

# The Selkirk Record

VOLUME 15 EDITION 11

THURSDAY, MARCH 14, 2024

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## Recognizing Shaylene Nordal



RECORD PHOTO BY BRETT MITCHELL

Local community leader Shaylene Nordal was recognized by MLA Richard Perchotte in the Legislative Assembly House Chamber last week for contributing to our community. Learn more inside.

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# Shaylene Nordal recognized at Manitoba Legislature

By Katelyn Boulanger

Last week, Shaylene Nordal, general manager of the Marine Museum of Manitoba in Selkirk, was recognized in the Manitoba Legislature by our local representative, MLA Richard Perchotte for her hard work preserving our history.

In Perchotte's speech, he acknowledged Nordal's work creating the hands-on experience that is visiting the Marine Museum of Manitoba. Patrons have the opportunity to step back in time as they board, explore and learn the nautical history of the Red River and Lake Winnipeg.

He commended Nordal's dedication, vision, unbridled passion and hard work preserving history for all future generations to enjoy.

This year was a fitting time to acknowledge Nordal and the museum as she is celebrating her 30th anniversary working for the Marine Museum of Manitoba. The museum itself is also celebrating a milestone as it is its 50th anniversary in our community.

"It was amazing. It was something not expected. I don't work to be recognized in any way. And, it was a very nice honour to be recognized," said Nordal.

She said that when she heard from Perchotte that he wanted to honour her in this way it was surreal.

"Thirty years ago, going into university, taking my education degree, I would not have expected to fall in love with the museum the way I did. I started off as a summer student, working my way through university, and just fell in love with the place. I've been asked many times, what is your connection? Is there a connection to the ships or the museum itself? And I'm like, 'No, just passionate for history,' and something draws me to

the Marine Museum," said Nordal.

She said when working as a student at the museum initially it was a fun exciting place where she was able to meet people. She started out as a tour guide and loved to be able to give tours.

After a couple of years as a tour guide, she was offered the general manager position and embraced the occasion.

"I couldn't believe it. I absolutely wanted to take on the challenge and the opportunity of doing that. Our displays have totally changed in the last 30 years. They're more interactive and more inviting for people to come and see. We've been through floods and persevered through that, and we're able to open our doors again when it was kind of bleak, and everything just looked horrible under all the sand and silt and mud after the flood. We were able to come back from that. The board is strong as ever, and we've moved from worrying about where we would be year to year and whether we could open our doors the next year or not, to seeing a bright future and having a great vision," said Nordal.

She says that one of the highlights of working at the museum is that she is able to connect with our community.

"I love what I do. I love connecting [with people] with all the new special events that we're doing. Our Ghost Tours, our Keenora Traditional Dinner, and just seeing these events, start and be well received, they're very successful. It just brings the community in more and in, in a different way than just coming in touring the ships," said Nordal.

The Marine Museum of Manitoba

Continued on page 4

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RECORD PHOTO BY BRETT MITCHELL  
Shaylene Nordal and MLA Richard Perchotte at the Manitoba Legislative Building

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> **SHAYLENE NORDAL, FROM PG. 3**

is, of course, also a museum which means that preserving our local nautical history is a priority that Nordal is passionate about.

“Where else will you see ships in a prairie province? Lake Winnipeg and the Red River were a major part of the history of transportation of goods and services up to the northern communities that had no roads and planes to deliver all these items. The ships that are located here in Selkirk are part of Manitoba’s history, not just Selkirk’s. It’s a huge part of Selkirk’s [history] but for all of Manitoba, it’s history we don’t want to lose,” she said.

Perchotte was glad to be able to acknowledge Nordal’s effort and passion last week at a session of the Manitoba legislature.

“As an elected member of the Legislative Assembly of Manitoba, I am permitted the unique opportunity to honour a person or organization in the Legislative Assembly House Chamber. I was extremely honoured

to recognize Shaylene Nordal for all she has done for our community and the Marine Museum of Manitoba. Truly one of my unsung heroes, I wanted to give her the admiration and respect she has earned and deserves. She is now recorded into the Manitoba pages of history, how fitting for someone who works in preserving history,” he said.

Residents who are interested in checking out the museum should mark their calendars for May 18 which is the first day of the summer season that the Marine Museum of Manitoba is open to visitors.

As this is a notable anniversary for the museum residents should also keep an eye on their website (<https://marinemuseum.ca/>) as well as Facebook page (<https://www.facebook.com/marinemuseumofmanitoba>) to learn more about upcoming community fun.



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# Get ready to grow; garden season 2024 coming soon



RECORD PHOTO BY KATELYN BOULANGER

Seed starting season is right around the corner. Get prepared at Seedy Saturday.

## Eastman Seed Savers growing community with Seedy Saturday event

By Katelyn Boulanger

With garden season fast approaching, the Eastman Seed Savers are hosting a Seedy Saturday event to get everyone ready to plant something new. This event, which will take place at the Gordon Howard Centre on March 23, consists of a seed swap, demonstrations, presentations, and more gardening-related goodness.

"The idea of a Seedy Saturday was penned a couple of decades back. It gives everybody a chance, [especially] those people who are very dedicated to collecting their own seed to trade with other like-minded people," said Jane Seniw, chair and founder of the Eastman Seed Savers.

Seniw says that residents who are seed collectors and have an abundance of seeds that they want to share

can bring them down to the event in order to swap with fellow gardeners. Their seeds should be in a sealed package and labelled with information about the seeds including the variety as well as basic characteristics of the plants as they grow such as height and time from planting to harvest/full maturity.

All seeds are welcome be they vegetables, flowers, or native plants. Some seeds that Seniw says to look out for before they are gone are: krim and Manitoba tomatoes, seed bombs of native seeds, acorn squash, chili peppers, petunias and zinnias.

"What is very interesting is that people come forward and they start

Continued on page 6



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## > SEEDY SATURDAY, FROM PG. 5

to tell their stories. A lot of these seeds are what one would look at as being a heritage seed, or an heirloom seed because it's a seed that's been used within that family for generations," said Seniw.

Another great part about swapping with other local gardeners is that if a seed has been grown in our region for generations it will be more likely to be hardy to our local pest pressures as

well as weather conditions meaning that these seeds can have a better chance of doing well in your garden.

The Eastman Seed Savers started with the hope of hosting a local seed swap event which would be more accessible than driving into the City of Winnipeg.

"Back in 2005, a group of us started throwing around the idea of starting something very similar to the Seedy

Saturday that was always being held in Winnipeg. We felt instead of always driving to Winnipeg, could we not hold something similar here? So, we contacted the Seeds of Diversity, and they've been very supportive and encouraging," said Seniw.

In the past, they've held events in Beausejour, Tyndall and Garson. This will be the first time that Seedy Saturday will be held in Selkirk.

Seniw says that in addition to the seed swap at this event, there will also

be demonstrations where a variety of seed containing parts of plants will be opened up and the presenters will show residents how to harvest their seeds as well as how to tell which are the viable seeds that will grow into a plant.

"This year, I'll be giving a short explanation on

the difference between heritage seed, hybrid, versus open-pollinated and things like that," she said.

There will also be a presentation Anessa Maize will be giving on the ecological approaches to soil help.

Seeds aren't even the only thing that are going to be swapped. There will also be a table where residents can bring their previously read gardening books in order to swap them with others so we can all learn more.

If residents want to learn more about future events from the Eastman Seed Savers or join the group of local gardeners they can contact Sinew at tree-lady@mymts.net.

"Even if a person doesn't, has never saved seeds, or isn't sure how to, they're welcome. If they want to just come in and listen to myself or Anessa, they're very welcome. If a person has never saved seeds and wants to participate in this Seedy Saturday not a problem," said Seniw.

This event runs from 9 a.m. to 12:30 p.m. on March 23 at the Gordon Howard Centre. Admission is by donation.

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RECORD PHOTO BY KATELYN BOULANGER

Seed swap, presentations, demonstrations and more at this year's Seedy Saturday event.

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# Residents invited to local Tourism Expo hosted by Red River North Tourism

See what our region has to offer on March 21 at Memorial Hall

**Submitted by RRNT**

The public is invited to attend the 2nd Annual Red River Tourism Expo, on March 21, at Memorial Hall in Selkirk. Presented by Red River North Tourism Inc. the Expo event brings together regional businesses and operators active in the tourism industry. Admission is free and doors will

open at 4 p.m. with more than 20 exhibits highlighting products and services available to visitors, with some items available for purchase. Participants will include: Barr Soap, Beaches of 59, The Cozy Fox, Friends of Lower Fort Garry, GLOW Fitness for Women, Manitoba Highland Gathering, Patti Simko Art, Red River Cats,

St. Andrews Heritage Centre, St. Andrews on the Red Anglican Church, Selkirk and District Horticultural Society, Selkirk Kayak Canoe Centre, Selkirk Transit, City of Selkirk Recreation, Red River North Tourism Inc., and more.

After the local businesses wrap up, a presentation by Holiday Alley Founder Shirley Muir will take place at 7:30 p.m., offering a glimpse into the creative evolution of Holiday Alley over the past five years in the face of global challenges.

The Tourism Expo will conclude with a Keynote Address by Mervyn Gunter, serving president of the newly incorporated Tourism Industry Association of Manitoba (TIAM). This new organization is poised to become the leading voice for industry advocacy in Manitoba, collaborating with tourism stakeholders in the province to foster a competitive and prosperous visitor economy.

Immediately following the Expo, Red River North Tourism Inc. will hold an Annual General Meeting. All are welcome.

"This Tourism Expo and AGM offer an unprecedented opportunity to meet tourism industry leaders and business owners," said RRNT President Lois Wales.

"It's a chance to learn more about

the economic and cultural importance of tourism to our community" she added.

There will also be a discussion of the role and accomplishments of Red River North Tourism and the plans for the future of tourism in the region.

Admission to both the Tourism Expo and the AGM is free and attendees may enter to win one of several exciting door prizes such as: a Bike Tour Package from St. Andrews Heritage Centre; a Family Pass to the Manitoba Highland Gathering; two tickets to the Garden & Art Tour; an exclusive guided Mural & History Tour for up to ten people; Holiday Alley Soup Cook Off tickets; and more.

If you want to keep up to date with great events in our region, RRNT invites residents to sign up to receive their monthly RRNT newsletter, featuring events, workshops, and other activities at [www.redrivernorthtourism.com/newsletter](http://www.redrivernorthtourism.com/newsletter).

Everyone is also invited to visit the online events calendar at [www.redrivernorthtourism.com/calendar](http://www.redrivernorthtourism.com/calendar).

For further information about Red River North Tourism Inc., the Tourism Expo, or the AGM, visit [www.redrivernorthtourism.com](http://www.redrivernorthtourism.com) or call 204-485-4881.

## Making noise at Cloverdale



RECORD PHOTO BY BRETT MITCHELL

Last Sunday, Cloverdale Church was hoping. Sarah Markwart was accompanied by Becky and Ed Taylor for an old time rock n' roll show.



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EDITORIAL > VIEWPOINTS > LETTERS

> Got news?



Call Kateyn Boulanger

## The RCMP Report

Feb. 16 - 29

Submitted by Selkirk RCMP

The RCMP Report is a short overview of the calls received in our area by local law enforcement. This report covers Feb. 16 – 29.

### Selkirk

Selkirk RCMP had 366 calls for service for the noted time.

On Feb. 16, at about 11:30 a.m., Selkirk RCMP were called to a possible impaired driver on the ice near the Lockport Bridge. Upon arrival, Police located a vehicle submerged in an open spot of water near the Lockport Bridge. Investigation led to locating the driver of the vehicle who refused to provide a breath sample upon request. The driver was charged with: Impaired operation of a motor vehicle, Refusal to provide a breath sample, Possession of a controlled substance and Careless driving. This matter is currently in the courts.

On Feb. 21, at about 3:00 a.m., Selkirk RCMP were called to a residence on Strathnaver Ave. on a report of a suspicious female knocking on the residence door. Police attended the

area, but the female had left. Police later located the female and she was arrested and lodged for being intoxicated in public.

On Feb. 23, at about 2:30 p.m., Selkirk RCMP were called to a business on Superior Ave. on a report of a robbery in progress. Police attended immediately and located a male who had been using force to steal from a person who was in the process of a delivery. The male was arrested for Robbery and Assault. This matter is currently before the courts.

### Red River North

Red River North RCMP had 166 calls for service for the noted time.

Red River North RCMP were called to Rebeck Road in the RM of East St. Paul on Feb. 15, at about 11:30 p.m. on a report of street racing in the area. Noise and excess vehicles caused the complainant to call in. Police attended the area, but found no vehicles.

On Feb. 16, at about 12:00 p.m., Red River North RCMP received a call of theft from Northumberland Road in the RM of West St. Paul. Investigation

revealed a 5th wheel trailer and white International truck were stolen from there. Police continue to investigate.

On Feb. 21, at about 9:00 a.m., Red River North RCMP were called to a suspicious vehicle parked on Rossmore Ave. in the RM of West St. Paul. Police attended and located the vehicle and a male driver. The male had outstanding arrest warrants and the vehicle was reported stolen. The male was arrested at the scene. This matter is currently before the courts.

### Grand Marais

Grand Marais RCMP had 20 calls for service in the noted time.

On Feb. 20, at about 12:00 a.m., Grand Marais RCMP were called to a residence on Central Ave. in Grand Marais to check on the well-being of a male. Police attended and met with the male to determine all was good and safe.

On Feb. 17, at about 12:01 p.m., Grand Marais RCMP pulled over a vehicle near 304 Road in the RM of Alexander. Investigation revealed the male driver was driving without a valid license. The male driver was given a violation ticket and an alternate driver was sought for the vehicle.

## letter to the editor

Cam Dahl of the Manitoba Pork Council tells us “every business” cannot be sustainable without being profitable in his opinion piece published in the *Selkirk Record* on March 7.

Even if this was true, it would mean our plundered planet likely has little chance in sustaining life as we know it. He ignores movements like Sustainable Ag, which with the help of the federal government is assisting farmers in being

responsible citizens and profitable. Most people are ok with taxation to provide services like roads, medicare, and climate change mitigation. The goal of the carbon tax is to use money generated to help in this, and dissuade over-use. Multi-million dollar industrial operations (it’s hard to see how these are not profitable) need to find ways to use less fossil fuel, and therefore pay less carbon tax. Dahl mentions “collaboration” but history shows

big business’ only goal is profit. He blames the carbon tax on reducing profitability - but what about the cost of all the other inputs - fossil fuel being top of the list? Why does he not request oil companies reduce their profits to help out his clients?

Submitted by Diane Robertson  
RM of Brokenhead



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

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# Learn about pysanky making from Loris Sargeant

This year's classes touch on regional pysanky designs

By Katelyn Boulanger

Pysanky also known as Ukrainian Easter eggs are an art form that combines folklore, skill, and tradition. This year Loris Sargeant is hosting pysanky making classes this month at the St. Andrews Heritage Centre. The classes will interest beginner students and some also focus on designs from different regions of Ukraine.

"They're decorated eggs that come back from ancient times, basically. [The name pysanky] comes from the verb for pasaty which means to write. We basically write on the eggs. Everyone thinks that we paint them but we write with the wax," said Sargeant.

The basic process includes coming up with a design, which Sargeant guides folks through in her class, then using wax to cover areas of the egg that you don't want to be stained by dye. After adding layers of wax and dye to the egg, participants will be able to create multi-coloured designs on their eggs.

Sargeant learned this technique from her mother whose parents were Ukrainian and brought the tradition with them when they came to Canada.

"My mom taught me probably when I was like four years old. She started me out with it every Easter. She would make her dyes; our yellow came from onion skins, and our deep reds came from the beetroots. We didn't have any of those synthetic dyes or anything like that, we used actually natural dyes," said Sargeant.

She took a brief hiatus from the art when she moved to the city but came back to it in memory of her mother after she passed. There is a tradition of putting a pysanky on loved ones' graves and Sargeant wanted to do this for her mother.

"It just came back to me and the love of it. I just [am making pysanky] more and more. My husband laughs at how many eggs we have in the house," said Sargeant.

She says that though the history of making these eggs for her is rooted in Ukrainian heritage, anyone of any background is welcome to take her classes.

"I teach them just the basics. We have a design that I figure out for them, and I work it out. Then they get to follow the lines. We go piece by



RECORD FILE PHOTOS BY KATELYN BOULANGER AND SUBMITTED BY LORIS SARGEANT

Sargeant will be hosting pysanky making classes at the St. Andrews Heritage Centre.

piece on it. They get to put their own little touches to it if they want. They don't have to follow the design exactly but it's there for them to work with. Then, I hand out my little papers with all the [folklore] and the meanings of all the designs," said Sargeant.

This year she is teaching a little more about regional differences and traditional designs. On March 16, there will be a class focused on designs from Bukovina and on March 30 the class will focus on Podilla designs.

Sargeant said that though in contemporary times artists have more personal styles, in the past, you could tell the area of Ukraine where a pysanky came from by its design.

"Basically we're going to go do a little bit of history on the region, I'm not going to get too much into it, because that's a long story and then some. A little bit of history, and then just going back into six or seven different designs and going through what the design is, what is on it, and the meaning behind each," said Sargeant.

She's excited to see what her students create this year.

"Every egg even though they're all the same design, there's still a little bit that's different on each egg. Last year, not one of the eggs looked the same. They all have their own little take on them," she said.

She encourages residents to come to a class and learn a new skill.

"I think everyone needs to learn how to make them. I just love making them and I love teaching people to do them. So I just think everyone should make their own," said Sargeant.

Sargeant has a website with contact information as well as more information about her art. You can check her out at <https://prairie-harvest-pysanky.square.site/>.





# RM of Gimli and Treaty One Nations hold flag-raising ceremony

By Patricia Barrett

The RM of Gimli held an historic flag-raising ceremony earlier this year at the municipal office to further truth and reconciliation efforts with Indigenous Manitobans who are part of Treaty 1 territory.

Gimli Mayor Kevin Chudd, who spoke on behalf of council, said the ceremony represented a significant moment in the RM's history and a commitment to cooperation and shared responsibility to build a better future for everyone.

"This ceremony is not just a symbolic gesture: it's a call to action. It's a reminder that we must work together to create a society that is inclusive, equitable and just. We must strive to build strong relationships based on trust, understanding and respect," said Chudd. "Let us commit ourselves to the process of reconciliation, to learning from the past and to building a future where all people can thrive."

Gimli is on Treaty 1 territory, which comprises the traditional lands of the Anishinaabeg, including the Cree, Oji-Cree, Dakota and Dene Peoples, as well as the homeland of the Metis Nation.

Treaty One Nation represents seven First Nations: Brokenhead Ojibway Nation, Long Plain First Nation, Peguis First Nation, Roseau River Anishinaabe First Nation, Sagkeeng First Nation, Sandy Bay Ojibway First Nation and Swan Lake First Nation.

Representatives from Peguis and Brokenhead, the Assembly of Manitoba Chiefs, the Treaty Relations Commission of Manitoba, as well as Manitoba MLAs, were invited to speak at the ceremony, which included the raising of the Treaty One flag, a flag-smudging ceremony, drum ceremony and flag song performed by the Walking Wolf Singers.

Gimli resident Jocelyn Barlow attended the ceremony and said she felt the event brought everyone closer together.

"The power represented by a flag is one concept that really resonated with me during today's Treaty One flag-raising ceremony," she said. "The speakers' remarks were all so eloquent and thought-provoking. Surely a day like today signals that real, meaningful progress has been made in erasing any lines that may have divided people in Gimli."

The Treaty One flag



EXPRESS PHOTOS BY RAYME THOMSON

The RM of Gimli mayor Kevin Chudd commits to cooperation and shared responsibility to learn from the past and to build a future where all people can thrive. An historic flag-raising ceremony was held in Gimli last Friday with government officials, ministers, delegates and special guests.





# St. Andrews artist featured in upcoming exhibition

## Jordan Miller showcases her artistic evolution

By Kaitlin Vitt

St. Andrews resident Jordan Miller has a solo show and sale on from now until April 2 at the Cre8ery Gallery and Studio in Winnipeg. The exhibition, titled Letting Go, features 25 of her paintings created with acrylics and alcohol inks.

"I have been going through a process of letting go of an old style, letting go of old mediums, trying new things and really trying to find a new definition of what my art is," said Miller, who is the owner of Cre8ery.

One shift in her style of art can be seen in the main colours used. Before 2018, Miller's pieces featured mostly reds, yellows and oranges, whereas now she focuses more on blues, greens and purples.

The theme of letting go reflects both her personal and professional life.

"I think there are lots of people who are like me, and I think they don't know how to express it, but maybe they can come and experience it,"

Miller said.

A few years ago, she left her long-term partner and moved from the centre of Winnipeg to St. Andrews, going "from wild times to quiet times," she said.

"Creating this new body of work for Letting Go was about learning how to breathe, to stand on my own, to use my own voice and stop listening to the voices of others around me," Miller wrote in the exhibition description. "This feeling of letting go is absolutely freeing. When painting, it's important to push stressful experiences away from my mind."

Additionally, since 2020, she has seen many changes in all aspects of her life due to the pandemic, something reflected in her piece "Hibernation."

"Hibernation has been my life in isolation from both friends and family to protect both my gallery business (the hive) and my own health as an immune-compromised person living



RECORD PHOTO SUBMITTED

Above: "Making Connections" (at the forks), by Jordan Miller, acrylic on canvas, 30" x 40", September 2023.

Continued on page 14

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# Selkirk RCMP looking for missing woman

Submitted by Manitoba RCMP

On Feb. 29, at 2:20 p.m., Selkirk RCMP received a report of a missing 27-year-old female.

Lauren Munro, 27, last spoke with a member of her extended family on Feb. 10 and RCMP have confirmed that she attended to the Seven Oak General hospital on February 21 for a non-urgent matter.

It is believed she is in the City of Winnipeg.

Munro is described as 5'5", 145 lbs, with brown hair and brown eyes.

The RCMP and her extended family are concerned for her well-being.

If you've seen her or have any information on her whereabouts, please call the Selkirk RCMP at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477 or submit a secure tip online at [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com).



RECORD PHOTO SUBMITTED

Lauren Munro.

> JORDAN MILLER, FROM PG. 13



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DAVE SWIECICKI.

Jordan Miller is featuring her artwork in a solo show and sale at the Cre8ery Gallery and Studio in Winnipeg.

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with multiple autoimmune conditions to prevent further complications from disease," Miller wrote on her website.

The piece "Hibernation" features a beehive with each cell a different colour.

"I'm filling in the void and different spaces and creating space in the work and taking away space and really sort of taking advantage of freedom of space rather than tightly congested objects," Miller said about the piece.

Letting Go is on now until April 2 at Cre8ery Gallery and Studio, located

at 125 Adelaide Street in Winnipeg. The gallery is open Tuesday to Saturday from 11 a.m. until 5 p.m. To arrange a time to visit the exhibit outside these hours, people can contact Miller at 204-944-0809 or [jordan@cre8ery.com](mailto:jordan@cre8ery.com). Masks are strongly recommended and are provided free at the door.

To stay up to date on events at Cre8ery, visit the website ([cre8ery.com](http://cre8ery.com)) or follow along on Instagram at [@jordanmillerartist](https://www.instagram.com/jordanmillerartist).



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# Selkirk in process of establishing community safety officer position

New position hopes to promote safety, support RCMP, and increase response to citizen's complaints

By Patricia Barrett

The City of Selkirk is in the process of establishing a position for a community safety officer, who will assist the local RCMP and help keep the city safe by undertaking duties that could include assisting the RCMP on mental health calls, responding to traffic violations and conducting bylaw related activities and enforcement.

The provincial government announced March 4 that it proclaimed legislation (Bill 34) passed in 2023 and enacted regulations to expand the role of community safety officers and First Nation safety officers. They can now be called on to perform duties such as searches and seizures, detentions and arrest, crisis response tactics and strategies, road safety and traffic enforcement and Indigenous awareness.

Two or more municipalities are allowed to jointly operate a regional community safety officer program.

Safety officers will have to receive required training that is currently offered by Assiniboine Community College. The training will equip them with the powers and protections of a peace officer.

The City of Selkirk's Chief Administrative Officer Duane Nicol said the city currently does not have a community safety officer, but it has budgeted for a position and is in the process of obtaining one.

"City council had approved the position in the budget and project scope for 2024. However, with the most recent [provincial government] announcement, the city will be reviewing the new changes to the Police Services Act with Manitoba Justice and our local RCMP detachment to determine if any changes need to be made to the city's agreement prior to it being finalized, and if there are any additional authorities the city would like to take on that have now been included in the most recent Act chang-

es," said Nicol.

The position would deal with all the authorities available under the Act that have been approved by Selkirk council. Some of the authorities Selkirk might consider include minor infractions under the Highway Traffic Act. Those could entail improperly stopping at stop or other traffic authority signs or failing to wear a seatbelt. The CSO might also be called upon to direct traffic in an emergency situation.

"Additionally, the city may choose to approve authority under the Off-Road Vehicle Act for helmet usage or under the Mental Health Act to assist members of the RCMP when requested," said Nicol. "This position would also be responsible for conducting bylaw related activities, including gaining compliance, enforcement actions when required and providing public education to citizens about city bylaws and initiatives."

The CSO would be given authorities within Selkirk's boundaries unless the city chooses to sign an agreement to provide services in another RM, he said.

There are a number of benefits to Selkirk having a CSO. The position would provide increased visibility throughout the city to proactively reduce crime and give citizens an increased feeling of safety, provide support to Selkirk's existing bylaw enforcement and public education

program, provide support to the RCMP, increase response to citizen complaints for less serious infractions that are often "low priority" for the RCMP, said Nicol.

The process to obtain a safety officer includes the city having to review the authorities available to the position and sign an agreement with Manitoba Justice and the RCMP to "to determine which authorities the city would like to enforce," said Nicol. Once that happens, the city works with the province and RCMP to determine standard operating procedures, training requirements and interdepartmental interaction.

Nicol broke down the cost to the city for a safety officer.

There would be not cost to train the officer as the province is providing that at no charge. The position would earn \$80,533 (\$33.62/hr) including on-call and budgeted overtime, plus \$17,890 in benefits. The uniform and equipment for the position would cost \$2,500. The vehicle budget – a hybrid vehicle including decaling and retrofit with a cage and electronics containment – would be \$77,100.

The province said in a news release that the changes made to the Police Services Act will afford communities greater protection.

"Bill 34 expands the role of safety officers in assisting their local policing authority and enables safety officers to provide an initial response to safety threats and detain individuals posing a safety threat," said the province in the March 4 re-

lease. "The updated community and First Nation safety officer regulations expand these authorities further, adding additional provincial offences and enforcement powers."

"ADDITIONALLY, THE CITY MAY CHOOSE TO APPROVE AUTHORITY UNDER THE OFF-ROAD VEHICLE ACT FOR HELMET USAGE OR UNDER THE MENTAL HEALTH ACT TO ASSIST MEMBERS OF THE RCMP WHEN REQUESTED," SAID NICOL. "THIS POSITION WOULD ALSO BE RESPONSIBLE FOR CONDUCTING BYLAW RELATED ACTIVITIES, INCLUDING GAINING COMPLIANCE, ENFORCEMENT ACTIONS WHEN REQUIRED AND PROVIDING PUBLIC EDUCATION TO CITIZENS ABOUT CITY BYLAWS AND INITIATIVES."

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# Free digital training in rural communities to launch meaningful careers in tech

By Lana Meier

NPower Canada has grown extensively, with program opportunities now accessible to individuals in Manitoba. The organization initially began operating in Canada back in 2014, and since then has assisted over 8,000 graduates all over the country, promoting a varied tech workforce that welcomes talent from all cultural backgrounds, genders, and socio-economic statuses to thrive in the digital era.

NPower Canada is a nationwide employment initiative that offers individuals complimentary training in digital and professional skills through online platforms. This program aims to connect participants with fulfilling job prospects in the technology sector.

NPower Canada is committed to supporting marginalized youth and adults seeking to enter the tech indus-

try, particularly those in rural areas. Our programs aim to bridge the gap between Indigenous and non-Indigenous communities throughout the province.

"We know there's a tech skills gap in rural communities, but with the stable growth of the economy and labor force in the province, underserved and underemployed Manitobans are in a unique position to benefit from NPower Canada's programs", said Karolya Vargscarr, Regional Director for Manitoba. "Manitoba's talent is diverse, innovative, and ready to contribute to the evolving tech landscape. Our programs are the bridge from education and professional development to new employment for those who want to join this growing sector of the economy."

The free 15-week program for Junior IT Analyst Certification, developed in

collaboration with Google Canada, is designed for individuals with limited experience seeking essential IT knowledge. It includes hands-on tech training, professional development, and job placement support. On average, 80 percent of graduates secure employment within six months of completing the program.

"We've heard from students that our programs have enabled them to learn IT skills and be able to apply for jobs where they can work remotely from home, reducing the barriers of having to leave community for work. We're committed to empowering students to succeed and equipping them with the most in-demand skills and certifications to join the growing IT sector no matter where they live in Manitoba," said Vargscarr.

NPower Canada's dedication to serving rural communities and help-

ing individuals develop their talents will continue to scale their virtual-first programming across the province by adding additional programs in the future to ensure participants' skills remain relevant to employers and to serve job seekers with accessible training.

NPower Canada's success is built on partnerships with the Government of Manitoba, local and national employers, Indigenous nations, nonprofit organizations and community partners, with funding from the federal and provincial governments and corporate sponsors.

To learn more about NPower Canada and for upcoming program enrollment dates visit [npowercanada.ca](https://npowercanada.ca).

# Funding expanded for youth mental health including addictions and homelessness

By Lana Meier

On January 29, Bernadette Smith, the Minister responsible for mental health and Housing, Addictions and Homelessness, revealed that the Manitoba government will be raising funding for three effective programs geared towards aiding youth throughout the province.

"Young people need the support of their peers, schools, families and communities to thrive," said Smith. "We are pleased to provide additional funding to community-based programs that meet youth where they are. We recognize there is much work to do to build individual and community well-being, and these invest-

ments are just the start."

The province of Manitoba is continuing to invest in three programs aimed at supporting the youth population.

The Indigenous Youth Mentorship Program (IYMP) develops leadership and training skills for university and high school students who manage after-school programs for younger students, creating lasting relationships through mentorship. This highly successful program promotes healthy development among Indigenous children and youth through health and cultural programming, noted the minister. The minister acknowledged its success and announced an additional \$545,000 in funding which will

enable the program to reach 24 new locations over three years – including 15 in northern and rural areas and nine in urban areas.

"This is an incredible program that has real impact in young Indigenous people's lives," said Heather McRae, acting director of Indigenous Engagement and Communications, University of Manitoba, who oversees the IYMP. "In the last year alone, a thousand students have connected programs across the province. The Manitoba government contribution is making it possible to expand into new communities and schools which will have a lasting impact."

According to the minister, the

Sources of Strength initiative aims to enhance mental health and prevent suicide by encouraging students to seek help and building relationships between young individuals and supportive adults. Furthermore, \$100,000 will be allocated towards training and educational sessions for targeted schools in six divisions across Manitoba as part of the program's in-school efforts.

In addition, Manitoba's five health authorities will be granted \$40,000 each to enhance their regional suicide prevention networks. These networks aim to effectively organize community resources and design customized plans for each area, following the structure of the Mental Health Commission of Canada's Roots of Hope framework.

Smith encouraged all Manitobans to check in on friends, family and peers who may need additional care and support.

"Many of us have struggled at one point in our lives and ending stigma through open discussion is important," said Smith.

Manitobans can access the following suicide prevention supports and mental health resources anytime:

Klinik Community Health Crisis Line at 204-786-8686 or 1-888-322-3019; 9-8-8, a new 24-7 pan-Canadian suicide helpline; Kids Help Phone for children and youth at 1-800-668-6868;

Hope for Wellness Helpline, available 24-7 to all Indigenous people across Canada at 1-855-242-3310; and dialing 211 in Manitoba or visiting <https://mb.211.ca> to connect with a social service.



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# Your

# Health

## Lymphedema Awareness Day sees local advocates at Legislature

### Region's specialists take action to fight for more health care access

By Katelyn Boulanger

March 6 is World Lymphedema Day. This year the Lymphedema Association of Manitoba (LAM) chose that day to make a presentation at the Manitoba Legislature to let our politicians know how important it is that medical coverage be available for Manitobans with this condition.

Nancy Rowsell, a registered massage therapist who is certified as a lymphedema therapist, vice-president of LAM, and the owner and a practicing therapist of Interlake Lymph Clinic in Selkirk was part of the group that advocated for the need to have our provincial health-care system cover costs for those with Lymphedema as it does for those with other conditions.

The lymphatic system, like our circulatory system that moves blood around our bodies, moves a fluid called lymph throughout our bodies. It is the system that manages fluid levels in our bodies and removes waste products from our cells to our blood.

"When your lymphatic system is faulty or damaged, you build up waste in your body and you can't clear healthy fluids through the body anymore," said Rowsell.

"Anywhere in the body can build up lymphatic waste, if the lymphatic vessels or lymph nodes don't function in that area anymore. [The lymphatic system] can be compromised from genetic defects, through surgeries, or trauma."

Rowsell explained that there is

some medical coverage in our province for people who end up with lymphedema as a result of trauma from breast cancer treatment but that those who are born with the condition or acquire it in other ways don't currently receive the same support.

How severe the lymphedema is, is something that varies from patient to patient, however, people's quality of life can be affected and it is a life-long condition.

"The limb is just very sensitive to impact of any kind. The further they get in the disease, the more sensitive their threshold is for pain. We've all been sunburned. It's like having your skin feel that pain, [you'd be] like 'Don't touch me. My skin hurts.' But imagine having swelling and heaviness and fullness and toxins in that skin and adding

Continued on next page

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- Colorectal Cancer Awareness Month
- Epilepsy Awareness Month
- Liver Health Month
- Music Therapy Awareness Month
- Multiple Myeloma Awareness Month
- National Social Work Month
- NMO (neuromyelitis optica) Awareness Month
- Nutrition Month
- Pharmacy Appreciation Month (PAM)
- World Birth Defects Day - March 3\*
- World Hearing Day - March 3\*
- Dental Assistants Recognition Week - March 3 to 9
- World Obesity Day - March 4
- World Lymphedema Day - March 6\*
- International Women's Day - March 8\*
- World Glaucoma Week - March 10 to 16
- Safe Sleep Week - March 11 to 15
- Brain Awareness Week - March 11 to 17
- Neurodiversity Celebration Week - March 13 to 19
- World Sleep Day - March 15
- Creative Arts Therapy Week - March 16 to 22
- National Poison Prevention Week - March 17 to 23
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# Your Health

Continued from previous page that to that level of pain. It's just that much more uncomfortable," said Rowsell.

Current treatment involves manual lymphatic drainage followed by the use of compression garments which helps to slow the lymph fluid from building up again.

"The gold standard for care is where people go for a special type of massage therapy by certified lymphedema therapist and they get compression therapy and they maintain that. It's life-long care, you have to follow; you can't do treatment once or twice and think you're going to be in the clear. You will have to maintain this for the rest of your life," explained Rowsell.

Diet changes and exercise can also be helpful as with many health conditions but they don't treat the underlying cause of lymphedema.

Rowsell says that access to care has become better in the past five years or so and that resources in Manitoba are available on the Lymphedema Association of Manitoba's website but that the province covering the costs of care, like they do for other medical conditions, is important.

"We're a lot further ahead now, but we still have a marathon more to go to get more support. Other provinces in the country do offer garment funding, where they will cover anywhere from



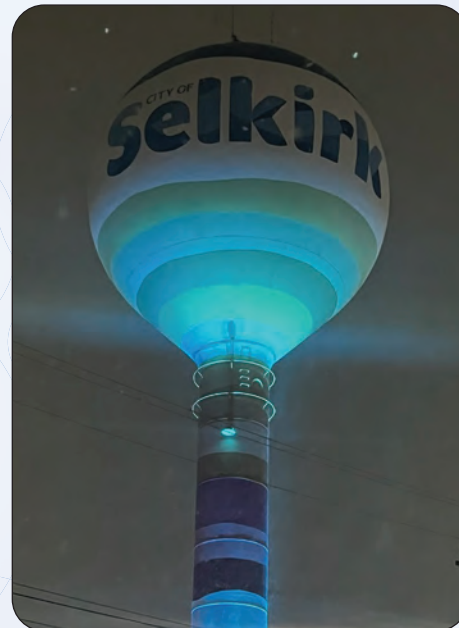
**RECORD PHOTOS SUBMITTED**  
Above: The Lymphedema Association of Manitoba (LAM) met with politicians at the Manitoba Legislature on World Lymphedema Day. Pictured: Members of LAM Nancy Rowsell, Amanda Sobey and Craig Harren with the provincial PC party including local MLAs Trevor King, Jeff Wharton, Derek Johnson, and Richard Perchotte. Below: The Selkirk water tower was lit up on March 6 in support of World Lymphedema Day.

two to four [compression] garments per year. Manitoba still is at zero. We're at least trying to get our government to come to par with the other provinces," said Rowsell.

She explained that there is funding for garments if the lymphedema came by way of breast cancer treatment but that LAM wants this funding to be available to everyone with lymphedema regardless of how their lymphedema started.

Rowsell said that people who would like to advocate for the condition can contact their local MLAs to let them know that they support lymphedema being included in the current health-care funding model. They can also talk to their doctors to let them know about lymphedema as it's a condition that is sometimes misdiagnosed initially.

To learn more about lymphedema



and connect with local resources check out the Lymphedema Association of Manitoba's website at <https://lymphmanitoba.ca/>.

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# Youth Parliament of Manitoba continues to make impact

By Jennifer McFee

It was a bit of déjà vu for two alumni of Youth Parliament of Manitoba who are now both serving with the organization's senate.

Youth Parliament of Manitoba (YPM) aims to foster interest and engagement in the Canadian democratic parliamentary process among Manitoba youth aged 16 to 20.

The organization, which is a non-partisan, non-denominational registered charity, launched in 1922 and is the longest consecutively running youth parliament in Canada.

Each year, YPM hosts a five-day mock parliamentary session at the Manitoba legislative building, and all youth aged 16 to 20 are invited to sit as members who can debate issues related to youth.

On the last day of the session, the members elect a five-person executive made up of volunteers aged 18 to 25 to serve for one year. The executive takes care of administrative tasks related to YPM. In addition, the executive also names members of the cabinet, which is YPM's organizing committee.

Alumni of the organization can also continue to be involved. Last year, Alan Campbell was appointed as the honorary president, a position that usually lasts up to five years. Appointed by the YPM executive, the honorary president can serve as an advisor for planning the annual event and with operational matters between sessions. The honorary president might also help with additional tasks such as fundraising and securing grants and accommodations for the session.

In another local connection, Katie Szilagyi was asked to fill this year's role of lieutenant-governor, a position that changes annually.

They both graduated in 2003 in the Interlake School Division — Szilagyi from Stonewall Collegiate Institute and Campbell from Teulon Collegiate Institute. In addition, they both started with YPM during the 80th session in December 2001.

Szilagyi went on to achieve her PhD in law and is an assistant professor at



Katie Szilagyi is serving as this year's lieutenant-governor for the Youth Parliament of Manitoba.

the University of Manitoba. She also won the Governor General's award for having the best doctoral dissertation in the humanities at the University of Ottawa in 2022.

Initially, she got involved in YPM at the urging of her Grade 11 social studies teacher, Mr. George Shadlock, at SCI.

"He was a big advocate for experiential learning and really believed in me," she said.

"I loved it from the very beginning. It gave me a sense of place and purpose, exposed me to a much broader, diverse group of students, and delivered me many of my very best friends."

Szilagyi was involved with YPM for the 80th to 87th sessions.

"Alan and I were backbenchers together in the 80th session. I served on cabinet from the 81st to 83rd sessions and on the executive from the 84th to 87th sessions. I was premier of the 86th session and speaker of the 87th session," she said.

"I was then appointed to the Senate and served as speaker of the Senate for the 88th session."

When the current executive reached out to ask her to be the lieutenant-governor, Szilagyi said she felt grateful for the honour.

"It was very enjoyable to return to the legislature, watch the debates, see the organization propagating and know that the students today are developing skills and friendships in the same way we once did," she said.

"YPM offered me the opportu-



RECORD PHOTOS SUBMITTED

Alan Campbell (far right) is serving as the honorary president for the Youth Parliament of Manitoba.



nity to find my voice, to feel heard, to develop leadership skills and to essentially run a historic not-for-profit organization in my early 20s. It is not a stretch to say that it made me the person I am today. Many of my closest friends to this day are people I met at YPM."

As for Campbell, he is known for his role as president of the Canadian School Boards Association, past-president of the Manitoba School Boards Association and board chair for Interlake School Division.

"I have been involved in politics from a very young age, so when my Grade 10 social studies teacher asked about Youth Parliament, I jumped at the opportunity. Spending five days in the Manitoba legislature in a mock parliament, debating in the same chamber and committee rooms used by government and getting to make lifelong friends were among the highlights," he said.

"As a political hack, YPM offers the opportunity to truly understand the legislative development process while at the same time debating issues that are important to the youth of society — often times debating on

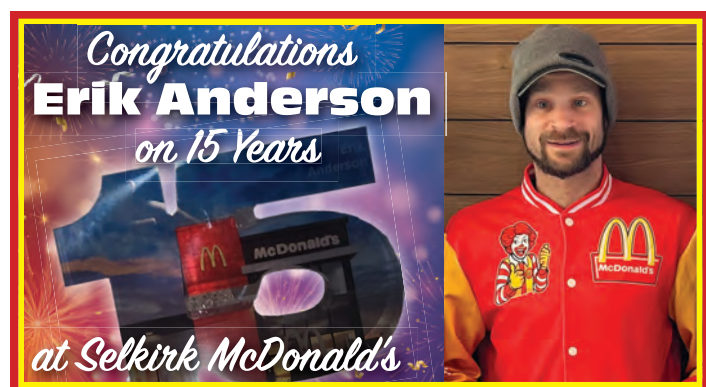
issues that will in the future form the basis for actual legislation provincially or federally."

Campbell was in YPM from 2001 to 2005, serving in his first year as a backbencher and then in the cabinet. In 2009, he was appointed to the senate and has been the honorary president for the past two years. He continues to stay in touch with a few fellow YPM alumni members.

"My involvement in YPM was undoubtedly one of the most impacting experiences of my life thus far. There are few youth organizations which provide its membership with opportunities to immerse themselves in meaningful debate and deliberation on important social and political matters facing society today — all entirely led and fostered through a youth lens," he said.

"I would highly recommend it to any youth who are politically interested or who may just be passionate about making the world a better place."

Visit [www.ypmanitoba.ca](http://www.ypmanitoba.ca) to learn more about Youth Parliament of Manitoba.







# From the Captain's Perspective

While breaking their way down the Red River for the annual flood mitigation program, Operator/ Photographer Oli Goodman took the opportunity to capture a very different perspective than all of us on shore. Goodman not only had a front row seat in the mighty Amphibex but he also has a creative eye for composition, light and timing. We thank Goodman for sharing his unique perspective.

Photographs by Oli Goodman  
complements of Winnipeg Environmental Remediations Inc. (WERI)



# Farmers and ranchers are encouraged to plan for #FarmSafetyEveryday



YOUR FARM YOUR FAMILY YOUR SUCCESS

## SAFETY is our heritage

agsafetyweek.ca // March 10-16, 2024

Plan for #FarmSafetyEveryday



Sustainable Canadian  
Agricultural Partnership



Canada

By Lana Meier

Canadian Agricultural Safety Week (CASW) takes place March 10-16, and this year, farmers, farm families, farm workers, and farming communities are encouraged to consider how they plan for #FarmSafetyEveryday.

CASW, a yearly event organized by CASA, aims to promote the significance of safe agriculture throughout Canada. The concluding phase of their three-year safety campaign, titled "Your Farm, Your Family, Your Success: Safety is Our Heritage," continues to emphasize the importance of safety in agriculture.

This year, the focus of organizers is

on offering practical safety tips and promoting discussions about farm safety. The goal is to highlight the significant role that safety plays in ensuring the prosperity and lasting impact of farming businesses.

"There is no question that farm accidents can have a devastating toll with physical, psychological, and financial consequences," said Andrea Lear, CASA's Chief Executive Officer. "But we also know that many on-farm incidents are preventable. That's why we want to provide Canadian producers with the tools and resources they need to protect the health and safety of everyone who lives and works on

or visits farms and ranches. Canadian Agricultural Safety Week serves as a reminder that farm safety is important year-round and that by working together, we can ensure a safer agricultural sector."

Annually, CASA promotes safety on Canadian farms through CASW. This year, CN, Syngenta Canada, Canadian Canola Growers Association, Fertilizer Canada, and Parrish & Heimbecker are sponsoring the event.

More resources and information related to CASW can be found at agsafetyweek.ca. The media kit on the website includes a variety of materials such as feature stories, safety ad-

vice articles, public service announcements, and graphics.

The CASA is a non-profit organization that works towards enhancing the well-being of farmers, their families and workers in the agricultural sector. It receives partial funding from the Canadian government through the Sustainable Canadian Agricultural Partnership, a joint effort between federal, provincial and territorial authorities. For more information, visit [www.casa-acsa.ca](http://www.casa-acsa.ca), find us on Facebook or LinkedIn, or follow us on X @planfarmsafety.

## Local patients share about their 'fabulous' new dentures

BY ELISHA VANDOR

We see a lot of patients who have been wearing dentures for their entire adult life and feel very honoured when we are entrusted to make them their next denture(s). After all, it's not a regular occurrence for denture replacement. On average, someone replaces their dentures every 5-25+ years, so when it's new denture day at Vandor Denture Centre, it can be exciting, emotional, and down right picture worthy.

In the month of February, some of our patients shared their experiences of their new dentures. Brenda writes, "my mouth has not felt this good since I lost my natural teeth. 5-stars for the staff being so genuine and professional, a process of both efficiency and pleasantness, and the Denturist Brock for his degree of expertise, attention to detail and sense of humour. But mostly for the collective attitude of caring and good manners shown by all - such a

lovely surprise. Grateful to have you all in our small community!"

- Brenda K. February 6, 2024

Here's a fresh perspective from new patient, Doris, who received a new denture from us. She says, "this was my first experience at Vandor Denture Centre. My experience was one of professionalism and caring by both Denturists Matthew and Brock. The partial was fixed and fit perfectly. The receptionists were very accommodating when I had to change my appointment and gave me a time slot that fit my busy schedule. I definitely am recommending this clinic for any denture needs you may need."

- Doris G. February 13, 2024

Don came to us never having worn a partial upper denture before. He says, "I am very happy with the service that they provide. They are very professional and very personable. Brock did a fabulous job on my partial upper plate. I am very satisfied. Love the friendly atmosphere."

- Don S. February 10, 2024

Sharon quickly became someone who instantly felt like family upon meeting her in January of this year! She says, "I had a tooth next to my front teeth removed as the cap failed. A replacement at the dentist was going to be over my budget. Brock was able to replace the tooth with a beautiful matching tooth at a very reasonable price. The turnaround time was a matter of a week and I was ready to be seen in public again. How fortunate to have such a successful business locally. Staff were wonderful to deal with as well. Will be very happy to recommend Vandor Denture Centre to my friends and family."

- Sharon E. February 29, 2024

Going for a new denture can sometimes be daunting and satisfactory at best, but here, we aim to provide the 'wow' factor with dentures. Our consultations are free, and we look forward to hearing from you!



Recent patient of Vandor Denture Centre, Leona poses with Denturist Brock and Elisha after getting her new dentures.

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# Local teen prepares for unique education program

By Jennifer McFee

A local teen is gearing up for a once-in-a-lifetime education opportunity that will give her a taste of post-secondary life.

Samantha Martinussen, a Grade 11 student at Collège Stonewall Collegiate, has been accepted to participate in a month-long program offered by Shad Canada in July.

Geared for Grade 10 and 11 students, Shad provides university-level STEAM education (science, technology, engineering, arts and math) and entrepreneurship exposure for a limited number of students across the country. Each year, about 1,100 students apply and the organization only accepts the top applicants.

Through an option called Shad On-Campus, students live on site at one of 22 participating Canadian universities. Another option is ShadAnywhere, which serves as a digital campus for students to participate online from wherever they're located.

When Samantha's mom Brenda told her about the program, she knew she wanted to get involved. She submitted her application, transcripts, resumé and three references in December.

"Shad is an excellent opportunity for personal growth, developing friendships, being mentored and exposure to my career field of choice," said Samantha, who lives between Argyle and Balmoral.

"It shows you a different region of the country and helps you to develop a growth mindset and to grow as a person."

At school, Samantha is an honour roll student who is involved in the drama club, leadership committee, culture club, and gender and sexuality alliance. Her employment experience is also impressive, with jobs ranging from Quarry Park summer staff to customer service representative at Stonewall Florist to general farm labourer. In the community, she has volunteered at the library and the Teulon Skating Club.

Teacher Deanna Johnson provided a letter of support for Samantha's application. She teaches Grade 11 chemistry at Collège Stonewall Collegiate and is also a supervisor of the school's leadership team.

"What makes Sam an excellent candidate for Shad is her creativity and problem-solving skills. Sam enjoys being challenged and is able to use her creativity to help her solve problems. She's inquisitive and curious and is able to apply what she has learned to a variety of situations," she said.

"She is able to look at the world through both a scientific and artistic

lens, which will allow her to thrive in the Shad program. Sam is also very open-minded, a great team player and a natural leader. She values the opinions and perspectives of others and is always willing to help."

On Feb. 5, when she found out she'd been accepted, Samantha couldn't believe it at first.

"It took a while for it to sink in that I was going to be away from home in another province for a month straight this summer," she said.

"Even with my nerves, I'm still very excited. I consider myself very lucky to have been chosen for this opportunity and will continue to work hard to make the most out of it."

Successful applicants don't get to choose which campus they attend, but they get to submit their top preferences. For Samantha, one of her top preferences is McMaster University, since her mom is an alumna. Her other top picks are Dalhousie, Memorial, Mount Allison, University of British Columbia, Carlton and York.

"I really wanted to be exposed to places I wouldn't normally have a chance to visit so focused on the east and west coast, with some Ontario universities thrown in," she said. "We should find out in March where we will be placed."

She's looking forward to creating connections and sharing experiences with fellow students as well as mentors and instructors.

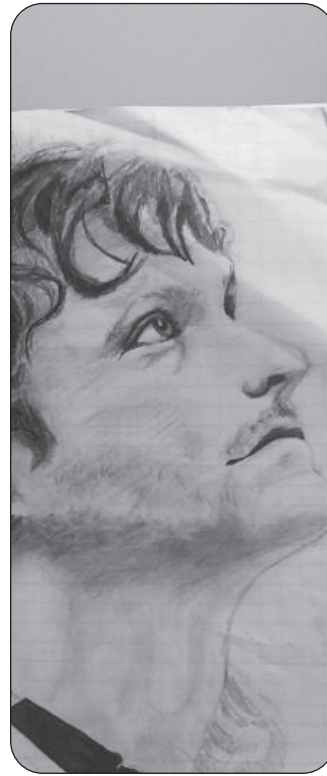
"Shad is a chance to develop relationships that last a lifetime with people that you may never have met otherwise and to have unique and rare experiences," she said.

The Shad program fee is \$6,850, and Samantha will also need to cover the cost of flights, transportation, incidentals and spending money.

"I received a \$500 bursary and have been saving my money from my work. I am going to try to sell some of my artwork and will hopefully come up with some fundraisers I can do at school," she said.

"We will also be approaching community groups. If anyone would like to assist me with hosting fundraisers, it would be greatly appreciated as well."

So far, she has raised \$600. Her mom has also started a GoFundMe page called "Get Sam to SHAD university program" and has a bank account set up for anyone who would like to donate directly to help Samantha attend Shad. E-transfers can be sent to martinub@yahoo.ca.



Samantha Martinussen created this pencil and alcohol marker drawing in 2023. She shared this sample of her artwork as part of her Shad application.



PHOTO SUBMITTED

Grade 11 Collège Stonewall Collegiate student Samantha Martinussen has been accepted to participate in the month-long Shad program, which focuses on university-level STEAM education and entrepreneurship.

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# get inspired

> MEAL IDEAS



(Family Features) What better way to celebrate friendship and camaraderie than with comforting foods all can enjoy. Sourdoughs and friendship breads may go in and out of fashion, but you can make them a staple of your inner circle with recipes that are easier than they appear.

Consider this Sourdough Starter, a 7-day process that may seem lengthy at first glance but requires just a few minutes in the kitchen each day. Without breaking the bank, this made-from-scratch solution includes just two ingredients – unbleached flour and warm water – so you can whip up favorites like Plain Sourdough, Everything Loaf, Cinnamon Brown Sugar Loaf and Chocolate Loaf.

Some are tempted to give up on a weeklong recipe, but if you can keep a houseplant alive, you can finish this simple starter and reap its delicious rewards.

Find more homemade favorites at Culinary.net.

## Sourdough Starter

Recipe courtesy of "Cookin' Savvy"

Total time: 7 days

Digital kitchen scale

Unbleached all-purpose flour

Warm water

Glass bowl

Silicone spoon

Mason jar

Day 1: In glass bowl, stir 50 grams flour and 50 grams warm water. Let sit at room temperature, covered.

Day 2: Add 50 grams flour and 50 grams warm water to bowl. Stir and let sit at room temperature, covered.

  
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## Sourdough from Scratch 4 variations of friendship breads

Day 3: Discard half the starter. Add 100 grams flour and 100 grams warm water. Stir and let sit at room temperature, covered.

Day 4: Discard half the starter. Add 150 grams flour and 150 grams warm water. Stir and let sit at room temperature, covered.

Day 5: Discard half the starter then pour remaining starter into Mason jar. Add 150 grams flour and 150 grams warm water. Stir and let sit at room temperature, covered.

Day 6: Discard half the starter. Add 200 grams flour and 200 grams warm water. Stir and let sit at room temperature, covered.

Day 7: Place warm water in bowl and add spoonful of starter to water. If it floats, it's ready to make bread. If it sinks, repeat Day 6 instructions. If not floating by Day 10, throw out and start over.

Tips: If making bread every day, starter will need fed every day. If not making bread every day, starter can stay at room temperature and be fed every other day. If starter can't be fed, it can be safely stored in refrigerator up to 10 days, covered, without feeding.

To measure correctly, place empty bowl on scale then clear to zero before each measurement.

See next week for additional loaf recipes.

## Simply eat more fibre for weight loss

By Julie Germaine Coram

Starting today, You can lose weight with this one easy tip: boost your fibre intake.

It may be hard to believe, but research shows that fibre aids weight loss in multiple ways. For example, it takes longer for your body to digest a gram of fibre compared to a gram of fat, so you have more time to absorb this nutrient. Simply stated, this means you feel full for longer and are more likely to burn away these calories than store them as body fat.

For anyone trying to shed extra pounds, the benefits of fibre related to a healthy GI tract (or gut health) is key. Soluble fibre in particular (found in oats, apples, peas and carrots) kickstarts a process that helps your body manage blood sugar levels, reduces risk of fat storage, and ultimately boosts your metabolism to shrink existing fat cells. Another bonus is that you could experience lowered inflammation and healthier cholesterol levels.

I am a fat loss coach who knows that many people cannot seem to rid themselves of visceral belly fat. I suggest you try increasing your overall fibre intake on a daily basis of only 8-10 grams to finally see results and drop inches from your waistline.

Here are examples of foods that contain 8-10 grams of fibre:

- 1 cup of avocado
- 2 cups of broccoli
- 2 cups of berries
- 2 apples
- 2 oz almonds
- ½ cup hummus
- 1 ½ cups quinoa



Julie Germaine Coram

- ½ cup oats

Controlling your appetite and blood sugar fluctuations by improving your fibre intake will help you stick to your 'diet' and, make better food choices – and avoid insatiable cravings. You will also reduce your risk of developing heart disease, Type 2 diabetes, and more!

Do you want to discuss your fitness goals and struggles with me? Check out my website [www.juliegermaine.com](http://www.juliegermaine.com) or go ahead and schedule a FREE 15-minute DIET CONSULT by visiting: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

Coach Julie Germaine Coram is a fit mom, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Specialist. She has helped thousands of men and women improve their health since 2005.

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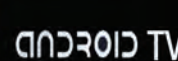
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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Fishermen, Comets tied in CRJHL semifinal series

By Brian Bowman

The Selkirk Fishermen and the Beausejour Comets are tied 1-1 in their CRJHL semifinal series.

Selkirk was beaten 5-3 by Beausejour on Saturday evening at the Sun Gro Centre.

The Comets opened up a 3-0 first-period lead.

Selkirk goals were scored by Logan

Saluk, Dawson Bergagni, and Gaven Berry in the second period to tie the score at 3-3. Bergagni had a game-high three points.

Comets' goals came from Jarvis Ewasko, Aidan Avanthay, Evan Leeson, Jaiden Reeb, and Tanner Amos.

Last Friday, the Fishermen snagged a 1-0 series lead with a solid 2-0 home win.

Connor Courchene scored a first-period goal and then Bergagni tallied in the second.

Jordan Armstrong was perfect in goal, making 34 saves.

Game 3 was played this past Tues-

day and then Game 4 is set for Thursday in Beausejour. Game time is 8 p.m.

The Fishermen will host the Comets on Sunday (3 p.m.) at the Recreation Complex.



RECORD PHOTO BY BRETT MITCHELL

Jordan Armstrong made 34 saves in the Selkirk Fishermen's 2-0 home win over the Beausejour Comets in Game 1 of their CRJHL semifinal series.

## Champions



RECORD PHOTO SUBMITTED

The Interlake Ignite U12 4 Interlake Ignite ringette team defeated the Springfield Storm to win gold and become the 2023-04 champions. Pictured, back row, coach Julia Penning, coach Kristy d'Auteuil, Mallory Gregg, Jordyn Pearson, Isis Robinson, Avery Jones, Natalie Pott, Adriel Bruce, Michelle Tibold, Eden Bilan, Maya Manguiat, Ellie Anderson, coach Brad Gregg, Hailey Surzyshyn-Ruud, and coach Shereise Fetterly. Front row Keira Wilson, Kya Chaput, Kaycie Margetts, Sara d'Auteuil, Lyla Cieszynski, Gabriella Sookermany, , and Leona Bruce.

### 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**

### Playoff Games-Round 1

GAME 4 - THURS., MAR 14, 8pm  
Fishermen at Beausejour Comets

GAME 5 - SUNDAY, MARCH 17, 3pm  
Beausejour Comets at Selkirk  
if necessary

GAME 6 - TUES., MAR 19, 8pm  
Fishermen at Beausejour Comets  
if necessary

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Defence/Forward



# Selkirk Selects Gymnastics are excited to introduce new programming

Local gymnastics club revamps programming to introduce co-ed classes

By Emily Antonio

There are over 100 avid gymnasts tumbling, swinging and leaping to new heights in preparation for competition with the Selkirk Selects Gymnastics programs.

More than 100 enthusiastic gymnasts are currently pushing themselves to new limits in the Selkirk Selects Gymnastics programs, gearing up for upcoming competitions. They can be seen tumbling, swinging, and leaping to reach new heights.

According to head coach Nicole Mulder, Selkirk Selects Gymnastics has several exciting events approaching within the upcoming months. The Pre-Competitive Minis and Mighties are competing in their second in-house Pre-Competitive Cookie Competition on March 20. Selkirk Selects' competitive program as a whole has sprung to new heights. With the newly revised pre-competitive program, enrollment has increased for the spring session with registration still open.

The men's and women's pre-competitive gymnasts are also preparing for their second Pre-Competitive Cookie Competition of the year on March 20. The Pre-Comp Cookie Comp is an in-house skills competition for both the men's and women's pre-competitive program. The Cookie Comp is new for the 2023-2024 competitive season. This new addition has added a lot of excitement and energy to Selkirk Selects, allowing for opportunities for the athletes, coaches, and community to bond at the event. The competition offers competitive athletes to showcase and celebrate the skills and routines they have been working on all year. They will also receive a cookie medal at the end.

Mulder wishes to keep the competitive program fun. She wants athletes to know they always have a happy place to come to.

"It is my goal for all gymnasts to have a place in the club until they are finished high school," said Mulder.

Mulder values the athletes' growth as gymnasts and people. Team spirit has been reignited among the gymnasts and coaches at the club, all factors contributing to their fast-evolving competitive program.

Mulder is a proud advocate for



Ten-year-old competitive gymnast Brooks Imlah does a handstand on the parallel bars with coach Harrison Douglas assisting.

equal opportunities for both men's and women's programming at the local gymnastics club. She mentions that it is important that both men's and women's gymnastics programming are viewed evenly. "Both genders can have the same chances at the sport," Mulder said.

Selkirk Selects offers multiple levels of co-ed gymnastics classes within the recreational and competitive program. Over the past year, Mulder has worked hard to develop and expand the men's gymnastics program. Currently, there are 12 enrolled in the men's pre-competitive program, which is expected to grow further this spring session due to the incline in popularity and awareness of the men's program. Mulder is expanding their current men's program to replicate the women's developmental program, allowing both genders to have an equal playing field in gymnastics. Selkirk Selects is the only club north of Winnipeg to offer a men's competitive program. Boys of all ages come from all over the Interlake and surrounding areas to develop their gymnastics skills.

"Gymnastics acts as a great cross-training for other sports," said Mulder. She explained how a gymnastics program can help athletes in other sports develop their skills, like strength, flexibility, and balance for soccer and hockey.

With the motivated coaching team and Selkirk Selects' fun and inclusive environment, Mulder is excited to see how equal programming evolves in



RECORD PHOTOS BY EMILY ANTONIO

Selkirk Selects Developmental Competitive program level 2-4 athletes warming up their splits for an evening of gymnastics training.



Seven-year-old Pre-Competitive athlete Molly Wlock doing a chin up to work on her uneven bars strength with coach Paige Stobbe.

upcoming sessions.

Selkirk Selects Gymnastics is also introducing new recreational programming for their spring session, an eight-week gymnastics class for anyone over 18 months old.

Gymnasts aged 18 months to 2.5 years can enroll in the new movement based Tiny Tots class that introduces the gymnasts to the gymnastics environment. This class will feature music, collaborative games, small gymnastics circuits, and more.

Mulder said this allows for even the youngest athletes to have opportunities to move and explore the gymnastics setting.

For boys and girls aged 2.5 - 4 years, the Tumbling Tots class will be identical to the younger session, with an increased focus on skills based on the developmental ages of the class.

For the older athletes, Rec 3 has been added for those aged 9 - 11 years who



Pre-Competitive athlete Teal Walker (5) practicing his rings routine with coach Nicole Mulder.

wish to continue beyond Rec 2. The XCEL program is a flexed new two or four-hour-a-week class for athletes 11 years and older to focus and develop their gymnastics skills. This class is perfect for those passionate about gymnastics but want to avoid competing.

Selkirk Selects will continue to offer their co-ed Kindergym, co-ed Rec 1, Rec 2, and Boy's Rec courses on top of the new programming. Further information regarding classes and scheduling for the spring session can be found on the Selkirk Selects website. Registration is open to all community members and closes April 15.

For more information about Selkirk Selects Gymnastics, please visit [www.selkirkselects.com](http://www.selkirkselects.com).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers knock off Niverville

By Brian Bowman

The Selkirk Steelers had a monster of an important game against the Niverville Nighthawks last Friday.

And they won it.

Selkirk shut out Niverville 1-0 with a power-play goal from Joel Purdom in the second period.

Noel Olsonawski was great, once again, making 27 saves for the win.

"That was a playoff-type game for us and our group knew how important those points meant for our season to keep us right in the mix. That four-point swing with us chasing Niverville was huge," said Steelers' head coach Hudson Friesen. "It was a really exciting game from start to finish. Tight checking and not a lot of room and fortunately for us, we were able to get one on the power play. Defensively, I thought we did a pretty good job playing with the lead and not giving Niverville too much."

Last Wednesday, Selkirk absolutely blasted the Winnipeg Blues 11-5 at the Hockey For All Centre.

That's a lot of goals.

"Goals necessarily haven't come easy to us all year and to have a game like that where the floodgates opened up and exploding for 11 was great," Friesen said. "The boys deserved it and it was great to see the guys fill the net and great to be rewarded. It was

another big win for our group."

The Steelers offensive stars included Edward Knittig (three goals, two assists), Mathieu Moreira (hat trick), John Lang (goal, two assists), Preston Lundbohm (goal, two assists), Jacob Ziegler (goal, two assists), Mathieu Catellier (goal), and Ian Lavallee (goal).

Blues' goals came from Matthew Dewey (two), Blake Goretzki, Tavon McCorrister, and Aidan Wuerfel.

Jack Hodgins stopped 23 shots for the win.

The Steelers are now 24-22-4-5 and in fifth place in the East Division, three points behind the Nighthawks for the final playoff spot with a game in hand.

If both Selkirk and Niverville finish tied at the end of the regular season, the Steelers will move on to the post-season.

Selkirk will play at Waywayseecappo on Wednesday and then host Winkler Friday and Dauphin Saturday to close out its regular season.

Puck drop for all three games is 7:30 p.m.

## Raiders down 2-0 in MMJHL playoff series



RECORD PHOTO BY LANA MEIER

The Raiders Jr. Hockey Club's Nate Goodbrandson scored twice and had an assist in the 6-5 overtime loss last Sunday against the Pembina Valley Twisters. The Twisters lead the quarter-final playoffs series 2-0 in the MMJHL.

### To see more photos of your favourite Interlake Athletes

**GO TO** Stonewall Teulon Tribune | flickr

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**LAST HOME GAMES - 7:30 pm**

- VS Winkler Flyers, Fri, Mar 15<sup>th</sup>
- VS Dauphin Kings, Sat, Mar 16<sup>th</sup>



[www.selkirksteelers.com](http://www.selkirksteelers.com)

the Steelers Box Office is open 1 hour before game time  
SELKIRK RECREATIONAL COMPLEX

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## METAL RECYCLING

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

## SCRAP METAL

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## FEED FOR SALE

Feed Barley at \$2.00/bushel, for pick up in Beausejour, MB. Call 204-481-3895.

## APARTMENT FOR RENT

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

Manitoba Ave., Selkirk. Beautiful 1 bedroom apartment available April 1. 6 new appliances, hardwood floors, granite kitchen counters. No pets, no smoking. \$1,195/mo. Call 204-482-7297.

## HELP WANTED

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

The Window Factory in Selkirk, Mb at 605 Mercy St. is looking to hire a fulltime experienced window and door installer. Must be able to work outdoors and some heights. Please submit any resumes to the office at 605 Mercy St.

## PERSONALS

Widower, good health, homeowner, ready to meet a gal, any age considered - can make you happy. Thanks, Wayne. 204-348-3240.

## WANTED

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

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

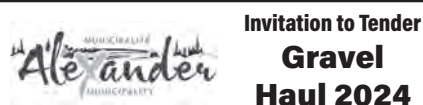
**WANTED/BUYING** 1950's-70's Scandinavian, Danish, Canadian Mid-Century Modern Furniture (Teak, Walnut, Rosewood), lighting, ceramics, textiles, stereo or design. Contact Daniel at TEXT/PHONE: 204-918-1607.

## UPCOMING EVENTS

**Seedy Saturday** Prepare your seeds for trading. March 23, 2024 9 a.m. - 12:30 p.m., Gordon Howard Centre, 384 Eveline Street, Selkirk. This event is hosted by EastMan Seed Savers under the Seeds of Diversity umbrella that encourages home gardeners and others to save and trade their own seed, and to recognize the heirloom seeds that may still be within their family, to preserve those varieties, and to sustain biodiversity and our food supply. 10 a.m. - Seed information heirloom, heritage, non-GMO. 10:30 a.m. Presentation by Anessa Maize - Ecological Approach to Soil Health with Q/A to follow. Canteen available for beverages and light snacks. For more info email: [treelady@mymts.net](mailto:treelady@mymts.net)

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The Municipality of Alexander is inviting tenders for the hauling and placing of an approximate combined total of 19,000 tonnes of traffic gravel upon specified roadways within the municipality (tonnes may increase due to weather related road conditions). Work will commence as soon as possible after the end of road restrictions.

Please visit [www.rmalexander.com](http://www.rmalexander.com) for complete details and to view the tender package.

Sealed tenders must be received by: **noon on Thursday, the 11th day of April, 2024.**

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RURAL MUNICIPALITY OF ST. CLEMENTS

## PUBLIC NOTICE

### 2024 Spring Weight Restrictions

The Public is hereby advised that the 2024 Spring Weight Restrictions

**Started on Monday, March 11, 2024**

Unless otherwise notified and will remain in effect

**Until Wednesday, May 29, 2024**

**Loads will be restricted to 65% of Class B1 Normal Axle Loads on all listed roads. (See our website for road list)**

The Municipality of St. Clements follows the Provincial Department of Manitoba Transportation and Government Services road restrictions and dates. **These dates can change at any time. Please see our website [www.rmofstclements.com](http://www.rmofstclements.com) for the most up to date information on road restrictions.**



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**GREEN TEAM  
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Flexible dates may be as early as  
May 1 and ending as late as  
September 30, 2024

Applicants must be able to perform a variety of Public Works duties which will require physical labour and working outdoors. A valid Class 5 driver's license is required. These positions are open to full time students between the ages of 16 and 29 who are returning to school in the fall of 2024. See [www.rmalexander.com](http://www.rmalexander.com) for complete information.

Application deadline: April 19, 2024, 4 p.m.

## EMPLOYMENT OPPORTUNITY

The SELKIRK WEED CONTROL DISTRICT is searching for an **ASSISTANT SEASONAL WORKER/PESTICIDE APPLICATOR** for summer 2024 (15 Wks, PT). Must have valid Manitoba Class 5 Driver's License. Must be able to operate equipment including truck and trailer, lawnmower, ATV, 120 HP Tractor. Should have or be willing to obtain MB Pesticide Applicators License (Rural Municipal), training & fees covered. Able to work outdoors and early mornings if necessary. Assets: previous experience in equipment operation or pesticide application; mechanical skills with any of the following: trucks, mowers, ATVs, or tractors; weed ID and use of herbicides. Wage \$19-21/hr based on qualifications/experience. Students may apply. Training provided. Possibility of advancing to FT seasonal 20+ wks in the future with benefits.

Send resumes before March 22, 2024 to the  
**SELKIRK WEED CONTROL DISTRICT,**  
630 Sophia St, Selkirk, MB, R1A 2K1;  
fax: 204-785-2331;  
email: [slkweed@gmail.com](mailto:slkweed@gmail.com).  
More info at 1-204-785-3638.



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The Selkirk Record

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## UPCOMING EVENTS

All welcome to BVM East Selkirk Whist Drive. Saturday, March 16/24, 7 p.m. East Selkirk Hall, 711 Henderson Hwy. Silent Auction, Prizes, Late Lunch. Admission \$7.50.

## NOTICES

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

ADVERTISE IN THE RECORD

## NOTICES

**SEASONAL HIRING? REGISTERING Spring Programs?** Having an AGM? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking Winter and Spring advertising for 2024. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

**News Tips? Story Ideas?**  
call the Record  
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## ANNOUNCEMENT

Join Keyes Loyal Orange Lodge #1755, Newdale L.O.L. #1533, Winnipeg Golden West L.O.L. #2311. Info: [newdale1533@gmail.com](mailto:newdale1533@gmail.com). Since 1795. God Save The King!

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**The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication**  
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## Manitoba's Largest Record and Music Sale

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## McSherry Auction Service Ltd

### McSherry Online Auction For Windrift Tree Farms

Closing Date; Thursday April 4th, 6:30pm  
Tyndall, MB

3 Miles East on HWY 44 + 3.5 Miles North on 38E  
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## TENDER 2024-01

### Waste Activated Sludge and Wastewater Pumping and Disposal

The Rural Municipality of West St. Paul will receive Tenders for Waste Activated Sludge and Wastewater Pumping and Disposal.

Specifications and Tender packages including submission documents are available online at [www.weststpaul.com](http://www.weststpaul.com).

Sealed submissions clearly marked "**Tender 2024-01 - Waste Activated Sludge and Wastewater Pumping and Disposal**" will be received by the undersigned at the address below until 11:00am on March 28, 2024. Late submissions will not be accepted.

The Municipality retains the right to reject the lowest or any bid if it does not meet the needs of the Municipality.

All inquiries related to the Tender should be directed to Rick Friesen, Public Works Manager by e-mail [rfriesen@weststpaul.com](mailto:rfriesen@weststpaul.com) or by phone 204-334-0092.

Mr. Dave Wardrop, CAO  
Rural Municipality of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3

## RURAL MUNICIPALITY OF ST. CLEMENTS

### PUBLIC NOTICE

#### REGARDING BY-15-2023 HERITAGE BY-LAW

PUBLIC NOTICE is hereby given that the Council of the Rural Municipality of St. Clements intends to give 2nd and 3rd Reading to By-law 15-2023, being a By-Law of the Rural Municipality of St. Clements to provide for the conservation and preservation of buildings, structures, history, cultural and lands with local architectural and historical interest within the municipality, at the Regular Meeting of Council in the Council Chambers of the R.M. of St. Clements on Tuesday, March 26th, 2024 at 2:00 p.m.

Council will hear any person who wishes to make a representation or ask questions to By-law 15-2023 as provided.

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Tuesday, March 22, 2024. Your written submissions can either be emailed to [info@rmofstclements.com](mailto:info@rmofstclements.com), dropped off at our office by using the mail slot at the south door of our building or mailed to our office if time permits. Copies of By-law 15-2023 is available at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at [www.rmofstclements.com](http://www.rmofstclements.com)

Dated this 7th day of March, 2024.

Deepak Joshi  
Chief Administrative Officer



## FOR SALE - CATTLE FARM IN MB

Opportunity to grow your land base. Pasture and hay land ready to go for 2024. A total of 1537 fenced acres connected to 640 acres of crown land. Build up a yard or keep it strictly for grazing cattle. 2 miles from paved highway #7 and only 50 kms to north perimeter hwy near Winnipeg.

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ANNOUNCEMENT

BIRTHDAY/RETIREMENT



Joyce Noonon  
Mom

Happy 70th Birthday on March 9th  
and Congrats on a well deserved  
Retirement on March 29th!

-Love your kids, Linda, Amanda,  
Lacey and Lawrence Jr.

ANNOUNCEMENT

BIRTHDAY



Terry McConnell  
March 17, 1930

Irish Blessing  
May the love and protection  
Saint Patrick can give  
Be yours in abundance  
As long as you live.  
Happy 94 Birthday

-From your loving  
heavenly wife Jean

ANNOUNCEMENT

IN MEMORIAM



Brian Armstrong  
August 27, 1928 - March 17, 2023

DAD, I miss you so much,  
I miss your phone calls,  
Your homemade soups,  
You sneaking around looking for some potato  
chips,  
Your infectious smile,  
And your kind heart.  
I miss our talks and the way you would light  
up when all kids would run in to see you  
and call you "OPA".  
You had to go, we had to part  
GOD erased your pain  
But broke my heart.

FOREVER AND ALWAYS  
-Shannon, Tim and family

*Selkirk Record*

Announcements

ANNOUNCEMENT

IN MEMORIAM



Douglas Thomas  
April 25, 1931 to February 18, 2021

Three years have passed us by...  
Not a day goes by that we do not think  
about you.  
We know you would be with us today if  
heaven was not so far away.

-Love your family

ANNOUNCEMENT

IN MEMORIAM

In memory of  
Ross "Bud" Taylor,  
Beverley LaPlante,  
Wayne Pike,  
Gordon and Ralph Taylor

-Sadly missed by Elsie, Denis,  
Barb and Aime,  
Brenda and Rick,  
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-Lovingly remembered and  
forever loved,  
the families

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IN MEMORIAM



William John Lawrence Gamble  
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## OBITUARY



### Patrick (Paddy) Frank Scott

It is with great regret that we announce the passing of Patrick (Paddy) Frank Scott on Monday, March 4th, 2024.

Paddy of Winnipeg, formerly Lockport, was born November 12th, 1966 to William and Anne Scott in Dublin, Ireland. Paddy's family immigrated to Thompson, MB where he was raised and met the love of his life, Kim. Growing up in Thompson, Paddy found a love for ice hockey and developed a skill set good enough to represent Canada at the 1988 Spengler Cup. After graduating from the University of Manitoba with a teaching degree in 1989, Paddy began a career in professional ice hockey overseas with stints in Norway, Germany, and England, where he also worked as a teacher. Paddy retired from hockey in 1999 and moved back to Manitoba permanently with his wife and two children, Craig and Charly. They built and resided in

Lockport until moving to Winnipeg in 2017. Paddy worked at Gerdau Ameristeel in Selkirk where he remained employed at passing.

Paddy is predeceased by his father William and father-in-law Edward Venne.

Paddy is survived by his wife Kim, mother Anne, mother-in-law Evelyn, son Craig (Jeannine), daughter Charly, two grandsons Jack and Jude. He is also survived by his brother Sean (Nicole), sister Amanda, brother-in-law Daryl (Shannon), brother-in-law Kelvin (Nicole), many nieces and nephews, and many, many long-lasting friendships.

There will be a Celebration of Life to be held on Sunday, March 17th at 3:00 p.m. in Lockport at Gaffer's Restaurant and Lounge.

In lieu of flowers, donations may be made to CancerCare Manitoba Foundation.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



### Richard Riemer

June 26, 1952 - March 9, 2024

For this weekend's funeral service information go to Friends Funeral Services website: [friendsfs.ca](http://friendsfs.ca)

See full obituary in next week's paper.

*Your memory will live forever  
Engraved within our hearts*

## OBITUARY



### John Arthur Soke

December 27, 1933 - February 18, 2024

On Monday, February 18, 2024, John Soke, father, grandfather, great-grandfather, and uncle passed away peacefully at the age of 90.

John Arthur Soke was born December 27, 1933 in Saltcoats, SK. After an adventurous childhood on the farm with his parents and seven siblings, he moved to Winnipeg, where he met, and then married, Deanne Park on June 15, 1957. Together they raised four daughters: Jodie, Kathy, Sandra, and Donna in Selkirk, MB.

A devoted family man, his home with Deanne was a busy and constant destination for his children, grandchildren, their partners, great-grandchildren, nephews, nieces and numerous friends.

John will be remembered for his many adventurous and creative passions including hunting, fishing, woodworking, and sharing stories with family and friends. Compassionate, honest, and generous, he enjoyed deep friendships. John and Deanne enjoyed the many years in Selkirk including time with beloved neighbours and friends at the Selkirk Volunteer Firefighters Association.

In lieu of flowers, please send donations to the Heart and Stroke Foundation of Canada.

The family thanks the loving staff at Middlechurch Home of Winnipeg.

John mourned the death of his loving wife Deanne Soke almost one year ago. He was preceded in death by his father and mother, Benjamin and Mary Soke, his stepmother Anna Soke and his six older brothers and sisters.

He is survived by his sister Sylvia Ewacka, sister-in law Elva Soke, sister-in-law and brother-in-law Carolee and Rene Hogue, brother-in-law Ken Park, and his best friend Gerry Clarke. John often reminisced about his brothers and sisters. "Uncle John" always enjoyed talking and visiting with his cherished nephews and nieces. His family treasures his love, memories, and hilarious stories: Jodie, Merv, Tammy, Corey, Chayse, JC, Bryce, Emily, Brody, Oliver, Dayna, Alex, Arizona, Matilda, Kathy, Kym, Stacey, Sandra, Allyssa, Cole, Latitia, Kaiya, Jonny, Willow, Donna, Ben, Seth, Milo, and his nephews and nieces.

A Celebration of Life to be announced at a later date.

Friends and family are invited to visit John's memorial page at [www.interlakecremation.ca](http://www.interlakecremation.ca), where memories and condolences may be shared.

Arrangements entrusted to:

*Interlake Cremation  
& Memorial Services*  
204.482.1040

## OBITUARY



### Robert John German

Robert John German, age 78, of Selkirk, Manitoba, passed peacefully on Sunday, February 18, 2024 at the Health Science Centre in Winnipeg. To his mother Mary, he was Bobby and to the rest of us he was Bob.

Bob was born on August 2, 1945 in Warroad, Minnesota, as it was the closest hospital to Tolstoi, Manitoba, where Bob spent his early childhood. As a young man, Bob was fascinated with all things mechanical, and he learned his way around a gas combustion engine from his dad, John German. As a career heavy duty mechanic at Manitoba Hydro, Bob often mentored young mechanics. Anyone who knew him knew that all they had to do was "ask Bob" if they had an unsolvable problem around in the garage.

As a young man working odd jobs, Bob worked at a riding academy caring for horses and taking friends out for rides through the fields of West St. Paul and into Winnipeg for lunch. Bob met his wife Georgina La Peyre in 1963 at the riding academy and they wed in 1965.

Anyone who knew Bob in the 1970's and 80's knew that at the German farm the milk was fresh daily, the beef was grass fed and 100% natural and hay season was when Bob was most at home. It was on the farm that Bob raised his three sons, managed the farm and a small side business repairing just about anything mechanical that he could get his hands on. Teaching his boys to be handy, they knew that dad was happy or proud of them when they heard him say "good man".

In retirement, Bob spent his time caring for his beloved pets, helping his children with home renovation projects and spending time with his grandchildren who called him Pop. Bob was a patient listener and always had time to talk to his family and friends who would often call to ask Bob for advice on their own projects.

Preceded in death by his parents John and Mary German; siblings Ann Boyko, Paul German, Bonnie Hutchings and John German; and his son Kyle Robert German.

Bob is survived by his wife of 59 years Gina German; son Craig German; daughter-in-law Kathleen German; grandsons Jaxon and Kole German; son Brian German; grandsons Benjamin and Nolan German; daughter-in-law Rhonda (Tanner German) Hawthorne; son-in-law John Hawthorne; grandsons Jesse and Jake Hawthorne; and his sister Luba "Lovie" Anderson.

In lieu of flowers please send a donation in his name to the Winnipeg Humane Society.

The family would like to take this time to thank the doctors and staff at HSC on GD5 for their compassionate care.

A celebration of life will be held on Saturday, March 16th, at 11:00 a.m. in the Gilbart Funeral Chapel in Selkirk, MB.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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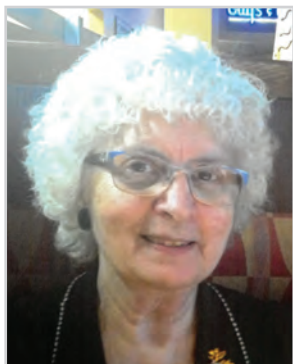
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## OBITUARY



**Hazel Elderfield**

August 2, 1937 - March 10, 2024

Peacefully, with her daughter by her side, Mom passed away at Tudor House Personal Care Home.

Mom was predeceased by her husband Trevor (2015) and son-in-law Charlie (2019).

She will be greatly missed by her kids and grandkids Mark (Sue, Ashley and Matthew), Michael (Wendy, Lisa, Jenn and Michael), Lorraine (Adam and Amy), Andrew (Charito), as well as great grandkids.

Mom came to Canada from England in 1965 with her husband and four kids under the age of five. Mom was a beautiful soul, inside and out. She loved her family dearly and she leaves us with many great memories to cherish. Mom was always up for a good game of cards or Dominos but one of the things she

loved the most was to sing and play the piano. She was in both the United Church Choir and Community Choir for many years, eventually becoming choir director.

The family would like to thank the doctors and staff at Tudor House for their care, compassion and patience while mom was with them, as well as her friend and fellow resident Lucy.

In keeping with her wishes there will be no formal service.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Amy Swinton (nee Laird)**

With sadness the family announces the unexpected passing of Amy on February 24, 2024 at the Selkirk Hospital at the age of 83 years.

Amy is survived by her sons Geoff Pitura, Robert Pitura, daughter Heather Trnka and families, as well as her special friend Wayne Wasney.

She was predeceased by her parents Elmer and Pauline (Gorham) Laird and sister Joan Laird Campbell.

A celebration to Amy's life will be held on Saturday, March 23, 2024 at 11:00 a.m. at The Church at Pineridge, 65152 Provincial Road 207 at Garven Road.

Please visit Amy's memorial page for a longer obituary and to share your memories and condolences at [seasonsfunerals.com](http://seasonsfunerals.com)



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Gimli  
\$589,800

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Gimli  
\$46,700

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Selkirk  
\$499,000

SOLD!



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SOLD!



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SOLD!



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