the pedestrian focused character of the design," Swiderski said.

This year's State of the Region Address once again gave residents, business and community leaders a chance to hear directly from their local politicians.

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204 ROSSER—\$238,800

Works by 35 Manitoba artists on display at Gwen Fox Gallery



RECORD PHOTO BY LINDSEY ENNS

Courtney Jensen of Selkirk looks up at her mixed media piece entitled "Under the Sea," which is featured in this month's art show at the Gwen Fox Gallery. The All Members Art Show and Sale runs until June 2.

By Lindsey Enns

Original artwork in a range of mediums by more than 30 artists from across Manitoba is currently on display at the Gwen Fox Gallery.

An All Members Art Show and Sale, featuring works by 35 artists from communities such as Teulon, Gimli, Lockport, St. Andrews and East Selkirk, is on display at the Selkirk art gallery until June 2. An opening reception will also take place on Saturday, May 11 from 1 p.m. to 4 p.m.

Courtney Jensen of Selkirk, who is among the artists showing their work at this month's show, said she's hoping lots of community members and visitors will come through and check out the range of artistic ability on display.

The 23-year-old has been a member of the Gwen Fox Gallery for nearly one year and says it's been a great experience so far.

"Since I'm an artistic student, I wanted to volunteer," Jensen said while sitting inside the local gallery last Wednesday afternoon. "I love it. You learn from all sorts of people and just get feedback."

Jensen is currently studying theatre

design and art history at the University of Winnipeg.

She has two pieces on display in this month's art show and sale show including a mixed media piece entitled "Under the Sea," which was inspired by a time when her and her daughter were watching "The Little Mermaid," as well as an abstract water colour painting.

This All Members Show marks Jensen's third time showing her work. She says taking part in shows like these are a great opportunity to get some constructive feedback.

"The first time I have to say I was very nervous, but I just loved how much feedback I got and I've actually taken a lot of that feedback and put it into my work," she said.

Other art on display in this month's show include paintings, sculptures, photographer, quilting and fibre art to name a few.

The Gwen Fox Gallery exhibits art work by Manitoba artists with a new show each month from February to December. For more information, visit gwenfoxgallery.com.

Province of Manitoba releases first crop report of 2019

Staff

The province released its first crop report of 2019 last Tuesday.

Favourable weather and field conditions have allowed seeding operations to begin in most areas of Manitoba, according to the provincial weekly summary. Spring cereals and peas are being seeded in the Southwest, Central, Interlake and Eastern regions; while corn and fababeans have been seeded in the Central and Interlake regions respectively. Winterkill in cereals and forages low in most regions, but some damage assessments in the Eastern region and low soil moisture reserves need spring precipitation to ensure adequate regrowth of pastures and forages.

In the Eastern region, a slow snow melt this spring has helped to retain water on fields instead creating runoff and soil moisture conditions on cropland across the region rated as adequate to short. Soil moisture conditions on the majority of hay and pasture land were also rated as adequate to short. There were also reports of fertilizer being applied last week as producers begin to prepare their land for spring planting and seeding has begun with producers beginning with spring wheat.

Field activity is just starting in the Interlake region, with fertilizer being applied and some seeding. Cooler temperatures have slowed the start of seeding for many, but will ramp up as soon as conditions allow.

Soil moisture is currently adequate, but planned tillage is lower than normal, based on relatively drier conditions. Peas and fababeans continue to go in and cereals are starting. Most field activity is occurring in the southern part of the region.

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14 Sinclair Drive - Tyndall \$349,900

44154 72N - RM of Brokenhead \$290,000

88135 Rd 45E - St. Clements \$249,900

73044 Rd 42E - RM of Brokenhead \$650,000

Self defense classes for youth, adults starts up in Selkirk

By Justin Luschinski

Selkirk and area adults and youth can now learn how to defend themselves thanks to a new self defense class being offered in the city.

Self defense classes, which is being taught by instructor Mike Klimchuck, are running this month and in June at Iron Image Gym located at 511 Rob-inson Ave. in Selkirk. The classes are being offered to youth aged eight to 12 as well as adults. Organizers say if enough people sign up, they could turn it into a weekly class that runs all year.

Jen Holmberg of Selkirk said she feels it's important for everyone to receive some basic form of self-defense training.

"I have three children, and I do what I can to keep them safe. The course doesn't just teach self-defense moves, it teaches awareness, what to look for, and how to de-escalate a situation," Holmberg said. "With the way things are going, it was something I wanted to do not only for myself, but for the community in general."

Holmberg said they ran a trial class with some children in March. She said the response was positive, and the kids had a lot of fun, and learned some basic defensive tips along the



SUBMITTED PHOTO

Mike Klimchuck, pictured left, leads a self defense class for youth in Selkirk recently. The class aims to teach youth and adults how to spot danger, how to de-escalate a situation, and how to defend yourself should the situation turn violent.

way.

The classes not only focus on martial arts, but also on preventative measures, and how to deal with a situation before it occurs.

Klimchuck, who is a certified self defense instructor for Save International Canada, is a certified fitness kickboxing instructor and has 37 years in

martial arts experience ranging from judo, karate, tae-kwon do, boxing, Krav Maga, and jiu jitsu.

Klimchuck says prevention is a huge part of self defense.

"Most martial arts deal with the threat after it occurs. Prevention is the first step in any self defence situation, and the training should reflect

that. One of our five life saving rules state that if you are grabbed, you have done something wrong," Klimchuck said. "The goal of self defence is pretty simple: Recognize the signs, avoid the danger, and get out."

Klimchuck stressed that self defense is not fighting, because there will always be a stronger opponent. The idea is to de-escalate a situation safely first, and should that fail, then a resident does whatever they have to in order to survive the threat. His system includes back up plans against grabs and other common threats.

The classes cover other topics such as what attackers look for, distractions that might leave someone vulnerable, and other topics that aim to raise someone's awareness, and help them consider what situations might make them easy prey.

The next class is scheduled to take place on Tuesday, May 14 at Iron Image. The kids class starts at 6:15 p.m. with the adult class to follow at 8:15 p.m. Kids classes are \$20 per month and adult classes are \$40 per month.

For more information, contact Jen Holmberg via email at selkirksselfdefense@gmail.com, or call/text her at 204-223-9811. She can also be found on Facebook.

Manitobans reminded to be vigilant against invasive species

Staff

With summer right around the corner, the province is continuing their efforts to make Manitobans aware of the negative effects invasive species can have on the environment.

Manitoba has been working to raise public awareness of invasive species for decades and remind Manitobans of the constant threat they pose. From the emerald ash borer (EAB) to the cottony ash psyllid, forest invasive species (FIS) threaten trees while aquatic invasive species (AIS) such as zebra mussels, spiny waterflea and rusty crayfish, threaten aquatic ecosystems. The annual cost of controlling invasive species in Canada runs in the billions of dollars, so the importance of prevention cannot be underestimated, the minister added.

The emerald ash borer has been found in Winnipeg and the city has been designated as a regulated area by the Canadian Food Inspection Agency (CFIA). Firewood of any species, ash nursery stock or any kind of ash wood cannot be moved in or out of Winnipeg without permission

from CFIA. While Dutch elm disease (DED), an invasive fungal disease, has been successfully managed in many areas in the province, EAB is proving to be much more difficult to control. The key to defending Manitoba's trees from this invader is prevention and early detection. In conjunction with Invasive Species Awareness Week, ash trees at the Legislative Building grounds will be banded highlighting the trees that are at risk now that emerald ash borer is in Winnipeg.

Zebra mussels, one of Manitoba's most concerning aquatic invasive species, have been confirmed in a few Manitoba waterways.

Failure to comply with the Aquatic Invasive Species Regulation can result in a pre-determined or set fine. Fines are in effect in Manitoba year-round and carry a range of penalties, depending on the offence. Fines range from \$174 to \$2,542. For example, the set fine for an individual failing to remove drain plugs while transporting watercraft over land is \$237. For more information on invasive species, visit www.gov.mb.ca/stopthespread.

One coat of fresh paint at a time



RECORD PHOTO BY LINDSEY ENNS

Lord Selkirk Education Centre (LSEC) students were busy painting the stairwell inside the Selkirk Onashiwini Aboriginal Head Start Program last Wednesday afternoon. The students, including 17-year-old Tristen Daniels, pictured above right, are part of the LSEC's drywall and painting program. LSEC teacher Chad Whiteside, pictured above left, said the program wouldn't be possible without a \$2,000 grant it received for new tools and equipment through the Selkirk and District Community Foundation.

get inspired

> MEAL IDEAS



Prep time: 2 hours, 10 minutes
Cook time: 35 minutes
Servings: 4
Mocha Rub:
2 tablespoons brown sugar
1/2 teaspoon sweet paprika
1/2 teaspoon ground coffee
2 teaspoons kosher salt
1 teaspoon ground black pepper
1/2 teaspoon cocoa powder
4 Maple Leaf Farms Duck Breasts, thawed
Cherry and Red Wine Pan Sauce:
2 tablespoons reserved duck fat
1/2 cup minced shallots
3/4 cup dry red wine
1 1/2 teaspoons balsamic vinegar
1 1/2 teaspoons granulated sugar
5 ounces frozen dark sweet cherries, thawed and halved
5 sprigs fresh thyme
salt, to taste
ground black pepper, to taste
toasted sliced almonds, for garnish
To make Mocha Rub: In small bowl, mix brown sugar, paprika, coffee, salt, pepper and cocoa powder. Set aside. Pat duck breasts dry and score according to package directions. Use half of rub on meat side of breasts. Cover

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Mocha-Rubbed Duck Breast with Cherry and Red Wine Pan Sauce

breasts and refrigerate at least 2 hours or overnight.
In cold saute pan, place duck breasts skin-side down. Place pan over low-medium heat 8-12 minutes, or until fat is rendered and skin is crisp and brown.
Turn breasts over and sprinkle remaining rub on skin side. Cook breasts 1-2 minutes skin-side up. Turn breasts back to skin-side down 1-2 minutes to caramelize rub. Reserve approximately 2 tablespoons duck fat for sauce.
Heat oven to 350 F.
Place duck breasts skin-side up on rimmed baking sheet; bake 5-6 minutes, or until internal temperature reaches 155 F. Let breasts rest 4-5 minutes before slicing. Temperature will rise during resting period to reach 165 F.
To make Cherry and Red Wine Pan Sauce: Place saute pan with reserved duck fat over medium heat. Add shallots and cook until softened. Add wine to pan to deglaze. Stir in balsamic vinegar, sugar, cherries and thyme sprigs; simmer until reduced. Remove thyme sprigs. Add salt and pepper, to taste. Serve sauce over cooked duck breasts. Garnish with toasted almond slices.

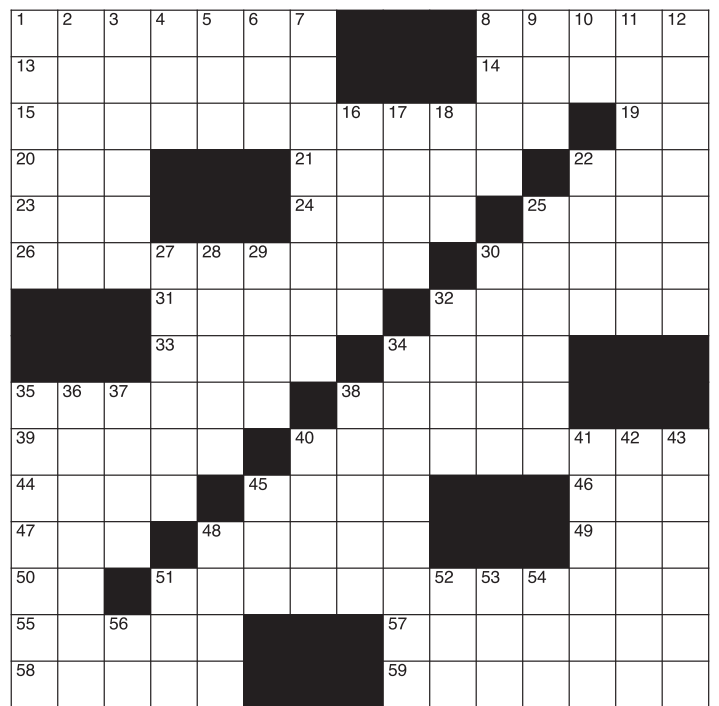
CROSSWORD

CLUES ACROSS

1. Half-conscious states
8. Strange
13. Deep regret
14. Rogue
15. Took without permission
19. An alternative
20. Performer ___-Lo
21. Partner to flowed
22. Best day of the week (abbr.)
23. Body part
24. Famed river
25. Lake ___, one of the Great
26. Make free from bacteria
30. People native to Canada
31. Japanese seaport
32. Least clothed
33. Horse of small breed
34. Italian doctor and poet
35. Moving away from land
38. One who parks cars
39. Some are front and some are back
40. Views
44. Ancient Greek shield (alt. sp.)
45. Spanish seaport
46. New England college (abbr.)
47. The woman
48. Belgian province
49. Danish krone
50. Excessive dose (abbr.)
51. In great shape
55. 7th month of Islamic calendar
57. Shaped
58. Icelandic poems
59. Swollen area within tissue

CLUES DOWN

1. Small amounts
2. Duplicate



3. Current unit
4. Neither
5. Chromium(II) oxide
6. Second sight
7. The absence of mental stress or anxiety
8. Supplemented with difficulty
9. Not the beginning
10. Dorm employee
11. Hard, white substances
12. Scariest
16. Spanish island
17. Having sufficient skill
18. Where golfers start
22. No charge
25. Print errors
27. Where rafters ply their trade
28. Paintings of holy figures
29. CNN host Lisa
30. Gives whippings

32. Type of tie
34. Unbroken view
35. Blemish
36. National capital
37. "Captain Marvel" actress Larson
38. Tenth pair of cranial nerves
40. Arizona native peoples
41. Confuse
42. Body parts
43. Plays a fast guitar
45. Tub
48. Pen parts
51. Supervises flying
52. Cars come with one
53. Some are fake
54. Calendar month
56. American whiskey (abbr.)

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Talented Pirates off to a great start in 18U AAA baseball season

By Brian Bowman

The North Winnipeg Pirates have had a great start to their 18U AAA baseball season.

North Winnipeg is now 3-1 after sweeping the Interlake Orioles in a doubleheader at Stonewall's Quarry Park on Sunday.

The Pirates won games by scores of 10-3 and 6-0.

"Sunday we played very well considering the cold weather that we had," said Pirates' head coach Gary Dear. "Our kids played quite well. We're still in the process of who can do what right now and I was impressed with the two pitchers we threw out there. They both did their job extremely well."

Brett Zeller, a 16 year old from St. Andrews, picked up the win in Game 1 and then Tyler Smith earned a complete-game victory in the second game. Smith also lives in St. Andrews.

Last Friday, the Pirates lost 5-3 to the Winnipeg South Chiefs at Koskie Field.

"They are the favourite to be No. 1 in the division this year," Dear noted. "But I think we're going to compete quite well with them all year."

North Winnipeg gave up five unearned runs in the loss, including three in the first inning on wild pitches.

The night before, North Winnipeg pounded the St. James A's 11-2 in their season opener. Smith got the start for



North Winnipeg Pirates' right-hander Brett Zeller, who lives in St. Andrews, delivers a pitch against the Interlake Orioles on Sunday in Stonewall. The Pirates swept the doubleheader, winning 10-3 and 6-0.

the Pirates and then Ryan Wasilewski came in to close out the game.

"We took advantage of their pitching that game," Dear said. "They walked quite a few but, again, with the cold weather it's tough on the batters and pitchers."

There is plenty of local talent on the Pirates' 14-man roster this season. Eight players reside in St. Andrews



RECORD PHOTOS BY LANA MEIER

The Pirates' Christian Ingram of West St. Paul crosses the plate safely against the Orioles.

while another two live in West St. Paul. "It's loaded," Dear said. "The majority of the kids are local and it's unreal how many local kids are out there."

North Winnipeg played the Bonivital Black Sox this past Tuesday at

Whittier Park but no score was available at press time. The Pirates will then battle Winnipeg South Friday at Charleswood Place and the Elmwood Giants at Koskie Field on Sunday. Both games will begin at 7 p.m.

Mother Nature rains on Royals' baseball tourney

Staff

Mother Nature wasn't too kind to the Selkirk Royals' baseball team last Friday.

Selkirk's one-day home tournament was cancelled due to rain. Beausejour's Edward Schreyer School and the Portage Collegiate Institute Trojans were the other teams in the tournament.

Hopefully, Selkirk will be able to get in some games this week. The Royals were scheduled to play a pair of KPAC games this past Tuesday (weather per-

mitting).

Selkirk started its season against the Kildonan East Reivers and then played the River East Kodiaks later in the afternoon. No score from either five-inning game was available at press time.

Beginning Thursday, the Royals will be competing at the WC Miller Baseball Classic 2019 in Altona.

Selkirk will play the Stonewall Collegiate Rams at 4 p.m. that day and then will go against the Northland Parkway Collegiate Nighthawks Fri-

day at 9 a.m.

The Royals will wrap up Pool "B" play at 2 p.m. Friday against the Steinbach Sabres.

Playoff games are set for noon and 2:30 p.m. on Saturday.

Selkirk will resume league play next Tuesday when it battles the Garden City Fighting Gophers (11 a.m.) and then will take on the Springfield Sabres later in the day at 2 p.m.

The Royals will wrap up league play May 16 with a game against the Murdoch Mackay Clansmen (9:30 a.m.).

Semifinal games will be played at 2 p.m. that day with the top team taking on the fourth-place club and the second-place squad going against the third-place one.

The KPAC final will be a seven-inning game at Shaw Park on May 22 at 2 p.m.

The MHSAA provincials are slated for May 30 to June 1 at the St. James Optimistic Park in Winnipeg.



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Local bowlers shine at 5-pin bowling championships

Submitted

Ecole Selkirk Jr. High and the Lord Selkirk Regional Comprehensive Secondary School were outstanding at the 2019 Manitoba Jr. High and High School 5-Pin Bowling Championships at Polo Park Lanes on April 27.

Both teams exemplified respect in sport and represented the schools with a high degree of decorum and integrity. It was a great time and all of the tournament athletes had a lot of fun. Four games in total were bowled and the results were as follows:

The ESJR team of Courtney Soltys, Nick Jack, Luquitas DeBoer, Alicia Hebert finished in first place at the Manitoba Junior High School 5-pin bowling tournament.

Courtney Soltys placed first in the junior high school female individual division - receiving a \$125 gift certificate.

Nick Jack, meanwhile, placed second in the junior high school male indi-

vidual category to win a \$75 gift certificate.

The Royals' high school team of Kayla Soltys, Conrad Jack, Natasha DeBoer, and Stephen Formaniuk were crowned the Manitoba High School 5-pin bowling champions.

Kayla Soltys was the high school female individual champion, receiving a \$250 post-secondary school scholarship.

DeBoer finished third in the high school female individual division to win a \$50 post-secondary school scholarship.

Conrad Jack was third in the male individual category and received a \$50 post-secondary school scholarship.

Team members also received first-place medals, plaques for individual champions, certificates of achievement for all participants, and a Manitoba 5-Pin Federation sports bag for all participants.



RECORD PHOTO SUBMITTED

Both the Selkirk Royals and Ecole Selkirk Jr. High were outstanding in winning provincial 5-pin bowling championships recently.

Interlake swinging for a Manitoba Junior Baseball League title this season

By Brian Bowman

After a pair of first-round Manitoba Junior Baseball League playoff losses, the Interlake Blue Jays are eagerly looking to make some noise in this year's postseason.

The Blue Jays feel they will be very competitive this season.

"We're going to compete again," said Blue Jays' manager Adam Kirk. "We lost a couple of guys that went to other places and stuff like that. We're going to have to make up in those areas and guys are going to have to step up and throw a few more innings and play a position they normally don't play."

The Blue Jays will be dependant on a key core group of players in their third season with the team. Guys like Derek Petrasko, Baily Proctor, Emerson Klimpke, and Brennan Cheasley

will be heavily counted on this season.

"Those guys run the bus for us," Kirk said. "If they go and have good years then, hopefully, guys in their second years like (Noah Cnockaert) Ducharme, (Ben) Anderson and (Jeremy) Wasilewski will have a good sophomore year - then we can be in really good shape."

"Things are definitely looking up. We have lots of numbers (in terms of players) so hopefully those numbers turn into good baseball."

Pitching-wise, the Blue Jays are going to have to rely on several players to chew up innings over the course of the season.

Those pitchers are also going to have to consistently throw strikes, Kirk said.

"A big thing in the junior league is

if you can keep your walks and errors down, you're going to have success if you throw the ball over the plate," Kirk said. "If we can manage to do that, we should be alright at the end of the day."

Offensively, the Blue Jays have a lot of good sticks in their lineup. Interlake should be able to score plenty of runs this season.

"Our hitting is probably one of the better rosters in the league, in my mind," Kirk said confidently. "We have a lot of third-year guys and they have proved already that they're pretty decent hitters in this league. One through nine, any one of those guys can get on base."

The seven-team league should boast a lot of parity this season. The Elmwood Giants and St. James A's expect

to be strong this season but the rest of the league should be good enough to hand them some losses.

"Anybody can beat anybody on any given night," Kirk said.

The Blue Jays begin their season this Sunday when they play the St. Boniface Legionnaires in a doubleheader at Whittier Park in Winnipeg.

Game times are 1 p.m. and 4 p.m.

Interlake's home opener is next Wednesday when they host the Carillon Sultans. First pitch is 7:30 p.m. and the Blue Jays would love to see a good-sized crowd.

"I'm looking to see more people out this year," Kirk said. "It would be nice to see a decent first-game crowd."

Royals' lacrosse splits pair of games last week

By Brian Bowman

Selkirk is now 1-2 on the season after splitting a pair of Division 2 lacrosse games last week.

The Royals saw their record dip below .500 after a tough 5-3 loss to Leo Remillard.

"We played good in that one," said Royals' coach Josh Poponick. "We struggled a little bit on ground balls but it is just the start of the season so I'm not going to harp on them too much. There's always room for improvement, obviously, but I would rather lose now compared to later in the season."

"We had a couple of scenarios that we didn't have in the other games that we were able to learn off of so that was good."

The teams were tied at 1-1 after the first quarter but Leo Remillard scored three in the second before Selkirk responded with a pair in the third.

CLRS secured the win with a fourth-quarter goal.

Jordan Donald, Braeden Wyrina, and Braydon Budge scored for Selkirk.

On April 30, Selkirk crushed the Springfield Sabres 10-3. The Royals scored three goals in the first quarter, added two more in the second, and then outscored Springfield 5-4 in the second half.

The strong start was great to see for the Royals.

"That was a good one especially after losing 5-0



RECORD PHOTO BY LANA MEIER

The Selkirk Royals' Ty Jonkers (25) leaves his feet to snare a loose ball during his club's 5-0 loss to the West Kildonan Wolverines.

to West K," Poponick said. "It was a good bounce-back game to let them know that they can play in this league. It kind of gave them some confidence and you could see that in the game against Leo Remillard. It was really good to see them get that confidence and you could tell that they were having more fun."

Aiden Einarson, Budge, and Jordan Donald each

scored twice for Selkirk. Kai Mousseau, Wyrina, Bryce Parker, and Cruz Carey also scored for the Royals.

It was great to see Selkirk have a well-balanced scoring attack.

"It's good to have a balance because if you just have it from one guy, it's easier for the other teams to shut you down," Poponick said. "If they lock down that one guy, then you don't have any scoring."

Selkirk started its season with a 5-0 loss to the West Kildonan Wolverines on April 26.

It was a learning experience for many of the Selkirk players.

"We have lots of guys that have played lacrosse but mostly box lacrosse," Poponick noted. "I don't think that we've had anyone that has actually played field before except for the guys that played last year."

"It was a building block and everyone had a chance to get on the field to see what the game is like and learn the game."

The Royals played Leo Remillard this past Tuesday in Selkirk but no score was available at press time. Selkirk will then battle Powerview next Tuesday at home. Game time is 4:30 p.m.

Selkirk to battle MBCI in KPAC soccer opener

By Brian Bowman

With such an extremely short KPAC soccer season, every game is of monumental importance.

And that will be the case for the Selkirk Royals when they take on MBCI in a quarter-final matchup this Thursday at 3 p.m. at Maples Collegiate in Winnipeg.

If Selkirk has any hopes of advancing to the MH-SAA provincials, it will have to knock off MBCI and at least reach the KPAC final.

The Royals are ready for a tough matchup with the Hawks, who defeated Transcona in a play-in game last Thursday.

"The thing with soccer is that we can't play to the teams that we are playing, we have to play our own game," said Royals' head coach Kevin Lopuck on Monday afternoon. "That's what we've been concentrating on this season in our two exhibition games and we're trying different formations to emphasize the skill that we do have because we do have a good amount of skill."

The Royals' lineup is loaded with a lot of Grade

11 talent. Those players got their feet wet in high school soccer last year when they were in Grade 10.

"They're one step better, bigger, and older so it's a matter of what we were trying to do over the exhibition which was to find formations that would work and put people in the right places."

Lopuck likes a lot of things with this year's Royals' team.

"We have a really skilled core group of people," he said. "What we're trying to do is solidify the middle first, starting in the central defence. We have two pretty decent Grade 12 soccer players and a Grade 11 that is super strong and is one of our better players back there. Starting there and working our way up, we have talent in the middle and up front that can score."

In goal, Selkirk has a very talented Grade 10 player by the name of Spencer Grahame.

Last week, Selkirk played to a 1-1 draw with the River East Kodiaks in an exhibition game. In their first exhibition contest, the Royals played to a 2-2 with the West Kildonan Wolverines.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Matt Brooks controls the ball during exhibition action against River East last week. The teams played to a 1-1 draw.

Selkirk bounced by Buckeyes in KPAC girls' soccer opener

By Brian Bowman

The Selkirk Royals gave the Miles Macdonell Buckeyes a real good battle in their KPAC girls' soccer opener on Monday.

But, unfortunately, Selkirk came out on the losing end of a 3-2 score.

"It was a close match and it was hard-fought," said Royals' head coach Jessica Lister. "The girls played good but it wasn't always in our favour so we fell short."

Miles Mac scored the game-winning goal with "about five or 10 minutes" remaining in the second

half.

Hailey Witko and Jana King scored for the Royals.

Selkirk played really well in the loss, said Lister. The Royals did a nice job passing the ball through the middle of the field

"We played very strong defensively," she said. "I was very pleased with the plays that we were making defensively. In terms of attacking, I felt we should have taken more chances to shoot on net. But I think towards the end of the game as we got more comfortable, we started to take more shots."

Lister said there are a lot of new faces on this year's

team, which is a mix of Grade 10, 11, and 12 players.

Lister, herself, is in her first year coaching the team.

"Considering that was their first game, they played really well," Lister praised. "We have a good, diverse team. We have a really great group of girls to start up the soccer program here at the school."

Selkirk's next game is Monday against a yet-to-be-determined opponent at Maples Collegiate. Game time is 4:30 p.m.

Royals play extremely well at ringette tournament

By Brian Bowman

The Selkirk Royals were clearly one of the best teams at a ringette tournament last week.

But they had a tough playoff draw which abruptly ended their tournament.

Selkirk faced a very good College Gabrielle Roy team in the quarterfinals, losing 4-3.

"It was probably the most exciting game of the tournament for us," said Royals' coach Trevor Churchill. "It was a very evenly-matched game and both goaltenders were top-notch. It just came down to just one more shot than us. It could have gone either way and it was two evenly-matched teams that were working hard."

Both teams had strictly ringette players on their roster. Many other teams at the tournament had to supplement their lineups with hockey players.

Selkirk finished first in Pool E with a perfect 3-0 record.

The Royals started the tournament extremely well by defeating College

Pierre Elliott Trudeau 9-3, River East 10-3, and Glenlawn 6-0.

"Our girls played super well (against River East) and I think our goalie might have faced 10 shots that game," Churchill noted. "The girls played a very aggressive style and they were determined to be successful. They were constantly on River East and pinned them in."

Selkirk's offensive attack was real good in those three pool games, scoring 25 goals.

"We had very balanced scoring from our forwards," Churchill recalled. "There weren't a whole lot of girls that didn't reach the scoresheet. It was a good team, a well-balanced team."

Just four players from this year's Royals' team will be graduating this year. That leaves Selkirk with the strong possibility of icing a very good team again next season.

"We have a really strong group of (Grade) 11s and a very strong group of Grade 10s," Churchill said.



RECORD PHOTOS BY BRETT MITCHELL

The Royals' Danica Hoium skates past a River East player.



Royals' goaltender Justyce Borthistle makes a save against the Kodiaks.

Terriers win ANAVET Cup

Staff

The Portage Terriers defeated the Battlefords North Stars 7-3 last Thursday to win the ANAVET Cup in five games.

It was the second straight year that a MJHL team has won the ANAVET Cup.

The Terriers, who last won the ANAVET in 2011, now advance to the national junior "A" championship later this month in Brooks, Alta.

This will be the first of two consecutive trips to the nationals as the Terriers will be hosting the 2020 national junior A championship.

The ANAVET Cup was revived after a four-year absence when the Western Canada Cup tournament was held. Portage, which held period leads of 3-1 and 6-2 in Game 5, received a pair of power-play goals from Orca Wiesblatt and another from Jay Buchholz. Joey Mofatt, Wiesblatt, Wiesblatt and Chase Brakel also scored for the Terriers.

Matthew Fletcher, Brett Gammer, and Quintin Loon-Stewardson scored for the North Stars.

Nathan Moore earned the win in goal.

Portage took a 3-1 series lead after a wild 7-5 win over Battlefords last Wednesday.

The teams were tied at 2-2 after two periods, but their offences caught fire in the third, combining for eight goals.

Caelan McPhee, Scott Mickoski, and Reilly Funk each scored twice for Portage. Kolton Schindle had the Terriers' other goal.

Fletcher, Brett Gammer, Regan Doig, Macgregor Sinclair, and Quintin Loon-Stewardson scored for the North Stars.

Ethan Peterson stopped 29 shots for the victory.

On April 30, the Terriers topped the North Stars 5-3.

Chase Brakel led Portage with a pair of goals while teammate Ty Barnstable scored once and had three assists.

Weisblatt chipped in with a goal and two helpers. Reece Henry scored Portage's other goal.

Cody Spagrud, Ryan Gil, and Owen Lamb replied for Battlefords.

Peterson made 28 saves for the win.

Bigger role



The Selkirk Steelers announced last weekend that Hudson Friesen will be expanding his role with the organization. Friesen will continue as the team's assistant coach and in addition he will be moving into the front office as Business Manager for the team.

As a Steeler player alumni (2010-13), Hudson continued his hockey and education at University of Alaska and University of Manitoba, focusing on Psychology and Business Marketing.

"We are excited to have a Steeler alumni being part of our business group as well as hockey operations," said Pat Chamberlin, Vice President - Business/Hockey Operations.

RECORD PHOTO SUBMITTED

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Notice of a Principal Private Living Estate Trust aka (Inter vivos trust) : **Sealed Private** and the establishing of two sub trusts thereto. Included herein is relevant notice regarding all three trusts.

Sealed Private
PrvSbT295217717
PrvCivNtl295217717
From the Grantors Office.
NOTICE of Parties / Chain of title and right.

The Grantor, Settlor is Sui juris, a man with all his God given rights and blessings accepted, is of the age of majority and is the sole surviving heir to the Christian name, and whatever beneficial interest to it or derived there from.

Grantor does by way of naturalization, beneficial heritage, and acceptance hold the perfected title of right of Private Civilian National (see Hague convention sec 23) that arises necessarily to the situs of his nativity known by the people as Manitoba.

The Grantor Settlor is the original Special Depositor, and holds and grants perfected right title and interest of Cestui que to the Estate and does grant and convey all to the Living estate trust:

Sealed Private
Coming now alive and well and of sound mind Grantor is by private deed of acceptance with valuable consideration the perfected title holder as Grantee of the original book entry arising and derived from the nativity event of Hugh Anthony Hull and as evidenced by the trustee's security record (OFFICIAL NOTICE OF A LIVE BIRTH) Registration Number 542 and as recorded (registered/added) in the trustee's office on Feb 2 1973 and endorsed by the Mother's (Who in agreement with the father her husband, accepted and with their sacred blood right called their child, Christian name: Hugh Anthony) signature made with her intend and purpose for her child to be the exclusive sole beneficiary, this at her hand scribed thereon on Jan 23 1973 the day of our lord Jesus.

NOTICE of merger and the appearance of the Executor and the establishment of the Executors office.

The Grantee now coming as Grantor Settlor makes known that all titles arising from this estate are by deed of conveyance and valuable consideration merged and perfected into this Principal Private trust : Sealed Private , the perfected titles to the estate (formerly controlled by the Administrator in the absence of the Executor) are now controlled By the Executor expressly appointed by deed of appointment conveyed from the Settlor, for the intent and purpose of the benefit of the sole Beneficiary, and necessarily therefore entitling this private trust to all rights titles and interest that was formerly under the control of any custodian(s) / Guardian(s) of a fiduciary character whom now owe a good faith duty to perform full discovery and accounting as to remit all monies, funds, assets, benefits whatever accounted to the estate and to use a sum certain quantum to assess a 10% fee for administration, and to extinguish all debts, encumbrances and third party creditors' claims, that without proof of written testimony (under oath) of superior interest in said titles, will be considered satisfied and settled by this merger. Equity sees that as done what ought to be done. Following this merger any constructed fiduciary relationships from this day forward are hereby given this expressed notice of this private trust holding the sole beneficial interest which they now owe a duty to. Notice to trustee's assigned by way of constructed fiduciary obligation, The Executor of the estate and the Principal Trustee of the private trust has the sole right to revoke any trustee title in accordance to the wish of the sole beneficiary. All this is according to the intent of the Grantor Settlor.

NOTICE of Proprietary Trust names
Name of Cestui que coming as Grantor, Settlor is : **Sealed Private**

Principal Private Living Estate Trust (Inter Vivos Trust) : **Sealed Private**

First Sub Trusts of Inter Vivos Trust; Sealed Private is: **PrvSbT295217717** tracer / unique numeric identifiers .000.01 to .999.99

Second Sub Trusts of Inter Vivos Trust; **Sealed Private** is: **PrvCivNtl295217717** tracer / unique numeric identifiers .000.01 to .999.99

NOTICE of res
PrvCivNtl295217717

Is Grantee of the following names/titles by way of private deed of conveyance and valuable consideration, these names and numbers, and all interest thereto are here now granted for the sole benefit of this trusts Sole Beneficiary, who's name as intended by the trust is to be kept private and is known only to this trust and its Principal Trustee.

NOTICE of some trust res: Proper name
Hugh Anthony Hull

And the following names and all titles thereto, included but not limited to: Hugh HULL, HUGH HULL, Hugh ANTHONY HULL, HULL HUGH ANTHONY, HUGH ANTHONY HULL, HUGH HULL, MR HULL, MR Hull, Mr. Hull, HUGH A HULL, MR HUGH HULL, HUGH ANTHONY HULL, Hull, HULL, HUGH, Hugh, Hull Hugh, ANTHONY HULL HUGH, HUGH Hull, Hugh A Hull, Anthony Hugh Hull, GOODGUYS BUILDERS GROUP INC. 5810834 MB LTD. And any and all derivation or combination of the above names and misnomer attempts to compel the Surety, or the Cestui que to serve, volunteer, gift, convey, or donate without the expressed written consent and signature of either will result in the immediate conveyance of the misnomer and the benefit of the attempt itself into the trust as private trust res, this is according to the will of the Grantor Settlor.

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SELKIRK COMMUNITY RENEWAL CORPORATION

The SCRC is now accepting applications for 2019-2020 SMALL GRANT FUND

Local groups may apply for up to \$2,500 for projects that address the goals of the community plan.

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Applications available for pickup at 630 Sophia St., online at www.selkirkcrrc.ca by email scrc@selkirkcrrc.ca or call Amy Smith at 204-492-0701 for more information.

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FURNITURE

Antique triple dresser, 3 drawers, 2 side doors, and mirrors with shelves. 1 Armour, 2 doors with shelves, 2 large drawers, solid oak. 1 love seat, 6 years old, burgundy color. Ph. 204-482-7078 or cell 204-406-8124.

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UPCOMING EVENTS

Telus Manitoba 2019 Motorcycle Ride for Dad. Fighting Prostate Cancer Sat., May 25 10 a.m. Official start Earl's Polo Park Shopping Centre. Register online: ridefordad.ca/manitoba

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NOTICES

Selkirk Community Arts Centre fundraiser for the Kitchen Project draw April 11/19 winners: 1st - E. Wyspinski, 2nd - G. Hart, 3rd - V. Wilson, 4th - G. Hart. Thank you for your support.

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Selkirk Record

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take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

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ANNOUNCEMENT

CARD OF THANKS

A big thank you to everyone who came to my birthday party and to those that travelled from afar. The gifts and monetary gifts are much appreciated. A big thank you to my family in doing such a great job in decorating and the food, much appreciated. Thank you to all of you!

-Audrey Wery



Our Daily Bread Soup Kitchen AGM and Volunteer appreciation

Thursday, May 23rd at 3 p.m.

Memorial Hall at 368 Jemima St. in Selkirk
Community members and volunteers
please join us for a late lunch
and to learn more about the
Our Daily Bread Soup Kitchen.

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OBITUARY



Dina Schoen

Suddenly yet gently Dina passed on April 23, 2019 at age 88, while working in her garden.

Left to cherish her memory are: son Oscar, daughter Irmgard Korody (Don), grandson Dale Korody (Renee), brother Oscar Pekau, sister Ella Carl (Ernst), sister Lydia Kempe, numerous nieces and nephews, and many friends. Dina is predeceased by her youngest child Hermann (in 1979), sister Herta Sprenger (Emil), brother Bruno Pekau, parents Max and Ella Pekau, and ex-husband Frank Schoen.

Dina was born in Lithuania and immigrated to Canada just after WWII, sponsored by Lutheran World Relief. Early years were spent working on farms and as a domestic/nanny where she excelled with her talents of meticulous housekeeping and love of young children.

She lived in Selkirk for 62 years and easily made friends everywhere she went - among neighbours, volunteer groups, at church, and with colleagues during her career at Home Care. She (in her own words) felt "richly blessed" by all her friends.

Dina was caring, generous and hard-working; well-known for springing into action if someone needed help. She was a dedicated volunteer, most recently at the Soup Kitchen (for 22 years) and Lutheran World Relief for which she rolled miles and miles of bandages with preciseness and quilted and crocheted for relief packages. Over the years Dina volunteered at a number of organizations including at Age & Opportunity as a visitor to shut-ins.

Her passion for flowers and gardening was evident starting with the family farm's front yard lined with flowers, then to her first apartment in Selkirk where the narrow strip between buildings soon became a colourful display. In the past 23 years the circular garden that she tended at the front door of her residence (Kiwanis on the Red) has been enjoyed by many.

A celebration of Dina's life will be held Thursday, May 23rd at 2:00 p.m. in the Evangelical Lutheran Church, Selkirk, MB (corner of Jemima St. and Clandeboyne Ave.). Refreshments will follow in the Evangelical Lutheran Hall.

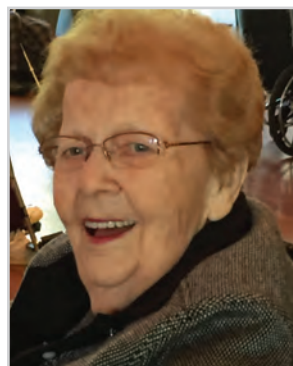
In lieu of flowers, donations in Dina's memory can be made to Our Daily Bread Soup Kitchen (Selkirk), or a charity of your choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Doris Pewarchuk (formerly Kotowich, nee Bogosky)

Peacefully, on Thursday, May 2, 2019 at the Red River Place Personal Care Home, Doris Pewarchuk, aged 92 years, of Selkirk, MB passed away.

Doris was born June 30, 1926 in Gonor, Manitoba and she lived there most of her life. She moved to Selkirk in 1972 and married Conrad in 1947 and had three children Ken, Garry and Gail; step-children June and Valerie. Doris married again in 1980 to Leon Pewarchuk Sr. and had 20 wonderful years together until his passing on December 31, 1999. She was also predeceased by her parents Mike and Sophia Bogosky in 1981 and 1982; brothers Mike and Nick (Marie). She leaves to cherish her memory her son Ken Kotowich and grandson Ian; son Garry Kotowich; daughter Gail (Todd); step-son Leon Pewarchuk (Janet); step-daughters June (Ron) and Valerie (Don) as well as all of their families.

Doris was a breast cancer survivor since 1978. A wonderful daughter, sister, mother, grandmother. She loved dancing and music. Doris used to dance by herself in her room to old time music on the radio on Saturday nights.

Thank you to her doctors and the entire staff at Extendacare Red River Place, Selkirk, MB.

Funeral services was held on Tuesday, May 7, 2019, in the Gilbart Funeral Chapel, Selkirk, MB at 10:30 a.m. with viewing prior.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Arlene Joyce McDonald
August 30, 1939 - May 1, 2019

On Wednesday, May 1, 2019 at Selkirk Regional Health Center Arlene passed away peacefully with her family by her side.

She leaves to cherish her memory, her children Crystal (Francis), and Rhonda; three grandchildren Rayden, Jaydon and Lindsay; two great-grandchildren Kobe and Logan; sisters Myrtle, Thelma, Darlene (Ken); brothers Donald, Jim (Darlene) and Henry (Sharon) plus many nieces and nephews. She was predeceased by her partner Garnet Simard; brothers Bill, Victor and Stanley; sister Phyllis; nieces Debra, Karen, Corinne and nephews Allen, Todd and Donald.

Arlene was a very loving and caring person whose door was always open. She had a zest for life and would live it to the fullest each and every day. She enjoyed watching sports and doing jigsaw puzzles, and would spend as much time with her friends and family as she possibly could.

A Celebration of her life will be held at the Gilbart Funeral Chapel, 309 Eveline St. Selkirk, MB. on Thursday, May 9th, 2019 at 1:00 p.m.

In lieu of flowers donations can be made the Canadian Cancer Society or to a charity of your choice. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

CARD OF THANKS

A heartfelt thank you to all who sent messages of condolence upon the passing of our brother and uncle, Don Cheslock. It was wonderful to see so many friends, former co-workers, neighbours, and relatives at his memorial. Special thanks to those who traveled far to be with us. We are so grateful to the staff of Arborg Personal Care Home and Tudor House for the kind and compassionate care given to Don. We appreciate all that David, Erin and the staff of Gilbart Funeral Home did to make a difficult task so much easier. Thank you to the caterers for a delicious and plentiful luncheon. To Anton Bouw, thank you for a very thoughtful and appropriate tribute to Don. To Fr. Buduykevych and the dedicated parishioners of Blessed Virgin Mary Church, thank you for the service at the columbarium.

-With gratitude,
Walter Cheslock, Bev Lesiuk
and families

ANNOUNCEMENT

IN MEMORIAM

Lloyd McDonald
May 10, 2009

I can't believe that it has been 10 years Since we have lost you Dad. Life certainly has not been the same. You held my hand when I was small, You caught me when I would fall. You're the hero of my childhood And my later years as well, And every time I think of you My heart still fills with pride. Though I will always miss you Dad, I know you're by my side, In laughter and in sorrow, In sunshine and through rain, I know you're watching over me Until we meet again, Dad.

- Love Adriane
xoxo

OBITUARY

Donovan Anthony Couture

Following a long and well-lived life, our beloved brother, uncle and friend passed away on May 1, 2019 at the age of 102.

Donovan was predeceased by his parents Theodore and Helena Couture, sister Catherine Skehar and brother-in-law Bill, brother Lawrence Couture and sister-in-law Doris and brother-in-law Eric Hjartarson. He is survived by his sister Lorraine Hjartarson, nephew Fred Hjartarson and nieces Joyce Skehar and Joan Friesen (Alan) and their children, all of Winnipeg.

Donovan was born on July 23, 1916 in Selkirk, Manitoba. He grew up in Clandeboyne, and joined the RCAF during WWII. He was stationed in the provinces of Quebec and Nova Scotia and worked on aircraft maintenance during the war years. Upon his return home to Clandeboyne, he worked several jobs before starting his career at the Rural Municipality of St. Andrews in road maintenance and construction. He retired in 1981 and was well respected by his fellow workers.

Donovan spent his life at the same location in the Clandeboyne area next to Muckle Creek. He built his own home in the 1950s with the help of his family. Donovan enjoyed gardening and was always generous in sharing his bounty of vegetables and flowers to those who visited. Deer and rodents were a bane of his garden and the source of many entertaining conversations discussing strategies to deter their destruction. He always had a dog at his side and in later years, a cat (Puddy).

Donovan was predeceased by his beloved companion, Dorothy Gagnon. He enjoyed his many road trips with her throughout U.S.A. and Canada. Upon her illness, he was at her side continuously.

The family, cannot thank enough, Charles Gagnon for the kindness and companionship Charles has given to Donovan....the numerous cribbage games and awarding of trophies, car rides to the countryside and dinners at The Royal Fork Buffet and Barney Gargles.

We also want to express our gratitude to the staff at Red River Place in Selkirk for their compassion and exceptional care of Donovan over the past 3+ years.

A private family graveside service was held at the St. George's Anglican Cemetery, Wakefield, MB. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Peter Stanley Zamatis

It is with great sadness that we announce the peaceful passing of Peter Zamatis on May 1, 2019, at Selkirk Regional Health Centre at the age of 88.

Survived by his son Terry (Connie) and granddaughter Amanda; sister-in-law Sharon (Larry) Taylor, Kristin, Kevin and Russell Taylor; Stacey and Curtis Benzick; and his sister Nantila her family Linda, Susan and Mark.

Pete was predeceased by his wife Shirley, his parents Peter and Leona, brother Joe, brother-in-law Ross and his wife Ruth Benzick, Shirley's parents Mary and Harry Benzick.

He was born in Sydney Mines, Nova Scotia and moved with his parents, brother and sister to Edrans, MB where they started their family farm.

Pete moved to Petersfield in 1951 and bought a trucking business which became Pete's Transfer, he hauled livestock, general freight and grain for the local farmers in the area. It was here he met Shirley Benzick and they married in 1957. He ran his transfer business until his retirement in 1996. In his retirement he helped his son Terry at the garage. He enjoyed visiting with the customers who came in.

When Terry was young, the family enjoyed camping, fishing and travelling around the province. Pete also enjoy learning how to use the computer and researching on the internet.

In keeping with his wishes, cremation has taken place and there will be no funeral. A private family interment will take place at a later date.

We would like to thank the staff at Tudor House for the wonderful care and great friendships he made. He will be deeply missed by all who knew him.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMOIRIAM



Lloyd McDonald
May 10, 2009

To hear your voice,
To see your smile,
To sit and talk to you a while.
To be together in the same old way,
Would be our wish today.
Miss and love you lots.
-Margaret and all the family

ANNOUNCEMENT

IN MEMOIRIAM



Joe Smederovac
November 7, 1938 – May 13, 2018

Those we love don't go away,
They walk beside us every day.
Unseen, unheard, but always near,
Still loved, still missed and very dear.
-Love forever,
Myrla

ANNOUNCEMENT

IN MEMOIRIAM



Brandy Laverne Lenton (Swain)
October 15, 1974 – May 8, 2010
In Loving Memory
of my

dearest daughter and best friend
Not now, but in the coming years,
It may be in the better land;
I'll read the meaning of my tears,
And then sometimes will understand.
Never to be forgotten, she's not gone,
Just waiting in another place,
Until we can be together again.
-Love always and forever,
"Love Mom"
Rest in Peace sweetheart,
Love you, Miss you lots
xo xo xo xo

Announcements *Selkirk Record*

OBITUARY

Doreen Massey



On May 2nd, after a long and full life, Doreen Massey passed away surrounded by family at the Betel Home in Selkirk, Manitoba. She was born in Selkirk on March 14, 1929 to Ben and Kate Massey. Doreen was one of six children and is survived by her only sister and best friend, Kaye Dewar, her sister-in-law Dorothy Massey and numerous nieces, nephews, and cousins. She was predeceased by her parents; brothers Frank (Fern), Jack (Maud), Harold, Bert (Peggy); brother-in-law, Stewart Dewar; and beloved niece Kirstin Sutherland; nephews Darryl and Leslie Massey.

Doreen was born, raised, and educated in Selkirk and spent her entire working years in the community. Doreen enjoyed a career of almost 40 years at the Selkirk Mental Health Centre, retiring as the administrative assistant to the Medical Director of the SMHC.

Following retirement Doreen became a long-time member of the SMHC Archives Committee where she devoted her efforts to the collecting and preserving of important historic artifacts.

Doreen lived a full and independent life. Doreen was proud of her rich, Massey family roots and she enjoyed tracing her family's heritage in the province and community. She actively followed current affairs, politics and the Blue Jays. Doreen was passionate about music, playing both the piano and the guitar and helping to inspire the next generation. She loved cats, curling and the CBC. She enjoyed comedy programs and a good laugh.

Doreen was a kind, generous, loyal sister, aunt and friend. She will be lovingly remembered and missed by those whose lives she touched.

The family wishes to thank the staff at the Betel Home in Selkirk who showed Doreen kindness and compassion during her time there.

A celebration of her life will be held at the Selkirk United Church, 202 McLean Avenue on Thursday, May 9, 2019 at 2:00 p.m.

In lieu of flowers, if people so wish, donations may be made to a local pet rescue or to the Selkirk & District Community Foundation.

"You Are My Sunshine"

Toodle-loo!

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Garth Randell Gislason

On, Sunday, April 29, 2019 at his residence, Garth Gislason, aged 57 years of Selkirk, MB, passed away.

Predeceased by his mother Myrna; survived by father John (Marjorie); numerous cousins in BC, AB and MB.

A memorial service will be held at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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