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The Selkirk Record

VOLUME 13 EDITION 22 *Slava Ukraini!*

THURSDAY, JUNE 2, 2022

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They've got heart!

RECORD PHOTO BY KATELYN BOULANGER

Mapleton School raised over \$2000 for Jump Rope for Heart Canada this year. They not only supported heart and stroke research in Canada but got to have a fun activity day where they learned a bunch of ways to have fun skipping. See story on page 7. Pictured: Mapleton School's grade 1/2 class.

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RRPD rolls out Cloudpermit "How To" video series

Helping people use underutilized features

By Kiana Crouse

Red River Planning District is slowly releasing a series of Cloudpermit "How To" videos covering topics such as how to use Cloudpermit, how to make and check on the status of your permit application, how to use the chat function, how to get live updates from inspectors, and much more.

These videos explain and detail Cloudpermit demonstrations, but they also give useful tips and tricks on the permit process, such as how to add and label your attachments properly.

"The Red River Planning District is committed to continuous improvement, so we put together a video education library to ensure that everyone is aware of its functionality," said Executive Director of RRPD, Jennifer Ferguson.

Ferguson said these videos make the permit application process more efficient, and permits get approved more quickly.

RRPD has released three videos to date on redriverplanning.com, with a total of 15 expected to come out throughout the next couple of months. Currently, there is no set schedule for their release, and RRPD has been uploading them one at a time as soon as they are done making them, so the information is instantly accessible for those who wish to see it.

Ferguson said that they are making the video releases a priority. Viewers can expect the videos to come out every week or every two weeks.

"Last year was our busiest year on record. We saw a 36 per cent increase in permit applications and we expect it to be just as busy if not busier this year," said Ferguson.

Ferguson said that the video series was conceptualized after holding a series of stakeholder engagement meetings with their building and de-

velopment community. The RRPD realized that there were a lot of features that were being under-utilized. So, they decided to take this opportunity to show people the platform's full functionality.

"We launched Cloudpermit about this time last year, we were looking for something that was really user friendly, and something that would improve efficiency for us and Cloudpermit definitely does that," said Ferguson. "It's a fantastic tool for our staff and for us."

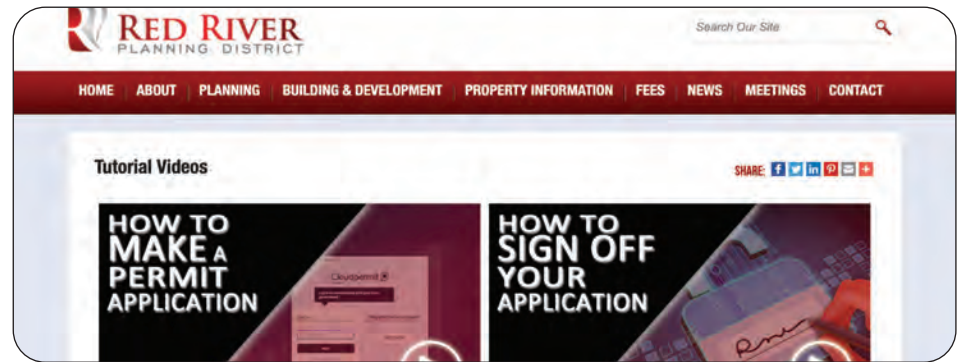
Ferguson said that Cloudpermit is available 24 hours a day, seven days a week, and RRPD wants to get as much information as possible to the community.

"We just wanted to get the information out as soon as we could, we didn't want to hold back. If it took us a month to get everything out or a couple of months, we wanted to start having information available," said Ferguson.

RRPD also receive a lot of common questions regarding their platform, so they wanted to make sure that they were addressing questions people had and that everybody knew how to use the available tools.

"We're really excited to be able to provide this service to our applicants and to the community. We think it's a tremendous improvement with respect to communication, efficiency, and accountability. So we strongly encourage people to have a look at our video tutorials, and if they have any questions after that, they can always contact us as well," said Ferguson.

Those interested can watch the "How To" videos at redriverplanning.com, and for any inquiries, people can contact RRPD at (204) 482-3717 or info@rrpd.ca.



RECORD SCREENSHOT

Red River Planning District's "How To" video website.

Ukrainian family able to set roots thanks to local help

By Katelyn Boulanger

Not everyone would be comfortable opening up their homes to people that they met online but when Stan and Dianne Grocholski learned about the struggles facing families who are having to leave Ukraine as refugees, they wanted to help in any way they can.

Many families from Ukraine have had to leave their homes since the country was invaded by Russia on Feb. 24 of this year. Kyryll and Anastasiia Ovcharenko who lived in Kharkiv prior to the invasion are among them.

The Ovcharenko's were out of the country at the time of the invasion and because Kharkiv is located in the northeast of the country, where much of the fighting was happening, they didn't have a home to return to.

"Like everybody else, we were just saying, 'What can we do to help them all the way over here,' You feeling helpless just standing by and watching this take place and watching the news — how horrifying it was — and then thinking of all the people, that were chased out of their homes," said

Dianne Grocholski.

She initially started collecting donations for the Canadian Ukrainian Congress out of her business Total Look Hair Design & Day Spa in Selkirk but she and her husband Stan realized that they wanted to do more.

"We talked about it, and we decided that we were able to host a family. [The Canadian government] were saying that Canada was going to bring in refugees from Ukraine and offer them a place to go," said Grocholski.

Initially, she tried to connect with people looking for homes via Facebook and some other internet groups but it wasn't until she signed up for icanhelp.host which is a website which pairs Ukrainians needing somewhere to stay with people willing to help them, that she was able to connect with families more effectively.

This site was particularly helpful because, living in Petersfield, the Grocholski's wanted to make sure that anyone they helped would be comfortable living in a rural community.

The Grocholski's and Ovcharenko's



RECORD PHOTO BY KATELYN BOULANGER

Stan and Dianne Grocholski with Anastasiia and Kyryll Ovcharenko. The Grocholski's recently were hosts to the Ovcharenko's who are refugees from Ukraine.

started talking online and soon realized that they were a good match with Kyryll having experience working on a farm partially owned by his sister and Anastasiia recently having gotten her degree in animal husbandry.

They were also reassured by the website's authentication process which requires identification to verify people's information.

"They could see where we were located on the map and they could see

what we were offering, how many rooms and what we could offer them as hosts. And so, then they reach out to you and then you start a conversation," said Grocholski.

The site has many different options which allow for short and long term stays with host families which means that users can help in different ways depending on their circumstances. The Ovcharenko's, for example, only

Continued on page 6

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- 2 tsp | 10 ml Worcestershire sauce
- 2 oz | 60 ml mozzarella cheese, *cubed*
- buns, lettuce, cheese, tomato, onion & mayo

Combine all ingredients except cubed cheese, buns and toppings into a bowl. Shape into four 1" (2.5 cm) thick patties. Create a small well in the center of each patty and add cheese. Form the turkey to cover cheese. Cover patties and chill 1 hour. Preheat bbq to med-high (375°F | 190°C). Oil grill and cook patties for 4 minutes, flip once, then continue to cook until a thermometer in the thickest part reads 165°F (75°C). Assemble with toppings.



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49 new apartments to be part of new MMF housing project

Selkirk's seniors are going to be getting more options with new 55 plus apartments

By Katelyn Boulanger

After acquiring properties from local business owners and working once again with the City of Selkirk the Manitoba Métis Federation is bringing needed seniors housing to Selkirk's downtown. They held the groundbreaking event last week in the parking lot across from the Civic Centre where the future building will be.

"This project here is just one of the ways in which the MMF is striving to build a better Manitoba for all of our Métis citizens and we are committed to our communities, committed to places like Selkirk. One of the things that I've noticed over the years since we started working in different communities is the support you have from the local government is absolutely vital for the success of the project. And I can say that without a doubt, Selkirk is one of those places who has reached out and embraced the Red River Métis," said MMF Minister of Housing and Property Management Will Goodon.

The project is an investment of more than \$14.8 million in Selkirk by the MMF and the federal government is partnering with the MMF for this project.

"These four properties here on Eveline will soon be redeveloped to provide 49 top quality, affordable and adaptive rental suites for residents 55 plus. Along with the rental suites, we will be developing 50 heated indoor parking spaces, and over 8000 square feet of commercial space for retailers. There will also be room for MMF government offices at the street level and the second floor has a common area of 3800 square feet for residents which will include a terrace that overlooks the scenic Red River," said Goodon.

Construction is set to begin in early 2023 and will be completed by late 2024.

"We want our seniors to be able to live in safety and comfort. It's the

least we can do to give back to those who have given us so much," said Goodon.

This is one of many housing projects that the MMF have been working on in Selkirk.

"This is going to be tremendous for the [people who will be able to call this housing project home]. I applaud the forward thinking of the MMF and I look forward to [future] partnerships and working together," said Selkirk Major Larry Johannson at the groundbreaking.

He said that projects like this are important in making sure Selkirk has many different housing options for people throughout their lives and it works well with the city's plan for the area.

"We put a lot of money into Manitoba Avenue East. We're putting a lot of money into Eveline from the bridge here and Eaton Avenue right to the park. So, this is just the icing on the cake. I mean, it's going to have everything that we're after. It's a nice six-story build. They're going to have tremendous views of the waterfront and the river. It's elder housing and they're going to be able to be walkable to the grocery store, to the waterfront, to our downtown for coffee, I think it's got everything that the doctor ordered here," said Johannson.

To close out the event MMF president David Chartrand said a few words about how he looks forward to these announcements more and more in Selkirk because it's a good place to work.

"We saw there was a need we had to try to address. Our seniors, as they're aging, are more and more of our population. We have a very big Métis population about 125,000 Métis or more in the province, and we know as they age they need specific sorts of care that they'll need daily. So we're not just building an apartment, we're

Continued on page 7



RECORD PHOTOS BY KATELYN BOULANGER

The Manitoba Métis Federation is planning a new apartment build for the corner of Eveline St. and Eaton Ave. in Selkirk. Pictured: Leaders lift the first shovels at the groundbreaking ceremony last week.

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> WELCOMING NEW UKRAINIANS, FROM PG. 4

needed to stay with the Grocholski's for two weeks while they completed their COVID-19 quarantine period before they were able to move into an apartment of their own.

After their quarantine period ended the couple were able to visit a welcome centre for Ukrainian refugees in order to get their local paperwork in order. They then, of course, had to set up things like a local bank account and get local phone numbers as well.

"We were so impressed. We went in [at the welcome centre] and they were able to get to their Manitoba [health cards] and their social insurance numbers and get some information about some of the programs through the government [that are being offered]. There are great programs that they're offering. It's amazing. They're even offering childcare," said Grocholski.

The childcare help is not necessary for the Ovcharenko's but will be

helpful for the two other Ukrainian families who the Grocholski's are planning to help in the future.

The Ovcharenko's have now been in Canada for over three weeks and having put the effort in to contacting a local farm and securing employment before they arrived, they have recently been able to start working. They say that they are enjoying their new jobs.

Grocholski feels this young couple are very brave for taking the chance to come to Canada and hopes that their journey reassures others in similar situations that people in Canada just want to help and that they are welcome here.

She encourages anyone who would like to become a host family for people from Ukraine to visit the website icanhelp.host and learn more about the opportunity to help people in need.

letter to the editor

Dear Editor,

On Thursday May 19, 2022, you published an article by Patricia Barrett regarding recreational angling.

The statements by commercial fisherman Bill Buckels, who has a long history of controversial opinions not supported by many of his fellow commercial fisherman, appears to be nothing more than personal talking points, not supported by data or science and is presented with no context at all as it relates to issues on Lake Winnipeg.

In response to the article the Red River Lake Winnipeg Angling Tourism Association would point out Recreational angling including tourism makes up roughly 5% of the lake total walleye harvest as compared to 90 per cent of the total harvest taken by the commercial fishing fleet. Therefore, there is a discrepancy in opening dates.

There is no science that shows recreational angling, even during the spawn, is a sustainability concern specifically on Lake Winnipeg's walleye population. The data the province does have shows a large number of the walleye spawn in the Red River. That fact combined with Lake Winnipeg's massive size and endless miles of un-

touched shorelines shatter any argument that recreational angling, on a mostly catch and release basis, during the spawn at a few dozen limited access points and accessible shorelines could have any sustainable impact on Lake Winnipeg walleye stocks.

Angling pressure on Lake Winnipeg is "a drop in a bucket the size of a swimming pool" on Lake Winnipeg walleye sustainability but is by contrast an economic juggernaut. The province is already lowering limits from 6 fish to 4 fish (33% reduction) and not allowing any retention of large fish. Removing important weeks of prime-time fishing is economically and recreationally devastating and does nothing measurable to help Lake Winnipeg walleye sustainability.

We hope Natural Resources and Northern Development minister Scott Fielding does not "buckle" to opinion and conjecture and devastate Manitoba's recreational and tourism industries for nothing more than optics.

We invite an opportunity to present our point of view based on truth, statistical data and both economic and recreational impact.

-Donovan Pearase
Red River Lake Winnipeg Angling
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Jumping for heart health at Mapleton School

Students raised \$2274 to help support heart health

By Katelyn Boulanger

Students at Mapleton School skipped their way to success raising \$2274 as part of their Jump Rope for Heart event this year. The event teaches kids about heart health while also giving them a bunch of fun activities to skip around to.

"We raised the money for Jump Rope for Heart Canada, which [supports research into] heart disease and stroke. The kids learned the signs of a stroke and they learned some other things about staying healthy, being healthy, and healthy habits. We also learned about other students or family members that have been affected and we talked about that," explained Kristy d'Auteuil the Physical Education teacher from Mapleton School.

The event saw students split into groups and each group had their own activity station. There were nine stations which each had a physical activity that in some way incorporated skipping rope or jumping. The tenth station was the snack station and snacks for the day were sponsored by Aaron's No Frills in Selkirk.

At the nine activity stations, the kids learned fun new ways to be active and have a great time. Hopscotch was a well-known activity that took up kids' time but other stations had less well-known games. People may not realize that competitive and trick rope jumping is a sport but the Mapleton School kids know all about it because they learned some tricks as part of the event. They also got to go through an obstacle course that involved skip-

ping and also singing songs and long rope skipping.

As for fundraising, the school set an initial conservative fundraising goal of \$500 but the students quickly blew that out of the water.

"They surpassed it within the first week and a half. So, then we decided that, let's put up \$1000 and then they surpassed that in two weeks. So, then we put up to \$1500 and then they just kept going," said d'Auteuil.

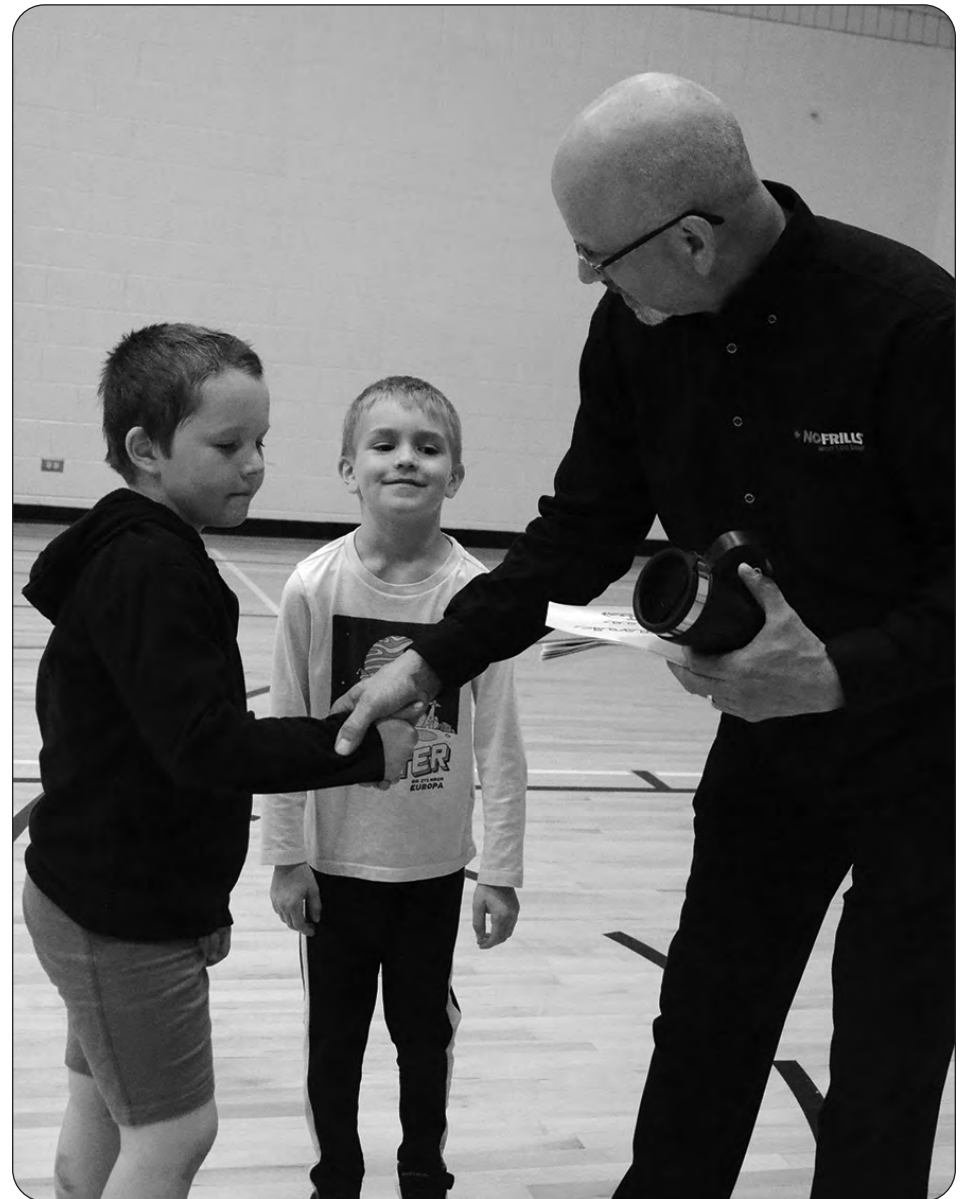
She feels it was important to incorporate this day into the kid's education because of how many people in our communities are affected by heart disease and strokes.

"A lot of our student's family or friends are affected by heart disease or heart attack or stroke. And, we need to make the students aware of these types of things and staying healthy and doing our healthy habits will keep us healthy in the long run. But, [also that] this can happen at any time and that students can be aware of somebody is having a problem. [If they realize] it might be a stroke. If they can see the signs of a stroke [they can act to help the person]. So they're learning something important at the same time," said d'Auteuil.

Jordan and Sawyer from Grade 2 and Luke from Grade 1 were some of the top fundraisers for the school. They all agreed that the snack station was their favourite.

They felt happy and proud to have raised money for this cause.

d'Auteuil hopes that the students in addition to having fun realize what



RECORD PHOTO BY KATELYN BOULANGER

Mapleton School students Jordan and Luke giving thank-you letters to Aaron Hoium, owner of Aaron's No Frills who sponsored this event.

they are doing helps others.

"[I hope] they also realize that they are fundraising for not only people in the world but also people close to

them also by raising the funds for the Heart and Stroke Foundation," she said.

> NEW MMF APARTMENT, FROM PG. 5

building a facility which will have the venue for them to take care, for example, a clinic, a pharmacy, a store, exercise room, all of these things are being contemplated. We're also looking at every apartment. [They] will not have doorknobs, they'll have handles because we know a lot of

our citizens, especially when aging, have arthritis. It's the number one chronic illness that challenges the Indigenous people of Canada. So, we're actually designing our homes to try to fit the needs of our families and our seniors," said Chartrand.

He hopes that the people who even-

tually live in the building find not just a home but also feel part of the community.

"I hope [the people who eventually live here are] going to have a safe, healthy, quiet [place to live with] a picturesque view and that they can really be a communal family helping each other and supporting [each

other. I hope they have confidence] knowing the services are there, knowing that the mayor's office is right across the street but more importantly knowing that there's a big Métis population here," said Chartrand.



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COVID numbers; MB wait times for medical procedures among longest in country

By Patricia Barrett

Six more Manitobans succumbed to COVID in mid-May, according to the provincial government's weekly COVID surveillance report.

The May 15-21 report shows 537 new PCR-confirmed COVID infections across the province, a decrease from the 728 cases reported the previous week. There were also 112 new hospital admissions, of which 21 needed intensive care, and three additional outbreaks in long-term care facilities. The report shows 1,928 Manitobans have died to date.

Other health news:

Manitoba's massive backlog of diagnostic and surgical procedures currently stands at 169,198, according to the dashboard Doctors Manitoba has made available on its website to inform the public about what's happening to the health care system. Backlogged procedures include MRIs, ultrasound scans, lung function tests, endoscopies and bone density studies.

The physician advocacy organization said in a May 10 update that current estimates have the backlog approaching 170,000 procedures.

Doctors Manitoba also posted key findings from a report released by the Canadian Institute for Health Information that show wait times (up to fall 2021) for procedures such as cataract surgeries, hip replacements, knee replacements and MRI scans have increased and are now among the longest in Canada.

"While we already knew wait times increased during the pandemic, this new national report reveals that Manitoba has among the longest wait times in the country for many surgical and diagnostic procedures," said Doctors Manitoba president Kristjan Thompson in a statement.

-A critical shortage of nurses has led to bed suspensions and emergency room closures across the Interlake-Eastern Regional Health Authority.

The IERHA suspended emergency department services at Pine Falls hos-

June 1 - 15 Doctor availability in emergency depts. UPDATED on May 25

City	Ashern	Eriksdale	Arborg	Gimli	Selkirk	Stonewall	Pine Falls	Pinawa	Neepawa	Brandon
Mon 1	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Tue 2	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Wed 3	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Thu 4	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Fri 5	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Sat 6	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Sun 7	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Mon 8	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Tue 9	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Wed 10	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Thu 11	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Fri 12	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Sat 13	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Sun 14	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Mon 15	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available

PROVINCE OF MANITOBA

From June 1-15, emergency room availability at the Eriksdale and the Arborg hospitals is severely limited while Ashern, Gimli, Selkirk and Stonewall hospital ERs are unaffected.

pital effective May 20 and "for the immediate future," according to a notice on its website.

"The suspension is related to a shortage of emergency department nursing staff, a situation being experienced across health systems in recent months following more than two years of prolonged pandemic response," states the May 20 notice.

The health authority advises residents to dial 911 or attend the Pinawa hospital for emergency department services while it continues recruitment and retention measures in the region.

Emergency department availability can also be affected by a lack of physicians to oversee patient care. The IERHA posts ER availability schedules two weeks in advance on its website. In the Interlake half of the region for the period June 1 to 15, ERs at the Eriksdale and Arborg hospitals will be unavailable for 12 and 10 days respectively. ERs in Ashern, Gimli, Selkirk and Stonewall, however, show doctor availability around the clock.

-The Public Health Agency of Canada reported additional cases of monkeypox in Canada as of last Thursday. The country now has 26 cases, with 25 in Quebec and one in Ontario. The agency said it expects to see more cases.

"It is likely that additional cases will be reported in the coming days as the NML [National Microbiology Laboratory] is continuing to receive samples for confirmatory testing from multiple jurisdictions," said PHAC in a May 26 statement.

The virus has been reported in 12 non-endemic countries including Australia, Spain, Sweden, Italy, the United Kingdom, the United States and Belgium. It is endemic to central and west Africa.

Canada's deputy chief public health officer Dr. Howard Njoo advised Canadians to practise physical distancing and wear a mask as the monkeypox virus is not limited to only sexual contact; it can be contracted through airborne particles or by touching surfaces infected with the virus.

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

TROUBLE WITH PAPER DELIVERY?

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

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Selkirk's historical firetrucks show progress and changing needs

Celebrating 125 years the fire department has come a long way

By Katelyn Boulanger

The Selkirk Fire Department was established in 1897 before they even had the buckets to be an official bucket brigade but they made sure to get equipped as soon as they could. In the department's 125-year history they've gone through many different models of firetrucks all of which helped to keep residents in the city safe.

"They were getting too many fires, and really [just having to] stand back and watch them. Even though a bucket brigade is pretty archaic now, it was better than nothing because sometimes the fires were small and you [could] put it out," said Ted Wozny a former Selkirk Fire Department chief and local history buff.

The department quickly moved on to its first firetruck — a soda-acid fire truck. These fire trucks were pulled by horses and relied on a chemical reaction to make the water push out of the tank. The way that it worked was the liquid stored in the truck's tank was full of alkaline soda powder and when the firefighters needed to put out a fire, a vial of strong acid was added to the tank which caused carbon dioxide to force the water out of the tank. It's the same type of reaction that happens when kids make baking soda and vinegar volcanos at school but much, much bigger.

The soda-acid fire truck held about 300 gallons of water.

When a fire happened in town there used to be a large bell that rang loud enough that it would call the volunteer firefighters to the station. At the same time, any horse teams that were in town would also race to the fire hall.

"They actually got [in the way] sometimes because the [horse team] who got to the fire hall first got the five dollars for bringing the soda acid to the fire," said Wozny.

He says that it's surprising how many fires that the fire department was able to put out with as little water as was in that first fire truck.

Of course, as the then town of Selkirk grew so did their need for more advanced fire equipment and they moved on to their first pumper fire truck which as the name suggests pumped water.

"They got the chassis and there were two mechanics that were involved. Gordon Motors was one of them. They got a motor and put it in and the firefighters [built the box for the]

chassis. The box is only wood, it's not metal at all and it worked pretty good for a while," said Wozny.

People will be familiar with this particular firetruck as it's still owned by the department and is now taken on parades in the summertime.

The next fire truck was bought in 1943 and at that time the firefighters had to contend with a ride that was a little breezier than modern designs. When Wozny first started with the fire department it was an open-top pumper which was the best truck in their arsenal. Just like convertible vehicles having the top open in the summer might be a nice experience but when it's 30 below it was chilly.

"When you want to be on a department, you didn't care. We had clothes and you're dressed up, but you could feel cold. But we had other issues. How far can you go before you don't have any water on it, because it'll all be frozen when you get there. And so, the complications were many but it was better than nothing. Lots of times they went quite a ways because there was nothing for fire services in St. Clements and nothing in St. Andrews," said Wozny.

Now of course all of the RMs have fire services in their own region and they only have to call each other as backup if a fire becomes too large for one department to tackle on their own.

In 1954, the firefighters luckily were able to upgrade to another pumper with more power and a roof which made more sense in our climate.

Then in 1967, the department bought a brand new fire truck which in addition to being a pumper had aerial capabilities which means it had the large extendable powered ladder that we recognize as part of many of modern fire trucks.

Wozny says that the aerial was good to have because in addition to being useful for fighting larger fires it could also be used as a rescue aerial.

He recalled a time when a confused person climbed the water tower and the aerial was used to help talk him down in a safe way.

Now the Selkirk Fire Department has more modern equipment and capabilities but from the time of its bucket brigade roots, the department has always been advocating to have what the city needs so that fires can be put out quickly.

Even though the department has



PHOTOS SUBMITTED BY TED WOZNY

Selkirk's first firetruck a soda-acid firetruck pulled by a team of horses.

modern equipment and is very capable of helping out if a fire needs to be put out, Wozny also says that residents should make sure their own fire equipment — fire detectors — are up to date because the sooner the fire-

fighters can come and help the better. "We preach detectors, detectors, detectors," said Wozny.



The Selkirk Fire Department's first pumper.



Selkirk's 1943 open top firetruck.

Arts & Crafts day camp opens in July 2022

The Little Britain Kids Summer Art/Craft Day Camp in Lockport is open for registration

By Kiana Crouse

Little Britain Kids Summer Art/Craft Day Camp, held at the Little Britain Community Club in Lockport, is accepting registration for its 10th annual year of artistry and fun. The day camp gives local children between the ages of 4-12 years old the opportunity to express themselves creatively in a progressive learning and social environment.

"It teaches them how to work in their own space, their own time, and to develop their own creativity. But because it's a group environment, they also learn how to interact with others, and I find that often they'll help each other. So, they'll share ideas, they'll share materials, [and] they'll build friendships," said Thea Ostermann, founder of Little Britain Kids Summer Art/Craft Day Camp.

The day camp offers activities that include drawing and painting in different mediums, sculpting paper-mâché and clay, woodworking, jewelry making, sewing, and more. Their days consist of four periods, a recess, and a lunch that parents send with their children.

Six one-week standard classes take place throughout the summer, where kids can opt to attend one week or multiple weeks. The course outline is the same each week, but students who decide to advance by attending more classes, increase the difficulty level of the projects they take on.

"It's not about being class A artists. It's about enjoying the work and finding that you can do something that's very satisfying," said Ostermann.

The day camp also educates children on well-renowned artists, two examples being Romero Britto and Georgia O'Keeffe. The camp showcases four to five different artists through a slideshow presentation, and then the children study the artists' varying art styles and how to emulate it.

"I've had some kids that have really progressed and done very well," said Ostermann. "There was one boy I had. I never thought that he was enjoying the class. But at the end of his three-weeks, he gave me a beautiful card about how much he loved it. So those are the moments that are super



PHOTO SUBMITTED BY THEA OSTERMANN

Past Little Britain Kids Summer Art/Craft Day Camp kids showing off their personalized bags.

satisfying," said Ostermann.

A favourite of the kids is creating recycled art. The day camp takes clean, recycled household items and gives them to the kids to create an art piece of their choosing. The kids have complete creative freedom as they can take the recycled items and make anything they want with them. For example, the children can glue parts together, paint them, and put paper-mâché over them. Their imagination is the only limit. The kids also learn how to create punch tin can art, teaching them how to use a hammer and nails using safety goggles and proper supervision.

This year, the team is planning on working outside more and using things like sticks, leaves, and feathers to explore painting with different items instead of using standard paintbrushes.

"This is a wonderful program and it's a little bit different than what's out there. So hopefully, we'll continue to have an interest," said Ostermann.

Parents of the kids that are regulars of this day camp cannot sing its praises any higher.

Stacey Pellaers, whose daughter at-

tended the day camp, said that when her daughter was younger, she loved it there, and it was a dream come true for a kid who loves arts and crafts.

"She was so proud of all of the little projects she brought home. She also learned to sew and made a cute little teddy bear that we still have," said Pellaers. "This camp was great for making kids feel like they could be creative and independent. She happily went back several years in a row."

Mother, Denise Hogan, said that her daughters, Ottawa and Scotia, have been going to Little Britain Kids Summer Art/Craft Day Camp since they were five years old and that it's helped them meet new friends outside of school and increased their love for art.

"It's really helped them see different kinds of art from recycling to well-known artists. Learning the background and how to draw in different ways, not just here's a colouring book," said Hogan.

The day camp is being held during the weeks of July 11-15, July 18-22, July 25-29, Aug. 8-12, and Aug. 15-19, and costs \$135 per week. There will also be an advanced camp on the

week of Aug. 22-26 for kids between the ages of 9-14 years old, costing \$155 for that one week. The advanced camp covers advanced art, machine sewing, and cooking. Ostermann said the team would arrange a second advanced camp if enough people showed interest.

The limit for each week is 15 kids. Ostermann said that this is because they want to ensure that each kid gets the one-on-one attention they need.

Parents interested in registering their children can contact Ostermann at 204-757-4411 for any questions or email her at tmhaut@escape.ca to receive a registration letter. Ostermann encourages people to apply right away as spots are filling up quickly.

Little Britain Kids Summer Art/Craft Day Camp is also looking for a summer student to help look after the children in the program. They are seeking out somebody who shares a love for art and teaching, as well as being very good with kids. Those interested can send their resume and cover letter to the email mentioned above.

Grab a ride in Selkirk for only \$20 a month

Sunny Movers, Frank's Pizza, and Skinners sponsor passes so residents ride for less

Submitted by the City of Selkirk

Community partners really do make the world go 'round, and in Selkirk, they're making getting around affordable and environmentally friendly.

Sunny Movers has become the sponsor of adult bus passes for Selkirk Transit. That means adult riders can ride as much as they want in one month for \$20, down from the regular rate of \$45.

"These are tough times with inflation at a level we haven't seen in decades," said Charlene Dunning, Manager of Transportation Services for the STA.

"We appreciate Sunny Movers sponsorship and are thrilled to say they are the first-ever sponsors of adult passes."

Manav Sharma, owner of Sunny Movers, said an advertising opportunity has turned into a great partnership with STA that is beneficial to both parties.

"We were looking for high-level exposure through our advertising and talked with Charlene about getting on the buses," Sharma said.

"The sponsorship component was an added bonus, we get our message out and we're able to be a community partner, and that's important to me as a business owner."

Everybody's riding for a good deal now, with Frank's Pizza sponsoring youth passes and Skinners handling senior passes. Selkirk Age Friendly also sponsors youth and senior passes. All passes are \$20 per month.

Dunning said sponsorship is crucial to the affordability of riding the bus, and it's much appreciated. Besides sponsorship, the service is funded by the city and through advertising and fares.

"Our sponsors are wonderful, they always have been. They share a commitment to the community and the environment and we are so thankful for them," she said.

"Sponsorship demonstrates clearly the success of Selkirk Transit, and the ridership numbers back that up."

Coun. Kelly Cook said the importance of sponsors to the service can't be understated.



PHOTO SUBMITTED

Jaimie Kazuk (Selkirk Transit Authority financial officer), Sarah George (summer program coordinator), Manav Sharma (Owner, Sunny Movers), John Cuthbert (Selkirk Transit driver), Vern Cooper (Selkirk Transit driver).

"Sponsors are important for a couple reasons. They certainly allow riding the bus to be very affordable, and ultimately that helps encourage more citizens to try transit and hopefully that leads to a change in the culture and more people will utilize the service on a regular basis," Cook said.

"We are so fortunate to have a very loyal sponsorship base of businesses in our community."

Coun. Doug Poirier, who along with Cook, is a council representative on the transit committee, agreed sponsors are important, and at a time when gas prices are skyrocketing, an even more affordable bus pass is timely.

"I think if people are looking for a break from prices at the pump this gives them another option," Poirier said.

"When \$20 a month will take you around the city it's got to make you think about parking your car. It'll keep some green in your pocket and more green in the environment too. So thanks to all our sponsors, they help in so many ways."

Last year, when the STA celebrated 10 years of service, almost 300,000 riders had hopped aboard a city bus. Dunning said the numbers are impressive and they've continued to climb year after year. The pandemic of course decreased ridership, but numbers have rebounded with a 15% increase this year from the same time period last year.

Transit passes are available on the bus and through Selkirk Transit by calling 204-482-INFO(4636). Sunny

Movers sponsorship of adult passes runs until Dec. 31 of this year.



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A look back on previous 55+ Games in Selkirk

By Autumn Fehr

They stood lighting the flame in front of the Gordon Howard Seniors Centre, for what they didn't know would be the last time.

The tradition of lighting the flame to open the Games ended there, but the Games would continue.

In 2001, the late George Plews, and Peggy Holt co-chaired the committee for the Manitoba 55+ Games, which was the last time the Games took place in the City of Selkirk.

Twenty-one years later, the centre will be home to the Games once again.

Although Holt isn't chair of the committee to organize the Games this time around, she will be there on the sidelines, welcoming them back to Selkirk for a second time.

"Everybody was very happy with the Games that's for sure. It was very successful," said Holt.

In 2020, the Games in Selkirk were put on hold due to COVID-19. Since then, the Games have been put on pause altogether.

This year, the Games are back.

From June 7 to 9, Selkirk will finally have the chance to host all the same

beloved Games once again.

Every year, different towns bid for the chance to host the Games, and Selkirk won the last time the Games were in town.

Holt says the reason they got the opportunity to host the games in the first place was because the Recreational Director from the city came to a meeting at the Gordon Howard Centre and asked them if they would sponsor the Games.

"I think the reason they wanted me on the committee was because I had been to so many Games and I had experienced what was going on, so basically knew what the protocol was for doing them," said Holt.

At that point, a lot of hard work was put in for the Games to turn out a success.

The first step, and most important part was finding ways to raise the money to host the Games.

"We had to raise \$40,000 to put it on before we could do it," said Holt.

She said the city was excited for the games so raising the funds wasn't much of a challenge.

"People were really good at donat-



PHOTO BY KATELYN BOULANGER

Peggy Holt with some of the medals that she won at previous 55+ Games.

ing and the businesses were good, and it brought a lot of business to the town. People enjoyed it. Even the volunteers enjoyed it," said Holt.

In the end, to make the Games happen, the town gave \$10,000, the Mill gave \$5,000 and a lot of the businesses and people donated.

As co-chair of the Games committee in Selkirk, Holt had the pleasure of welcoming everybody to the games from across Manitoba.

Holt says there were many different games that were played over the three days that the Games ran, including floor games such as curling and bowling.

The card games such as crib and bridge were played at the Gordon Howard Centre.

Other games included golfing, swimming, and tennis.

"I think we had approximately 17,000 people at that time," said Holt.

The Games in Selkirk had 300 volunteers and a committee of 16 people who looked after all the events and ensured everything ran smoothly.

A particular memory that Holt re-

calls from the Games is when 90-year-old, Myrtle Bernette won a gold medal in swimming.

"She always did good at all these games. She was quite the lady. Everybody knew Myrtle," said Holt.

Another memory that stands out to Holt was a Selkirk player who went all the way. That year, Ruth Hooker, and her partner Haldora Hampton won a gold medal in bridge and later went to the Senior Games in Halifax to win it all.

The opportunity to be chair was particularly special to Holt as the Games have been a part of her life for a long time.

"I myself have attended I think 17 games in different places," said Holt.

Holt says her and her husband first became interested in floor curling at the Games in Dauphin, and since then curled together in every set of Games they went to.

Even though Holt won't be participating this year she looks forward to experiencing another set of Games in her community.

TEMPORARY SERVICE DISRUPTION PINE FALLS EMERGENCY DEPARTMENT

Due to a shortage of emergency department nursing staff, emergency department services at Pine Falls Health Complex are temporarily suspended.

In the event of a health emergency, please call 9-1-1 or your local 10-digit emergency number.

Emergency care can also be accessed at Pinawa Hospital.

Hours of operation at Pine Falls primary care clinic at 37 Maple Street have been extended.

9 am to 8 pm

Walk-ins are welcome.

For patient safety, no opioid prescriptions will be provided at the walk-in clinic. Please see your regular care provider for this service.

We apologize for this inconvenience while we work to address nursing shortages.

INTERRUPTION TEMPORAIRE DE SERVICE D'URGENCE DE PINE FALLS

En raison de la pénurie de personnel infirmier pour les services d'urgence, nous devons fermer temporairement le service d'urgence du complexe de santé de Pine Falls.

Si vous avez besoin de soins d'urgence, veuillez composer le 911 ou le numéro à dix chiffres de votre localité pour les cas d'urgence.

Vous pouvez aussi obtenir des soins à l'hôpital de Pinawa.

Les heures de la clinique de soins primaires de Pine Falls, au rue 37 Maple, ont été prolongé.

9h à 20h

Les visites sans rendez-vous sont bienvenues.

Pour la sécurité des patients, les ordonnances d'opioïdes ne seront pas fournies à la clinique sans rendez-vous. Pour ce service, adresser vous à votre prestataire de soins.

Nous nous excusons pour cet inconvénient alors que nous tentons de régler le problème de pénurie de personnel.



Interlake-Eastern Regional Health Authority

Office régional de la santé d'Entre-les-Lacs et de l'Est

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



Selkirk Legion donation used to purchase hospital equipment

Submitted by Interlake Eastern Health Foundation

Royal Canadian Legion #42 recently donated \$8,347.00 to the Interlake Eastern Health Foundation which will be used to purchase a vital signs blood pressure monitor for the medicine unit and a telemetry pack for the emergency department at the Selkirk Regional Health Centre (SRHC). This donation comes from the Legion through their Poppy Fund which is supported by the public.

Interlake Eastern Health Foundation executive director, Pamela McCallum, says the additional equipment will positively impact patient care at the hospital.

"The addition of the telemetry pack and the vital signs monitor will increase efficiency when caring for multiple patients at a time; we are so grateful to the Royal Canadian Legion #42 for their ongoing support," said McCallum.

Poppy Fund Officer Wayne Bird says the support from the community for the Poppy Fund is tremendous.

"The Poppy Fund primarily serves the necessities of veterans and their dependents, as well as approved services within our community. This includes donations to the Selkirk Regional Health Centre for medical services. In doing so, the community at large benefits greatly from the Poppy Fund. This is achieved by the tremendous support from the community for the Selkirk Royal Canadian Legion Branch 42 Poppy Campaign. With your continued assistance we will carry on the tradition to honour our pledge to our veterans and those who need our help," says Bird.

Interlake Eastern Health Foundation's mission is to raise funds that support health care in the Interlake-Eastern health region. For more information visit www.iehf.ca or contact Pamela McCallum, executive director of the Interlake Eastern Health Foundation at (204) 785-7044.



RECORD PHOTO BY KATELYN BOULANGER

President John Austin, Poppy Officer Wayne Bird, Pamela McCallum, executive director of the Interlake Eastern Health Foundation, 2ND Vice President Neil Zebinski, and Executive Member Andy Anderson at the cheque presentation where the Legion gave to the Interlake Eastern Health Foundation.

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Material girls quilt for Ukraine using national colours

Supporting Ukraine through the "Hearts of Hope"

By Autumn Fehr

On Feb. 24, 2022, the war broke out as Russia invaded Ukraine, escalating the Russo-Ukrainian War that had started in 2014.

Missiles and airstrikes landed in Ukraine, including the capital Kyiv, terrorizing civilians and the peaceful country.

Since that day, much of the world has been trying to find ways they can help support Ukraine, big or small.

The Material Girls, a club, based out of East St. Paul are doing their part by quilting 'Hearts of Hopes' in support of the war-torn country.

"We've done a lot of charity quilts for other groups, and this came up and we just ran with it," said June Shymko, a member of the Material Girls.

About six weeks ago, the ladies started quilting either individually or together on quilts to give to refugees arriving in Winnipeg from Ukraine.

"We heard that people were coming here for refuge. We wanted to provide comfort and welcome them to Manitoba, and Winnipeg particularly," said Fran Howard, one of the original members of the Material Girls.

Bonnie K. Hunter designed the Hearts of Hope pattern, a quilter based in Minneapolis.

Hunter started a Hearts of Hope Sew-Along on

March 18, 2022. She created the string heart block design in the National Ukrainian colours – blue and gold – and offered the pattern to anybody that wished to use it as a donation quilt for Ukraine.

The Material Girls used the pattern for their charity quilts, but changed the border sizing and adapted it to their purposes, as the original pattern was smaller.

Howard says they were looking for a certain size and preferred a different border.

"And she's good with that. She's ok with things being changed," said Howard.

The group says they chose to do them in Ukraine's colours instead of any colour to direct them, particularly to those coming from Ukraine.

"We could have picked other quilts off our shelves to give, but that isn't the goal here," said Howard.

The quilts are designed large enough to cover a person but not to cover a bed, as the ladies hope they will be able to take them when they return home to Ukraine.

"When they go back, they'll have a gift from Canada," said Mary-Anne Ignaszewski, a member of the Material Girls.

Since the group started their Hearts of Hope quilts in support of Ukraine, they have completed one quilt and have seven or eight currently in the works, ready for those who need them.

"We want to show that there are people that care, know and understand that they need this. They need help. I mean, it's such a small thing that we are doing, but we hope that it will have an impact," said Ignaszewski.

Over twenty years ago, the Material Girls started as a club out of people's homes, where they would have afternoon tea and do their quilting together.

Twenty years later, the group is at around 30 members, who meet every Wednesday at the East St. Paul 55+ Activity Centre to quilt for friends and family or charity.

"We do most of our own thing here and do



RECORD PHOTO SUBMITTED
A 'Hearts of Hope' quilt completed by Fran Howard, an original member of the Material Girls.

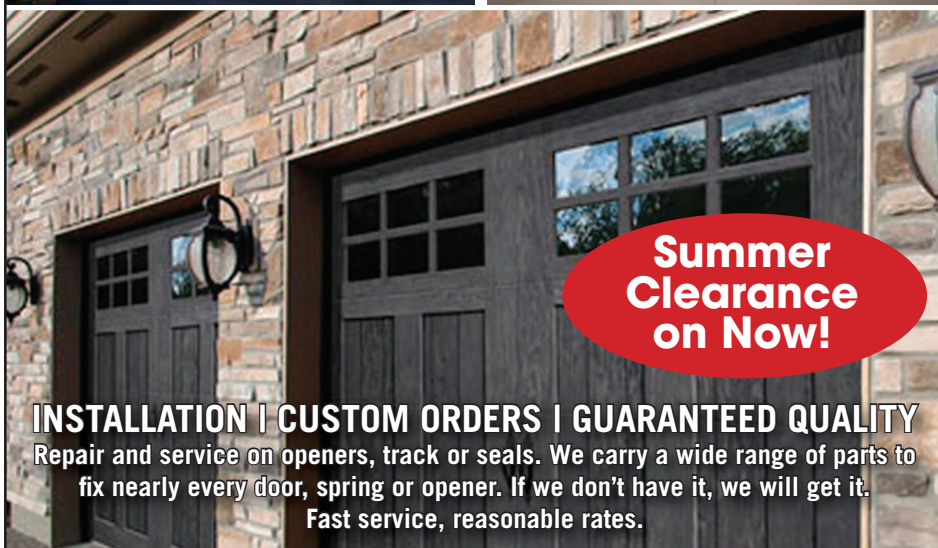
occasional group work, but not too often," said Howard.

The group says they work exclusively on the charity quilts once a month as a group at the centre.

The other three Wednesdays in the month, the ladies work on their quilts or continue to work on the charity quilts they have started.

But the quilting doesn't stop at the centre. The ladies also continue working on their quilts during their own time.

Since they started as a group over 20 years ago, the Material Girls have donated hundreds of quilts to organizations and charities in need of something special.



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A special shirt changes chemotherapy treatment for patients

By Autumn Fehr

Statistics Canada says two in five Canadians will have cancer in their lifetime.

Many individuals who develop cancer, go through a series of chemotherapy treatment that often leaves them feeling vulnerable and exposed to the hospital room and world around them.

The Canadian Lions Childhood Cancer Foundation set out to change how cancer patients experience chemotherapy treatment.

At the beginning of April, the foundation started getting the ball rolling on their idea to craft shirts that would help ease these feelings of discomfort for patients going through treatment.

"If you think about a child from the age of three to 18 going to the hospital to get their chemo treatments, they are cold, vulnerable, they feel exposed, and a lot of them aren't happy. These shirts make them feel more comfortable, less vulnerable, less exposed. When that happens, they are a fair bit happier to have treatment," said Mike Janssen, Chairman of the Canadian Lions Childhood Cancer Foundation.

The idea for the shirts came from a friend of Janssen's out in southern Ontario, Mellissa Patrick, who came up with the idea when her family found out their daughter had cancer.

Experiencing childhood cancer first-hand with his daughter years ago, Janssen connected with Patrick through the Canadian Lions Childhood Cancer Foundation, and they ran with the idea.

The foundation then put out a call for either shirts, donations for the shirts or sewists to sew the shirts to get the project rolling.

The shirts are purchased from places

like the Children's Place, and the zippers are ordered on Amazon. Then, the eight-inch zippers are sewn into the shirts at a side angle from just off the centre on the right-hand side to just before under the arm.

Although it's rarely needed, Janssen said if shirts can be made so the port can go on the left-hand side, as currently the ports are sewn on the right-hand side only.

Gord Zeglinski, the President of the Selkirk Lions Club, helps organize the process from buying the shirts, to getting them dropped off at Janssen to start putting the shirts together.

The shirts are paired up with coordinating zippers and bundled, usually in 20s. Then, Janssen gets them out to one of the 14 volunteers who sew the shirt's zipper.

After the shirts are sewn, they are inspected for quality, organized, and packaged by gender and size – 3T to XL. Afterwards, they are provided free of charge to different entities such as the Children's Hospital or Cancer Care Manitoba.

The shirts are used for any cancer that requires chemo treatment, using a port, a device used to draw blood and give the medicines.

"It provides their dignity to be able to say all I got to do is undo this zipper and expose this port," Janssen.

So far, 230 shirts have been made.

"One nurse said that these shirts were a game-changer in how chemo is administered to kids," said Janssen.

Janssen said of these 230 shirts, 200 have been given to Cancer Care Manitoba and the Children's Hospital. As they work closely with Patrick, 30 shirts have been given to the Pediatric Cancer unit in London, Ontario.

"This is a really good example of

how Lions Clubs from all over pull together and support each other and help children," said Zeglinski.

The foundation also takes part in numerous projects to help raise money for children and their families going through childhood cancer, as they understand that it is hard emotionally and financially on families.

"The Selkirk Lions Club has worked nicely and very closely with the Canadian Lions Childhood Cancer Foundation because we do have other endeavours as we do support children and their families going through childhood cancer," said Janssen.

One of the premier things they do to raise money is their bike ride through-

out September where they go out and ride and collect donations.

Since the foundation was started in November of 2019, the Canadian Lions Childhood Cancer Foundation has raised almost \$50,000 towards the fight to stop childhood cancer.

"Our foundation couldn't make these shirts happen without the support of the clubs. The clubs are our backbone to provide us with the funding and the material to be able to do this," said Janssen.

Anyone interested in donating t-shirts can contact Janssen via his email at: mjanssen@shaw.ca or his cell at (204) 330-3802.



A young boy wearing one of the customized t-shirts with a zipper sewn in from the neck to make chemo treatments easier.



RECORD PHOTOS SUBMITTED
Mike Janssen modelling a shirt created for the presentations he does on the shirts.

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DFA is available to help with the cost of evacuation, the cost of preventing or limiting flood damage, and the cost of recovering from damages that were experienced. DFA is also available to assist with the cost of non-insurable damage to property such as principal residences and buildings essential to the operation of eligible farms and businesses. DFA is also available to assist with repairs to damaged municipal infrastructure.

The Manitoba Emergency Measures Organization (EMO) will be offering live webinars to answer your DFA questions. Check the DFA website for dates and times.

To find out more details about DFA eligibility or to obtain an application form, please contact the Emergency Measures Organization at:

Phone: 204-945-3050 in Winnipeg
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Manitoba.ca/flooding



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Murray Sinclair honoured in Ottawa

Canadian legend receives Order of Canada

By Staff

The Honorable Murray Sinclair was awarded the Order of Canada last week at a ceremony in Ottawa. It was announced that he would receive the award last December.

Sinclair has already made Canadian history with his work as an Indigenous rights activist who continues to work towards reconciliation through his many endeavours. He is known for serving as Chief Commissioner of Canada's Indian Residential Schools Truth and Reconciliation Commission, his time as a Canadian senator, and for being the first Indigenous judge appointed in Manitoba.

He was born just north of Selkirk in what used to be the St. Peters Reserve. Gov. Gen. Mary Simon presented

Sinclair with the award on May 26.

At a recent SHEF event in Selkirk Sinclair discussed his love of taking time to speak to young people and the importance of understanding Canada's history with the Indigenous people who live here.

"I like to share with them some of my thinking around what is it like growing up Anishinaabe, growing up as an Indigenous person in this country. Because many of them are Indigenous but also many of them have grown up knowing Indigenous people, but not really knowing Indigenous people. I want to share what little bit I can tell them in order to help them understand why things are the way they are," said Sinclair.



RECORD FILE PHOTO BY KATELYN BOULANGER
Murray Sinclair was honoured last week in Ottawa receiving the Order of Canada.

The Netley Marsh Renewal silent auction starts June 1

By Autumn Fehr

The largest coastal wetland in Canada, the Netley-Libau Marsh might need a little help staying afloat.

As the Netley Marsh gets older, it isn't getting any healthier, and to stick around it's going to need more care than it's been receiving.

For years now, the marsh has been deteriorating to the point where it isn't a healthy functioning marsh.

Due to the deterioration, there is no longer a lush Hemi Marsh in the Netley Marsh. Instead, a muddy shallow lake sits in its place, giving nothing back to Lake Winnipeg, such as drawing nutrients and storing carbon.

Wetlands are a crucial piece of the puzzle to keeping a healthy functioning marsh, so without them, the health of all our waters is at stake.

For 14 years, the Red River Basin Commission and its partners have worked towards the renewal of the marsh, by doing things like educating the public on the importance of the marsh and fundraising for their current pilot project, the Netley Marsh Renewal, through a silent auction.

"It's crucial that we're able to communicate to the public the importance of the marsh and what we're trying to



The kid's prize gift.

do as an organization within our partnership to save it," said Steve Strang, Managing Director of the Red River Basin Commission.

Pre-pandemic, the commission would host their annual fundraiser fish dinner gala to help the marsh, but as things are just starting to open again, they've opted to host an online silent auction in its place.

The silent bid auction will begin June 1, 2022, with a hundred per cent of the money raised going towards The Netley Marsh Renewal and water education.

"The money is important to the Basin because they are used for education that focuses on the Netley Marsh Restoration Project," said Strang.

The auction will be on-air for 30



The Netley-Libau Marsh area.

days. After 30 days, the commission will announce the winning bids for that auction.

The Netley Marsh Renewal Silent Auction is meant to give you a sense that you are travelling around Manitoba, something maybe many haven't

gotten to experience over the past few years.

For the auction, five photographic prints were donated by Earl Joseph Simmons of churches all around Manitoba, North Dakota and Min-

Continued on page 20



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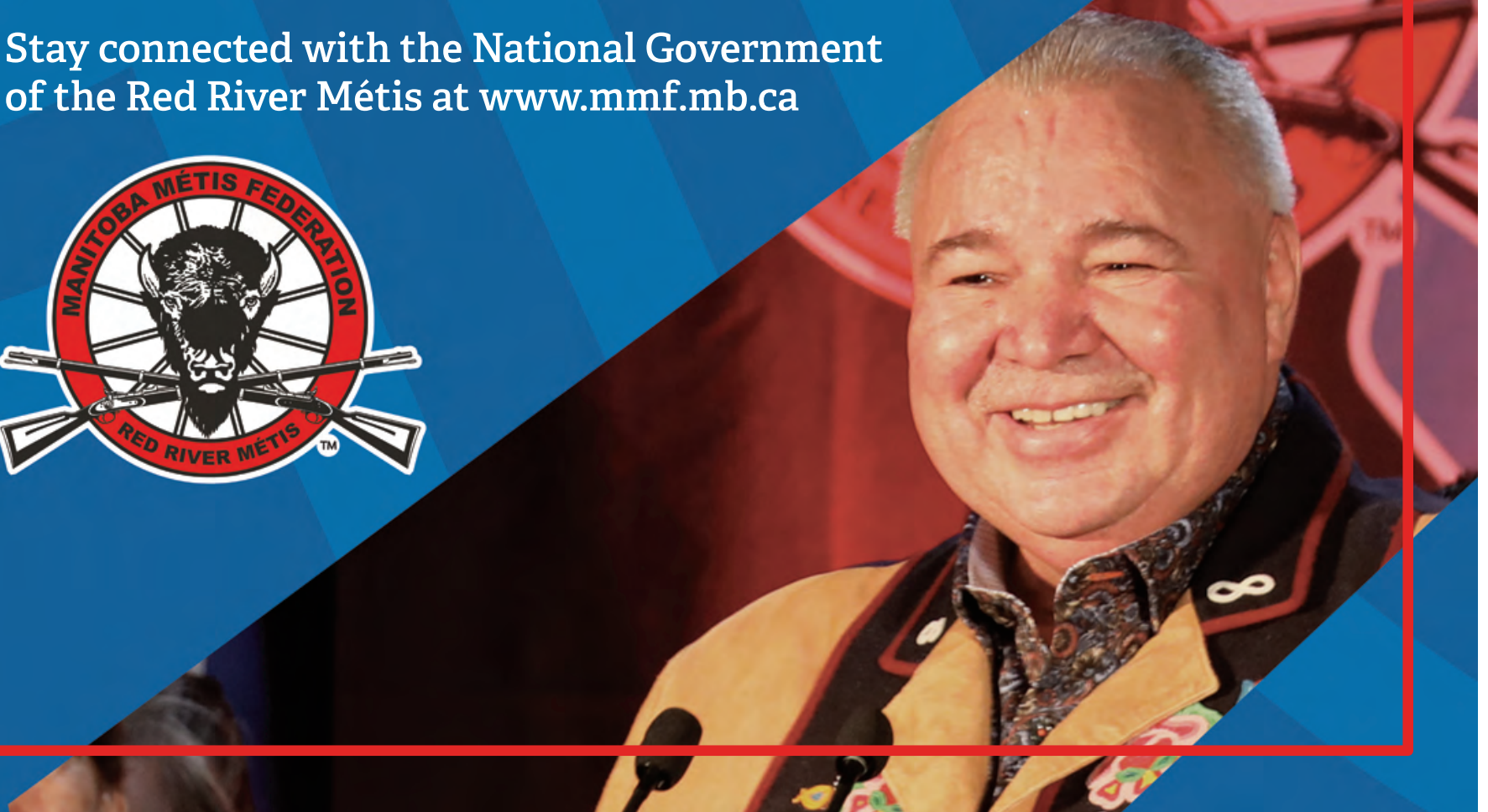
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Let's continue to build on our next steps together.

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of the Red River Métis at www.mmf.mb.ca



Touch-A-Truck gearing up for June 11

By Jennifer McFee

After two long years, a favourite family-friendly event is back and is revving up for a full day of excitement.

Touch-A-Truck, presented by the Stonewall Children's Centre and sponsored by Sunova Credit Union, is coming to the Ag Society's Red Barn on Saturday, June 11.

"We are thrilled to be able to hold our Touch-A-Truck fundraiser after a two-year pause. From what we have heard, vendors and the public are very excited as well," said Pam Kozokowsky, assistant director of the Stonewall Children's Centre.

"Kids of all ages and many adults love this event! We have approximately 45 vehicles lined up, such as fire trucks, buses, garbage and dump trucks, street sweeper and many more. The Air Force will also be doing a flyby sometime before noon."

Attendees can also look forward to fun activities including bouncy castles, graffiti cars, face painting and balloon bonanza. Youngsters and the young-at-heart will love to have the chance to dress up for the superhero theme.

Adding to the excitement, some special guests will be making appearances, including Batman, Spiderman, Sparky, Mick E. Moose, Buzz, Boomer and Yourrie.

"New to Touch-A-Truck this year is the craft and home-based business market," Kozokowsky added. "Spaces are still available."

In addition, tickets will be available at the event for the Sigfusson North-

ern raffle for \$5 each or five for \$20.

First prize is a kids' electric ride-on tractor with trailer, second prize is an eight-foot bouncer with waterslide, and third prize is a lottery tree.

"Touch-A-Truck is a huge fundraiser. We are looking forward to using the funds to do backyard improvements after being put on hold the last couple years," Kozokowsky said.

"If anyone is interested in volunteering at the event, we would love to hear from you."

Committee member Jaymie Deprez said more than 30 local businesses sponsored the event through four levels of sponsorship.

"Through their support, we've been able to make Touch-A-Truck bigger and better than ever," Deprez said.

"We are so appreciative of the support all these businesses have shown our event, Stonewall Children's Centre and the children that attend. In the end, it's the children and families that attend the centre that benefit from the fundraising."

Touch-A-Truck is set for Saturday, June 11 from 10 a.m. to 3 p.m., rain or shine, at the Red Barn, located three kilometres south of Stonewall on Highway 236. The cost is \$5 per person, and wee ones aged one and under are free. It's a cash-only event, parking is free and food will be available to purchase on site.

Anyone who would like more information about volunteering or getting a space in the craft and home-based business market can contact Pam Kozokowsky at 204-467-2214.

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Co-op teams up with local partners to reduce food waste

By Autumn Fehr

In May 2021, Red River Co-op grocery stores launched a diversion program to support people, animals, and the planet.

The food reduction program is the first of its kind in the grocery store market, a forward thinker and leader in the trend towards less waste for the world.

To make this happen, Co-op has partnered with Compost Winnipeg, local locations of Leftovers food rescue, and Loop Resource.

Since the outset of the program, it has successfully managed to divert over 540,000 kg of food to farmers, families, and animals who can use it, instead of throwing it into the landfill.

The companies in partnership with the program depend on the local region.

Co-op stores in each town have their own way of contributing to the goal and getting one step closer to further reducing food waste for the planet.

"It goes to a good cause. It's helping the farmers with feed for their animals, and it helps the farmers in other ways where they can spend their money rather than on feed. It's a win for both sides," said Darryl Litke, store manager at the Red River Co-op in Selkirk.

For Red River Co-op's rural stores, like the one in Selkirk, Loop is used to help reduce food waste.

Loop says their program is based on a simple idea, "food should be put to

its highest and best use."

In these rural communities, it is farmers who benefit most from Co-op's food reduction program.

If it's still food safe for animal or human consumption, any food that no longer meets Co-op's food quality standards, such as damaged product, product that is past the best before or expiration date and even meat trimmings are given to Loop to deliver to farmers.

"It's on the quality. If it's not good to sell to the public, we give it away and donate anything that doesn't look good quality wise," said Litke.

Farms of various sizes and uses sign up for the Loop program. Farmers are then connected with a store nearest to them to pick up the donated food to use for their animal feed.

In the end, this helps farmers cut their costs, so they can further invest in their agricultural production, rather than on animal feed.

To reduce waste at the Red River Co-op in Selkirk as much as possible, almost everything, from produce to deli and bakery is donated through the Loop program instead of being thrown in the trash.

Someone partnered with the Loop program, usually a local farmer, visits their store daily to pick up the food that is no longer sellable to customers, per Co-op's standards, and Loop delivers the packages to local farmers.

"The program is fantastic. We divert a lot of waste going to the dump,"



RECORD PHOTO BY BRETT MITCHELL

Selkirk's Red River Co-op employee Jesse assists local farmer and arborist Paul Cruise from Lockport with the loading of some grocery waste. Cruise feeds his chickens, pigs and dogs the waste and what they don't eat he composts including the cardboard.

said Litke.

The Red River Co-op in Selkirk takes the food reduction program a step further, beyond the bounds of the Co-op enterprise, by donating nutritious food, still within the realms of food safety, to organizations in their area that are in need.

Instead of letting the food go to waste, Selkirk's Co-op is also donating some of their extra food such as

bakery items and meats to the Selkirk Food Bank, and Our Daily Bread Soup Kitchen.

There is still plenty to be done to eliminate food waste completely.

With Selkirk's Co-op committing to a plan to reduce waste by partnering with Loop, they have taken the first step towards accomplishing this goal, taking the lead, and showing it can be done.

> NETLEY MARSH PROJECT, FROM PG. 17

nesota located around the Red River Basin area.

Prizes include a kayak-guided tour of Willow Creek, a Pony Corral print, and a kid's prize gift, along with a collection of church prints donated by Simmons.

The commission hopes to raise as

much money as possible with the silent auction, so they can use the funds to go into the restoration of the marsh.

"We are constantly growing with sponsors, and that's really important to us because it gives us a signal that we are heading in the right direction. That people have compassion

and they care about the environment, and they want to see this fixed," said Strang.

The auction couldn't have come at a better time, as the state of the marsh isn't getting any better it's only getting worse.

"In the last while, the waters in the marsh have been so deep, between

the deep waters and the carp, it basically eliminated all the vegetation in the marsh and the marsh is not functioning as it should," said Strang.

By not reducing the number of phosphates running through the system, the health of the marsh will not return to its healthy self.

"The simplicity of healing the marsh is as simple as elevating the bottom, so utilizing the money in order to give the education to the public, to go into the cost of continuing to work on the marsh, to establish new vegetation cells within the system," said Strang.

After all, just like there is only one earth, there is only one Netley Marsh, and if it's going to stick around, something needs to change.

"We are here to try to work with people, to educate people. For them to understand that we can all make a little bit of a difference. No matter what it is, as long as everyone commits a little piece, it's always going to keep getting better, and that's what we're aiming for," said Strang.

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> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Chicken Parm-eroni Sliders

aside.

Separate pretzel slider buns and brush inside halves with melted garlic butter. Toast rolls on griddle until golden brown; flip and slightly toast outside of rolls. Set aside.

In 4-quart saucepot with thermometer, heat oil to 350 F. Fry pepperoni until bubbles start to slow. Carefully remove from oil and place on plate with paper towel.

In small saucepot, heat marinara sauce. Place 1 tablespoon sauce on bottom halves of slider buns.

On lined sheet pan, place one chicken tender on each slider bun. Place 1 tablespoon marinara sauce on top of each tender followed by half slice mozzarella then half slice provolone. Top each slider with 1 teaspoon grated Parmesan. Place baking sheet in broiler and melt cheese.

Top cheese with 1 tablespoon crispy pepperoni on each slider.

Top sliders with other halves of toasted slider buns. Brush tops with garlic butter and sprinkle with chopped parsley. Use bamboo picks to secure.

Recipe courtesy of Guy Fieri
Prep time: 30 minutes
Cook time: 30 minutes
Servings: 6
1 cup unsalted butter
1/2 cup minced garlic
1 package King's Hawaiian Pretzel Slider Buns
3 cups vegetable oil
2 cups pepperoni, julienned
1 1/4 cups marinara sauce
9 breaded chicken tenders, cooked crispy
5 slices fresh mozzarella
5 slices provolone cheese
9 teaspoons grated Parmesan cheese
2 tablespoons finely chopped Italian parsley
In small saucepot over medium heat, melt butter and add minced garlic. Cook 3-4 minutes until garlic softens but does not brown. Remove from heat and set

Lobster Knuckle Sliders with Spicy Mayo

Recipe courtesy of Guy Fieri
Prep time: 15 minutes
Cook time: 15 minutes
Servings: 6
1 package King's Hawaiian Slider Buns
3 tablespoons unsalted butter, melted
1 tomato, finely diced
1 celery stalk, finely diced
1/2 cup Japanese mayonnaise
1 tablespoon sriracha
kosher salt, to taste
freshly ground black pepper, to taste
1 lemon, cut in half
1 package tempura flour mixture
1 teaspoon seafood seasoning
9 ounces cooked lobster knuckle meat
2 1/2 cups white cabbage, shredded fine
2 tablespoons extra-virgin olive oil
3 tablespoons chives, finely chopped
Separate slider buns and brush inside halves with melted butter. Toast rolls on griddle until golden brown; flip and slightly toast outsides of rolls.
In mixing bowl, combine diced tomatoes, celery, mayonnaise and sriracha.

Season with salt and pepper, to taste; add juice and zest from 1/2 lemon. Mix well to fully incorporate. Place in refrigerator to chill.

Mix tempura batter per package instructions and season with seafood seasoning.

Preheat deep fryer to 350 F. Pat lobster dry with paper towels. Place lobster in tempura batter and allow to sit 30-60 seconds.

Remove lobster one piece at a time, allowing excess batter to drip off. Working in batches, fry until golden brown, about 3 minutes.

While lobster is frying, place cabbage in mixing bowl; add extra-virgin olive oil and juice from remaining 1/2 lemon. Season with salt and pepper, to taste. Mix well to incorporate evenly.

Place 2 tablespoons cabbage mixture on each bun, making bed on each bun to hold lobster in place.

Remove lobster from fryer and allow excess oil to drain completely. Toss lobster in mayonnaise mixture and sprinkle with chopped chives. Place lobster on cabbage mixture then add top buns and secure with bamboo skewers.

4 heart health tips

By Fitness Expert Julie Germaine Coram

Cardiovascular disease is dangerous and on the rise, especially for ages 35 to 64, due to high blood pressure and obesity. Fortunately, lifestyle changes greatly reduce the risk of developing heart conditions. Staying in shape by exercising and following a heart-healthy diet are key. Below are 4 strategies to make better choices:

1. Pay attention to fibre content in foods. High-fibre foods, particularly soluble fibre, are proven to help lower cholesterol back to optimal levels. An easy way to start is with breakfast! Instead of sugary breakfast cereal, reach for oatmeal topped with berries.

2. Eat Omega-3 fatty acids regularly. Healthy fats reduce inflammation, manage cholesterol, and lower blood pressure, all of which helps your heart. To boost your intake, try swapping out croutons on your salad for walnuts. Walnuts have that satisfying crunch and the omega-3 fatty acids your body needs.

3. Cut back on trans-fats and processed foods. The fats in processed foods lower good cholesterol and increase bad cholesterol. If you're craving something sweet, make your own treats from scratch, for example, canned frosting is high in trans fats, so instead use whole ingredients like cream cheese and powdered sugar.

4. Include antioxidant-rich foods with every meal. Fruit and vegetables are one of the absolute



Health and Wellness Fitness expert Julie Germaine Coram

best ways to combat inflammation throughout your body. Make a point to have a side of any veggie with your breakfast, lunch, and dinner. For dessert, cut out on ice cream and try a lowfat yogurt with fruit and nuts.

Try making small changes over time, and remember that your future self will thank you for it!

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Coach Julie Germaine Coram is a Manitoba-born fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.



Mediterranean Platter

3 cups hummus
1/2 cup crumbled feta cheese
1 1/4 cups pitted mixed olives
6 pita breads, warmed and quartered
In bowl, mix lemon, 1/4 teaspoon salt and sugar. Cover and chill 2-6 hours. Dice lemon. Mix diced lemon and 1/4 teaspoon olive oil. Cover and chill.
Mix diced lemon, tomato, cucumber, pickle, green onion, parsley, vinegar, 1 1/2 teaspoons olive oil and 1/4 teaspoon salt. Cover and chill.

Lightly oil grill rack and heat grill to medium. Mix pepper, asparagus, remaining oil and remaining salt.

Grill asparagus 2 minutes, or until tender-crisp. Let cool. Cover and chill.

Set large serving platter on work surface. Place hummus and tomato salad in small bowls.

To assemble, place larger items on platter then arrange smaller items around them. Group pita in several small stacks next to bowls. Arrange feta and olives in remaining space.

Recipe courtesy of Aramark
1/2 lemon, thinly sliced
3/4 teaspoon kosher salt, divided
1/4 teaspoon sugar
3 3/4 teaspoons extra-virgin olive oil, divided
1 cup diced tomato
1 cup diced English cucumber
1 tablespoon diced dill pickle
2 tablespoons sliced green onion
2 tablespoons fresh flat-leaf parsley leaves, chopped
1 1/2 teaspoons red wine vinegar
1/8 teaspoon ground black pepper
1 pound fresh asparagus, trimmed

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Camp Arnes Open House welcomes friends and family

By Autumn Fehr

After two years, a deserted and lonely camp will soon welcome back friends and family.

On June 4, Camp Arnes will host an open house to kick off the re-opening of their summer camp.

The open house is to welcome back friends and family and thank those who have supported them through the COVID-19 pandemic.

Camp Arnes has been around for 72 years and hopes to continue the work they've been doing for many more.

"It allows us to have those generational stories. I hope people know that it's as precious a place now as it ever was," said Jim Croy, the Operations Director at Camp Arnes.

Their website says, "We're excited to be back on site for 2022 with another big change: the re-introduction of Camp Skills! While still being able to experience the fun of Camp Arnes, we're giving campers the ability to challenge themselves by learning and developing new skills in (but not limited to) sports, archery, bikes and arts & crafts.

There is something for all ages, including Teddy Bear camp for ages 6-7 years, Explorers 8-10 years, Challengers 11-13 years, Stokers 14-15 years and Leadership Training for 16-17 years.

Teddy Bear Camp is when the smallest campers are the biggest focus. They get the whole camp to themselves for three days and two nights of fun. It's just enough time for kids to make great friends, try new activities and explore all the fun of summer camp. They make amazing crafts at the Creator's Studio, play games in the water and enjoy songs at fireside.

Explorers are at the age when they see the world through their imagination and can find fun in everything. At camp, the world becomes a playground full of new things to explore. They get to climb up the high ropes course, race around on a pedal cart and let their imagination run free in



the Creator's Studio!

Challenger Camp is all about pumped up energy, fun and excitement. Challengers get to try all the epic activities that camp has to offer while making meaningful friendships and memories. Each day is filled with adventures like ziplining, racing on a pedal cart and soaring over the lake on a giant swing. In addition, campers experience outdoor adventures like archery, high ropes, kayaking, paddle boarding and so much more!

Camp Arnes is also bringing back a Camp Arnes classic this year! From July 30 to Aug. 3, families are welcome to have fun at the Camp Arnes Family Camp! Enjoy all that Camp has to offer: activities, swimming at the lake, beautiful nature and memories that last a lifetime!

With the easing of restrictions in January and February, Camp Arnes started to make serious plans to re-open come summertime.

As they went into Arborg and Gimli to get supplies to plan their re-opening, they started to talk to everybody about opening again.

"It was pretty amazing the excitement in those communities with everyone we talked to," said Croy.

Croy said when the word started to spread that they would be back to business as usual this summer, the surrounding communities were full of excitement.

"We realized that as we did this, us re-opening wasn't just a win for us, it's an exciting thing for everyone around us," said Croy.



Ziplining and archery are two of the is one of many outdoor activities at Camp Arnes.



RECORD PHOTOS SUBMITTED

Kids of all ages are supervised by counsellors and welcome to attend a number of camps.

The past two years have been tough on businesses, especially camps like Camp Arnes who rely on social interaction and community engagement to run.

Camp Arnes was fortunate to get through the pandemic with the support of the businesses they partner with, so they could continue to do what they do best, creating memories.

"Some of the businesses around us suspended any kind of invoicing to us throughout COVID which is a huge financial help, and some of the businesses now that we're re-starting are asking what more they can do," said Croy.

After everything that was done to ensure they stayed afloat, Camp Arnes says the only proper way to thank those that have helped that along the way is through hosting an open house.

"We wanted to make sure that the community knows that the open house is not us as a Christian group pushing our Christianity. It's us as a thankful group, thanking the community," said Croy.

From 12 to 4 p.m. individuals will have the freedom to tour the camps and get to know Camp Arnes as they open again.

There will be lots of free food and activities at the open house to enjoy such as bouncy castles and a baby animal farm, all to foreshadow the fun-filled summer ahead for kids.

The children who attend the open house will also receive a scavenger hunt card.

As they go into the different buildings and discover what they are for, they get their card stamped to later redeem a free item at the 'Tuck Shop' – a

small store on the grounds of Camp Arnes.

"We are going to be giving away a lot of stuff," said Croy.

The open house is welcome to anyone – those already familiar with the camp and excited for the re-open, and those wanting to check out the space for the first time.

"We want to showcase the facilities to the families and other groups that might need a space and not realize what's here," said Croy.

Croy says how it's incredible when he goes into the communities and talks to an adult and their first comment is about how they came to Camp Arnes as a kid.

"Everybody my age or younger has a story about Camp Arnes. Whether they came here with band, their school or whether they came here for a summer camp in whatever year," said Croy.

Now with the re-opening of camp this summer, it's time for those generational stories to continue.

"Grandpa comparing stories with his grandson about the same experiences they had. Grandpa was here climbing the ropes, and his grandson is gonna be here climbing the ropes," said Croy.

Being around for almost 75 years, Camp Arnes has been able to be a part of thousands of different memories over the years, the camp being the ground tying the generational stories together.

Visit camparnes.com to learn more and register!

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Summers named RMFL defensive player of the game at 2022 Challenge Cup

By Brian Bowman

The Interlake Thunder had six players represent the Rural Manitoba Football League against Team Saskatchewan in a nine-man game at the 2022 Challenge Cup in Melville, Sask.

Interlake offensive linemen Keenan Karish, Dallas Batenchuk and Reilly Olafson, linebackers William Summers and Alex Luke and defensive back Kaiden Kendal each played well in a hard-fought 24-16 loss.

Summers really stood out and was named the RMFL's defensive player of the game.

"It was a good experience," said Summers, who lives in Selkirk. "It was kind of weird playing on a team with players that I knew all year from playing against. It was cool to see us coming together to form one team."

Summers didn't expect to get the defensive honour.

"I didn't see it coming at all," he admitted. "It was really cool when I heard my name get called. I was kind of surprised...it was, for sure, a shock."

The 32-player team was selected after the recent RMFL all-star game. It was pretty impressive that Interlake had six players named to the team.

"The Thunder was an amazing program, I learned a lot from them," Summers said. "Three of the six that we sent are linemen and that's why I think our season was so good. Our (offensive) line was great."

Summers admitted playing nine-man football is different than having 12 players from each team on the field



Interlake Thunder linebacker William Summers was named the Rural Manitoba Football League's defensive player of the game in the 2022 Challenge Cup.

at the same time.

"It's got its ups and its downs," he said. "I've recently started playing 12-man football so it was a bit of a struggle switching to that just because there's more people to cover on the field. I would prefer 12 over nine."

Summers, 17, has been training with the Winnipeg Rifles who play in the



RECORD PHOTOS SUBMITTED

The Interlake Thunder had six players represent the RMFL against Team Saskatchewan at the 2022 Challenge Cup. Back row, left to right, Reilly Olafson, Keenan Karish, and Dallas Batenchuk. Front row, left to right, Alex Luke, Kaiden Kendal, and William Summers.

Canadian Junior Football League.

"That league goes up to 22 so (the players) can kind of be intimidating at times," he said.

Summers was thankful for all of the support he has received from his mom Denise Gallant, his father William Summers, and his stepmom Jordann Wright.

"I couldn't have played football without their support," Summers said. "Putting money towards it and any training. Especially my dad, he has been a trainer of mine and he goes to the gym with me almost every day of the week. My parents were the reason why I had any chance of winning this award."

To see more photos of your favourite Interlake Athletes

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Fjelsted impresses at first bodybuilding competition

By Brian Bowman

Luke Fjelsted had never before competed in a bodybuilding competition.

But he looked like a seasoned pro as he placed first in both the Men's Bodybuilding Open and Junior categories for his weight class at the Van Dijk Bodybuilding Classic.

"It was my first show and the first time I tried so it was really exciting," said the 20 year old, who lives in Selkirk. "I had no idea what to expect. I started out nervous but after the poses and every time I went on stage, I was on the stage about four times, and I kept on gaining more confident and excited."

Fjelsted was hitting the gym about six times a week, doing an hour and a half of weights and an hour of cardio each day. Many times he would work out with weights in the morning and then do cardio at night.

Fjelsted also put himself on a strict four-month diet prior to the competition.

"I had to cut down my calories pretty low to about 1,800," he said, noting he is looking into becoming a personal trainer. "In the morning I would start with

protein oatmeal and then I would have some Greek yogurt, and then three meals of chicken breast and steak and potatoes. And one of those meals had rice in it."

Fjelsted started lifting weights when he was 16 as he competed for the Selkirk Royals in track and field and rugby. He seriously started thinking about bodybuilding a year ago.

Many people have taken notice of all of the hard work that Fjelsted has put in the gym.

"He put in countless hours of meticulous work with his exercise routine as well as his diet to get to peak shape," said Tom Pachal in an email. "Luke is a sponsored athlete and trains out of Iron Image Barbell Club in Selkirk."

Fjelsted really enjoys working out at Iron Image. "They helped me out, they actually sponsored me a little bit," he said. "They gave me a free sweater and a gym membership. I walk in (the gym) and everyone is saying hello and congrats and saying how good you look. It's such an awesome environment to be in."

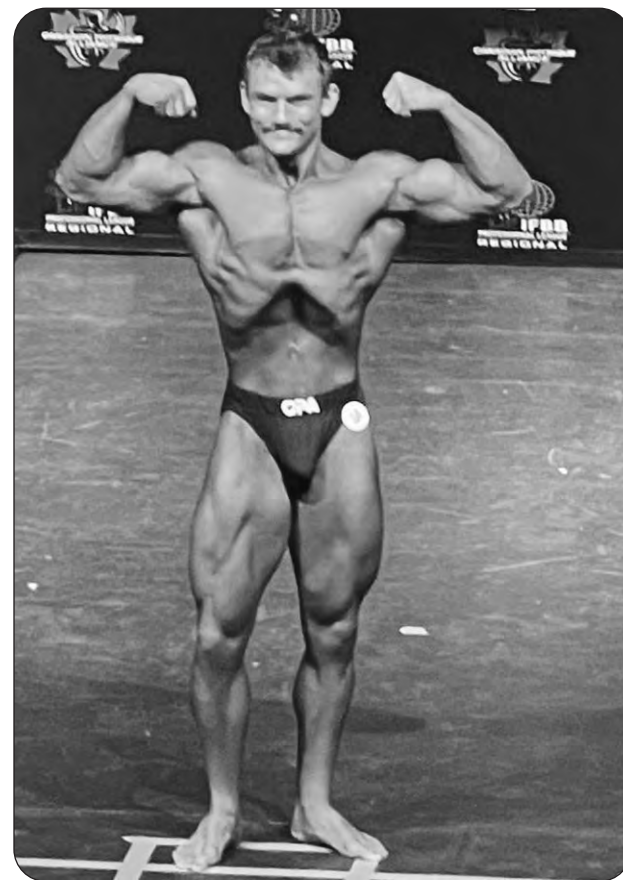


PHOTO SUBMITTED

Luke Fjelsted, a Selkirk resident, took first place in both the Men's Bodybuilding Open and Junior categories for his weight class at the Van Dijk Classic competition last month. Record photo submitted

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CHAT

Rounding third



RECORD PHOTO BY LANA MEIER

The North Winnipeg Pirates' Gilbert O'Connor makes a hard turn at third base against the Interlake Orioles during U18 AAA baseball action last Thursday in Stonewall.

Royals on track at KPAC meet

Staff

The Selkirk Royals had several top five placings at the KPAC track and field meet last week in Selkirk.

The varsity boys' saw the 4x400 team beat River East.

Edward Peto was tops in the javelin with a throw of 38.67 metres and he was fourth in the 100m after a time of 11.81.

Michael Weibe was third in the shot put after a throw of 10.26 and fourth in discus (27.10).

Selkirk's Danica Kubay was tops in the varsity girls' javelin with an impressive throw of 28.99 and was first in the discus (27.10m).

She was also third in the shot put (8.21m).

In the 100m hurdles, Annessa Stasiuk was second (17.71 seconds) followed by Emma Romans in fourth (19.59).

Selkirk was third in the 4x100 after a time of 100.65.

The Royals' Elina Sameulsson was second in the high jump, clearing the bar at 132 and was fifth in the long jump, landing in the sand at 3.91m.

In junior varsity boys' events, the Royals' 4x400 team was the fastest with a time of 3:58.18.

Jakob Dainard was tops in the 200m hurdles (25.14), finishing just ahead of teammate Parker Carels (25.35).

In the 200m race, Dainard was second (24.45) and Carels finished third (24.52).

Carels finished second in the 400m (56.55) while Dainard was third (56.64).

The 100m hurdles saw Selkirk's Easton Woloski place fifth after a time of 18.68.

In junior varsity action, the Royals' Navaeh Marynowski was fantastic in the 80m hurdles, finishing first with a time of 13.41. She was also first in the long jump (4.91m) and the high jump (1.50).



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Thierney Dignadice, left, and Michael Wiebe competed at the KPAC track and field meet last week in Selkirk.

Springfield stuns Selkirk in KPAC baseball playoffs

By Brian Bowman

The Selkirk Royals' baseball season is over.

Selkirk's already short season got even shorter after a tough 5-4 loss to the Springfield Sabres in a five-inning KPAC playoff game on May 24.

"We fell behind early and couldn't carve our way back into the game," said Royals' coach Michael Buffie. "Five-inning games are tough. You only have 15 outs to work with and we didn't take advantage of those 15

outs."

Selkirk had the tying run on third base and the potential game-winning run on second when they made their final out.

Springfield scored a run in the first inning, three in the third, and one more in the top of the fifth.

Selkirk trailed 5-1 before they made the comeback attempt. A highlight for the Royals was a solo home run by Gilbert O'Conner.

Rylan Sliworsky started on the

mound for Selkirk and pitched 2 2/3 innings before he was relieved by Dylan Duguay.

The loss was a really tough one for Selkirk, which had intentions of winning KPAC and advancing to the MHSAA provincials.

"We had expectations that we were going to be in the final but we maybe underestimated our opponent," Buffie said. "They just outplayed us. They played rock solid and did the little things right. They played well de-

fensively where we kind of threw the ball around a little and that ultimately ended with them upsetting us."

The two teams hooked up earlier in the day to wrap up the KPAC regular season with Springfield winning 11-5.

Selkirk finished its regular season with a 2-1 record.

The MHSAA baseball provincials will take place June 2-4 in Brandon.

Helm a hero in Avalanche win

Staff

Darren Helm played the hero last Friday evening, scoring the game-winning goal with 5.6 seconds remaining to lift the Colorado Avalanche to a 3-2 victory over the St. Louis Blues.

That goal gave Colorado a 4-2 series win and advanced them to the conference final against the Edmonton Oilers. Game 1 of the best-of-seven series started this past Tuesday in Denver.

"Just rush up the ice, three guys going hard to the net and I was just kind of trail-

ing," Helm told Tracey Myers of NHL.com.

"Pass up the side wall and just wanted to put a puck on net. Found its way in."

Thirteen years earlier to the day, Helm's overtime goal gave the Detroit Red Wings a 2-1 victory against the Chicago Blackhawks in Game 5 of the 2009 Western Conference final to win the series.

Helm, a St. Andrews' product, signed with Colorado as a free agent in the offseason after playing his first 14 NHL seasons for Detroit.



St. Andrews' Darren Helm

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The Selkirk Record

Royals advance to KPAC girls' soccer consolation final

By Brian Bowman

The Selkirk Royals defeated the Transcona Titans 2-0 in KPAC girls' soccer playoff action last Friday in East St. Paul.

Milina Dueck and Alexis Vermeulen scored for Selkirk while Rachael Mryglod posted the shutout. The Royals now play in the consolation final on Thursday at 4:30 p.m. against Kildonan East in East St. Paul.

Selkirk opened the KPAC playoffs with a hard-fought 2-1 loss to the Miles Macdonell Buckeyes.

In boys' action, the Royals dropped

a tough 4-3 decision in penalty kicks to the Maples Collegiate Marauders in the KPAC semifinals last Thursday in East St. Paul.

Selkirk played MBCI in a third-place game on Monday afternoon but no score was available at press time.

Selkirk started the KPAC playoffs with a 3-1 win over the Transcona Titans on May 24.

Chase Pacey, Jamison Cyrenne, on a great finish after an incredible through ball from Chase Pacey, and Mario Littardi scored for Selkirk.



The Selkirk Royals' Jamison Cyrenne battles for the ball with a Maples Collegiate Marauders' player during KPAC playoff action last Thursday in East St. Paul. Selkirk lost the game 4-3 in penalty kicks.



RECORD PHOTOS BRETT MITCHELL

The Selkirk Royals' Milina Dueck kicks the ball against Transcona during the KPAC girls' soccer playoffs last Thursday. Selkirk won the game 2-0 and now plays Kildonan East in the consolation final on Thursday in East St. Paul.

Sandy Hook Golf Club to host junior tournament

Staff

The Sandy Hook Golf Club will be hosting a 2022 Junior Golf Tournament on June 26.

The tournament, which will begin at 2 p.m., will be part of the course's 100th-year anniversary celebration on July 1.

It's a great idea for Sandy Hook to host a junior tournament.

"We've formed a community... and what we're trying to do is celebrate the 100th anniversary of Sandy Hook," said Randy Shrofel, adding advertising posters have been placed in the community.

There will be boys' and girls' 12-14 and 15-17 age divisions.

The cost to enter is just \$30 and includes green fees, prizes, and a meal. Players must be registered by June 19.

The winner of each group will receive a trophy, plus their registration will be paid for the 100th Manitoba Junior Championship which will be held at the St. Charles Country Club July 13-15.

For more information and registration form, please visit sandyhookgolf.webs.com or call 204-389-5466.

Selkirk Judo Club athlete wins silver at nationals

Submitted by Brian Jones

Sarah Ekosky, an 18-year-old black belt, won a silver medal at the national judo championships held May 19-22 in Montreal. Competing in the female U21 under 63 kg division against seven other competitors, Ekosky won her first two matches before losing in the gold-medal match to Kiera Westlake from Alberta.

She also competed in the senior women under 63 kg division but did not reach the podium.

Daniel Ekosky, a 16-year-old brown belt, won two matches and lost two to finish fifth in his U18 Men under 81 kg division.

A number of other Selkirk athletes also competed at the nationals but did not place. Damien Ekosky, Kaya Leveille, Dalin Kymanick and Beth Penner, as well as McKenna Stewart who was unable to compete due to injury, rounded out the Selkirk contingent on the provincial team.

Sarah Ekosky now prepares to travel to Graz, Austria for a European Junior Cup tournament this Saturday and Sunday, followed by an international training camp.



RECORD PHOTO SUBMITTED

The Selkirk Judo Club's Sarah Ekosky, an 18-year-old black belt, won a silver medal at the national judo championships held May 19-22 in Montreal.

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

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

PROPERTY MANAGEMENT
Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

SCRAP METAL BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

SHOP LOCAL - SUPPORT LOCAL BUSINESS

OFFICE SPACE FOR RENT
Office space for rent, avail. June 1st, 650 sq ft, 300 block of Main St., Selkirk. \$960 + GST per month. Air conditioned, recently renovated, includes utilities. Call 204-785-0105.

APARTMENT FOR RENT
Century Apartments, Selkirk, MB. Spacious 2 bedroom apartment with balcony. Rent \$1248, water, heat and one parking stall included. Hydro extra varies on use. Contact caretaker Heather 204-785-2200.

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

Please support our advertisers

WANTED TO RENT
House or apartment wanted to rent. Family of 5 looking for a 3 or 4 bedroom in or around Selkirk. Must be pet friendly. Call Rob at 204-485-1503 or Michelle at 204-485-2984.

Do you have News Tips? or Story Ideas? call the Record 204-785-1618

take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Orator's podium
- UK-Netherlands gas pipeline
- Partner to "oohs"
- African antelope
- Indigenous Thai person
- Monetary unit of Angola
- Becomes less intense
- Insurance mascot
- Tech hub __ Alto
- Actress Tomei
- Airborne (abbr.)
- Type of smart watch
- Natives
- Incompetent person
- Rare Hawaiian geese
- Unspoken relationships
- Passports and licenses are two
- Claw
- Status quo
- Mimic
- Fur-lined cloak
- Ancient foreigner
- In an angry way
- Ill-intentioned
- Monetary unit of Serbia
- S. American plant
- One or the other
- An alias for Thor
- Gratuity
- In a painful way
- French commune
- Promotional materials
- Greek city
- Assistant
- Confederate general
- Former NJ governor

CLUES DOWN

- Used by gymnasts
- "Luther" actor Idris

1	2	3	4		5	6	7		8	9	10	11		
12				13		14				15				
16					17		18			19				
20						21				22				
				23	24				25					
26	27	28	29				30							
31							32							
33									34	35	36	37	38	
				39	40	41		42	43					
			44	45				46						
			47					48						
49						50			51		52	53	54	55
56						57			58					
59						60				61				
62						63					64			

- Broad volcanic crater
- Not for
- Blur
- Tots
- Acted leisurely
- About the Alps
- Gets out of bed
- Welsh given name
- Remove salt
- Calvary sword
- Mental disorder concerning body odor (abbr.)
- Keeps a house cozy
- Ballplayer's accessory
- Southwestern Russian city
- Pro sports league
- Congress investigative body (abbr.)
- Stop standing
- Utilize
- Sign language
- Famed ESPN broadcaster Bob
- Being of central importance
- Ruin environment
- Dessert dish
- Sea eagles
- Fertilized
- Jerry's friend Benes
- Indian river
- Pass into a specified state or condition
- Nocturnal rodent
- A way to travel
- Iron-containing compound
- Ancient Greek City
- NFL signal caller Matt

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- Company Folders

Call 204-785-1618



Canadian Nuclear Laboratories | Laboratoires Nucléaires Canadiens

We are hiring: Decontamination Workers - 12 month term

Qualifications

Education

- Grade 12 education or equivalent required..

Experience

- Several years' experience working in a radioactive environment is desired, where the candidate is acquainted with established practices and procedures for radiological and industrial safety.
- Janitorial or decontamination work experience is preferred.

For more information on the position and to apply please visit our website at www.cnl.ca

For more information on how to apply to these positions please visit our website at www.cnl.ca

LAKESIDE FLIGHT SCHOOL

Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight School is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-642-4799.

HELP WANTED

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

SUPPORT LOCAL BUSINESS

HELP WANTED

Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

HELP WANTED

Certified Health Care Aides - Must be able to cook, clean, do light housekeeping and assist client with bathing and dressing. Four hour Day, evening and night shifts available on the north side of Winnipeg. Call for details. Drop resume at 230 Manitoba Avenue Selkirk or email reception@bondedhealth.ca

HELP WANTED

I need someone to cover my homocare needs from June 5th - 20th in Selkirk, 4 hrs/day, \$17/hr. Additional employment after that is possible. Call for details 204-406-5667.

Middlechurch of Winnipeg is now hiring 2 Full Time Urban/Hometown Green Team Groundskeeper -Seasonal. Please visit the website at <https://careers.wrha.mb.ca> to apply.



Canadian Nuclear Laboratories | Laboratoires Nucléaires Canadiens

Have you been thinking about your next career move?

We are hiring for multiple trade positions:

- Control Maintainer
- Pipefitter/Plumber
- Millwrights
- Utility Workers
- Civil Maintainer – Carpenters

Location: Whiteshell – Pinawa, Manitoba

Questions? Please contact: Sari MacLean – Talent Acquisition Advisor at sari.macleam@cnl.ca

For more information on how to apply to these positions please visit our website at www.cnl.ca

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WATER TREATMENT

Water softeners. All sizes. 5 stage reverse osmosis systems, \$268. E-coli ultraviolet systems. Greensand iron/odour/ manganese removal filters. 10" & 20" Polyspun. String wound. Carbon replacement water filters. All Seasons Furnishings 204-661-8581.

WANTED

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

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

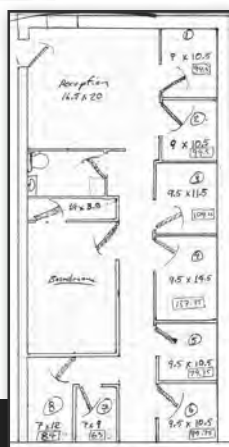
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CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



For information please contact:

BIG Real Estate
204-485-0010

email bigandcolourful@mts.net



THE RURAL MUNICIPALITY OF VICTORIA BEACH
705-1661 PORTAGE AVENUE
WINNIPEG, MB R3J 3T7
PHONE- (204) 774-4263 FAX- (204) 774-9834
Website – www.rmofvictoriabeach.ca
Email – vicbeach@mymts.net

NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days: **June 10, 13, 14, 15, 16** between the hours of: **10:00 a.m. to 3:00 p.m.** at the following location: **705 – 1661 Portage Ave, Winnipeg, MB** I will receive nominations for the offices of: **Mayor and Councillors (4)** for the Rural Municipality of Victoria Beach.

THE NOMINATION DEADLINE IS: June 16 at 3:00 p.m.
Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nomination papers may be filed with the Senior Election Official at the above location, on the date and hours specified, in person or by an agent or by mail or email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

John Sawchuk
Senior Election Official (SEO)
Phone: 204-797-7658
Email: johsawchuk@shaw.ca

Dated at Winnipeg on May 18, 2022

John Sawchuk, SEO
Rural Municipality of Victoria Beach

TRADES PERSON WANTED

Local contractor in cottage country looking for trades people for a variety of different renovations.

Call 204-390-2580

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WANTED
Old advertising dealership signs, gas pumps, globes, pop machines, light ups. White Rose, Red Indian, Buffalo, North Star, Case Eagles. etc. Collector paying TOP PRICES. 306- 221-5908.

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WANTED: Couple (M/W), seeking another couple M/W, to share common interests, go on adventures. NO DRINKING, NO SMOKING, NO RECREATIONAL DRUGS. Email 7eve nof13@gmail.com

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

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

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

HIRING? RENTING? SELLING? NEED STAFF BADLY? Having an AGM or on-line event and need attendees? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now! Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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

Employment Opportunity

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

- Student Dietary Aides: Various Locations in the IERHA**
- Must be Metis, Non-Status or Inuit.
 - Must be students between the ages of 16-29

Please see: <https://selfservice.ierha.ca/> and search under: "Support Services" and scroll to find: **Student Dietary Aide** for the complete job postings. **(Competition numbers: MMF 1157/22 and MMF 1158/22)**
Please apply on-line at <https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday June 9, 2022 at 11:59 pm.



Interlake-Eastern Regional Health Authority

ADVERTISE YOUR ITEMS FOR SALE IN THE RECORD

The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-785-1618

AUTO REPAIR TECHNICIAN WANTED

Full time position available in busy auto repair shop. Will accept apprentice. Wage according to experience.

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petersfieldgarage@mymts.net

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Experience an asset
info@eddiesgravel.com
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102086 Hwy 9, Wpg Beach, MB

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IS NOW HIRING!

Seeking friendly, motivated individuals to join our team.

Current roles we are looking to fill: Rental & Yard Attendant

Some duties include:

- Loading and unloading rental equipment, customer units and delivery trucks
- Yard maintenance including snow removal and grass cutting

Must have: Valid license, forklift experience, mechanical background and work well with others

New Unit Technician

- Duties include assembling new units and installing accessories
- Must have mechanical background
- Motorcycle license an asset

Please submit resumes in person or via email to Kerri@wshonda.net

CITY OF Selkirk NOTICE OF PUBLIC HEARING

UNDER THE PLANNING ACT

The City of Selkirk, under the authority of *The Planning Act*, will hold a public hearing to receive representation from the applicants and any other persons in respect to By-law No. 5362, being an amendment to Selkirk Zoning By-law No. 4968 of the City of Selkirk. Any person wishing to make a representation to Council can do so during the public hearing.

APPLICATION DETAILS

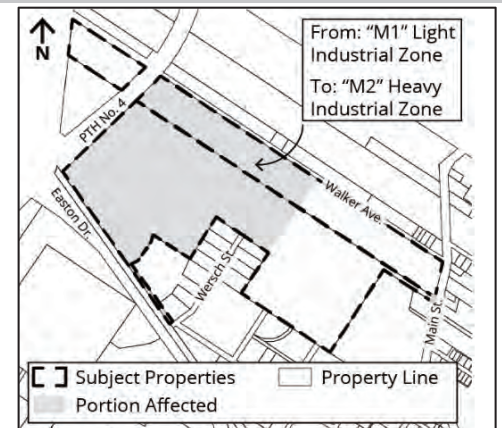
Subject Properties:

- Lot 1 Plan 60001 WLTO, Roll number 269302
- All those portions of RL 7, 8 and 9 Parish of St Peter which lie West of the Western limit of the New Main HWY edged in Red Plan 2896 WLTO, Roll number 269600.

Proposal Intent:

To re-zone portions of the subject properties from "M1" Light Industrial Zone to "M2" Heavy Industrial Zone.

The above by-law and supporting materials may be inspected and copied by any person from 10:00 AM to 4:00 PM, Monday to Friday, at 200 Eaton Avenue, Selkirk, MB.



PUBLIC HEARING DETAILS

Date & Time: 6:30 PM, June 13, 2022 **Location:** 200 Eaton Ave. (Council Chambers)

Seating at the public hearing will be limited to accommodate social distancing. As such, anyone wishing to make a representation should register at www.MySelkirk.ca/PublicHearing prior to 4:00 PM on Monday June 13, 2022. Once capacity is reached, additional registrants must attend via Zoom.

Please submit advance written statements prior to 2:00 PM on Friday June 10, 2022. Materials can be sent by email to citizensupport@cityofselkirk.com, by regular mail, or dropped off in person.

Dated at the City of Selkirk this 16th day of May, 2022.



PUBLIC NOTICE

Red River Planning District and Selkirk Separation

Following the successful negotiation of a settlement agreement, the Red River Planning District would like to announce that on May 1, 2022, the City of Selkirk became responsible for the delivery of permitting and planning services for all development within the City's municipal boundaries. The Red River Planning District will continue to provide these services for its remaining member municipalities (the RM's of St. Andrews, St. Clements, West St. Paul, East St. Paul, and the Village of Dunnottar).

All open permit applications from January 1, 2019 to April 29, 2022 were transferred to the City of Selkirk May 2, 2022 allowing for a seamless transition.

Individuals planning or undertaking development activities within the city of Selkirk should contact the City directly at 204-785-4900 or visit www.myselkirk.ca/planninganddevelopment

Individuals planning or undertaking development activities within the Rural Municipalities of St. Andrews, St. Clements, West St. Paul, East St. Paul, or the Village of Dunnottar can continue to contact the RRPD at 204-482-3717 or visit www.redriverplanning.com

Issued by the Red River Planning District

Announcements *Selkirk Record*

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CLANDEBOYE AVE in Selkirk
Executive Mall
OFFICE SPACE FOR LEASE



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and The Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.

For information please contact: BIG Real Estate
204-485-0010 email bigandcolourful@mts.net

OPEN HOUSE
SATURDAY, JUNE 4 11am-1pm



41083 Rd103N, Grand Marais

Nature Enthusiast Acreage to Explore! Neighboring Jack Fish Lake! Rare Find 161ac w All the Privacy & Tranquility You Have Been Searching For! Located on No Thru Rd. Nestled in Mix of Trees, Meadow & Your Own Pond, 1400sqft Home, 3BR, 2 Baths, Spacious Kit & Living Area. Dream Shop 38x26 w Office/Storage, 10' Ceiling, Infloor Heat. Deck, Gazebo, Shed, Garden. Mins to Beaches, Golf Course, Casino & Amenities! Great opportunity to come by open house to check out this beautiful property!

OPEN HOUSE
SUNDAY, JUNE 5 12pm-2pm



45106 Rd74N, RM of Brokenhead

Wake up in Green Bay to the Most Beautiful Sunrises! Great Family Home 2265sqft, 5 BR, 2.5 Baths. Country Style Kit, Dining rm to Host Family Get-Togethers. 2 Living Areas w Spacious Family Rm Plus Living Rm. Indoor Parking - Attach Garage 24x24, Dream Shop 52x34, His/Her Shed 24x8 or Parking for Kids Bikes! Patio, Deck, Garden, Park Like Yard. Make the move to family friendly green bay to enjoy country living!



Connie Bukoski
204-268-8066



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Do you have a truck and are heading back to Altona on Tuesdays empty?

Would you be interested in delivering the Altona Rhineland Voice Weekly Newspaper?

Email resume and driver's abstract to Bigandcolourful@mts.net

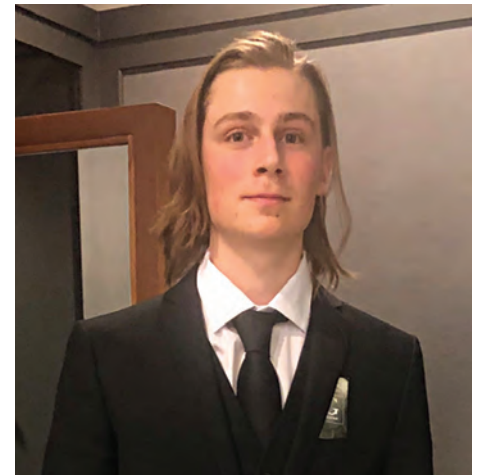


ANNOUNCEMENT

BIRTHDAY



WOW 18 years have flown by!!!!
Happy Birthday Jaden!!
-Love Mom, Dad, Jordan and Hobbs



ANNOUNCEMENT

ANNIVERSARY



Happy 40th Anniversary
Rae and Randy Urbanski
on June 6th

-Love from the kids

ANNOUNCEMENT

BIRTHDAY



Happy 70th Birthday
David Langlois
on June 6th

To a great guy who is my life long friend, an amazing father and grandfather May this special day be just the beginning of a year filled with happy memories and wonderful moments.

-Love Wendy,
Dawn, Jason (Tamara) and Andy,
Brayden (Brooklyn), Jacob and Malia

Don't Forget Your Loved Ones
WITH AN
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Evan Kreutzer.ca
Real Estate Services Inc.

325 Manitoba Ave. Selkirk
204-482-7355

EVAN
482-7355

WAYNE
485-0407

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\$179,900
1 3/4 storey, SxS, 3 bd, upgrades incl kit, bath & flooring.
CALL WAYNE

BIRD RIVER LANDING

138 acres, 2,600 ft WATERFRONT
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SOLD!
Spacious 3 bd, dbl gar, fenced yd.
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EBY Aluminum:

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1-888-685-3127
www.kaldecktrailers.com

McSherry Auctions

12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
Closes Wed June 8 @ 7:00PM

Estate & Moving
Closes Wed June 15 @ 7:00PM

Consignments Welcome!

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(204) 886-7027
www.mcsherryauction.com

The Aurora Plus

1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, walk-in pantry, island. 9 ft walls and double cathedral ceiling. James Hardie Siding.

Pictures available

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Selkirk Record

Announcements

Book Your Notice or Classified Ad Today - Call 204-785-1618 or email: lucy@selkirkrecord.ca

ANNOUNCEMENT

IN MEMORIAM



"Dolly" Hardwick
June 7, 2021

In Memory of my Mom

MISS YOU MOM,

A thousand words could not bring you back,
I know because I tried...

A thousand tears could not bring you back,
I know because I cried...

I really miss you Mom.

Although your soul is at rest and your body free from pain,

The world would be like heaven if I had you back again.

You're always in my thoughts, no matter where I go,

Always in my heart, because I loved you so.

However long my life might last,
Whatever joy or grief is mine, I still remember you.

I miss you so much, Mom

-Love Ingrid (and Buddy)

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

ANNOUNCEMENT

IN MEMORIAM



Andrew James Cotton
June 8, 1953 - June 3, 2021

I know I cannot bring you back,
Although I wish it every day;
A piece of me went with you,
The day you went away.

-Your loving wife Trish and family

ANNOUNCEMENT

IN MEMORIAM



Larry Motkaluk

January 22nd, 1951 - June 2nd, 2012

10 years have passed since you left us,
Companionship, kindness and an intelligence unrivalled by many we know.

That was our Grandfather, Father and Husband.

We miss his laughter and his voice,
His friendly smile for all makes us wish he was here.

Larry went away without a farewell.

Your absence makes our hearts ache.
You were gone too soon and we miss you terribly.

XOXO

-Shauna, Troy, Kelly, CC and families

OBITUARY

Velma Marie Komarniski (nee Lambert)



Peacefully, on Monday, May 16, 2022 at the Betel Home in Selkirk, Manitoba, Velma Komarniski, aged 86 years of Selkirk, Manitoba passed away.

She is survived by her loving companion of 29 years, Bernard Jablonski and her cousins Judy Connon (Gregory), Bill Gamache (Sheri) and Donna Harris (Lambert). She will also be sadly missed by Verna Gamache.

Velma is predeceased by her parents Mary and John Ostrowski of Clandeboye MB.

In keeping with her wishes, cremation has taken place and a family graveside service will be held at a later date at the St. George Wakefield Anglican Churchyard cemetery.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Eileen Muriel Kulikoski



It is with heaviest hearts we announce the passing of Eileen Muriel Kulikoski at the age of 91.

Eileen was born to Hubert and Rena Grieve in Selkirk, Manitoba. The family moved from the Larter family farm in St. Andrews to Calgary when Eileen was 11.

Eileen was married to Michael Kulikoski in 1951. Together they built their family home where she has resided for 68 years.

As a parent, Eileen was a member of the Ramsay School and Community Associations. She was also active in St. John the Evangelist Anglican Church in Inglewood and the Royal Purple Society.

Eileen loved to garden. She enjoyed the beauty of her flowers but nothing was more important to her than the nurturing and love of her growing family. She is honoured and loved by her children,

Diane (Phil) Hamel and Ken (Jan) Kulikoski. Her greatest legacy is her grandchildren, Jennifer (Duncan) Smith, Tyler (Krysta) Thornton, Michael (Nicole Kulikoski), Mitchell (Cora) Kulikoski, Jason (Megan) Hamel and Laura Hamel. Eight great-grandchildren brought Eileen pure joy, Chloe, Georgia and Mikaela Smith, twins Blake and Kinzie Thornton, Jaxson and Griffin Kulikoski, and Willow Hamel.

Eileen was predeceased by their infant daughter Lisa Marie and then tragically in 1984, by her husband Mike.

A private family ceremony will be held to honour Eileen's memory.

In lieu of flowers, you may honour Eileen's giving spirit by donating to the charity of your choice.

OBITUARY

Eldon Kelm



It's with a heavy heart that we announce that our father, Eldon Kelm, passed away at sunrise on May 20, 2022 at the age of 81 years old.

Dad was predeceased by his wife of 53 years, Shirley Kelm, almost four years to the day (Mom died on May 22, 2018). He is survived by his children Lori (Rick) Doan, Mark (Young Ran) Kelm, and Kristal (Ian) Haalboom; his grandchildren Tess Doan, Ari Haalboom, Tate Haalboom, Emma Haalboom, Hannah Kelm, and Sarah Kelm; his sisters Marlene (David) Allen and Donna Smith; and several nieces, nephews, and cousins. He was also predeceased by his parents, Ed and Elsie Kelm.

Dad met our mom on a blind date and they were engaged six weeks later. They spent the early years of their marriage in Neepawa before moving to Dauphin when Dad got a job as a tax assessor for the government. This was the beginning of his 27-year career with the Government of Manitoba, eventually working in the forestry department and settling in Winnipeg.

Dad worked with Dutch elm disease and went to the University of Manitoba while working with the government to pursue a degree in entomology when he was in his late forties. He had two courses left to finish when he stopped his studies, much to the chagrin of our mother who tried to persuade him to finish his degree by telling him that we could then add his degree to his obituary. She didn't succeed in convincing him, but we know that she would want us to be sure to include this here in honour of this significant accomplishment, degree or not.

Dad enjoyed theatre when he lived in Dauphin, and in his retirement he became very involved in doing the camerawork for the church he attended in Selkirk, occasionally preaching there, as well. He moved to Tudor House in 2018, the personal care home where he and our mom spent their final years, and they had seven weeks together there before our mom passed away. He sometimes preached for their chapel services, and the staff told us during our last visit that he would often read the Bible with residents during the pandemic when their own ministers and family couldn't visit.

In accordance with Dad's wishes there won't be a funeral service. If you knew dad and would like to pay tribute to him in some way on your own, we invite you to think of him while listening to Stardust by Willie Nelson or Elvis Presley's How Great Thou Art, two songs he enjoyed and that we played for him as he prepared to make his final journey. He shared the same faith as his son, Mark, and was very proud of the work Mark does as the senior chaplain at Union Gospel Mission in Winnipeg, so in lieu of flowers if you so desire we invite you to make a donation to Union Gospel Mission in Winnipeg in Dad's name.

Rest on angels' wings, Dad, until we meet again. Tell mom we miss her.

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

OBITUARY

Vern Harluck (Curly)



It is with great sadness that we announce the passing of Vern on May 17, 2022.

He was predeceased by his parents Nick and Mary and his only niece Laura.

Left to treasure his memory are sister Veronica; brother Bert; nephews Bryan, Cody, and Carson and brother-in-law Peter.

He was somebody you could count on and a friend to many.

Vern will be forever in our hearts.

In keeping with his wishes, cremation has taken place and no formal service will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Thelma Jean Bell (nee Sutherland)
September 2nd, 1930 - May 19th, 2022

Peacefully on May 19th, 2022, Mom passed away at the Betel Nursing Home in Selkirk. She was 91 years old.

Mom was predeceased by her loving husband Olafur Bell on December 30, 1980. She was also predeceased by her parents Reginald and Elsie Sutherland; baby sister Edith at birth; brothers Lyall and Ed; mother and father-in-law Ernest and Lovisa Bell; and daughter Marilyn Loutit on July 24, 2021.

Our Mom, Amma and Amma-Amma will be lovingly remembered by her son Myron (Carol) Bell, daughters Maureen (Harry) Petersen, Barb (Jason) Nutbean, Kim (Ron) Chartier and son-in-law Dale Loutit. Mom's grandchildren Ken, Tanya (Phil), Jennifer (Ryan), Dianne (Scott), Erik (Desiree), Rod (Carmen), Kurt, Christopher, Shannen, Nickolas, Matthew, Stuart (Christina),

Jesse, Jonathan (Kiera), Nicholas (Tonie), Jackie and 15 great-grandchildren, sisters-in-law Marjorie and Fran Sutherland, Bonnie and Louella Bell and brother-in-law Billy Bell.

Mom was born in Selkirk, MB on September 2, 1930 and was raised on the Sutherland Family Farm in Clandeboye. Mom attended school in Meadowdale and graduated grade 11 from Clandeboye High School on May 28, 1948. After graduating Mom took a one year position as a Permit Teacher in Emesville near Grassmere Road. She taught anywhere from 20-30 students with a range in ages. Some students were much taller than her. Then to Winnipeg working at Eaton's Mail Order. She then moved back to Selkirk and worked there.

Mom met Dad, a handsome Icelander from Hecla Island at a Clandeboye dance. They were married on September 8, 1951 at Christ Church in Selkirk, MB. Mom and Dad lived in Selkirk for 16 years until moving the family to Clandeboye in 1967. This is where they started The Bell Family Farm. Taking care of cattle, horses, chickens, cats, dogs, rabbits and all the responsibility that goes into taking care of all of them as well. The road we lived on was named Bell Road. Mom and Dad taught us kids the hard work ethic which was led by example and to always treat everyone with respect.

Like her family before her, Mom was a very dedicated and hardworking member of St. George's Wakefield Anglican Church. She served many duties and was an active 3rd generation Sutherland serving the Church. Mom was A.C.W. Secretary for 35 years until her retirement on May 30, 2010.

Mom and Dad worked together and helped out many family members and friends without any hesitation. Mom always went out of her way to bring everyone together hosting a number of holiday dinners. Every Christmas Mom brought out cousin Rosie McNabb from Winnipeg to stay with us. Mom and Dad would take the family for different road trips out to Alberta and Grand Forks to do shopping.

Mom was a stay at home Mom and Dad worked at the Selkirk Rolling Mill for almost 30 years. It was on December 30, 1980 when Dad died from cancer.

Mom was a widow at only 50 years old and had two young daughter's to raise. Even though life was really, really tough Mom always had a welcoming home and we never did without. After Dad passed Mom worked for home care then was a cleaner for the RM of St. Andrew's office for years.

Mom gave countless time and energy to her family, Church and community. She enjoyed gardening, Tuesday Bowling, bingo, volunteering for The Red Cross and being a member of Gordon Howard Senior Center. Even after Dad passed Mom still enjoyed travelling. Mom travelled to Las Vegas twice with all her children to celebrate her 75th and 80th birthday. She really enjoyed her 80th birthday party us kids gave her and she talked about it for years. She also travelled with family all the way to British Columbia and Mexico. Mom enjoyed a number of senior bus trips with a group of four ladies and they were known as "The Golden Girls". Her highlight bus trip took her all the way to Branson, Missouri where she saw one of her favourite singers, Daniel O'Donnell. She also saw Tommy Hunter with family.

Mom was a gifted seamstress. She made her daughter's many matching outfits. She also made quilts for all her children, grandchildren and some great-grandchildren. Mom also sewed all the bridesmaid dresses for Myron and Maureen's weddings. She was a dedicated 4-H leader Mom for all her children. She took great pride in her home, garden, yard and flowers. She was still able to cut her own grass until moving to Selkirk in 2013.

Mom was a homemaker who thoroughly enjoyed cooking, baking and pickling. We would come home to the wonderful aroma of freshly baked bread, cinnamon buns, pies and soups. Her specialties were her homemade beets, dill pickles, celery sauce and delicious perogies. Mom carried on the Icelandic tradition from Dad's family, making vinetarta and brown bread. She made all of her children's wedding fruit cakes and always did the traditional Christmas pudding with special rum sauce. Every birthday she made us her confetti angel food cake with the 7 minute pink frosting.

She went berry picking with her family and usually ate more strawberries than what went into her pail. Mom was also a sharp shooter with the 22 pegging off a number of skunks.

Mom was a very strong and smart woman. She was always up for anything. She enjoyed the spontaneous car rides with her family. Just simply going out to check the farmer's fields, a yearly trip to Hecla and of course going to Half Moon for ice cream. We would hear countless stories down memory lane which we will always cherish. Mom was so grateful to have seen all of her children and grandchildren graduate from high school.

When Dad and Marilyn passed away, they took a piece of our hearts with them. Now Mom has taken another piece of our heart with her as well. One day all of the pieces will connect again in Heaven.

The family would like to thank the Betel Home and Woodlands Court for their wonderful care, love and respect they provided to our Mom over the years. Thank you Gloria, Mom's friend at the Betel for always keeping an eye on Mom for us. We were Blessed to have such caring people taking such good care of our Mom when we couldn't anymore. Especially during the pandemic when the simple things in life like being able to breath the same air as her or just sitting beside her wasn't possible. But thankfully we could still see through the window that the kind and thoughtful staff had her hair, nails and lipstick all done up nice, just the way she would have liked it! Your kindness and compassion will never be forgotten!!

A private family service will take place at St. George's Wakefield Church. Mom's grandsons will be her pallbearers; her active pallbearers will be Ken Bell, Erik and Rod Petersen, Jesse Chartier, Nickolas and Matthew Nutbean. Her honorary pallbearers will be Kurt Petersen, Jonathan and Nicholas Chartier, Christopher Loutit and Stuart Geers.

In lieu of flowers memorial donations can be made to St. George's Wakefield Church - Cemetery Fund, Box 219, Clandeboye, MB R0C 0P0.

As a tribute to Mom as she loved the color purple, please pick any purple flowers in her memory.

We love you Mom, Amma and Amma-Amma. Until we meet again.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

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 or email: lucy@selkirkrecord.ca

OBITUARY

Joanne Lynn Eck (nee Juskow)
January 20, 1954 - May 19, 2022



Suddenly on May 19, 2022, at Selkirk Hospital, Joanne took her last flight at the young age of 68.

She was predeceased by her parents Orest and Rose Juskow. Remaining to mourn her passing are her husband of 46 years, Artur (Art) Eck, and her sister Holly Gay Juskow, and many friends she made over the years. Her cockatoo Rosie and dog Gizmo miss her deeply.

Joanne loved to meet new people and had a gift for striking-up a conversation with just about anyone/anywhere.

Joanne was a very strong-willed and independent individual being able to move mountains when she thought the need. She had a unique motto that she lived by: "You have one flight through life, fly first class".

Cremation has taken place and a Celebration of Life will take place at a later date. In lieu of flowers, if you so wish, a donation may be made to CancerCare Manitoba or a pet shelter of your choice.

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

Arrangements entrusted to:



OBITUARY

George (Harry) Freeman
June 2nd, 1941 - May 17th, 2022



It is with deep sadness for our own loss that we announce the passing of a dear husband, father, grandfather, uncle, cousin, brother and friend to all, George (Harry) Freeman. It is with joy in our hearts that we celebrate George's peaceful passing on to be with our Heavenly Father.

George is now with his beloved parents, Harry and Bonnie Freeman; brother Ron (Pung), sister Peggy, and brother Tommy; as well as many aunts, uncles, cousins, and friends who have gone before him.

George is survived by his wife Kathy; siblings Bob, Richard, Gary, Roddy, Betty, Gerry and Tannis; son Vince (Jeannine), daughter Francine (Mike), step-daughter Jacki (Aaron); grandchildren Tyler (Alicia), Joshua (Alex), Jessica, Kyla, Keana, and Michael, Alexis

and Nickolas; great-grandchildren Nevaeh, Willow, Mikayla and Rylee, as well as our large circle of family and friends.

We thank Dr. Demsas for his care and compassion, as well as the staff of Selkirk General Hospital. Special thanks to Archdeacon Godfrey Mawejji for his guidance, prayers, love and loss of sleep on our behalf.

Anyone who knew George will remember him to have been a tall, self-assured, gregarious storyteller. He had a love of old cars, which he turned into a back yard car collection/wrecking yard, and a weekend passion for racing at Brooklands Speedway. He had the courage to leave a good government job at the Queen's Printer and follow his dream of becoming a professional photographer. He cashed out his pension as seed money, put on a cowboy hat and boots, and never looked back. He and his wife Kathy travelled western Canada with their Olde Tyme Photo Parlour business setting up at the Calgary Stampede, the PNE, and the Winnipeg Ex, the Saskatoon Fair, Klondike Days in Edmonton and numerous smaller fairs and shopping malls in-between.

To my beloved husband George, your "Little Baby" loves and misses you dearly.

Until we meet again, I shall remain yours truly, Kathy.

Funeral Services will be held on Friday, June 3, 2022 at 2:00 p.m. at St. Clements Anglican Church, 1178 River Road, Selkirk, MB with Archdeacon Godfrey Mawejji officiating. Interment to follow in the St. Clements Cemetery.

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

Arrangements entrusted to:



Your memory will live forever Engraved within our hearts

OBITUARY



Ron Preachuk

After a happy and adventurous 64 years, Ron passed peacefully on May 21st, 2022 with his wife and daughters by his side.

Born July 29, 1957 in Selkirk, Manitoba to Joseph and Anne. Left to honour his memory are his wife of 38 years Christine; daughters Amanda (Craig Adolphe), Jessica (Dan Hills); sister Marion Joyce (Grant Dunfield); brothers Tom (Ursula), Jerry (Mary-Anne), Art (Deb); in-laws Dave and Mary Manson; sister-in-law Catherine Williamson; and brother-in-law Dale Manson.

Ron grew up on the family farm in St. Andrews with his four siblings. He left school at 16 and worked in a variety of construction jobs before becoming a journeyman Pipe Fitter/Sprinkler Fitter in 1981. These skills gave him the opportunity to travel and work in Alberta, Saskatchewan, Manitoba, and Ontario.

Ron and Christine were married in 1984. Ron went back to school to obtain his high school diploma, and became a Power Engineer in 1989. Christine and Ron built their first home in Transcona in 1990 where they had their two daughters. Ron began his career at the University of Manitoba in 1992, from which he was set to retire this August. In 1997 the family moved to their home in Oakbank where they would spend the next 25 years working along side one another creating their own slice of paradise. They built a flourishing community in their neighbourhood and would welcome newcomers to Birch Bay by inviting them to their next gathering. Ron was always finding new ways to celebrate summer by holding horseshoe and air hockey tournaments, throwing pool parties and barbecues, and setting off fireworks. Countless evenings were spent enjoying backyard bonfires under the stars.

He loved his annual trips to Clear Lake, and you could always spot him at the Winnipeg Folk Festival in his latest tie dye. He caught the travel bug in 1998. Ron and his family went on countless cruises to most of the Caribbean Islands, Hawaii, and the Mediterranean. They also visited faraway destinations such as Scotland, New Zealand, and South East Asia.

Ron will be fondly remembered for his mischievous sense of humour, his passion for his family, for travel, for sharing his worldly knowledge, and his love of trivia.

Please join us at 3:00 p.m. on Sunday, June 5 at Cooks Creeks Community Centre, 30026 Zora Road, to share food and friendship. In honour of Ron, please wear your most colourful outfit. Tie dye and Hawaiian shirts absolutely encouraged, black attire prohibited!

Thank you to the many doctors and nurses at the Selkirk Regional Health Centre and CancerCare Manitoba for their phenomenal care.

In lieu of flowers, please consider a donation to the Ron and Christine Preachuk and Family Endowment Fund through the Interlake Eastern Health Foundation, P.O. Box 5000 120 Easton Drive Selkirk, MB R1A 2M2, or online at www.iehf.ca in memory of Ron Preachuk.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



**Elizabeth (Betty) Charlotte Saunders
(nee Anderson)**

Peacefully, on Friday, May 27th, 2022, at Calvary Place in Winnipeg, Betty passed away at 83 years of age.

She is lovingly remembered by her husband of 56 years, Roger; children Michael (Darcelle), Megan (Michael), Kyle (Krista); grandsons Brett (Catherine), Garrett, Malcolm; great-granddaughter Sophia; as well as her siblings Garry (Dorothy), Harvey (Nancy), Terry (Doug), and many nieces, nephews, cousins and friends.

She was predeceased by her parents Jack and Mayme Anderson, her brother Robert, and her nephews Dean and Shawn Anderson.

Betty was born in Kindersley, Saskatchewan on January 15th, 1939. She was raised on the family farm in Marengo, in a close-knit farming community surrounded by many friends and neighbours.

She attended high school at the Sisters of St. Joseph Convent in Rosetown. She completed her training at St. Paul's Hospital School of Nursing in Saskatoon and graduated with her RN in 1960. Betty made lifelong friends from her time in nursing school and enjoyed their many class reunions over the years. After graduation she worked in various places in Western Canada before coming to Winnipeg to work in the maternity ward of St. Boniface Hospital. She truly enjoyed this time in her life; she shared an apartment with good friends and had a busy social life. It was at a party hosted by mutual friends that Betty met Roger in the fall of 1964. They were married the following summer in a torrential downpour in Marengo, Saskatchewan. Roger and Betty made their home in East Selkirk, and started their family. Betty stayed home with her children until they entered school. She then returned to work, while continuing to raise her family and supporting Roger on the farm. Eventually she found her place as a Home Care nurse in and around Selkirk, a job that she held for almost 20 years until her retirement.

Betty had a number of hobbies through which she made many of her closest friends. She quilted, painted porcelain, made pottery, knitted, and made crafts. Betty and Roger traveled often with their children. After retirement, they could be found every winter, enjoying the company of friends during "Happy Hour" at Loma Linda in Guayabitos, Mexico.

Betty found so much joy in her grandchildren, and was always available to spend time with them. She loved most having her family gathered around her. She is remembered as a good listener and friend, someone who loved to laugh, and who, when asked, could give thoughtful advice.

Betty spent the last year of her long, full life at Calvary Place Personal Care Home in Winnipeg, where her cheerfulness and kindness endeared her to fellow residents and to the wonderful staff.

Prayers will take place at Gilbart Funeral Home, Selkirk on Wednesday June 1st, 2022 at 7:00 p.m. Funeral mass will be held Thursday, June 2nd at 11:00 a.m. at St. Stanislaus Roman Catholic Church, East Selkirk.

Condolences may be shared on Betty's memorial page at www.gilbartfuneralhome.com.

In lieu of flowers, those who wish may donate to St. Boniface Hospital, Winnipeg where Betty worked, had her children, and received excellent treatment from the staff of CancerCare.

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

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

OBITUARY



**Lynn May Whiteway
November 21, 1955 –
May 24, 2022**

It is with sadness and sorrowful heartbreak that we announce the peaceful passing of Lynn May Whiteway, wife, sister, sister-in-law, and aunt at Riverview Palliative Health Centre.

Lynn is survived by husband of 23 years Myles B. Johnson; sisters Peggy, Freda, Lorraine (Bill), Kathy (Percy), Gail (Miles), Denise (Orville), Sherry; brothers Bert (Wendy), Wayne (Bernice),

Kelly (Marlene); nieces, nephews and friends and her best friend of many years Grace.

Lynn was predeceased by her parents William and Marie Whiteway; her sister Penny; brothers William, Billy; brothers-in-law Doug and Mike.

Lynn was raised on Matheson Island where she had great pride and love of the island. She was a great sister and an amazing friend, she was compassionate and could remember everyone's names and events. One of her greatest joys was raising Matthew and Lorianne and she spoke of that time with love. Her smile was contagious and her love of her family and friends was second to none. Lynn's battle with cancer was fought very hard by her, as she wanted to spend more time with Myles and their coffee dates.

Rest now in God's arms

A celebration of life will be held on Thursday June 9th, 2022 at 1:00 pm in the Gilbart Funeral Chapel, Selkirk, MB. Burial will take place at a later date.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



**Mary Antofichuk
1924 – 2022**

It is with heavy hearts that the family sadly announces the peaceful passing of our dear Mom, Nanny and Baba, Mary Antofichuk, formerly of Winnipeg Beach, at the age of 97 on Saturday, May 21, 2022 at Middlechurch Home.

Mom leaves behind her daughters Joan Antofichuk and Marjorie Willis (Barry); grandson Derek Willis (Sherry) and granddaughter Erin Ouendag (Craig) and two precious great-grandsons Max and Lex Ouendag; sister Marjorie Wozney; and nephew David Wozney.

She was predeceased by her husband Andrew (2010); son-in-law Leslie McIntyre (2016) and two brothers Nick and John Wozney.

Mom was born in Foley, MB on July 30, 1924 to Michael and Lena Wozney. She grew up with her siblings and attended Foley School until Grade 8. She worked hard on the farm along with her

family.

Mom met Dad at the local 'hangout', Pertson's General Store and were married on June 23, 1945. Mom and Dad farmed together and were blessed with two daughters. In 1973 they sold the farm and retired to live in Winnipeg Beach at 55 Park Ave. Mom was happy to live in town as it was close to many conveniences especially to her church St. Peter & Paul where she attended mass.

She enjoyed Bingo, card games with friends, fishing and loved to attend the Austin Threshermen's Reunion. Going to Grand Forks and Fargo with her children and grandchildren was another highlight for Mom. She would walk the toy aisles at Target Store with Derek and Erin (as small children) and would gladly buy whatever toy they picked out.

Mom truly enjoyed gardening; her flower gardens were outstanding as well as her vegetable garden. She loved canning the fruits of her labor as many as 500 jars would be put into her cold storage room for winter. Mushroom picking and picking all sorts of wild berries to make her wonderful jams was also a pleasure.

Mom was a great cook and always had a lovely spread to put out whenever friends and family would pop in for a visit always saying "have some more". Family gatherings on holidays were her most pleasurable times and attending the grandchildren's recitals, concerts and graduations.

Mom and Dad became 'city slickers' in 2003 when they moved to Winnipeg in the same complex where Joan and Leslie lived. They were happy that Joan and Leslie were close at hand for helping out and together went for many country drives.

After Dad passed in 2010, Mom enjoyed living with Barry, Marge and Maggie (family dog) for the last 11 years prior to her going to Middlechurch in August 2021. Every Saturday Marge would have the family come over for dinners which Mom loved, she would say "this is my medication" as she played with Max and Lex, her "poopeke".

We would like to thank Middlechurch Home, Unit B2 for the wonderful care and compassion shown to Mom and family. As per Mom's request, there will be a private family funeral.

"Rest in Peace Mom, we love you more than words could ever express. You will remain in our hearts & memories forever".

Vichnaya Pamyat!

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

Gilbart Funeral Home, Selkirk in care of arrangements.





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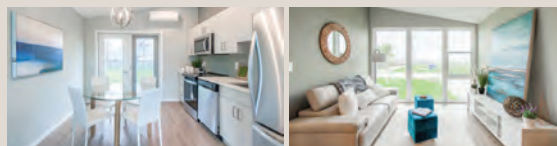
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