



M **GREG MICHIE**
REALTY GROUP



GREGMICHIE.COM | 204.336.2800 f @

729 River Rd, \$989,900 | Rarely can history be acquired, but with this Historic River Road property offering over 3 acres with spectacular river views, complimented with mature oak trees & LUXURY resort-like inground UV pool the time is now!

The Selkirk Record

THURSDAY, JULY 21, 2022

VOLUME 13 EDITION 29

www.selkirkrecord.ca

SERVING SELKIRK, LOCKPORT, ST. ANDREWS, ST. CLEMENTS, WEST ST. PAUL, CLANDEBOYE, PETERSFIELD, LIBAU, GARSON, DUNNOTTAR & TYNDALL



Congratulations

Josh Isfjord



5 consecutive years of achieving GM's Gold Marketing Guild for automotive sales and customer satisfaction



RURAL DISCOUNTS WITHIN REACH!

1010 Manitoba Ave,
Selkirk MB
Open 24 Hours @
www.selkirkgm.ca

(204) 484-1010

@joshselkirkgm



Triple S Fair & Rodeo returns!

RECORD PHOTO BY KATELYN BOULANGER

The Triple S Fair and Rodeo made its comeback after a two year hiatus last week. Residents gathered for a great time which included barrel racing, bull riding, mud bogging, the demolition derby and fun carnival rides.

> everything you need to know in your locally owned and operated community newspaper



DAILY SPECIALS
PICK UP & DELIVERY
204-757-2350
Lockport, MB
www.gaffers.net

HOT SUMMER DAYS & NIGHTS

ON THE GAFFER'S PATIO

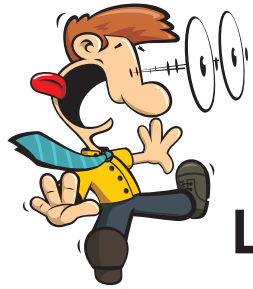


... Beautiful!

BACK BY POPULAR DEMAND OUR PRIME RIB IS AVAILABLE DAILY!

HOT DEALS AT HARRY'S

Visit us at HARRYSFOODS.CA to view our entire flyer filled with 100's of other items on sale each week.



WOW!

Look at these hot deals!

Table Accents
Plastic Cups
16 oz
12 pk



\$1.49

Dawn Ultra
Dishwashing Liquid
Green Tea & Honey
479 mL



99¢

Kellogg's
Cereals
Selected Varieties
210 - 275 g



\$1.99
LIMIT OF 3

Rocky Madsen's
Fish Crisp
Assorted
230 or 340 g



\$3.99

Campside
Marshmallows
Super Giant
700 g



\$2.99

Sunny D
Citrus Punch
Assorted
1.18 L



99¢
LIMIT OF 3

Granny's
Fresh Whole
Grade A Fryers
\$3.29 / lb
\$7.25 / kg

Coca-Cola
Beverages
Assorted
20x355 mL
\$8.99

Nestle Parlour
Frozen Dessert
Assorted 1.5 L
\$4.99

Helen's
Perogies
Assorted
2 kg
\$3.99

Canadian
Fresh Family Pack
Pork Loin Chops
2 Rib End, 2 Centre Cut
& 2 Tenderloin End
\$3.29 / lb
\$7.25 / kg

Armstrong
Melts
Slices 450 g
\$2.99

Schneiders
Hickory
Smoked Bacon
Classic Cut 375 g
\$5.99

Dairyland
Sour Cream
Selected Varieties
450 or 500 mL
2/\$5

BURNS
Wieners
375 g
2/\$5

Cavendish
Fries or Wedges
Assorted 540 or 750 g
2/\$7

Armstrong
Cheese
Assorted 600 g
\$8.99

Maxwell House
Coffee
Assorted 631 or 925 g,
K-Cups
Assorted 12 pk
\$7.99

SMITH'S
Roast Beef
\$2.29 / 100 g

Danone
Activia Yogurt
Assorted
12x100 g
\$6.49

Dairyland
Stirred or Classic
Vanilla Yogurt
Assorted 650 g
2/\$5

Bambino
Watermelons
Imported
\$3.99 ea

Fresh
Sunkist
Valencia Oranges
USA, Fancy
\$1.49 / lb
\$3.28 / kg

Fresh
Long English
Cucumbers
Canada #1
99¢ ea

Fresh
Iceberg
Lettuce
USA #1
\$1.99 ea

Fresh
Red Seedless
Grapes
Imported
\$2.49 / lb
\$5.49 / kg

Fresh
Tricolour
Bell Peppers
Canada #1, 3 pk
\$4.49 ea

Fresh
Iceberg
Lettuce
USA #1
\$1.99 ea

Store has the right to limit quantities and to add enviro and deposit where applicable.

1 - Week 20 22 Harry's Foods



5571 Main St. (Hwy #9) St. Andrews
Store Hours: Monday-Friday 8am-9:30pm,
Saturday 8am-8pm, Sunday & Holidays 10am-6pm
Customer Service: 204.338.7538



Pharmacy Hours:
Monday-Friday 9am-5pm
Phone: 204.504.5500
Fax: 204.504.5540

PRICES IN EFFECT: THURSDAY, JULY 21 - WEDNESDAY, JULY 27, 2022

Taking on Canada one river at a time

By Katelyn Boulanger

Bert terHart has taken on the challenge of traversing Canada not by plane or in a car but by paddling and portaging his way from British Columbia to New Brunswick. terHart is an accomplished sailor having circumnavigated the globe solo, non-stop using only traditional navigation tools. This time he's continuing to only use traditional tools as a way to experience what the First Nations people of Canada as well as the first voyageurs felt.

"From Winnipeg to Selkirk was really actually pretty nice because the weather was great. It's amazing how much the terrain changes over a very short period of time. So, even though you're travelling very slowly, the trip, from the Forks to Selkirk, the river changes dramatically," said terHart.

One of the reasons that terHart has decided to canoe across the country only using traditional means and under his own power is that he wants to connect with the Indigenous people who helped put Canada on the map saying that the successes that are often attributed to the voyageurs lie at the feet of the Indigenous people who were their guides.

"I wanted to see Canada, the way that they saw it, I wanted to get a deeper understanding of their experiences. And one way I thought to do that would be to paddle and walk across the country. I wanted to also, personally, get a deeper understanding of what First Nations people saw and felt in the land, the lakes and the rivers. They say walk a mile in someone's shoes, and you get to know that person a little bit better. So, I chose to walk the 4000 miles to get to know something about the way that Indigenous people related to our country," he said.

He's also hoping that people who learn about the trip are inspired to

take advantage of the amazing natural landscape that we have in Canada and the unique opportunity that we have to explore it. He has said from his experience sailing around the world that jumping in a boat and going down a river is not something that people in other places have the permission to do.

"I'm hoping to inspire Canadians young and old, to dream big. And I mean, really big, like cross the country in a canoe or sail around the world by yourself, and then persist, if you're willing to give yourself a yes and then persist, there is nothing you cannot do. So, if I can do this. If I can get here from the West Coast, then you're pretty much out of excuses, right?" he said.

The next step of his trip from Selkirk was to travel into Netley Marsh and on to Lake Winnipeg. Because of the weather that we've been having as well as the fact he's in a small craft and going to be paddling on a large lake, he'll be timing his travels on Lake Winnipeg carefully and might even be paddling there in the middle of the night to make sure that he continues his journey East.

He hopes to leave people who hear about his journey with the message that they can do extraordinary things in their lives by putting a little bit of extra effort in to being more than everyone else ordinarily is.

"If you have the courage to step outside your front door with an open heart and an open mind, then your life by very definition is extraordinary because it is a little tiny bit out of the ordinary. And, if you choose to do that every single day, then the transformation in your life and perhaps the people around you and what you can do in the world is something that you cannot possibly begin to imagine," said terHart.



RECORD PHOTO BY KATELYN BOULANGER

Bert terHart paddling his way into Selkirk last week.

Flight Training

START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

LAKESIDE FLIGHT SCHOOL IS THE MOST AFFORDABLE IN CANADA. RECREATIONAL, PRIVATE AND COMMERCIAL LICENSE. AUTHORIZED TRAINING FOR COMMERCIAL PILOT LICENCE, FLIGHT INSTRUCTOR RATING, NIGHT RATING, PRIVATE PILOT LICENCE, RECREATIONAL PILOT PERMIT AND VFR OVER-THE-TOP RATING

Want to learn to fly?

RECREATIONAL PILOT PROGRAM is the best way to get started. Must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger. Can easily add float rating to permit.

LS AIRWAYS FLIGHT ACADEMY

439 MAIN ST., SELKIRK
North of Manitoba Ave.

FUN in the Sun!

BIG DOLLAR

HOURS

MONDAY - THURSDAY 9-6
FRIDAY 9-9
SATURDAY 9-6 SUNDAY 12-5

Best selling author gives reading at Gaynor Library

Kate Heartfield introduces her latest novel to residents

By Katelyn Boulanger

Selkirk book-lovers gathered at the library last week to celebrate the release of Kate Heartfield's latest novel *The Embroidered Book*. This book which was published a few months ago is the latest from the best selling author who grew up in Selkirk.

"I did grow up in Selkirk. I went to Mapleton School and lived here from the age of five to the age of 17. So, it's definitely my home and I come back here quite a lot because I still have a lot of family here," said Heartfield at the reading.

The Embroidered Book is a speculative fantasy novel meant for an adult audience and combines elements of history along with magical elements into a story of what could potentially have happened if history had played out in a slightly more fantastical world than we live in.

"[The book is] about Marie Antoinette of France, and her sister Charlotte of Naples and the twist is that they have magic. It's a historical fiction book, but it also has a lot of fantasy in it and secretly, they're doing magic behind the scenes and a lot of the events in history are explained by this magic that they have. Magic is

sort of their metaphor for power and about how women in the 18th century, particularly very powerful privileged women, were able to use their family influence and the choices that they had to make to use that power," said Heartfield.

She explained to the crowd that the initial idea for this novel came several years ago in 2015 when she picked up a copy of a biography of Marie Antoinette.

"I happened to be reading this biography and I came across this line very early in the book about how Antoinette and Charlotte were really close sisters but they kept getting in trouble. And they had gotten so much trouble, that they had to be separated," said Heartfield.

Unfortunately, the author of the biography didn't expand on what the sisters did to get themselves in so much trouble when they were children but that got Heartfield's mind whirling and she imagined a universe where the girls got in trouble because of magic.

This was a natural extension for her as many of her novels involve speculative fiction and elements of fantasy.

"[I enjoy speculative fiction because



RECORD PHOTO BY KATELYN BOULANGER

Kate Heartfield signing books at the Gaynor Family Regional Library.

of] the imagination. It's the ability to look at our reality through a different lens, especially when it comes to history. I like to put the reader a little bit on guard and say, 'Okay, you think you know the story, but what if there was something about it that was strange or different,' and it forces the reader to rethink what they know, and not be sure of what's going to happen next," she said.

For people from Selkirk who might want to travel along a similar path to writing a novel, Heartfield advises that they practice.

"It's hard to have one size fits all advice. Everyone's different but I think the things that are true for everyone are that you learn by writing. Everyone learns by writing and I think every novelist, even if they've written 20 novels, they sit down and the next one is going to be hard because it's going to be its own," she said.

Hi Tone Records, who in addition to records, have a selection of books including many local authors, was at the event in order to provide copies of Heartfield's book. The local record



The Embroidered Book.

and book seller also recently received a restock of *The Embroidered Book* so that anyone who missed out on the event can purchase a copy of their own.

If you're interested in the latest from Kate Heartfield she can be found on social media @kateheartfield as well as online at kateheartfield.com. She also has a new book coming out this August, *Assassin's Creed: The Magus Conspiracy*, which is the latest in the *Assassin's Creed* book series.

Selkirk Port Market

at the Manitoba Ave. East Parking Lot. (beside Roxi's)
Market, Vendors & Music
Wednesdays 10am-2pm

Presented by: Sponsored by:



Call for your free consultation
or second opinion

204-589-6329

10 Queen Elizabeth Way
Winnipeg

www.MinukDenture.com

EST. 1977

MINUK

DIGITAL DENTURE & IMPLANT CENTRE

You're going to want to free up your Thursday evenings

New summer series brings exciting guest speakers to the library

By Katelyn Boulanger

This summer the Gaynor Family Regional Library is bringing more fun to the building with the introduction of its Thursday Nights at the Library series which will see some interesting speakers stopping by.

"I think [Ken Kuryliw, the library's director of library services has] been thinking about starting a program for the general population, not just for seniors in evenings [for a while]. And, he asked me if I'd be interested in running a primarily adult program for evenings. I said sure and that's how it started," said Susan Berry the Thursday Nights at the Library program's coordinator.

Berry is quite familiar with this role as she also coordinates the Circle of Friends program at the library which runs in the fall, winter, and spring and brings in guest speakers as well. This program is open to any seniors who are interested in joining and takes place during the day. The Thursday Nights at the Library program, unlike the Circle of Friends program, targets

a more general adult audience and may even have some evenings that families may enjoy attending.

So far, despite the first Thursday Nights at the Library series not even starting until July 21 at 7 p.m. Berry has said she's already had quite a bit of interest from presenters wanting to come to the library and share.

"It's a two-hour program with a break in the middle and the presenters are people from our community and sometimes somewhat beyond the Winnipeg and Selkirk area that want to present and that are interested in presenting. I've asked different politicians, doctors, and people from all walks of life. I'm trying to meet the needs of our community here. There's also always a lot of interest in the past of people really enjoying the musical groups [we've had] and we're trying to showcase some of our local artists and writers and musicians," said Berry.

For those interested in refreshments the library's new eatery Bake + Brew

will also be open at this time for snacks as well as coffee and other seasonal beverages.

Berry says having programs like this is great for our community because it brings people together but also because it brings people to the library who may not know about all of the additional free resources available beyond finding your next favourite summer read.

"It's good to encourage people to come out and see this beautiful library number one, it's got so many videos and books and places to sit. It's a community building place it's a really well used library," she said.

Based on her experience with the Circle of Friends group Berry looks forward to the people that will come and the friendships that are made in

groups like this.

"There's really an amazing discussion and thoughtful questions. People in the community that come seem to know a lot about what's happening locally and a lot of the time and they have a lot to offer others. So, there's friendship, there's community building, and there's thought provoking presentations," she said.

These presentations do not require any advanced sign up to attend and there are no COVID-19 requirements in place at this time but Berry does ask that people respect each other's comfort levels with regards to mask wearing and in general be respectful of others wanting to enjoy the presentations.



RECORD FILE PHOTO BY KATELYN BOULANGER

The Gaynor Family Regional Library.



This is where recycling leads to winning.



DOWNLOAD AND USE THE APP FOR YOUR CHANCE AT CASH AND PRIZES.

Recycle Everywhere's incentive program keeps bringing cash rewards to Manitoba's best recyclers. Every empty beverage container you recycle with the app gives you another chance to win and helps make a positive difference for our province.



SOUTH BEACH CASINO & RESORT
Simply Irresistible!

BOOK YOUR STAYCATION AT SOUTH BEACH!

50+ CLUB MEMBERS RECEIVE DISCOUNTS!

BOOK ONLINE OR CALL US AT 204-766-2100.

Frank Wesley's family visits Happy Thought library

By Katelyn Boulanger

The family of Frank Wesley made the trip to Happy Thought School last month in order to see the library which bears his name.

After reconnecting with Wesley's daughter after she contacted the school asking some questions about the library Trish Goosen, Happy Thought School's principal, invited the family to see how the library has changed in the 48 years since it was named after Wesley.

"We had a lovely conversation and I invited her family to see the library because she was young, and her younger siblings hadn't seen it before, or might not remember. And so, after a couple of stops, and starts and cancellations [due to a winter storm], we were able to meet at the end of June," said Goosen.

She says that the family had a lot of mixed emotions when they saw the library.

"Mrs. Wesley, of course, was very emotional, as were the older kids. There's a lot of history with the school and then also a sense of pride as well, that not only do we still have the

name, but we have the plaque. It was a very touching moment, because they presented us with an original school bell, from the previous site of Happy Thought School," said Goosen.

Another fun moment was that one of the school's teachers Andrea Bosco was able to be there. She was actually a student at Happy Thought School when the library was originally named in honour of Wesley.

"I just felt chills [to have the family come back to the school.] It was interesting because those were some of the memories that I have after so many years," said Bosco.

Goosen said that having a library in schools is a resource that is being used more and more.

"It's gone from in the past stagnant place where kids come in, take a book, and leave to now when it's a very interactive space. Not only is it a space for fostering that love of reading, but it is also a space for learning. It's a dynamic space that is utilized daily by students and staff," she said.

Goosen hopes that if Frank Wesley were able to come to the library and see what it has become that he would



RECORD PHOTO BY BRETT MITCHELL

The family of Frank Wesley and Happy Thought School staff in the library that bears his name.

be proud.

"He was a young, dynamic leader at the time of his untimely passing. And from my understanding of him, he was a learner and a reader him-

self. And so, I hope that he would be proud to see how the library has changed and evolved over time," she said.



Get wireless home Internet with speeds up to 50 Mbps and truly unlimited data!¹

Sign up now and save BIG for the next 12 months!

LTE 25	LTE 25	LTE 50
\$89.99 /month	\$94.99 /month	\$124.99 /month
\$59.99 /month ²	\$69.99 /month ²	\$99.99 /month ²
<ul style="list-style-type: none"> • 25 Mbps³ max download speed • Unlimited data with 350 GB at max speed (reduced speed thereafter) • Wi-Fi Router Included 	<ul style="list-style-type: none"> • 25 Mbps³ max download speed • Unlimited Data • Wi-Fi Router Included 	<ul style="list-style-type: none"> • 50 Mbps³ max download speed • Unlimited Data • Wi-Fi Router Included

\$59 installation fee applies.⁴ 1 year term required. Regular price will apply in month 13.

Your price is **GUARANTEED** for 1 full year⁵

PLUS, add Xplornet Home Phone and pay just **\$9.99/month** for the first 12 months!⁶

- Keep your phone number
- Loaded with features like call display, voicemail and more!

Call 1-866-207-5855 today!

xplornet.com

Offer ends August 31, 2022. Available to new customers, where access/technology permit. Subject to change without notice. Taxes extra. ¹Xplornet Internet data is truly unlimited. There are no soft caps on unlimited plans. ²Prices after month 12 are subject to change. ³Speeds vary based on your technical configuration, traffic, servers, and other factors. Traffic management policy applies see xplornet.com/policies. ⁴Site check fee may apply. If installation requirements go beyond the scope of a basic installation, additional fees apply. See dealer for details. ⁵The Xplornet price guarantee matches the duration of the term. ⁶Current price of Xplornet Home Phone before promotional discount is \$21.99/month. Xplornet 911 service operates differently than traditional 911. For Traffic Management Policies and 911 Terms and Limitation of Liability, see xplornet.com/legal. Xplornet is a trademark of Xplornet Communications Inc. © 2022 Xplornet Communications Inc.

Lifesaving Society Manitoba encourages people to “Be Water Smart”

By Tammy Karatchuk

It's a sombre fact.

Manitoba has the highest rate of children under five drowning per capita per year making our province the child drowning capital of Canada. The Lifesaving Society Manitoba is working to change this statistic.

National Drowning Prevention Week, running from July 17 to 23 is a countrywide awareness campaign bringing attention to water safety.

“(It’s) to highlight drowning prevention,” said Dr. Christopher Love, Water Smart and Safety Manager Coordinator, Lifesaving Society Manitoba.

“It’s when many people are on vacation, to really emphasize the need for people to think about water safety and doing things that are water-smart when they’re boating, swimming, whatever they’re doing as their leisure activity during that summer period.”

According to Love, the highest fatalities occur near the end of July and the beginning of August in Canada.

“It tends to be the hottest time of the year,” said Love, “so lots of people going in, on, or near the water. And it also tends to be when there is a higher level of vacation being taken,” the reason for the importance surrounding drowning prevention.

Love said there are several contributing factors for Manitoba’s high number of young children drowning.

“Manitoba has so much water,” said Love. “We have so many communities in this province that abut right on the water and therefore, there’s easy access.”

A lack of adult supervision is another factor.

“Either adults are not present or they are present but are distracted. So those would be two big factors.”

While Love couldn’t say for sure, “the other thing that has been shown in some other jurisdictions, but we don’t have a good handle on it for Canada ... is socioeconomic status of drowning individuals. The lower socioeconomic you are ... generally speaking, there are higher death rates from drowning.”

When a fatality occurs in Canada, “we don’t get data on what their income was, what their socioeconomic status was,” said Love. “So we can’t definitively prove it, but we do know there is a large amount of poverty in Manitoba ... so it’s correlation not causation potentially, so that’s a third factor that someone fits in as well ... they’re financially stressed. They don’t have access to swimming instruction or they don’t have access to good quality childcare and those can combine together to mean children

are unsupervised around water.”

Another factor is improper usage of approved Transport Canada lifejackets or personal floatation devices. Lifejackets, the standard orange vests, are puffier than a PFD, and they’re generally used when fishing or on slower boats. A child shouldn’t wear an adult lifejacket because it can slip off. A PFD is tighter on the body and designed for outdoor sports and recreation, such as waterskiing, kayaking, and speed boating. However, a lifejacket will turn a person over in the water, even if they’re unconscious, something a PFD doesn’t offer.

However, neither offers 100 per cent protection.

“Lifejackets or personal floatation devices ... those are great,” said Love, “but they never take away from the need for adult supervision; people can still drown in a lifejacket or PFD. It’s a layer of protection, but what we want to see is multilayers of protection for people who are in, on, or around the water. Adult supervision, active ongoing adult supervision is one layer of protection, wearing an approved floating device is another layer of protection. Taking swimming lessons is a third layer of protection.”

Water wings are not recommended because a child’s arms can slide out, plus the wings can inhibit their ability to swim. Love stated swimming where a lifeguard is present acts as a “fourth layer of protection.”

Another issue is drinking and boating, the equivalent to drinking and driving.

“If you think about the River Rouge or the Paddlewheel Princess ... those are actually registered commercial craft,” said Love. “They can have a licenced bar onboard. But anything that’s pleasure craft, even if it’s a big 40’, 15, 18-metre yacht, on Lake Winnipeg or Lake of the Woods, even if you have someone captaining that for you, it’s still a pleasure craft. You can’t have open liquor onboard. The only time that open liquor is allowed onboard on a pleasure craft in Canada, by law, is if that craft is anchored or docked, and it also has kitchen (galley) and toilet facilities onboard.”

Even when someone who isn’t partaking is steering the boat, “there still can be a charge involved.”

It’s the same as a vehicle, stated Love. “I may not be drinking, but if someone is drinking in my car, I’m getting in trouble with the cops. Many people don’t understand that your motorboat is considered a motor craft or a motorized vehicle. So, it’s a charge that would usually rank with the operation of a motorized vehicle.”

If you’ve had previous DUIs, this



RECORD PHOTO SUBMITTED BY LIFESAVING SOCIETY MANITOBA
A reminder sign in Hecla, stating the importance of lifejackets and PFDs.

could be the last time you’re behind a the helm for awhile.


“If you’re on a third strike ... potentially if you were caught again and you’re in a powerboat, your third strike happened in the powerboat.”

The penalties could include losing your driver’s licence or impounding your boat or vehicle.

“Besides the fact that it’s unsafe (drinking and boating), potentially

people can get hurt or die doing it, which is what our big focus is on,” said Love. “We want everyone to be safe ...

“I’m not saying don’t have a party, just save the party when you’re back on dry land at the end of the day.”



Legion
BSO OSI

OPERATION VETBUILD

This Royal Canadian Legion initiative is a peer to peer program by veterans, for veterans

The objective: to help improve mental health through model building as a hobby.

When: The 1st Wednesday of the month 1830 to 2130

Where: Selkirk Legion Br #42 403 Eveline St., Selkirk

No experience necessary & all materials are supplied.

Please RSVP to Mary or Neil Zebinski
maz70@mymts.net or ngz8233@mts.net

100% FREE to veterans



PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Katelyn Boulanger



SALES
Michelle Balharry



DISTRIBUTION
Christy Brown



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Corrie Sargent



OFFICE MANAGER/ADS
Lucy Kowalchuk



ADMINISTRATION
Allana Sawatzky



SPORTS EDITOR
Brian Bowman



PRODUCTION
Debbie Strauss



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Nicole Kapusta

MMF Interlake region officials re-elected for four year term

By Autumn Fehr

The election for the Manitoba Métis Federation, the Government of the Red River Métis concluded in May with all the positions elected by acclamation. David Gray, Chief Electoral Officer, confirmed that this was the first time an entire election cycle had been decided by acclamation.

Gray issued the notice of election on May 3, and nominations were open for 11 days, closing on May 13 at 5 p.m.

Citizens were given seven days, until May 20 at 5 p.m., to challenge any nomination. There were none.

The swearing in of the newly acclaimed members took place at The Fort Garry Hotel in Winnipeg on June 29.

The Honourable Janice C. Filmon, C.M., O.M., lieutenant governor of Manitoba presided over the proceedings of the swearing-in ceremony of the inauguration of the MMF President David Chartrand and the elected caucus and cabinet from all regions.

Other dignitaries including Premier Heather Stefanson, Alan Lagimodiere, Minister of Indigenous Reconciliation and Northern Relations, Manitoba Liberal leader and MLA Dougald Lamont, Chief of Police Danny Smythe and RCMP Superintendent Scott McMurchy, among others were in attendance at The Fort Garry Hotel to witness the ceremony.

Within the Interlake Region, Vice-President Alfred Anderson of Selkirk, Regional Administrator John (Jack) Park of Selkirk, and Regional Executive officer Mona Buors of Stonewall were re-elected.

Each of the re-elected members has different responsibilities they take care of in their communities to ensure the needs of their people are met.

Anderson is the Minister of Culture & Heritage and was elected in 2010 and got in by acclamation in 2014 and 2018.

He looks after the locals in his community.

Within the next four years, Anderson's goal is to revive the inactive locals by making them more active in the community and creating more awareness of the MMF Government. This includes bringing up the youth in the community to prepare them to fill their spots in the future, he said.

Buors is the Minister of Métis Child & Family Services.

She came in by acclamation in 2014 as the Associate Minister of Health and Sports Heritage, and Culture and Heritage, and in 2018 she came in by acclamation as the Minister of Métis Child and Family Services.

She works a lot with the communities in the Interlake and is considered the liaison between the communities.

Currently, Buors is working with a community in St. Laurent to open a new daycare with the Early Learning and Child Care Program (ELCC).

First and foremost, Buors was a school teacher for 35 years all over the Interlake, starting the first French-immersion program in the Interlake in the late 1980s, so she knows the community very well.

"My goal is to get all these communities the services and programs that they actually would like to see and work with them closely," said Buors.

The Interlake region is constantly growing and has many programs and services going on, she said.

Park was first elected in 2003.

Unlike his colleagues, he had to fight for his position for three terms, as he didn't get in by acclamation in his beginning years within the MMF, he said.

Park is the Minister of Energy and Infrastructure. He is also part of the Executive Committee of Cabinet, the Provincial HRD Committee and the Louis Riel Capital Corporation.

"It's quite overwhelming the support we have in the Interlake region as we work together as a team," said Park.

The three members focus mainly on the Interlake Region, and Park believes they have been doing a great job since they were originally elected.

"All three of us have gotten in by acclamation the last three terms which should speak for themselves. I think the people are happy with the services that are being provided," said Park.

The number of citizenships in the Interlake is increasing, as a result of getting the word out there that the region and Métis government are there to help them, he said.

With all cabinet members together again through acclamation, they are ready to get back to work and continue to make a difference in their re-

spective region.

The elected officials of the Interlake region look over approximately 7,000 residents.

Currently, there is a citizenship drive across Canada with a program called Beyond Borders where Métis citizens across Saskatchewan, Alberta, and British Columbia are wanting to retain their citizenship status with the MMF Government rather than with their provincial jurisdictions, said Parks.

Due to this program, numbers are increasing rapidly across Manitoba, he said.

Park said within the 19 years he's been with the MMF, citizenship has increased by double, almost triple.

Buors said that her local region of Stonewall is also increasing in citizenship all the time.

To date, the elected officials of the Interlake region have taken on and completed several projects, and still have many on the go.

"As we continue to grow, we are starting to build a lot of properties, and buying a lot of land," said Park.

The work that the Manitoba Métis Government includes a variety of different projects such as building 9 homes in Selkirk so far and building a senior complex with 9 homes in St. Laurent. They also bought the golf course in St. Laurent where they built a brand-new clubhouse.

These are just a few major projects that Parks recounts contributing to over his 19 years.

Other projects that the MMF has on the go include building a 49-unit apartment block in Selkirk starting in 2023, working on daycare in Stonewall and St. Laurent, and creating a campground for RV trailers where 200 to 250 units will be available, close to the lake.

The officials are now starting to work on the northern part of the region, trying to get some daycares up in the Eriksdale and Ashern areas.

With the end of COVID-19 on the horizon, the group hopes to start up a lot of the programs and services they couldn't do during the pandemic period and continue the work they've been doing for the citizens of the Interlake for the next four years.



> **CONTACT US**

By phone: **204-785-1618**

fax: 204-467-2679

Find us: **217 Clandeboye Ave.,
Selkirk, MB R1A 0X2**

Office Hours: Mon.- Fri. 9:30am-5pm

**TO PLACE AN AD or for
COMMERCIAL DESIGN & PRINTING**
Brett Mitchell: 204-485-0010
Email: bigandcolourful@mymts.net

Michelle Balharry: 204-485-1419
Email: michelle@selkirkrecord.ca
or call our office at 204-785-1618

EDITORIAL

Katelyn Boulanger 204-485-3337
news@selkirkrecord.ca

View the Selkirk Record online at
selkirkrecord.ca

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

The Selkirk Record is published Thursdays and distributed through Canada Post to 17,400 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we will connect our people through stories in the paper to build stronger communities.

Viterra celebrates grand opening in Rosser

By Jennifer McFee

A new Rosser-based grain facility celebrated its grand opening last week as the cream of the crop in the agricultural industry.

On Wednesday, June 22, Viterra invited customers, employees and government officials to gather for a ribbon-cutting event, catered lunch, facility tours and more to commemorate the company's investment in the area.

Territory manager Brad Flavel welcomed the crowd to the outdoor event at the state-of-the-art grain facility.

"Viterra has been serving farmers here in this area of Manitoba for 100 years. As we know, many things have changed in agriculture during this time — innovations in equipment, seed technology improvements, better agronomic information at our fingertips. However, one thing has remained the same and that is the importance of providing the best possible service to our growers to connect them to global grain markets," he said.

"I believe Viterra is the industry leader when it comes to superior customer service, and this elevator is a great example of our commitment to making the necessary investment to ensure that we remain top of the heap."

Kent Klimpke, Viterra's director of country region management, is now based out of Regina but he originally hails from the Stonewall area.

"We're proud of our history and we're really focused on the future," he said.

"This significant investment of this grain elevator demonstrates our con-



Kent Klimpke, Viterra's director of country region management.

fidence in the province and will continue to play an important role in global agriculture for many years to come."

The facility started receiving grain in October and they've been pleased with the results, especially considering the challenges with last year's harvest, Klimpke added.

"This facility has got 34,000 tonnes of storage. It has the capability to load 156 rail cars, and they'll load those within a 12-hour shift. It really represents the ongoing commitment to driving excellence in the transportation and supply chain," he said.

"This location is an excellent fit for our company. Through modern technology, we have the capability to unload a Super B in five minutes or less."

The company has a global reach that currently extends to more than 60



RECORD PHOTOS BY JENNIFER MCFEE

The ribbon cutting.

countries, he noted.

"We at Viterra are supported by an international network that provides us with unrivalled market intel. It's an exciting time. We continue achieving this outside our borders, but we always realize it's communities like

this one that allow us to do so. That's why every day we work hard to provide superior service and top quality products to our end-use customers," Klimpke said.

Continued on page 13



Public Notice

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2023 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2023 through March 31, 2024.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

An electronic-based virtual public hearing on the proposed decrease will be held beginning:

Wednesday, October 19, 2022 at 9 a.m.

Please view the hearing via the PUB website link

If you are interested in learning more about this rate decrease, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll free 1-866-854-3698, no later than **October 1, 2022**.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
400-330 Portage Avenue,
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638
Email: publicutilities@gov.mb.ca

Parade and Triple S Fair and Rodeo heat up after hiatus



RECORD PHOTOS BY KATELYN BOULANGER AND BILL NEWZMAN SMYTH

It's been a couple of years since Selkirk and our surrounding communities were able to come together to celebrate the Triple S Fair and Rodeo as well as the accompanying parade. Despite worry that the events might be smaller this year residents showed that the events were very much anticipated with huge crowds all along the parade route as well as jammed packed stands at the rodeo.





**Initial re-opening of
POWerview-PINE FALLS
EMERGENCY DEPARTMENT**

**from 8:00 a.m. to 7:00 p.m.
7 days a week**

If you need emergency care, please dial 9-1-1
or your 10-digit number for emergencies.

Visit www.ierha.ca/emergency-department-schedules to view emergency department status or call 1-866-267-5818.

**Réouverture du
SERVICE D'URGENCE
DE POWerview-PINE FALLS**

**de 8 h à 19 h
7 jours sur 7**

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.

Consultez : www.ierha.ca/emergency-department-schedules pour les heures d'ouverture du Service d'urgence ou composez le 1-866-267-5818.



**Interlake-Eastern
Regional Health Authority**

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

Selkirk Port Market moves to Manitoba Ave. East

Market still in downtown but at new location for 2022 season

Submitted by the City of Selkirk

The Selkirk Port Market is back with a mix of familiar favourites and new vendors and activities that are sure to generate plenty of buzz.

City of Selkirk Culture Coordinator Ellie Longbottom said even when the weather is hot it's cool to see people taking in the market.

"Every day is a great day to be outside and supporting the vendors and enjoying entertainment and food in Selkirk's downtown," Longbottom said.

"We're not able to hold the market at the Waterfront this year, but having it in the lot on Manitoba Avenue East keeps it downtown and walkable until we can return to the Waterfront next year."

Construction on Eveline Street and the Waterfront necessitated the move. The Port Market for this year takes place in the lot between Roxi's and LA School of Music, in the same location where the city's concert series Music on Manitoba is being held this year.

Angie Neeth is back as Market Coordinator and can't wait to see everyone.

"I'm thrilled for another fun and successful Selkirk Port Market this summer. Even after five years of coordinating the Market, it is still exciting and humbling to see the community come together, support local businesses, and take time to explore the area," Neeth said.

"What also makes markets so important in our communities are vendors themselves being able to source local ingredients and goods from each other, which aids in the production of products and helps keep costs down for the consumers."

Each Wednesday the Market will have different vendors, and a list of the vendors will be provided on the Selkirk Port Market Facebook page. There will be everything from everyone's favourite - the fresh vegetables, to hand crafted jewelry, home made baking, jams, jellies, tea, clothing, body care, flowers, dog treats, busk-



PHOTO SUBMITTED

The Selkirk Port Market will be taking place on Manitoba Ave. East this year to avoid construction taking place on Eveline St.

ers, food trucks, you name it, the Market will have it.

One of the new vendors this year is Cochrane Creek Farm, who will have a wide variety of pork cuts and sausages. From farmer sausage to garlic sausage, bratwurst, bacon, ribs, and so much more, as well as goat for your stews or Sunday night roast dinners.

The Market will be collecting food for the Selkirk Food Bank. Non-perishable food items are graciously accepted to help those needing food throughout the community.

Selkirk turned 140 this year, and the city is giving residents a chance to share their memories of life in the city. The 'Speaking of Selkirk' heritage booth will make its debut at the market and people can come in and share their memories of Selkirk. Their stories will be recorded for use on the city's oral histories series, the Selkirk Museum social media pages and website.

"We want to hear people's stories, fun stories, stories of life here years ago, any memories they have to share," Longbottom said.

"If you have a great story about Selkirk you can come to the 'Speaking of Selkirk' booth and we'll record the video."

The Frontier Reading Tent is back as well with two tents - staffed by interns Tazlyn and Dominick - and features an opening circle followed by a book read out loud along with a literacy-based activity. There are 15 kids per session. When the approximately half-hour session is over, the kids get to choose a free book to take home.

Sandra Ross, Community Coordi-

nator for Frontier College, says she's looking forward to the reading tent, which helps reduce what's known as summer reading loss.

"The aim of each Reading Tent is to both inspire and nurture a love of reading. Kids often experience summer reading loss, a drop in literacy levels between school years, which can result in a tougher transition back to school in September," Ross says.

"Reading aloud to children and engaging them in books year-round not only increases their success in the classroom but fosters a love of reading and an expansive imagination."

The city is selling Selkirk 140 fair trade canvas tote bags, T-shirts and planning maps from 1914 that show what council of the day was considering for our fair city.

"The maps show what Selkirk was planned to look like," said Vanessa Figus, Communications Coordinator for the city.

"They're really popular, and they show that more than 100 years ago the city planners had roundabouts in the scheme. It's an interesting layout."

The T-shirts and totes were available on Canada Day and were popular.

"They're a hot item, we sold a ton of them at the city's Canada Day event," Longbottom said.

The market is held Wednesdays from 10 a.m. to 2 p.m. now through August. Additional market information can be found at www.myselkirk.ca/market or by calling 204-785-4900.

**I WILL
HEAR BETTER
THIS YEAR**

The first step to better hearing?

**Getting your hearing tested by
some of the best in the business.**

204.977.8327

Call today for a comprehensive hearing evaluation!

**LISA REID
AUDIOLOGY**
WE'RE ALL EARS

Selkirk
360 Eveline St | Selkirk, MB R1A 1N3
www.LisaReid.ca

**AUDIGY
CERTIFIED**

> VITERRA OPENING, FROM PG. 9

"We continue to make steady investments in technology to make it easier for you to do business with us. We also invest in our people through training and education and, as trusted advisors, they take great pride in working with their growers to help them succeed. We've put together a really good team here at Rosser, and I'm confident we'll continue Viterra's tradition of excellence for growers here."

He also recognized that the provincial government has been supportive of the project right from its early roots.

"As builders of this great community in this region, I thank you for the opportunity to expand our presence here," Klimpke said.

"We're pleased to be part of the business landscape at Rosser and to be a contributor to its economic development and prosperity."

Lakeside MLA Ralph Eichler brought greetings on behalf of the provincial government.

"The benefits of this facility to the area is huge, and I thank Viterra for their investment in our community and the opportunity that it creates for economic growth," Eichler said.

"It puts us on the world market. We're proud of that. We like to be able to say our grain goes around the world."

At the same time, Eichler recognized the municipality's efforts to bring this project to fruition.

"I want to thank Rosser as well for their hard work. They've had lots on their plate," Eichler said.

"CentrePort is a large investment within the community and certainly it helps us grow and prosper as a province as well."

On behalf of the RM of Rosser, Coun. Ken Mulligan addressed the crowd.

"The opening of this beautiful facility in the RM of Rosser is a great addition to the area. To date, this makes three inland grain terminals, a fertilizer storage facility, two family-owned

implement dealerships, a soon-to-open an oat flour mill, a new limestone quarry and, also located in CentrePort, Merit Foods," Mulligan said.

"We are proud of the growth and accomplishments within CentrePort to date but the rural areas of the RM have made many new exciting additions as well."

This new Viterra facility is only one part of the picture, he added.

"The people who are involved in running this elevator are the ties to the farmers. I have the inside track to these people because I've known them for years. They started their careers just south of this building in the old elevator. I know that they will work hard to earn your respect and business as the years go on," he said.

"We at the RM council are pleased that Viterra chose this area to build in."

Construction facts:

- Approximately 1 million pounds of rebar was used, along with 5,600 cubic yards of concrete.
- There are 550 piles under the structure.
- During the concrete pour, two teams worked around the clock in 12-hour shifts for one week.
- The final height is 130 feet of concrete and the steel above it is at 210 feet.
- The total capacity of this facility is 34,000 metric tonnes in 34 bins (or about 1.2 million bushels).

Welcoming Father Walter



PHOTO SUBMITTED

Father Walter Dudyck didn't get to have the grand welcome that the local Ukrainian Catholic Parishes would have liked to give him when he took over parish responsibilities in May of 2021 but with COVID-19 restrictions lifting, he was finally able to perform his first, First Communion in the region. Congratulations Broden and Isabella Scravarelli and Alena and Lydia Semenowich who received their First Communion last month.

Mortgages
made for *Selkirk*

Book Online | Meet Online
cambrian.mb.ca/appointment

Cambrian CREDIT UNION

COOL SUMMER SAVINGS!

While supplies last. Sorry no rain checks.

Supercycle Vice 24" Youth Dual Suspension Mountain Bike
Was \$227.99
\$99⁹⁷
071-1534-4/9

Solo Steel 72 11x11ft Slant Leg Canopy - Assorted Co
\$129⁹⁷
899-6542-6/998

Flamingo Play Pool
\$24⁹⁷
899-5573-8/998

Jumptek 14' Trampoline and Enclosure Combo
\$449⁹⁹
Was \$579.99
084-6692-6/901

Boost 100 Kayak
079-8554-9
\$539⁹⁹

CANADIAN TIRE SELKIRK **1041 MANITOBA AVE., SELKIRK, MB**
204-482-8473

Deborah Vitt newest SDCF board member

Submitted by the Selkirk and District Community Foundation

Deborah Vitt has been a member of the Selkirk & District Community Foundation's grant committee for the past year, so in a sense, she was able to dip her toe in the water before taking the plunge as a full board member.

That plunge, however, only comes after someone nominates you, and for Vitt, the fact someone thought enough of her to do that was quite lovely.

"I'm thrilled to be a part of it. And I was surprised, people use the word honoured often, but I was really quite thrilled, and humbled and honoured," Vitt said.

"It's pretty cool."

Vitt, the former Selkirk United Church Minister, who's still got a toe in that pool as well despite beginning the retirement process in 2017, is no stranger to volunteering and a proponent of it for the health and well-being of all involved.

"Volunteering is huge. Just huge," Vitt said.

"Volunteers are vital. Each one of us has a gift or skill that I believe is in-

cumbent on us to discover what it is and share it."

Shauna Curtin, Chair of the SDCF, was as thrilled as her new colleague when she learned Vitt would become the newest board member of the Foundation.

"It's a pleasure to welcome Deborah to the board. Her reputation as someone who believes in her community and the people that call it home is widely known," Curtin said.

"And she's just a good person, someone who cares and wants to make the world, one community at a time, a better place. She's the perfect fit for what the Foundation stands for."

Vitt was the co-chair of the 55-Plus Manitoba Games in 2020 before the world ground to a halt due to Covid-19, and she handled the public relations duties when the Games took place earlier this year.

She was nominated for the Foundation by the Lord Selkirk School Division Board of Trustees Chair Lena Kublick, who praised Vitt for the many causes she's championed over the years.

"Throughout her life and in the dif-

ferent roles she took on, Deborah is a social justice advocate and believes strongly in having 'everyone's voice at the table'," Kublick wrote.

"Her diverse volunteer and work experience and personal commitment to equity brings that experience and voice to any organization Deborah is

a part of."

A St. Andrews resident, Vitt and her partner Randy have two children, both of whom graduated from the Comp. Vitt volunteered on various parent committees at that time and now is immersed in her role as grand-

Continued on page 15



PHOTO SUBMITTED

Vitt, right, with SDCF Chair Shauna Curtin, was thrilled to be nominated to the board.



HORIZON™
Hearing Centres

GO GREEN WITH RECHARGEABLE HEARING AIDS.

SAVE \$600 ON A PREMIUM SET OF HEARING AIDS.

What You Can Expect

- Best Price Guarantee
- Best Service Guarantee
- 75 Day trial with 100% money back Guarantee

A family-owned and operated company where we treat you like family

CALL US TODAY FOR YOUR FREE CONSULT!

See why people are choosing Horizon Hearing Centres!

SOUTH WINNIPEG 2099 PEMBINA HWY. 204-254-2099	NORTH WINNIPEG 2110 MAIN ST. 204-334-4249	SELKIRK 102-15 WERSCH ST. 204-482-3009	GIMLI 17N COLONIZATION RD. 1-877-300-7507
FISHERBRANCH 78 TACHE ST. 1-877-300-7507	ERIKSDALE 35 RAILWAY AVE. 1-877-300-7507	ALTONA 217 5 AVE. NE 1-877-300-7507	MORDEN SOUTH RAILWAY 306 ST. 1-877-300-7507



Scenic Flight Tour

\$119 FOR A 3 PERSON FLIGHT TOUR
Book Today!

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-642-4799

Premier comes to Selkirk



RECORD PHOTO BY BRETT MITCHELL

Manitoba premier Heather Stefanson came to Selkirk to celebrate the Selkirk Biz Fair Parade last weekend.

> VITT CONTINUES VOLUNTEERISM, FROM PG. 14

parent to four grandchildren.

Kublick said Vitt's passion for justice and inclusion of all persons was at the forefront throughout her career as a minister. She has been active in the United Church's decades long justice work toward reconciliation with First Nations persons and was involved in Affirm Ministry, supporting all gender identities and sexual orientations. She was instrumental in the rebuilding of the Selkirk United Church and felt strongly that the new building should be accessible to all.

Vitt said she was impressed by the Foundation because it's an organization that knows what it does well but is always focusing on where it can improve.

"That's something that drew me to the Foundation, because in their mission and vision...they talk about what they do well, but I was really impressed that they identified their places of growth, they call it room for improvement," Vitt said.

"I felt that if a board is willing to name the places they can see where they need growth, I think that really appealed to me."

Vitt said her commitment to social justice will always be a big part of who she is, and she's looking forward to working with the board and discovering how it and the Tri S community can grow together.

"I look at the community like this great big table, and everybody's got a place at the table, but who's missing at the table and how do we invite them to get there and how do we extend the table," Vitt said.

"It's that whole thing around hospitality and that is for me, community. How do we listen to each other, how do we really connect and find ways to connect, especially with people who may not feel that their voices have been heard."

WHAT SHOULD WE DO NEXT?



Tell Us What Is Important In Your Watershed



OPEN HOUSE DATES

- July 25th, 6:30 PM - **Red Barn South of Stonewall**
6018 E 75N Road, Stonewall, Manitoba
- August 15th, 6:30 PM - **Aki Centre**
1985 Grassmere Blvd in West St. Paul, Manitoba
- August 20th, 10 AM - **Matlock Recreation Centre**
77 Matlock Road
- August 29th, 6:30 PM - **Farmers Hall Gimli**
1611 MB-231
- September 12th, 6:30 PM - **Gaynor Family Library Selkirk**

SIP & LEARN

Find out more and enjoy some refreshments and snacks!

For more information, go to eastinterlake.ca to our interactive map and questionnaire.

Or contact the EIWD by phone or email:

1.204.642.7578 | manager@eastinterlake.ca

Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



Creating your own backyard oasis



Evan Kreutzer.ca
Real Estate Services Inc.

325 Manitoba Ave. Selkirk
204-482-7355

4U2-SELL
204-482-7355

EVAN 482-7355
WAYDE 485-0407

SUMMER IS A GREAT TIME TO SELL!
We're Looking for New Listings!
We have Interested Qualified Buyers!
CALL US TODAY AND GET MOVING!

207 Rosser Ave
SOLD!
\$179,900
1 3/4 storey, SxS, 3 bd, upgrades incl kit, bath & flooring.
CALL WAYDE

BIRD RIVER LANDING
138 acres, 2,600 ft WATERFRONT
NEW PRICE! \$359,000
445 Manitoba Ave
SOLD!
\$299,900
Spacious 3 bd, dbl gar, fenced yd.
WAYDE

203 Schultz Avenue, Selkirk \$334,900 - GREAT FAMILY HOME! Situated just minutes from the Red River is this 1384 SF 3 bed, 2 bath home featuring neutral tones and ample natural light throughout. Spend your evenings by the firepit in your fenced and landscaped yard!

501 Strathnaver Avenue, Selkirk \$339,900 - BEAUTIFUL BUNGALOW! This incredible 2 bed, 1.5 bath bungalow features gleaming hardwoods throughout the bright and airy main floor. Enjoy summers on the outdoor patio. Fully fenced yard and plenty of space. Bonus double attached garage for all your tools and toys!

254 River Road, St. Andrews \$1,200,000 - ARCHITECTURALLY STUNNING! This rare, one-of-a-kind 5 bed, 4 bath home features soaring ceilings, tile floors, and intricate details throughout. This exquisite contemporary home is perfect for hosting & entertaining guests.

7210 Henderson Highway, St. Clements \$1,299,900 - RIVERFRONT BUNGALOW WITH WALK-OUT BASEMENT! Situated on a 4.10 acre treed lot is this stunning 2643 SF, 5 bed, 4 bath home featuring an in-ground pool, shop & captivating river views!

47 Theodore Road, St. Andrews \$539,900 - GREAT FAMILY HOME! Located in St. Andrews on a 1.73 acre lot is this beautiful 2,000 SF, 3 bed, 3 bath home with newer windows, roof, kitchen & bathrooms, and features neutral tones and ample natural light throughout.

186 Bridgeview Dr, St. Clements \$899,900 - LUXURY RURAL HOME! Crafted in 2010, this one-of-a-kind 4 bed, 2 bath custom home is situated on 1.39 acres featuring elegant finishes, heated tile floors, and a 4-car garage!

DEREK DANEAULT
204-989-7900
www.derekdaneault.com

ROYAL LEPAGE Prime Real Estate
CHAIRMAN'S CLUB
2021

Our backyards are some of the best places to spend the summer months, especially if you're practicing social distancing and are tired of being cooped up indoors. Fortunately, it's possible to transform your outdoor living space into a secluded, open-air retreat.

Bring the indoors out. We often hear about bringing the outdoors inside, but the reverse is also true when designing a luxurious extension of your home. Homey, lived-in

touches can take your outdoor space from sterile and unfinished to cozy and inviting. Think patterned throw pillows, fluffy blankets for chilly evenings, outdoor rugs, colorful lanterns, and decorative accessories like painted terracotta pots or metal tins.

Invest in comfy furniture. What's the best part of your living or family room? Chances are it's your comfortable couch or recliner. To recreate the same feeling, splurge on some soft furniture that will make you want to stay outside for hours reading a book or working remotely. It doesn't have to break the bank either - you can DIY a cozy lounging bench with reclaimed wood and hand-sewn cushions with outdoor stuffing and fabric.

Add a relaxing pool or spa. Water has a calming effect and is often linked to our favorite memories at the cottage or on vacation. A pool or spa can help transport you somewhere far away without leaving your home. A pool can help you and the kids get some exercise while swimming laps, while a spa can soothe tired muscles after a long day hunched over your laptop. To reduce energy costs and increase longevity, consider using Nudura insulated concrete forms, which provide superior insulation. ICF pools also can be custom-made to accommodate any design, making them a very versatile and efficient way to build pools.

Go wild with greenery. Live plants can help you feel connected with nature, and tending to them can help you feel relaxed yet productive during isolation. A vertical garden can add visual interest, while trees and shrubs can provide shade and character. Aromatic herbs like lavender or rosemary offer pleasant scents and can spice up your cooking. And don't be afraid to cut some flowers from your garden to place in vases or pots for beautiful finishing touches.

Find more information at nudura.com.

Interlake REAL ESTATE
www.interlake.mb.ca

ARBORG 204-376-3400
GIMLI. 204-642-8501
SELKIRK 204-482-5806

Need to Buy? Need to Sell?
In turbulent times, it's smooth sailing with Interlake Real Estate

ELLEN WYKA 204-376-3400
Nothing to do but move in. Immaculate 3 bdrm. bungalow on quiet bay in Arborg. Dbl. det. garage.
River RD. Arborg. 1164 sq. ft. 13/4 story, fully finished basement, 2 baths. Must be seen.
Fisher Branch, Over 1600 sq. ft. of gorgeous. Stunning home, nothing to do but move in. Take tour.

JASMIN THEOBALD 204-642-8501
LAKEFRONT YR home. A rare find just waiting for it's new owner to move in & enjoy. LPS\$468k
Siglavik 4BR WATERFRONT YR 1 3/4 story log home, priv.dock, great swimming depth LPS\$499k
STUNNING LAKEFRONT! Little Deer - 2400SF, absolutely unique style. A must see! LPS\$324,500

KATHY MARKS 204-642-8501

Delightful fully equipped 2 bdr cottage, with sunroom & dining rm.
Wpg Beach area \$144,900
Ingrid Bennett 204-642-2089

321 Epsilon Wpg. Beach Affordable 2 bdrm. cabin in a great location!
\$149,900
Laurence Humniski 204-642-8501

Lovely character home in River Heights!
3 brs, 2 bths, full fin bsmt, dt/1. Upgrades! \$379K
Luda Kozlova 204-997-7756

Large older commercial building in Riverton with attached garage.
Close to all amenities \$49,900
John Wisnowski 204-479-1208

DAYNA CLARK 204-461-1347
Matlock \$199,900 Charming 960 sf w/3 brs, newer wndws. Immac in & out, close to beach
Lakefront at Chalet Beach. 1044 sf 2 stry cottage. Fab views, guest cottage, 75' lot. \$299,900
Eriksdale \$109,900, spacious 3 br bng w/upgraded wndws, HWF's, gorgeous lot w/gar/wkshp

CRYSTAL LINE 204-232-6200
New to market. Absolutely gorgeous lakefront year round cottage in Beaver Creek. Stunning view.
New Listing in Lac Du Bonnet. Large private treed building lots. .35 of an acre.
Large lake view building lots in Balaton Beach. Build your dream home or cottage.

2 Acres, minutes from Gimli. 4 Bdrm, 1.5 Bath, Fireplace, Deck, Dbl Gar. Backs onto creek
Chris Neufeld 204-641-1727

GRANT HJORLEIFSON 204-641-6400

136 6th Avenue Gimli 2 bdrm. home w/ many upgrades.
Close to all amenities! \$249,000
Dave Humniski 204-642-8501

East Selkirk 1200sf 4 bedroom 3 bath home, with attached garage and shop on full acre!
\$439K!
Mike Juba 204-588-7967

Teulon-Fantastic 5 acre lot within town limits. Close to all amenities.
\$84,900
Samantha King 204-229-7560

PAM ISFELD 204-641-5408

Your local Community Home Real Estate Section

How to keep gardens safe in summer heat waves

Summer is a season to relax and enjoy the warm weather. Basking in the summer sun is a great way to relax, but only when the temperatures are safe. Summer heat waves can compromise the health of human beings as well as their pets. Gardening enthusiasts also may need to go the extra mile to keep their plants and gardens from wilting under harsh summer sun.

Extreme heat stress can be very harmful to plants. The online gardening resource Gardening Know How notes that some plants can withstand summer heat waves better than others. For example, succulents conserve water in their leaves, helping them to withstand heat waves when the dog days of summer arrive. But succulents are unique, and many plants

will require a little extra help to withstand a heat wave.

- Take a proactive approach with mulch. Gardeners need not wait until the heat arrives to protect their plants from searing summer heat. The sustainable living experts at Eartheasy recommend utilizing light-colored mulch during heat waves. Such mulch will reflect the sunlight and help to maintain cooler surface soil conditions. Eartheasy even notes that grass clippings, once they've turned from green to light brown, can make for the perfect mulch to protect plants from the heat. Clippings also are free, making them a cost-effective solution.

- Water wisely. The horticultural experts at Yates Gardening note that water only helps plants withstand heat

waves if it's applied effectively. If water is only applied in short bursts and not long enough so it can penetrate all the way to the root zone, roots will then stay near the surface. In such instances, roots will dry out during a heat wave and plants won't make it through the season. Timing also is essential when watering. Eartheasy recommends watering in the morning to avoid heat scald and also ensure as little water is lost to evaporation as possible. When watering during a heat wave, do so by hand rather than through a sprinkler. Hand watering allows gardeners to direct all of the water onto the plants that need it most during a heat wave.

- Let your plants pitch in. When planting new plants, it's important



that gardeners recognize it takes time for these plants to establish their roots so they're strong enough to withstand heat waves. In the meantime, strategic planting can help them make it through their first heat waves unscathed. Eartheasy notes that planting by taller, more established plants can provide new plants with shade that can help them survive heat waves. Just make sure new plants can still get the sun they need to thrive.

Heat waves are inevitable and potentially harmful to gardens. Gardeners can help their plants beat the heat in various ways.

The benefits of smart irrigation systems

The world has a water problem. Though the planet is 70 percent water, according to the World Bank, estimates indicate that with current population growth and water-management practices, the world will face a 40 percent shortfall between forecast demand and available supply of water by 2030.

Conservation is one of the ways the world can confront its water problem head-on, potentially preventing billions of people from facing a water scarcity in the years to come. One of the ways people in the developed world can help to conserve water is by employing smart irrigation systems in their homes.

Smart irrigation systems employ a similar type of smart technology many homeowners already rely on inside their homes. By employing such technology in their lawns and gardens, homeowners can reap many of the same rewards they enjoy by us-

ing smart home systems inside their homes, all while benefitting the planet.

- Some smart irrigation systems can recognize the local weather. Many smart irrigation systems connect to the internet via homeowners' Wi-Fi. This allows the systems to take current weather into account before watering lawns and gardens. For example, a smart irrigation system can identify if it recently rained and cancel a scheduled watering. This helps homeowners avoid watering lawns and gardens when nature has already done the watering for them.

- Smart irrigation systems can save homeowners money. While smart irrigation systems can cost several thousand dollars, those costs can be recouped over time. Smart irrigations systems can detect when cooler weather has arrived, turning down water output as a result. That conserves water and saves homeowners money.

When coupled with the savings they'll realize because their irrigation systems aren't water during rainy periods, homeowners will soon be on track to recouping their smart irrigation investments.

- Smart irrigation systems conserve water. People in the developed world are accustomed to having water at the ready. But many people across the globe enjoy no such luxury. For example, the organization Save the Wa-

terTM notes that the average household uses 2,000 gallons of water every day, while the average African family uses just five gallons of water each day. Much of that disparity can be traced to a lack of access and scarcity of supply in the undeveloped world. By utilizing technology like smart irrigation systems, homeowners can help ensure there is sufficient water for everyone, regardless of where they live, in the coming decades.

Smart irrigation systems are sound investments that can help conserve water and benefit future generations.

Home Hardware FLOORING

100% WATERPROOF LAMINATE FLOORING

SALE \$309

Transcend 8.3mm Laminate ON SALE NOW!

SWALE	STREAM	CREEK	BROOK
-------	--------	-------	-------

Reg 4.29/sq ft

See Cathy or Frank for information and details.

917 Manitoba Avenue, Selkirk 204-785-2773 Ext. 2

JUNE TOP PRODUCER

Selkirk's #1 Selling REALTOR®*

*Based on ACTUAL 2015-2021 Individual MLS Results!

THINKING OF SELLING?

Contact me for your FREE Home Market Evaluation!

RE/MAX executives reality

JAMIE SASLEY

Your LOCAL Real Estate Specialist!

Call or Text 204-785-0681

RE/MAX EXECUTIVES REALTY

Kirstin's Walk raises funds for kids



PHOTOS SUBMITTED

The sixth annual Kirstin's Walk for Kids took place last month at Selkirk Park. Though it was a rainy day that didn't stop residents coming out to support children's programming in our communities.



Red River



**DRAW FOR A
FREE OIL TANK
AND \$500
GIFT CARD!**

**RED RIVER CO-OP'S
OIL SALES & SUPPLY CENTRE**

OPEN HOUSE & BBQ

WEDNESDAY, AUGUST 3RD

11:00 AM - 1:00 PM

940 REDONDA STREET, SPRINGFIELD, MB



FREE LUNCH • GIVEAWAYS & PRIZES • HOT DEALS • TOURS

FOR MORE INFO CONTACT HARDY: 204.941.3353 | h.theilen@rrcoop.com



AGES 2.5+

**SUMMER
DANCE
CAMPS**



SPOTS ARE STILL AVAILABLE!

Themed Dancing, Story Telling, Arts & Crafts, Games, Dance Parties,
Performances and More!

AGES 2.5 - 3.5 | AUGUST 8TH - 10TH | 12:30 PM - 1:30 PM

AGES 4-6 | AUGUST 8TH - 12TH | 9 AM - 11 AM

AGES 7+ | AUGUST 15TH - 19TH | 10 AM - 3 PM



Visit our website for more info!

www.EvolutionDance.ca

Register Today!

Flying high at Gimli's LS Airways Flight Academy

By Jennifer McFee

The sky's the limit for LS Airways Flight Academy/Lakeside Flight School, which aims to encourage girls and women to take an interest in the industry.

Lakeside Flight School, which operates a company-owned hangar at the Gimli Airport, offers multiple options for anyone who would like to take to the skies.

To embark on the first step in aviation, the school provides training through a recreational pilot program. The program incorporates 25 hours of flight training time, including five hours solo. Although the 40-hour ground school component isn't mandatory, it's recommended.

Graduates of the recreational program can fly for fun by day only in a certified airplane, home-built aircraft or an ultralight anywhere in Canada with one passenger.

The private pilot program includes a 40-hour ground school component plus 45 hours of flight training time. Graduates can fly for fun in a Canadian registered aircraft in the daytime anywhere in the world, along with multiple passengers.

The commercial pilot program includes an 80-hour ground school component plus 65 hours of flight training time. Another 200 hours of additional experience are needed, including 100 hours as pilot-in-command and 20 hours of cross-country.

Graduates of the commercial pilot program can fly for hire in a single-engine Canadian registered aircraft in good weather conditions.

Noura Gharib has soared above expectations as owner of the flight school since she took over two years ago.

Originally from Egypt, Noura Gharib got her start in the aviation industry in 2006 working as an accountant for a flying school in Dubai (AIAIN).

"At the time, this flying school was working only with helicopter flights. When they decided to start training people on airplanes, they were looking for a woman to show Middle Eastern girls that women can fly the planes," said Gharib, a Gimli resident.

"I was in the meeting and I said I would do it. After that meeting, my life became attached to aviation. I got my private licence in Dubai. After years of flying, I found myself wanting to get more quality training, so I came to Canada. Here, I got my commercial pilot licence with my instructor rating."

She began working at Lakeside Flight School as a flight instructor

and eventually rose up to become the chief flight instructor.

Two years ago, after she became a permanent resident, Gharib bought the flight school. And now she aims to encourage other girls and women to give aviation a try.

"We'd like to increase the number of Canadian and international girls learning about aviation here," she said.

"We'd like to see a new generation of girls interested in aviation."

The industry has already piqued the interest of Lena Sprague, who recently completed the recreational flight program. Her dad is an aircraft mechanic engineer by trade, and she remembers her fascination during a "take your kid to work day" when she was in Grade 9.

"My dad's work arranged a variety of aviation activities around the business, including a flight around Winnipeg and a chance to try the simulator," said Sprague, who grew up in Grosse Isle.

"This day sparked the idea and has continued to grow as the most exciting and interesting option for me."

Sprague recently completed her very first solo flight, and she's still flying high from the excitement.

"It was awesome and freeing, like driving a car solo for the first time but

way cooler. I am excited to keep going," she said.

"Lakeside Flight School is a great place to learn to fly, offering a welcoming and personal experience. The school, Noura and my instructors have been very flexible in working with me around my schedule and life. Plus, Gimli is beautiful."

For Sprague, the recreational program launched an interest in flying that is now taking off.

"I am currently working on my private pilot's licence, so I'm still a student pilot as of now," she said.

"I plan to continue on to commercial licence in the fall, followed by other ratings to build knowledge, experience and hours to pursue a career as a pilot."

Based on her positive experience at Lakeside Flight School, Sprague encourages others to enjoy a scenic sightseeing flight.

These 45-minute flights cost \$119, providing up to three people an aerial tour of Gimli and Winnipeg Beach areas.

Gharib says these short flights can be a great way to celebrate milestones while also providing passengers with a glimpse into a potential hobby or career.

"These sightseeing flights can help people to celebrate birthdays, anni-



RECORD PHOTO BY NOURA GHARIB
Noura Gharib.

versaries, Mother's Day, Father's Day, engagements — to celebrate anything. You can see the sunset or sunrise from the air," she said.

"It will also help you to see if you love flying — and maybe you'll discover that it's something you'll want to do in the future."

To learn more about Lakeside Flight School, visit www.lakesideflight-school.ca.



We, Emil and Trish, have owned and operated Lanky's in Grand Marais for the past 14 seasons. Recently, we made the decision to sell Lanky's and retire.

We would like to thank our family, our friends, our customers and our employees - many of whom have been with us for years - for their support over the past 14 seasons. A very special thanks to Mackenzie and Madison Koziuk, Kay, Kim, Alex and Andrea Guertin, Katie Cook and Autumn Yee. You made our jobs so much easier!

Please welcome Dave Dickson, a lifelong successful businessman as the new owner of Lanky's. We are certain that with your continued support Dave will be equally successful in this new business venture.

Incredible Creatures: Dung Beetles: mighty manure munchers

By John Gavloski

Wednesday June 8 was National Insect Appreciation Day. While the benefits and ecological roles of some insects like bees and dragonflies can be easier for many to appreciate, some insects have very important roles that often go unnoticed. Dung beetles are an example. Without them our natural and agricultural areas would be a lot messier, and biting flies that breed in manure would be more abundant.

Dwellers, Tunnellers and Rollers
Dung beetles are beneficial insects in several ways. Dung beetles convert manure into nutrients, improving soil aeration, minimizing pest flies and increasing water infiltration. Studies have shown that greenhouse

gas emissions from manure, such as methane, ammonia and carbon dioxide, are higher in dung pats when there is no insect activity.

There are three general categories of dung beetles; dwellers, tunnellers and rollers. Dwellers spend their entire life in dung, and they can break down a manure pat in a few weeks or months. The dwellers are part of a group of beetles called the small dung beetles (subfamily Aphodiinae). There are 20 species of dung beetles in Manitoba that are dwellers, and 38 species in Canada. They are rarely over 15 mm, and most are less than 8 mm.

Both "tunnellers" and "rollers" arrive to a fresh dung pat as adult beetles,

ready to tear it apart. Tunnellers dig tunnels beneath the dung pat, and bury the dung at the end of the tunnels. They aerate soil, and make soil more porous to water. In Canada, species of tunnellers belong to a group (genus) of beetles called Onthophagus. There are 2 species in Manitoba, and 3 species in Canada.

The rollers are the best known type of dung beetle by many, as they are often seen in nature documentaries. Adults of rollers form balls of dung from fresh manure, which they then roll some distance from the pat prior to burial. In Canada, species of rollers belong to a group (genus) of beetles called Canthon. There is 1 species in Manitoba, and 6 species in Canada.

The adult activities of tunnellers and rollers can remove most of a fresh dung pat from the soil surface in less than a week. Tunnellers and rollers typically are larger than dwellers.

Incredible Strength

Dung beetles display some incredible feats of strength. Some rollers can roll a ball many times their weight. The horned dung beetle (*Onthophagus Taurus*) takes the gold though. Just 10 millimeters long, this beetle can move up to 1,141 times its own body weight. This is the equivalent of an average man moving two fully-loaded 18-wheeler trucks. Please don't try this.

By making food out of what would normally be considered waste, and a breeding ground for some nuisance flies, dung beetles are certainly an insect that must be appreciated. The introduction of specific dung beetles to Hawaii, and the Australian Dung Beetle Project are great examples why. Dung beetles were introduced to Hawaii from Africa as a way of controlling horn flies. Later, in the 1960s, dung beetles were introduced to Australia from Europe, Hawaii and Africa to deal with the dung problem created by introduced cattle. Cattle were relatively recently introduced to Australia by European settlers and produce large, soft, moist dung pads. Thanks to the introduced dung beetles, pasture quality improved considerably and fly outbreaks were reduced.

Join us for our
SUNDAY BRUNCH
Buffet Style
Served 10am - 2pm
\$15.95 adults
\$7.99 kids under 12
*take-out containers available for additional cost
219 Manitoba Ave, Selkirk
204-482-1900
Roxi's by the Red
UPTOWN CAFE

BILLET FAMILIES WANTED
to host Selkirk Steeler players for the upcoming 2022-23 Hockey Season.
For more information contact
Lee-Anne at 204-485-6305
or email
gamedaymanager@selkirksteelers.com

Communities in Bloom 2022
The Selkirk Communities in Bloom Yard of the Week contest continues to showcase well cared for yards within the City of Selkirk.
If you would like to enter a yard, please visit Selkirk Home Hardware customer service desk or email ads@selkirkrecord.ca and let us know whose place is looking great!

The Flower Child
Yard of the Week:
403 Sinclair Ave.

Making Selkirk Beautiful *One Yard at a time.*
Yard of the Week Special
DCN Xpert Lawn Edging
5.25" x 20'
Black
Reg. \$19.99 /ea
\$15.97 /ea
Item: # 522-012
917 Manitoba Ave., Selkirk 204-785-2773

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran
Servings: 4-6
2 containers (10 ounces each) Fresh Cravings Hummus, any flavor
1 cup sliced cucumbers
1/2 cup Kalamata olives, seeded and roughly chopped
1/2 cup canned garbanzo beans, drained
1/4 cup crumbled feta cheese
3/4 cup cherry tomatoes, quartered
1/4 red onion, finely chopped
2 tablespoons finely chopped fresh

parsley
1/2 lemon, juice only
extra-virgin olive oil
zaatar, for sprinkling (optional)
pita bread or tortilla chips
On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.
Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.
Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran
Yield: 16 biscuit bites
1 tube biscuit dough (8 biscuits total)
7 ounces grated mozzarella cheese
1/4 cup jarred jalapenos, chopped
8 slices cooked bacon, chopped
1 cup Fresh Cravings Restaurant Style Salsa
nonstick cooking spray
Preheat air fryer to 350-360 F.
Divide each biscuit in half by pulling

apart in centers. Use hands to flatten each biscuit into circles. Set aside.
In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.
Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.
Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
Serve warm.
Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

How are you doing, really?

Submitted

The world is so very different than even three years ago. We live in a culture where we often put on our game face regardless of how we are feeling inside. "How are you?" "I am fine." End of discussion.

True, when some people ask that question, it is a formality, and they really aren't asking if you are really okay. Certainly, as well, someone might pose the question, but we really do not want to get into it.

This absence of true, caring communication and connection can leave us feeling isolated. It might seem to us that everyone else is doing fine, and we wonder what is wrong with us that we cannot feel more upbeat and positive. People can even become depressed when they compare their lives to others and feel theirs comes up short.

My profession is based on really caring about how people feel. I see the profound effect it can have on others when they feel truly heard, understood, and supported. I also see the pain that comes from not having that outside the therapy office.

We are a tribal species, meant to connect with others; however, the pandemic, social media, and the busyness of life have interfered with that.

There is a sense of validation and belonging when we connect with someone who is like-minded. Often, I see people who feel isolated because no one in their world thinks like they do.

What do we do about this? For starters, we can listen deeply to others, trying to sense what feelings might lie behind their words. If they are to share personal feelings or issues

with us, this is a sacred trust: they must know we would never repeat what is shared in confidence.

It is helpful if we are willing to share our own vulnerabilities, as that puts us on an equal footing. It can be comforting and validating for one to know they are not the only one struggling.

There is an even deeper kind of connectedness. That is our connection with our true self, our soul or authentic self. All the busyness and distractions can keep us from spending any meaningful time with ourselves. Often a sense of disconnectness can be as much about this as other people.

Our lives can become all about doing things for others, carrying out our responsibilities, and doing things that others want or expect from us. It can then feel hard to be alone, because when we are by ourselves, we are left with a stranger.

To overcome this, take some time by yourself often, and listen to your inner dialogue, the way you would listen to a friend. Explore what you truly feel at a deep level, and what your heart yearns for.

If this sounds like what happens when we start a new friendship, it is exactly that. When we become our own best friend, treating ourselves as we would another, we can comfort and support ourselves. Then, however alone we might be at times, we always have that connection with ourselves.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.

BINGO
SUNDAY NIGHT BINGO
Pots are as follows:

19-53 \$6,600 JACKPOT In 51 Numbers

\$55,546+ POKER FLUSH 4

19-53 \$15,639+ BONANZA In 52 Numbers

SELKIRK STEELERS
Bingo!
Thursday nights

at the Selkirk Friendship Centre

Early Birds at 7:00 pm
Regular Bingo at 7:30

Full House in 51#s or less \$6,900
Lucky Star \$1,626+
Mini Loonie \$1,226
Bonanza in 53#s or less \$2,770
Loonie Pot \$838

Selkirk Travel (1983) Ltd.

Don't forget to get your travel insurance!

www.selkirktravel.com
301A McLean Ave, Selkirk
Monday - Friday 10:00am - 4:00pm

Do you have a Health or Wellness Business?

Call The Record at 785-1618 to advertise

Internet Buffering bringing you down?
Quickstream Broadband will put a smile back on your face!

Quickstream Broadband

Call for details 1 (866) 981-9769
www.quickstream.ca

YouTube S HDMI HIGH SPEED NETFLIX Full HD 1080p ANDROID TV

MB Canola Growers award scholarships to five deserving students

Brooklyn McRae from St. Andrews among winners

Submitted by Manitoba Canola Growers

Manitoba Canola Growers are proud to announce the 2022 high school scholarship winners. \$1000 scholarships have been awarded to five de-

serving students from across Manitoba and this year one of those students was from our area. Brooklyn McRae from St. Andrews took home the win. McRae will be attending the Uni-

versity of British Columbia in the fall studying Applied Science (Engineering).

The \$1,000 scholarships are available to students who are from an MCGA-member farm and are planning to attend post-secondary education in any field within two years of graduating. Students submitted their applications

and were judged by an independent panel based on academic standing, canola connection, references, essay submission and school and community involvement.

Congratulations to this year's winners! We wish you the best of luck as you pursue your chosen careers.

LORD SELKIRK MINOR HOCKEY ASSOCIATION

REGISTRATION



REGISTRATION FOR THE 2022 - 2023 HOCKEY SEASON REGISTRATION CLOSING THURSDAY, SEPTEMBER 1ST



Please visit www.lsmha.com for details



PHOTO SUBMITTED

Brooklyn McRae from St. Andrews was one of five Manitobans to take home a Manitoba Canola Growers scholarship.

What's *Your* story?

We want to hear from you.

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

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

The *Selkirk Record*

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba roster announced for Women's National baseball championships

Submitted by Patti Hacault

If you want to experience grit you are going to need to view women's baseball where players have put on their big girls' pants and have shown that the real-deal, hardcore, grit-making training really is the good stuff and the only way to the next-level. So, being tough, understanding that the coaches are directing them, supporting them, and believing in them results in great things.

Coaches Jeremy Culleton and Marc Bissonnette have released the names of the girls who will be competing in the 2022 Women's Invitational Championship in Stonewall from July 21-24.

The team is comprised with young ladies encompassing the entire province of Manitoba with many of the players' home bases are from rural boys' teams. Members are Jewel Thompson (MacGregor), Emily Foster (Somerset), Mercedes Gorham (Steinbach), Kennedy Toews (Steinbach), Michalya Peacock (Somerset), Darbi Poole (McAuley), Raven Carrière (La Broquerie), Amber Baker

(Strathclair), Horizon Senff (Winnipeg), Sarah Moir (Winnipeg), Caitlin Culleton (Vassar), Jamie Johnston (Arborg), Brittany Langlais (Garson), Katie Heppner (Winkler), Zoe Hinks (Boissevain), Avery Pickering (St. Adolphe), Liberty Aime (Clandeboye), and Leah Peitsch (Winnipeg).

"I am happy to be back on a diamond. After COVID, this is a celebration as much as a competition," said Jeremy Culleton, coach.

"I'm looking forward to a great championship with a group of amazing women," emphasized Bissonnette.

"Our group of players and coaches are excited to be playing in our home province, with family and friends. It will be our first time playing Senior Women's baseball with our group from U16 nine years ago. The love of baseball playing against players that also love the game, makes it a great game. Can't wait for the tournament to start," concluded Joanne Johnston, Manager of Team Toba.



RECORD PHOTO SUBMITTED

Garson's Brittany Langlais will be one of several pitchers supporting the defence for Team Manitoba at the Women's National Baseball Championships in Stonewall this weekend.

West St. Paul FC flies past Eagles

Staff

West St. Paul FC crushed the St. John's Ravenscourt Eagles 6-2 in Winnipeg Men's Soccer League action last Wednesday in West St. Paul.

Gareth Williams (two), Cael Pauls, Tyler Dudeck, Jonathan Strempler and Mark Malone scored for the winners.

Lindsay Hill, with a pair, replied for

the Eagles.

With the victory, West St. Paul now has 19 points to occupy first place in the nine-team league. They are three points ahead of second-place Stingray FC.

Those two teams played this past Tuesday but no score was available.

West St. Paul FC will host the Rowdies on July 27. Game time is 7 p.m.




RECORD PHOTO BRETT MITCHELL

West St. Paul FC's Jonathan Strempler moves the ball against a St. John's Ravenscourt Eagles' player during Winnipeg Men's Soccer League action last Wednesday. West St. Paul FC won the game 6-2.



217 Clandeboye Ave., Selkirk
Proof Deadline Fridays at 4 p.m.
Booking Deadline Mondays at 4 p.m.
Office Hours: Monday-Friday 9:30-5:00



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U15 Pirates pumped for playoffs

By Brian Bowman

The North Winnipeg Pirates are heading into the U15 AAA playoffs playing some pretty good baseball.

North Winnipeg crushed the Interlake Orioles 14-4 last Wednesday before losing 5-4 to the Bonivital Black Sox on Friday.

"(The win) was something that we needed," said Pirates' head coach Chris Mussell. "The Orioles (are down in the standings) but they're still a good team. They're plugging away but we had a good night. Nicholas Besyk, one of our lefties, pitched for us to start and we put up some runs. We were able to get our bats going which was good for us."

Both games last week were played in West St. Paul.

The Pirates also hosted the St. James A's on Sunday evening to close out their regular season but no score was available.

"We're about .500 this year, we have a young team with only one returner from last year," Mussell said. "We're struggling a bit but we're doing OK."

North Winnipeg was 12-15 heading into the matchup with St. James and have been in most of the games this season.

"We had a few players with injuries so we were relying on a few players," Mussell said. "We were short early on...but now we're in a good spot."

But if the Pirates want to go far in this year's playoffs they are definitely going to



RECORD PHOTO BRETT MITCHELL

The Interlake Orioles' Easton Killbery slides home safely while the North Winnipeg Pirates' catcher Liberty Aime snags the ball during U15 AAA action last Wednesday in West St. Paul. North Winnipeg won the game 14-4.

have to tighten up defensively.

North Winnipeg allowed 206 runs while scoring only 152 through 27 games.

"We had a few games there where we ran into a little

bit of defensive trouble. We weren't pitching great and we weren't making plays in the field. But I hope that we have righted the ship here a little bit."

Strike Force loses to Stonewall United

Staff

The Tri-S Strike Force was defeated 5-1 by Stonewall United in Manitoba Major Soccer League 5th Division action last Wednesday in Stonewall.

United goals were scored by Nick Dale, Mike McKay, Adam Brown, Lucas Yarduk, and Aiden Erickson.

The Tri-S' goal was scored by Jesse Fernandes.

The Strike Force now has a 2-6-1 record and seven points to occupy eighth place in the 10-team division.

Tri-S will host Argentinos FC this Thursday at 7:15 p.m.

RECORD PHOTO BY JO-ANNE PROCTER

The Tri-S Strike Force's Tony Sidorov goes high in the air to kick the ball against the Stonewall United in MMSL 5th Division action last Wednesday.



North Winnipeg teams compete at AA baseball provincials

Staff

The North Winnipeg Marauders posted a 2-2 record at the U11 AA baseball provincials at St. James Optimist Park last weekend.

North Winnipeg started play on Friday with losses to Morden (4-0) and Mitchell (6-1). Against Mitchell, the score was tied at 1-1 after six innings and went to an extra inning.

On Saturday, the Marauders bounced back nicely to defeat Bonivital (7-2) and Wawanesa (10-0).

Meanwhile, North Winnipeg finished with a 2-2 record at the 15U AA baseball provincials in Hamiota last weekend.

There was a five-way tie in North Winnipeg's pool and, after the tie-breakers were decided, the Marauders did not advance.

North Winnipeg opened play with a 6-5 nine-inning loss to Hamiota and then was defeated 16-15 by Boissevain. The Marauders trailed 13-0 in the



RECORD PHOTOS BY LANA MEEIR

Left photo, The North Winnipeg Marauders' Felix Friesen delivers a pitch against Bonivital during U11 AA provincial action Saturday afternoon. Right photo, The North Winnipeg Marauders' Felix Friesen slides home safely against Bonivital during U11 AA provincial action Saturday afternoon.

game.

On Saturday, North Winnipeg beat

Brandon 9-5 and then edged Morden

5-4.

Pirates edged by Wolves in U18 AAA league final

By Brian Bowman

The North Winnipeg Pirates' fantastic run in the U18 AAA playoffs ended with a tough one-run loss in the league final on Sunday afternoon.

North Winnipeg took an early 4-0 lead but the Winnipeg South Wolves chipped away for a 6-5 comeback win.

The Wolves' victory snapped the Pirates' impressive seven-game winning streak.

"We had a good finish to the league season and we carried that into the playoffs," said Pirates' head coach Donnie Smith. "It was a tough loss but it was a good game. We played well and there was quality pitching by both groups. It's always tough to lose but it's an easier taste in your mouth when it's a good game."

North Winnipeg defeated the Elmwood Giants 11-7 last Saturday after-

noon to advance to the final.

North Winnipeg started the week with a 5-2 road victory over the Bonivital Black Sox last Thursday.

The following evening, the Pirates blasted the Wolves 15-7 at Charleswood Park.

North Winnipeg now moves on to play at the provincials, which begin this Friday, at Charleswood Park in south Winnipeg.

The Pirates hope to make some serious noise at the provincials.

"Depth-wise, pitching-wise we're going to be a little tough...so some of the guys are going to have to dig deep and get on the bump for us," Smith said. "I have a small handful of guys that are ready to go pitching-wise but we might need some other guys to step up. We'll have to see what happens."

MJHL, SJHL Showcase to return

MJHL website

The Manitoba Junior Hockey League (MJHL) and Saskatchewan Junior Hockey League (SJHL) are pleased to announce the joint MJHL-SJHL Showcase presented by Alt Hotel Winnipeg will return for the 2022-23 season.

The showcase event will be held in Manitoba for the first time, taking place on January 31-Feb 1 at the impressive Seven Oaks Sportsplex in Winnipeg.

The joint Showcase will feature three select teams from each league made up with the top 60 players in the MJHL and in the SJHL. The three teams representing each league will consist of players aged 16 to 20 who will be selected by the coaches from their respective leagues. One team will be comprised of players who are 18 and under and two teams will be made up of players who are 20 and under. Each team will play two games during the high-performance event.

"The MJHL is pleased to continue our strong partnership with the SJHL and we are extremely excited to host this amazing event in Manitoba, especially after not being able to hold the event last season," explained MJHL Commissioner, Kevin Saurette. "This event gives athletes from each

league an incredible opportunity to showcase their skills and abilities in a high-performance environment in front of scouts from all higher levels of hockey."

Annually, the Showcase is heavily attended by NHL, NCAA, Major Junior and University Programs from across North America and this event will be another important step for MJHL & SJHL athletes in attracting the attention of

the many scouts / coaches that will be in attendance.

"We look forward to building off the success of the previous three years of the joint Showcase held in Saskatchewan and are ecstatic to be able to provide this wonderful opportunity for our elite athletes once again," shared SJHL Commissioner, Kyle McIntyre.

To see more photos of your favourite Interlake Athletes

GO TO

Stonewall Teulon Tribune | flickr

Copyright Stonewall Teulon Tribune. To be used for personal use only.



Classifieds *The Selkirk Record* Announcements

Book Your Announcement or Classified Ad Today - Call 204-785-1618 or Email lucy@selkirkrecord.ca

PETS

Purebred Golden Retriever puppies (non-registered). Gentle, happy, healthy, affectionate & playful. Veterinarian checks, 1st shots. Born May 5, 2022, available now. Please call or text Paul 204-481-1260.

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.

FINANCIAL SERVICES

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

NOTICES

URGENT PRESS RELEASES - Have a newsworthy 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.

NOTICES

NEED STAFF? Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out and be seen all over the Manitoba! Hiring? Selling some land? Looking for something? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

STRAW FOR SALE

Small squares wheat straw, Oats, green feed - good for horses. Call, leave message 204-482-5101.

Please support our advertisers

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

Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!

ANNOUNCEMENT

GRADUATION



Congratulations to our beautiful nurse Brikena Stevenson on graduating her Bachelor's Degree in Science of Nursing. We are so proud of you Kiki! -Love your Stevenson/Walker family

ANNOUNCEMENT

BIRTHDAY



Helen Kreamer Happy 100th Birthday on July 14th -Love from your family

ANNOUNCEMENT

BIRTHDAY



James Kidd Happy 95th Birthday on July 27th We love you to the moon and back! -Love from your family

ANNOUNCEMENT

ANNIVERSARY



Darlene and Jarvis Swiderski Congratulations on your 50th Anniversary on July 22nd -Love from your family

Everything you need to promote your business

Interlake Graphics
For all your printing and publishing needs

Call Today!
785-1618

Trucks, Trailers, Truckbeds & Tires

- Full Repair & Safeties
- Vehicle Parts, Tires & Wheels
- Trailer Parts & Batteries
- Sales, Financing, Leasing & Rentals

EBY Aluminum:

- Gooseneck and Bumper Pull Cattle & Equipment Trailers
- Truck & Service Bodies
- Generation Grain Trailers

KALDECK TRUCK & TRAILER INC.
Hwy #1, MacGregor, MB
1-888-685-3127
www.kaldecktrailers.com

McSherry Auction
12 Patterson Dr. Stonewall, MB

Online Timed Auctions
@ iCollector.com

Estate & Moving Auction
Closes Wed July 27th @ 7:00PM
Featuring Guns & Ammo

Estate & Moving Auction
Closes Wed August 3rd @ 7:00PM

Consignments Welcome!

(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

BATTERIES FOR EVERYTHING!
50,000 BATTERIES IN STOCK

- *Auto *Farm *Marine
- *Construction *ATV
- *Motorcycle *Golf Carts
- *Rechargeables *Tools
- *Phones *Computers
- *Solar Systems & design
- * Everything Else!

THE BATTERY MAN
1390 St. James St. Winnipeg
TF 1-877-775-8271
www.batteryman.ca

35TH ANNUAL CONSIGNMENT AUCTION

Manitoba largest multi party auction this years auction will be conducted online with all bidding taking place at www.billklassen.com/nextlot

JULY 30, 2022 AT 12:00PM FARM AUCTION

HWY 3 AND 14 JCT 3/4 MILE SOUTH ON ROAD 24, Morden Winkler Interchange, Winkler, MB
Yard Receiving Hours: Thurs & Fri. - July 21 & 22nd - 8am to 5pm
Sat July 23 - 8am to 12 noon
Mon & Tues July 25 & 26th - 8am to 5pm
Wed July 27 - THE YARD IS CLOSED!

The auction will be on Saturday July 30th. The closing time may change after the yard has closed for receiving depending on how many items we receive. Payment and Pickup will be on Monday August 1 from 9am to 6pm. Buyers please check your spam/junk folder if you do not receive an invoice within a couple of hours after the auction closes. Items not picked up that day will be at the yard at the buyers discretion.

Bill Klassen Auctions Ltd.

Additional auction details and photos are available at www.billklassen.com
Call 204-325-4433 or cell 204-325-6230

Starting a new business?
Call us - We have everything you need to promote your business

DENTAL HYGIENIST POSITION

brightside DENTAL CARE

Brightside Dental Care is growing! Our fun-filled Brightside Stonewall team (formerly Carrington Dental Centre) is searching for the right person to fill a dental hygienist position! If you're interested in joining our team please contact Joelle, Practice Manager, by email pm.stonewall@bdcmail.com with "Resume for Hygienist Position" in the subject line.

Don't Forget Your Loved Ones WITH AN ANNOUNCEMENT IN THE

The Selkirk Record

Call 204-785-1618 or email lucy@selkirkrecord.ca

ANNOUNCEMENT

BIRTHDAY



Happy 50th Birthday Big Ja! -Love Lisa, Dylan and Christy

Announcements

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

ANNOUNCEMENT

IN MEMORIAM



Valerie DOLA Harry Sherie

There are so many things we treasure,
Your hearts of gold that brought such
pleasure.
Your beautiful smiles and generous love,
That now you share with God above.
Miss you every day.

- Love your Family

ANNOUNCEMENT

IN MEMORIAM



Paul McCambridge
June 30, 1946 - July 26, 2011

You are in our hearts and prayers always.
We miss you.

-Bernadette and family

ANNOUNCEMENT

IN MEMORIAM



Marilyn (Bell) Loutit
August 25, 1958 - July 24, 2021

In Loving Memory of our
Dear Sister and Auntie Marilyn
Marilyn, since you passed away
Life just hasn't been the same.
We would move Heaven and Earth
To have you here with us again.
The time we spent together
Meant the world to us,
Your laughter and your precious smile
As we grew up so happily.
We're so grateful for the years we had
And the closeness that we shared,
Your Heart, so kind and thoughtful
We always knew you truly cared.
You were a Wonderful Sister
We miss you to no end,
But more than just our family
We've lost a very Special Friend.
Lovingly and Missed Dearly

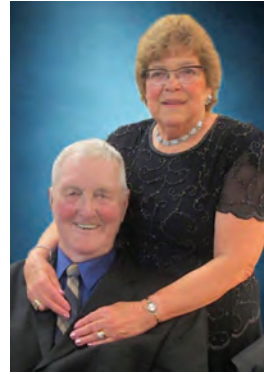
-Love always, sisters
Kim, Barb and Maureen
and families

We know Mom has since joined you and Dad
this past May. We send our never ending Love
and Hugs to all of you.
Until we meet again.

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

CELEBRATION OF LIFE NOTICE

Beggie Anderson (Jan 1 1931 - Jan 2 2022)
Josephine Anderson (Apr 28 1938 - Jun 6 2020)



Celebration of Life
2:00 PM, Jul 29 2022
Riverton Community Hall

The family of Beggie and Josephine Anderson invite you to attend a celebration of life in their honour. In their 65 years together, they connected with so many people and made life-long friends wherever they went. You are welcome to join us as we celebrate this wonderful couple.

If desired, donations in their memory may be made to the Ardal-Geysir Lutheran Church or the Arborg & District Multicultural Heritage Village.

OBITUARY

Louise (Peterkin) Munn

The family of Louise Munn (nee Peterkin) are saddened to announce that she has lost her battle with cancer July 12, 2022 at the Betel home in Selkirk.

Born in Winnipeg, March 29, 1948, she grew up on Collegiate Street in "Sunny" St. James. She attended St. James Collegiate and married George in 1968. Together they raised three daughters. Mom had friends throughout her community. She loved her church lady friends and shopping at the House of Economy and she loved a good garage sale! She made the best perogies and her chocolate chip cookies were the best!

She leaves behind husband George of almost 54 years; daughters Michelle (Rob), Nicole (Sean) and Rochelle (Brennan); grandchildren, Donovan (Bethany), Madison, Sarah, AbbyGayle, Lexi, Conar and Anne; great-grandchildren Ryleigh and Carter.



Also left to remember her are her brother Gerald Peterkin, sister-in-law Sharon Sadowy, and niece and nephew Heather and Kevin as well as many close friends.

She will be reunited with her granddaughter Hanna, parents Lorraine and Alexander (Papa), and her cats Bobo and Bailey.

Special thanks go to the staff of Betel home Selkirk, Dr. Sexton for the wonderful care for Louise in the last seven months. Cremation has taken place and private service will be held.

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

Arrangements entrusted to:

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY

**Albert Kenneth Robinson
September 10, 1934 - July 10, 2022**

Albert Robinson, 87, passed away on Sunday, July 10, 2022, after a brief battle with cancer, having family by his side.

Albert is lovingly remembered by his wife Gai; sons Tom (Kathy), Rick (Julie), Tim (Shannon), Robb (Suzanne); 13 grandchildren and 23 great-grandchildren; his sisters, Della and Dorothy; and Gai's daughters, Sherry and Laura (Randy) adding 10 more grandchildren and three great-grandchildren to the family. Also remembered by many extended family and friends.

Albert was predeceased by his parents, Thomas and Beatrice; his first wife Sonya and grandson Jordan; sisters, Myrtle, Helen, Aileen, and Joyce.



Dad grew up on a homestead in Cartwright, MB. with his six sisters. An enthusiastic hunter and fisher he found substance, rest, and community with nature. At age 13 he found himself beginning the process of finding work to support himself and help his mom and dad. This took him from local farm work, out to Dryden, to Calgary, and back to Manitoba. With a heart to care for others, Dad was accepted into a three year Psychiatric Nursing program which he successfully completed in Selkirk. He soon found his entrepreneurial spirit and went off into several adventures. Mink ranching, and helping develop the early styrene basement concrete forms, were two of his biggest ventures. Toward the end of his work career he was offered an opportunity to work at the Western Canada Aviation Museum. Here he loved his work and made great friends.

It was his nursing career that lead him to his first wife Sonja Perwarchuk in 1956. They were married near 50 years until Sonya passed in 2006. Dad was blessed with a new love in Gai Doerksen and they were married January 20, 2007.

Dad loved children, and was always interested in the lives of his precious family.

Life changed for Dad and Mom in 1964 when they gave their lives to the Lord Jesus Christ. This was their foundational moment of grace which worked faithfully not only in their lives but also in the core of our family. He was a faithful member of Grace Baptist Church for 42 years where he enjoyed ministering in many ways.

Dad, thank you for faithfully fulfilling your duties as ... "Provider, Protector, Prophet and Priest" ... and now eternally enjoy the riches of grace found through faith in our Lord and Saviour Jesus Christ... Amen

A Celebration of his life and God's grace will be held at Grace Baptist Church, 321 Sophia St, Selkirk, MB on Saturday, July 30, 2022 at 11:00 a.m. The family will be there to welcome friends and relatives.

In lieu of flowers donations to Foothills Country Hospice Society (<https://www.canadahelps.org/en/dn/m/7268/donation>) will be received.

BOOK YOUR ANNOUNCEMENT TODAY

- BIRTHDAYS
- NOTICES
- BIRTHS
- OBITUARIES
- IN MEMORIAMS
- THANK YOUS
- ENGAGEMENTS
- ANNIVERSARIES
- MARRIAGES



Call 204-785-1618

Your memory will live forever Engraved within our hearts

Everything you need to promote your business

FLYERS
BROCHURES
BUSINESS CARDS

STICKERS
WINDOW DECALS
SOCIAL TICKETS

DOOR HANGERS
LETTERHEAD
ENVELOPES
INVOICES
ESTIMATE SHEETS

POSTERS
MEMO PADS
POST CARDS
PRESENTATION
FOLDERS



Call Today!
785-1618

Biz Cards

Call 785-1618 ads@selkirkrecord.ca

pampered chef

INDEPENDENT CONSULTANT

- Cooking Shows • Meal Prep Solutions
- Fundraisers • Individual Orders

204-485-4272 call or text
stoneware444@gmail.com
www.pamperedchef.biz/michellebalharry

SR Designs

Specializing in Windows, Doors
& All Your Glass Needs

204-906-7491 • sr-designs.ca

FOREST STUMP

STUMP GRINDING

- WE GRIND DEEPER FOR CHEAPER -
Call Darrell Cockerill - Cell or Text: 204-485-3887

Shumski's Fencing

Chain Link Fence Supplies
Installation or "Do It Yourself Kits"
Dog Kennels • Privacy Slats

Free Estimates www.shumskigardencentre.com
339-5706 email: shumski@mts.net
4240 Main Street, West St. Paul

KINGS AUTOAIR

R134a R1234yf
MOBILE AUTOMOTIVE AIR CONDITIONING

* Car * Light & Heavy Truck * RV *

Red Seal Technician 204-390-2790
www.kingsautoair.com kingsautoair@gmail.com

GRD YARDWORKS

- Spring & Fall Yard Clean Ups
- Windows & Eaves Cleaning
- Grass Cutting • Fencing
- Senior Discounts

Free Estimates
No Contracts (pay per visit)
204-290-9549

Tyrel Stinson 1-431-345-0753
Cody Loane 1-204-485-3032

FREE ESTIMATES
24 Hour Service 7 Days a Week
snelctricservice@gmail.com

MUSIC LESSONS

KEITH IRWIN B.A. (Music)

Piano / Vocal
Guitar / Bass Guitar

204.720.0300
700@mymts.net
www.keithirwin.ca

(SINCE 1976)
SHUMSKI'S
Landscaping & Garden Centre

Call and place your order for CURBSIDE PICKUP

TREES * SHRUBS * PERENNIALS * BEDDING PLANTS
SOIL * SOD * SAND * MULCH * LIMESTONE
GRANITE * BARKMAN PRODUCTS
FIREWOOD * PEA GRAVEL * RIVERSTONE

4240 MAIN ST., WEST ST. PAUL
Ph. (204) 339-5706 Fax (204) 334-9365 shumski@mts.net
www.shumskigardencentre.com

TIRED OF THAT OLD CAR AND SCRAP METAL SITTING IN YOUR YARD?
NEED SOME CASH?
CALL BOB HOKANSON
204-485-6123

Erin Denise

Chartered Professional Accountant Inc.
Corporations & Sole Proprietors

Step into the Life You Choose
204-482-1105
www.selkirkaccountant.ca

SPRUCE ACRES LANDSCAPING

Rural property specialists

Add curb appeal, functionality, and resale value to your home or cottage. Enjoy country living!

204.781.0269 | SpruceAcresLandscaping.com

ELECTRICAL CONTRACTORS

- Residential
- Commercial
- Rewires
- New Builds
- Renovations
- Cameras/Data
- Automation

204-213-0044

KUTCHER'S EAVESTROUGHING

- Eavestroughs
- Soffit • Fascia

Serving the Interlake for over 30 years
204-389-3118
FREE ESTIMATES

PRAIRIE OAK TREE SERVICES

ST. ANDREWS MB

CURTIS 204.981.8731

LICENSED ARBORISTS

COS CITY OF SOFTWARES

- COMPUTER SALE & REPAIR
- LAPTOP REPAIR
- PHONE REPAIR
- ACCESSORIES
- GAMES

367 Eveline St. Selkirk R1A1N2 (Entrance off Clandeboye Ave.)
431-335-3550 431-335-3549
www.cityofsoftwares.ca cityofsoftwares@gmail.com
PICKUP AND DROP OFF AVAILABLE

BNS EXCAVATING

- Water & Septic Systems
- Design Services
- Frozen Lines
- Well Repair
- Ice Dam Steaming
- Driveways
- Culverts
- Trenching
- Auger Drilling
- Septic Repairs

(204) 461-2856 BNSexcavating@hotmail.com

PLUMBING, HEATING & REFRIGERATION

- Commercial and Residential
- Licensed Gas Fitters & Sheet Metal
- Pressure Systems, Water Softeners & Iron Filters
- Gas and Electric Hot Water Tanks
- Roto-Rooter Service

RIDGID SEWER CAMERA Heating & Cooling Systems
204-482-4159

ALICE ROOFING LTD.

Complete Roofing Service

- Residential
- Agricultural

Licensed & Insured
www.aliceroofing.ca **204-757-9092**

STEP UP TREE REMOVAL

FOR A "CUT" ABOVE THE REST...

- Tree Cutting & Removal
- Tree Trimming & Pruning
- Bucket Truck

Serving Selkirk & Surrounding Areas
Rob - call or text **204-785-3273** Fully Insured
stepuptreeremoval@gmail.com

KAMO CONSTRUCTION

Keith Neyedly, Red Seal Carpenter

keith@kamomb.ca
Box 368, Clandeboye, MB R0C 0P0
204.795.9123

LANDSCAPING	CARPENTRY
Rough/Finish grading	Fences
Topsoil	Decks
Excavating	Sidewalks
Bobcat service	Stairs
Stump grinding	Concrete
Posthole auger	Forming
Dump truck services	Framing
Lot clearing	Snow Removal

Biz Cards

FLOORING INSTALLATION & RENOS

MEDWID FLOORING CA

204-481-3561

Painting | Drywall | Carpentry

SERVING SELKIRK & SURROUNDING COMMUNITIES

I BUY JUNK VEHICLES

FARM EQUIPMENT,
TRAILERS & SCRAP TOO!

Phil 204-485-5787

Nails by Rita

Specializing in Unique Designs

- LCN Gel Nails • Shellac Manicure
- Pedicures • Waxing at BIO-DERM

204 Clandeboye Ave, Selkirk
@nailsbyrita02 204-785-2089

BODNER QUARRIES

- Crushed Limestone
- Landscape Boulders
- Clean Fill • Top Soil

Garson, Manitoba
204-266-1001

BLAINE'S LANDSCAPING

Bobcat Service including:
Tree Spade & Bucket
Residential & Commercial Landscaping
Lawn Care, Rototilling & Aerating
Hauling & Spring & Fall Cleanup
Trees for Sale 3-8'

Call Blaine @ 1-204-997-3782

- Premium Gas & Diesel Fuel • Groceries
- Dew Drop Water • Boyd's Coffee & Snacks
- Local Post Office & of course Friendly Staff

LIVE & FROZEN MINNOWS

PETERSFIELD STORE
Hwy. Petersfield (204) 738-4475

NEED CATERING

LIFE A Little Sweeter

email: info@lifealittlesweeter.net
www.lifealittlesweeter.net

Ted Wur **204-485-4235**

Pump-Tech

PLUMBING & PUMP REPAIR

We've moved to 80 IXL Crescent, Lockport
(Behind Canvasback)

By appointment **204-757-7219**
www.pumptechplumbing.com

SHERLOCK TREE REMOVAL

Pruning • Stump Grinding • Chipper

Licensed Arborists
Fully Insured - Claim Free
30 years Experience

Vince 861-0487
Darren 861-0028

Pick up your
Selkirk Record

At the
SPORTSMAN'S STOP

CONVENIENCE & VARIETY (Esso)

Fishing Bait and Tackle • Gas • Maps
HIGHWAY 44 just east of 59.

ski-doo BRF

SALES SERVICE PARTS

#109097 Hwy 9, Gimli
204-642-7017
e: skidoo@mymts.net

FULLHOUSE MOVERS

ALEX FOTTY

HOME: 204-467-2419
CELL: 204-461-2352

NOTHING BEATS A
FULLHOUSE MOVE

LUPUL Tax Services

"The Name Says It All"

- Computerized • Electronic Filing
- Free Estimates • Personal & Small Business Returns

N.J. (Jim) Lupul
lupultax@outlook.com 204-785-1881

K. GOWER Construction

- Carpentry • Garages & Sheds
- Doors • Decks
- Siding, Soffit & Facia • Bathrooms
- Basement Finishing

785-3740

Karl's Appliance Service

Repairs to fridges,
stoves, washers, dryers,
air conditioners

482-4594

DOC MD MECHANICAL

Specializing in
• Duct Installation
• Heating
• Cooling

Hydro Financing Available
P. 204-226-1840
F. 204-757-2097
Darryl Woloshyn doc.md16@gmail.com

CASSIDY'S CONSTRUCTION

- GENERAL CONTRACTING
- MILL WORK • CABINETS • PROJECT MANAGEMENT
- COMMERCIAL/RESIDENTIAL RENOVATIONS

Steve Cassidy • Cell 782-4447
cassidysconstruction@gmail.com

CLANDEBOYE General Store

OPEN 7 DAYS A WEEK

- Gas • Liquor • Pizza
- Lotto Vendor • Groceries
- Hunting & Fishing Licenses

738-4342 Highway 9, Clandeboye

INTERLAKE TREE SERVICE

Trimming,
Removal &
Stump Grinding

204-799-5265

Hnatiuk Law

204 - 482 - 5111

Main Street, Selkirk

Real Estate Law • Business Law • Wills
Estates & Probate • Farms

www.hnatiuklaw.com

* Legal Services Provided by Andrew David Hnatiuk Law Corporation

INTRODUCING YOUR INTERLAKE

McPHILLIPS TOYOTA
Product Advisor
BRANDON BALMER
2425 McPhillips St., Wpg
Cell: 204-481-1915
204-338-7985
bbalmer@mcphillips.toyota.ca
www.mcphillipstoyota.com

AirWise Home

Your Heating, Cooling and Geothermal Specialists

204-467-9578
info@airwiseinc.ca www.airwiseinc.ca

PLUMBING

Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/
Reverse Osmosis

RILEY PATTERSON
Journeyman Plumber
Cell **204-461-0035**

STANLEY
ELECTRICAL & MECHANICAL LTD.

RESIDENTIAL • COMMERCIAL • INDUSTRIAL
Red Seal Certified, 24 Hour Service, Free Estimates
contact@stanleyltd.com
204-485-7181 www.stanleyltd.com

RIVERBEND MOVING & STORAGE

MOVING is our business, SERVICE is our promise.

204-785-9299
211 Hutchings St., Winnipeg, MB, R2X 2R4
www.riverbendmovers.com

Call 204-785-1618

YOUR AD

COULD BE HERE!

JEFF'S PLUMBING SERVICES INC.

• RESIDENTIAL • COMMERCIAL
SELKIRK, MANITOBA

For All Your Plumbing & Repair Needs
- ROTOR ROOTER SERVICES -

• Sewer Camera Cell: **204-485-4227**
JEFF FLETT jeffsplumbing1@gmail.com

RIVERBEND Carrier
HEATING & AIR CONDITIONING

Your local HVAC specialists Installation & Service

204-396-4474 HYDRO FINANCING AVAILABLE O.A.C.
info@riverbendheating.ca
www.riverbendheating.ca

BILSKY ENTERPRISES LTD.

DESIGN and DRAFTING SERVICES

GENERAL CONTRACTING
PROJECT MANAGEMENT

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

PAUL BILSKY 204-485-3799 Technician
DON BILSKY 204-785-3536 President
OFFICE: 204-482-9381 bilskyntd@gmail.com

GREAT WHITE

SPRAY FOAM INSULATION

FREE ESTIMATES, QUALITY SERVICE
LOCALLY OWNED AND OPERATED

CALL US TODAY! **204-290-5667**

LARRY B. SWAIN ENTERPRISES

- REFRIGERATION • HEATING
- AIR CONDITIONING

CENTRAL AIR INSTALLATIONS (Financing Available OAC)
PH: 204-757-2935 CELL: 204-998-2904

TYNDALL POWER PRODUCTS

HONDA • STIHL • SIMPLICITY • FERRIS
BRIGGS & STRATTON • KOHLER • TECUMSEH

Mowers - Tillers - Tractors - Engines - Pumps
Generators - Chainsaws - Trimmers - Augers

Ed Novakowski Owner/Manager
Hwy 44 Tyndall GAS BAR & LOTTO
tppltd@mymts.net **204-268-3006**

TOPSOIL BLACK DIRT SLAG

- Demolition • Driveways • Loader
- Grader Rentals • Bobcats • Crawler Hoe

EXCAVATIONS • TRUCKING •

R&M 482-7157
EQUIPMENT Selkirk, MB

CANVASBACK PET SUPPLIES

Doggie Day Care Grooming

1 WELLINK DR., LOCKPORT
Phone: (204) 757-2701
www.canvasbackpets.com

PIPE DREAMERS PLUMBING & HVAC/R

CHASE BORGSTROM 204-990-1299
PLUMBER
Renovations
Repairs/Service
New Installs
Drain Cleaning
Water Treatment

KYLE SCRIVENS 204-482-3939
HVAC TECH
Heating
Air Conditioning
Gas Fitting
Contracting
Refrigeration

PIPEDREAMERS PLUMBING2019@GMAIL.COM
PIPEDREAMERSHVAC@GMAIL.COM

BONDED HEALTH & MOBILITY SERVICES

- SALES • SERVICE • PARTS of
- Wheelchairs • Scooters
- Walkers • Healthcare Products • Homecare
- Orthotics

Toll Free: 1-877-825-0917
Email: ihebert@bondedhealth.ca
230 Manitoba Ave, Selkirk 204-785-1992

WESTSIDE POWERSPORTS

HONDA POLARIS STIHL

POWER RAKE
PLUS STUMP GRINDER & AERATOR

westsidepowersports.ca BOOK ONLINE, PHONE OR TEXT
6837 Hwy 9 SELKIRK **204-482-7782**

SALES • SERVICE • INSTALL

PVC & ALUMINIUM WINDOWS

INKSTER PARK
STEEL INSULATED DOORS
STORM DOORS

THE WINDOW FACTORY
DURASEAL WINDOW & DOOR
605 Mercy Street, Selkirk 204-482-9099
www.windowfactory.mb.ca



CENTURY 21
ADVANCED REALTY
255 MAIN STREET, SELKIRK



ASHLEY DOUGLAS

WWW.HACKINGTEAM.CA • 204.202.1922 • HHTeam@C21.CA

REALTOR®



MASTERS RUBY
2021

MASTERS RUBY
2020

204.485.4051
Contact me for all of your
Real Estate needs!

ASHLEY.DOUGLAS@CENTURY21.CA



ACHIEVEMENT AWARD TEAM MRS 2021 SILVER

TOP 1%

TOP 30 UNDER 30

CENTURION®

TOP 3 TEAMS MANITOBA

FEATURE OF THE WEEK!
1403-6940 HENDERSON HWY, LOCKPORT

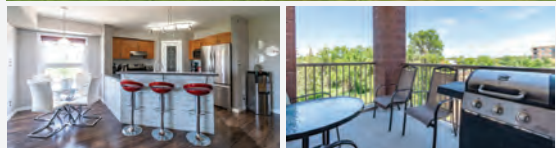
GEORGE
204.461.0747

KASEY
204.485.5303

VICTORIA
204.619.3955

HUNTER
204.813.8091

F E A T U R E D P R O P E R T I E S



LOCKPORT DELIGHT!
\$279,000

4th floor condo with a peek of the River & Historic Lockport Bridge off the covered balcony! Large entrance with front hall closet, laundry/storage with new washer & dryer. Bright open concept floor plan with durable laminate floors. Large eat-in kitchen with peninsula & breakfast bar, walk-in pantry, newer appliances. Formal dining space fit for the whole family to come over! Living area with big windows letting tons of sunshine in. Huge primary bedroom, 3pc ensuite & walk-in closet. Second bedroom or office space offers a peek at the river from the window. 4pc bath perfect for guests! Unit includes single indoor parking space. Utilities included in conde fees.

HH TEAM **NEW PRICE!**



\$617,800

60 Arnhold Street
Gull Lake


HH TEAM **NEW PRICE!**



\$355,000

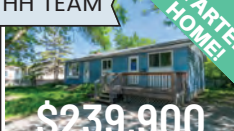
113142 Rd 13E
Fraserwood

HH TEAM **SUBJECT TO SUBDIVISION!**



36 Acres of Farmland
East Selkirk

HH TEAM **STARTER HOME!**



\$239,900

515 Toronto Avenue
Selkirk

HH TEAM **RIVER FRONT!**



\$569,900

82180 St Peters Rd
East Selkirk

HH TEAM **3+1 BEDROOM 2 BATH!**



\$374,900

78 Sage Wood Ave
Sun Valley Park, Wpg

HH TEAM **3.7 ACRES**



\$499,500

260 Wesley Drive
St Clements

HH TEAM **1,216 SQFT!**



\$249,900

215 Donohoe Ave
Petersfield


HH TEAM **TREE LOT!**



\$55,000

375 John Street
GULL LAKE

HH TEAM **2+ ACRES**



\$109,900

Lots 2 & 10 Fuller Rd
East Selkirk


HH TEAM **GIMLI LOT!**



\$49,900

15 Wedgewood Pl
Gimli

ASHLEY **4 ACRES VACANT LAND!**



\$190,000

338 Wesley Drive
East Selkirk

ASHLEY **LEASE FOR LESS!**



\$900/MO

101-250 Manitoba Ave
650 SQFT + Washrooms

HH TEAM **PENDING!**



\$324,900

140 Grand Circle
Petersfield

HH TEAM **SOLD!**



35 Eastshore Drive
Victoria Beach

COMING SOON!



209 Edith Avenue
Petersfield
\$319,900
Bedrooms: 3
Bathrooms: 2
Garage: 1DT



30 Louise Bay
Selkirk
\$349,900
Bedrooms: 3
Bathrooms: 1.5
Garage: O/S 1DT



39 Dorothy Bay
Selkirk
\$297,500
Bedrooms: 3
Bathrooms: 1.5
Garage: 2DT

FOLLOW US ON SOCIAL!

@HACKINGHOMETEAM

