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THURSDAY, APRIL 25, 2024

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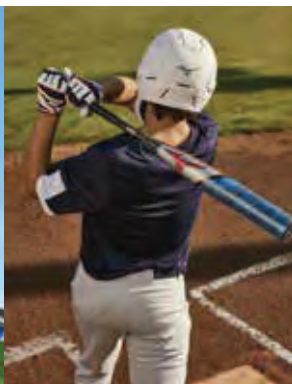
RECORD PHOTO BY KATELYN BOULANGER

Barbara and Bern Knoll and their dog Holly have begun volunteering with the Winnipeg Humane Society's Therapy Dog Program. Locally they've been visiting Inclusion Selkirk and would love to do more volunteering in our community. Learn more inside.

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Pet Therapy program brings smiles and wags to Inclusion Selkirk

Winnipeg Humane Society program sees local dog bring joy to all

By Katelyn Boulanger

Barbara and Bern Knoll and their dog Holly are volunteers with the Winnipeg Humane Society's Therapy Dog Program. The three have a jam-packed schedule visiting different groups and having Holly work her magic bringing smiles and joy to those they meet. This month, clients of Inclusion Selkirk got to be part of the fun as Holly has been visiting them every week.

Knoll explained that they got into pet therapy because of their love of the Winnipeg Humane Society. Their dog before Holly was adopted from the Humane Society and the Knolls have enjoyed supporting the organization so much that they've kept in touch.

"When we started looking for another dog, at the time, the Humane Society seemed to have only one-year-old and two-year-old dogs, and we're too old to take puppies now, so we were looking for an older dog," explained Barbara Knoll.

Though the Knolls ended up finding Holly through a different pet rescue, they still support the Humane Society and have kept up with the group.

"Very shortly after we adopted her, the Humane Society sent out an email asking if anybody was interested in having their dog assessed to be a therapy dog but we had just adopted her so I put it in the back of my mind and months went by. It was probably September, and I thought she would be a good therapy dog," said Knoll.

She thought that pet therapy was the right fit for Holly because Holly is outgoing, gentle, and people seemed to love to come up to the Knolls when

they are out and about with Holly to give her pets and chat about her.

Knoll was right in her assessment as Holly, who was a great fit for their family, also passed her pet therapy assessment on the first try.

"She was like a model dog. They were so impressed. And so, she passed and now we're visiting places and having a marvellous time," said Knoll.

The Winnipeg Humane Society's Pet Therapy program sees dogs going into many different environments. The first time the three volunteered they went to a place that supports people who are dealing with addiction.

"We didn't have a clue what we would be doing. It was really interesting. We really enjoyed seeing people

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Barbara and Bern Knoll and their dog Holly are bringing joy by volunteering their time as part of the Winnipeg Humane Society's Therapy Dog Program. Pictured: Holly getting some love from Barbara Knoll.

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> PET THERAPY AT INCLUSION, FROM PG. 3

come out of their comfort zone," said Knoll.

Since then, Holly has charmed residents in personal care homes, students in schools, people living in group homes and even gone to the Stony Mountain Penitentiary.

"We visited some inmates there and one of the fellows who was [being transported. He] was in the hall walking with a guard. He had handcuffs on but we didn't know that until he bent down to pat Holly. I'd never seen anybody wearing handcuffs before but it didn't bother her," said Knoll.

Holly doesn't care who you are or what your life circumstance are, she is happy to see everyone.

The Knolls believe that bringing pet therapy into different environments can be a very positive thing.

"Anything that's different like this is a really positive diversion for people. People get excited. [In addition, there are medical benefits]. People pet a dog or an animal and blood pressure goes down and all kinds of positive things happen. So, there's that and I think especially with older people, it's also a chance to reminisce and talk about dogs they've had and they've known," said Bern Knoll.

It's not just fun for the humans involved. Holly also loves her work.

"As soon as she realizes that we're going in, she can hardly wait to get through the doors," said Bern Knoll.

The Knolls were happy when, as area residents, they were given a chance to volunteer in Selkirk as it's closer to home.

"I'm hoping that they continue the program because I can see from the reaction of the participants that come to the day program. They seem to really enjoy it," said Barbara Knoll.

Maria Freeman the executive director of Inclusion Selkirk agreed that the program is going well as more and more clients are signing up to be involved.

"The feedback we've got is people want to continue to attend and that's usually the best message that indicates things are going well. People keep signing up to go back the next week," said Freeman.

The Knolls say that they would love to do more pet therapy volunteering in our area. If you are a member of a group that might be interested in having Holly come for a visit contact the Winnipeg Humane Society at communityoutreach@winnipeghumanesociety.ca or 204-982-2046 to make arrangements. Though Holly and the Knolls volunteer their time, there is a cost for participating groups which supports the running of the Therapy Dog Program. You can learn more about the program at <https://winnipeghumanesociety.ca/whs-therapy-dog-program/>.



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RECORD PHOTOS BY KATELYN BOULANGER
Holly at Inclusion Selkirk's day program.



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Selkirk and area art scene brings in city students

By Katelyn Boulanger

Over the years and with a great deal of effort from local artists and volunteers, our community has become a hub of great art. From the Gwen Fox Gallery to spaces like the Gaynor Family Regional Library, and the many murals that have been given a home throughout the community, there's a lot to see for art lovers who visit Selkirk. Last week those art enthusiasts were a group of grade eight students who came all the way from École Charleswood School in Winnipeg.

"I come to Selkirk with my family all the time, and with my kids. We've seen a lot of the murals and I knew of some of the mural artists and I thought it'd be a great way to show kids art that's not just going to a regular art gallery," said Mary Ferguson, grade 8 art teacher at École Charleswood School.

The students got a full tour of Selkirk's art scene. They started with the new mural on the back of the Dufresne building in the morning, next they split in half in order to check out the Gwen Fox Gallery and take a walking tour of downtown Selkirk. Once both groups had their turns, they got back

together to bus out to some of the murals outside the downtown area like the Secret Path Mural. Finally, they ended the day at the Gaynor Family Regional Library where they saw some of the art by local artists that the library showcases as well as the Centennial Mural and the Manidoonsag Imaa Mikinaako-Minisiing/Sacred Spirits of Turtle Island mural which artist Charlie Johnston came to chat with students about.

Marilyn Williams, secretary for Red River North Tourism said that it took a lot of coordination and a lot of people working together to host the students in the community for the full school day but that the impact of bringing these kids into our community is great.

"One of the restaurants got some mileage out of this event. The library got some mileage out of this event. The Gwen Fox Gallery certainly got some mileage. The artists who worked on these murals got some mileage out of this. The stories the murals tell got mileage. There's some really significant stories attached to some of those murals that we have in

Continued on page 6



RECORD PHOTO BY KATELYN BOULANGER

A group of Winnipeg students came to Selkirk to check out the art in our community.

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> MURAL TOUR, FROM PG. 5

town that speak to far more than our own community, but they are reflective of our community and those are such important messages," said Williams.

Williams also acknowledged the hard work done by the Interlake Art Board which coordinated the creation of many of these murals.

Ferguson believes that it's impor-

tant for students to see art like this out in our communities.

"[The students] make art, they don't think about where it's going to go, where it's going to be, and the impact it can have on our community or how it can be a celebratory piece of community and culture. Public art is so important for just telling the stories of the people where people live and

sending messages to the community. It shows the impact that art can have. It's beyond just doing assignments. You can work hard and reach all sorts of people," said Ferguson.

Though the day that the students came was quite cold and blustery Ferguson said that the reception from the students was good and that she saw them connect with what they were seeing. She said that this shows the students how art isn't always just a solitary activity but that it takes a lot

of artists to make murals like these.

Ferguson hopes that her students took away some inspiration and motivation from this experience.

If you would like to keep up with our artist community, one way to do that is to check out Red River North Tourism's social media. There you'll find out when the downtown walking mural tours will be starting again this summer season and you can also make sure to get your ticket to the Garden and Art Tour which takes place every summer.

Williams also encourages other school groups that might be interested in exploring Selkirk's artistic landscape to contact them.

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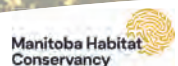
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Local kid part of Smile Cookie Campaign

Get your smile cookies from Tim's April 29 to May 5

By Staff

Tim Horton's is once again hosting their Smile Cookie Week program and our local Tim Hortons are raising funds for Children's Rehabilitation Foundation which supports youth living with disabilities.

The Tim Horton's Smile Cookie Campaign started in 1996 and has expanded to support local charities throughout the country.

This year, 2024 Ambassador, 12-year-old Selkirk resident Jacoby, is kicking off the event in Winnipeg on April 29.

Last year, residents in Selkirk, Stony Mountain, and Winnipeg raised \$320,000 collectively through the program so every purchase counts.

One hundred per cent of the price before taxes of smile cookies will be going to support this cause.



RECORD PHOTO SUBMITTED

Tim Hortons is hosting once again selling Smile Cookies April 29 to May 5. Pictured: 2024 Ambassador, 12-year-old Selkirk resident, Jacoby.

Protect your future. Get immunized! National Immunization Awareness Week - April 22-30

Revised vaccine recommendations mean it's important to stay informed

By Lana Meier

It's National Immunization Week from April 22 to 30, 2024 — and this year, it is important for Manitobans to check if they are up to date with vaccinations.

According to Marcy Timchishen, Interlake-Eastern Regional Health Authority Immunization Coordinator, vaccinations are essential in building immunity and preventing illnesses for both you and your loved ones. Countless diseases, including polio, measles, meningitis, and whooping cough, pose significant public health risks due to their contagious nature. Fortunately, the development of vaccines has made it possible to prevent these conditions from spreading.

As new evidence and findings emerge, vaccine recommendations are periodically revised. This can create confusion for individuals in determining which vaccines they require and are eligible for. Consequently, some may be unaware of the need to catch up on their vaccinations. For instance, adults and pregnant individuals may not be aware of the necessity to receive immunizations against specific illnesses.

While it may be commonly believed that vaccines are only necessary for children, the truth is that immunizations play a vital role throughout our entire lives. It's important to note that a tetanus shot is not just for emergencies resulting from an injury; in fact, all adults should receive a booster every 10 years. Additionally, those who have not received an adult dose of whooping cough are eligible to do so.

According to Timchishen, National Immunization Awareness Week pres-

ents a great opportunity for Manitobans to communicate with their health-care provider or public health nurse regarding the status of their children's or their own vaccinations.

"Public Health encourages all health-care providers to take the opportunity, when presented, to ensure that their client's or patient's immunization records are up to date," she said.

Manitoba Health provides publicly funded vaccines to Manitoba residents who are registered with Manitoba Health, per Manitoba's routine immunization schedule and vaccine eligibility criteria. Over the last couple months, Public Health has been focusing efforts on ensuring that those who are eligible for measles vaccination are up to date due to a significant rise in measles cases in many parts of the world and with some cases occurring in differing provinces across the country.

As a result of amendments to the preschool immunization schedule, Public Health has been offering a greater number of meningitis vaccine doses. This measure aims to enhance safeguarding against various strains currently prevalent in the province.

For instance, children who are at least 12 months old and were born after Jan. 1, 2020, can receive the Meningococcal Quadrivalent Vaccine, regardless of whether they have already received their Meningococcal C Vaccine as part of their regular immunization schedule.

During National Immunization Awareness Week, Public Health Nurses across the region will be increasing

their outreach efforts to raise awareness of immunizations. There are clinics happening throughout the region as well as information boards, posters and community advertising around the importance of getting your vaccines up to date. Anyone with questions regarding their own or their child's immunization records, who want to schedule an appointment or are unsure if all immunizations are up to date, are encouraged to please contact their local public health nurse www.ierha.ca/find-us.

For further information on the suggested vaccination timelines for both children and adults, refer to:

- www.gov.mb.ca/health/publichealth/cdc/div/schedules.html
- For more information regarding vaccines and their importance, visit:
- <https://www.gov.mb.ca/health/publichealth/cdc/div/about.html>

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Two longtime doctors receive Physician Emeritus Awards

By Jennifer McFee

Two longtime physicians earned a moment in the spotlight to recognize their commitment to health care throughout their careers.

Dr. Eric Stearns and Dr. Greg Pinniger each received a Physician Emeritus Award at Interlake-Eastern Regional Health Authority's annual spring physician dinner on April 23 at the Selkirk Golf and Country Club.

Now in its second year, this award recognizes physicians who have recently retired or have reduced their practice in preparation for retirement. Physician colleagues and community members had the chance to nominate physicians who have provided exemplary service and expertise to their community.

Last year, the inaugural Physician Emeritus Awards went to Dr. Habtu Demas and Dr. Richard Roland Lindenschmidt, who both served the Selkirk area.

Dr. Charles Penner, regional lead of medical services and chief medical officer, congratulated this year's recipients for their achievements.

"It brings me great pleasure to recognize my physician colleagues, Dr. Eric Stearns and Dr. Greg Pinniger, for their contributions to health care in the Interlake-Eastern region," Dr. Penner said.

"We are privileged to have such dedicated professionals serving our communities."

As he prepares to wrap up a career that spans more than four decades, Dr. Stearns said receiving the Physician Emeritus Award is the top honour.

Dr. Stearns graduated from medical school at the University of Manitoba in 1978 and finished his residency in obstetrics and gynecology five years later. He began practising at the Manitoba Clinic, while also working for the Northern Medical Unit and travelling to northern communities

including Churchill, Rankin Inlet, Arviat, Coral Harbour, Baker Lake and Repulse Bay.

Over time, he shifted his focus to offer care in Hodgson and Fisher River. At the same time, he spent more than 25 years in Selkirk performing surgery and providing clinical care. He also ran a private practice in Selkirk for two years. Today, Dr. Stearns continues to do surgical assisting in Selkirk.

He also serves as a physician advisor for the College of Physicians and Surgeons of Manitoba (CPSM) and is a past-president for CPSM. In addition, he chaired the perinatal maternal health standards committee at the CPSM for many years and worked as a consultant on the Manitoba Physician Achievement Review program. He continues to work with CPSM's quality improvement program.

Adding to his varied experience, Dr. Stearns was a department head at Seven Oaks General Hospital and served on multiple committees through Winnipeg Regional Health Authority and Interlake-Eastern Regional Health Authority, as well as holding the position of assistant professor in University of Manitoba's department of obstetrics and gynecology.

With a global reach, Dr. Stearns taught the ALARM International Program in Guyana, Ethiopia and Tanzania. This program aims to reduce maternal and newborn mortality around the world. In Guyana, Dr. Stearns also reviewed the national obstetrical program for the government.

Dr. Stearns expects that 2024 will be his final year of practice. Looking back, there's much that he's enjoyed over the decades.

"You can't beat delivering babies, and I also love to teach," he said. "And to go out with this award is awesome. It's the highlight of my career. It really tops it off. This is amazing to me."

Dr. Greg Pinniger also enjoys the va-

riety he has experienced through his career in rural general practice.

Since 1992, Dr. Pinniger has served as a physician in Manitoba with four years in Killarney and 26 years at Stonewall Medical Clinic, along with work in the surgical intensive care unit at Health Sciences Centre. Outside of Manitoba, he did locums in Prince Edward Island and Alberta.

As a general practitioner, Dr. Pinniger said he enjoys "knowing a little bit about a lot of things." He also appreciates that the duration of his career has allowed him continuity of care with his patients. By working alongside other dedicated and enthusiastic doctors, nurses, allied health professionals and administrators, Dr. Pinniger feels gratitude for individuals who comprise the care teams that health-care requires.

At the same time, Dr. Pinniger has enjoyed serving on Interlake-Eastern RHA's medical advisory committee over the years.

Looking ahead, he hopes other new physicians might pursue a similar path in rural general practice.

"I hope that rural and family medicine can one day recapture the attention of new medical graduates and entice them into a rewarding, challenging career — one where they can grow professionally and personally and one where they can feel truly needed by those that they serve," said Dr. Pinniger, adding that coming to Stonewall was the highlight of his career.

As for being chosen as a recipient of the Physician Emeritus Award, Dr. Pinniger said it's an honour — and a surprise.

"I'm just one of many people in the health-care system who try to do their best," he said. "I appreciate the recognition given to me by my colleagues. It is touching and humbling."

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Are you going on vacation soon? Consider participating in Not Just Tourists

Not Just Tourists gives travellers a way to help bring medical supplies to areas in need

By Katelyn Boulanger

A local organization is making our world a little better by helping to deliver excess medical supplies to places that need them. The Manitoba chapter of Not Just Tourists has been operating out of donated space in Good Shepherd Lutheran Church in St. Andrews and residents can contact them before their next vacation to deliver a suitcase of supplies to less fortunate places.

Tim Blazanovic, coordinator/director of the Manitoba chapter of Not Just Tourists explained that the group is a true non-profit. Everyone involved is a volunteer and they accept no financial funding from anyone.

"Everything is donated to us, our supplies are donated to us, our space is donated to us, our volunteers donate their time, fuel, etc. for this. That's the best way to help people is from the heart. That way, there's no questions about it, we do it out of the kindness of our heart, because we want to help people," he said.

It's called Not Just Tourists because when a person volunteers to bring a

suitcase full of medical supplies to a country in need they are not just a tourist going on vacation.

"We supply them with a suitcase of medical supplies with a letter for customs explaining that it's a gift from Canadians to their country and their people free of charge. For that half an hour or an hour that it takes that tourist to go drop off [those supplies] to a hospital or clinic, they're not just a tourist for that moment. They're a humanitarian for that little bit," said Blazanovic.

Blazanovic started the Manitoba chapter of Not Just Tourists after he went on vacation to Cuba. At that time, his parents had travelled previously to Cuba and advised him of the need and that he and his wife should take supplies and donations with them.

"Everybody goes to Cuba, it's beautiful there and then we got there. And yeah, it is beautiful, the people are wonderful, and they're also lacking all sorts of medical supplies and school supplies, and you name it everything under the sun that you could

think of," he said.

When Blazanovic came back, he realized that the people of Cuba needed more than just one suitcase of supplies and reached out to Not Just Tourists in Ontario who advised he start a local chapter.

Since then, the Manitoba chapter of Not Just Tourists has made donations not just to people in Cuba but also to Nepal, Haiti, the Dominican Republic, Paraguay and more.

Blazanovic says that the list of medical supplies needed in other countries is very long.

"It could be anything from gauze, bandages, needles. You name it," he said.

Not Just Tourists, of course, does not send volunteers with any supplies that wouldn't be allowed into other countries or on flights.

Residents who want to participate in this program as part of their next vacation should contact Not Just Tourists at minimum two weeks before their vacation. From there, Not Just Tour-

ists volunteers can walk you through the process and create a bag that suits the area you are travelling to.

Residents in our community who would like to participate but don't have a vacation on the books can donate medical supplies, excluding prescription medications, that they purchase or they can get involved as a volunteer. Donors should note that Not Just Tourists doesn't accept financial donations.

"We tell people to buy gloves, go buy bandages, Tylenol, stuff like that. Go buy it and donate that," said Blazanovic.

He encourages anyone who would like to take part to reach out to them.

"If you have any kind of inclination and would like to try or if you're interested [in learning more], you're more than welcome to look at our website. If you are on Facebook, read some of the stories," said Blazanovic.

To learn more about Not Just Tourists or to get involved with our local group visit <https://njt.net/>.



RECORD PHOTO SUBMITTED

Not Just Tourists is a local group that works to pass along medical supplies to people in need.

Canadian Navigable Waters Act

Manitoba Transportation and Infrastructure (MTI) hereby gives notice that an application has been made to the Minister of Transport, pursuant to the Canadian Navigable Waters Act for approval of the work described herein and its site and plans.

Pursuant to paragraph 7(2) of the said Act, MTI has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) and under registry number **103232** or, under the NPP File Number **1985-600001** a description of the following work, its site and plans:

• **Bridge**

The work will involve the installation of a permanent icebreaker structure around the pier as protection. The work takes place at the pier of the PTH 4 bridge across the Red River with the approximate coordinates of 50.19093, -96.84281.

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or if you do not have access to the internet, by sending your comments directly to:

Navigation Protection Program – Transport Canada
344 Edmonton Street
Winnipeg, MB
R3C 0P6

Transport Canada (TC) will not make your comments on a project available to the public on the online public registry. However, any information related to a work is considered as unclassified public record and could be accessible upon legal request. As such, the information and records provided should not contain confidential or sensitive information. If you want to provide confidential or sensitive information that you think should not be made public, please contact TC before submitting it.

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.



Selkirk writer releases paranormal mystery novel

Author Kristal Kelm features relatable characters, themes in first novel

By Kaitlin Vitt

A first-time author living in Selkirk has released her book, *Eliza Honey and the Debt*, which follows the main character through a story of mystery and self-discovery.

"She's just a normal person who makes bad choices, who's just trying to do the best they can, and she ends up in an incredible situation," author Kristal Kelm said of the book's main character, Eliza Honey. "It shows that yeah, you can make a mess of things, but it doesn't mean you're not going to survive."

The story focuses on Honey, who "is having a messy, murderous mid-life crisis that is being manipulated by a ghost. She doesn't know if she's the victim or the villain in the nightmare she is living," the book description states. "She is being framed for murder — maybe, and losing her mind, possibly."

The 300-page novel follows Honey as she, along with three others, work to find the true killer.

Kelm released the book in February, and the self-published work is available on Amazon as an e-book or paperback.

She started writing the book six years ago.

"My husband took a job where he

was out of town quite a bit, and at the time, we had three younger teenagers. So I stayed at home, but I wanted to do something, I just needed something," she said. "I thought, well, you know what, I'm going to try writing. And so that's how the first book came about."

Kelm was happy with just completing the book even if no one else ever read it, but her husband, who she says is her biggest supporter, encouraged her to self-publish it. He helped her through the process to get the book up on Amazon.

She intended for *Eliza Honey and the Debt* to be a standalone project, but an idea came to her to continue the story, an idea she couldn't stop thinking about.

Kelm plans to release the second book about Honey in May, and the third in September. She's in the early stages of book four.

She says it's been surreal to have her book out there and in readers' hands.

"I'm kind of floating up over in the corner watching it," Kelm said. "I don't have higher education, so it never occurred to me that I could do this, quite frankly."

Kelm enjoys everything related to the paranormal, though she hasn't had any paranormal experiences herself.

"I've always loved a good ghost story," she said. "I love a mystery. I absolutely love a thinker, where you have to figure out what's going on."

She also liked the idea of featuring relatable characters and situations.

"I thought, why can't there be a



RECORD PHOTO BY BRETT MITCHELL

Kristal Kelm with her new book *Eliza Honey and the Debt*. Her second book comes out next month.

character, a heroine, who isn't a beautiful 20-year-old who's a size zero and a genius? Why can't it be someone who's middle-aged? Nobody's interested in a middle-aged woman — that's how it felt to me. And I thought, why can't my main character be interesting, and be middle-aged, and be flawed, and be relatable, and still be interesting?" she said.

"Situations are often not what they appear in real life, and I brought that out in this book. ... There're so many

things that can affect a person and can affect their growth, and it's not always good, but it can be necessary."

Though she may not know how the story ends she knows she's going to continue writing.

"I'm going to write until I die," she said. "It's an escape for me."

One time, she was writing, and said out loud, "I didn't see that coming!" Her husband, who overheard, couldn't stop laughing, wondering how she couldn't see something happening when she was the one writing it.

"It really does take on a life of its own," she said. "It's almost like I'm just putting the words down. They really do have their own experience."

Kelm's book can be found on Amazon by searching *Eliza Honey and the Debt*, and she will be launching social media pages to promote her books.

PUBLIC NOTICE

Pesticide Control Program

Environment and Climate Change and Economic Development, Investment, Trade and Natural Resources is introducing the 2024 Pesticide Control Program.

The program is needed to:

- control invasive plants and noxious weeds in Wildlife Management Areas (WMAs) and provincial parks
- control vegetation encroachment on WMA and park infrastructure
- rejuvenate native prairie in Beaudry Provincial Park

Scheduled application dates are from June 12, 2024 to October 31, 2024.

Pesticides to be used include:

- | | |
|--|--------------------------------|
| <i>Nufarm Trillion Tur Herbicide</i> | <i>Restore Nxt Herbicide</i> |
| <i>Round Up Transorb HC and Poison Ivy</i> | <i>Navius VM Herbicide</i> |
| <i>Clearview Herbicide</i> | <i>Abrosect 20-S fungicide</i> |
| | <i>Navius</i> |

Environment and Climate Change
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, MB R3Y 0L6

Comments must be received by May 24, 2024.



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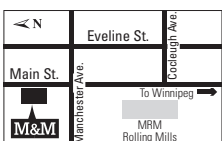
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Support our local high school's welding program

By Staff

Lord Selkirk Regional Comprehensive Secondary School's welding program is once again holding its annual raffle for a utility trailer crafted by the class's talented students. This initiative gives students a real-world project and practical experience that they will be able to take into future careers.

Welding might conjure images of sparks flying and metal melding, but within the high school's walls, it's a trade honed through education and hands-on experience. Under the guidance of dedicated instructors, students not only learn the intricacies of welding techniques but also the importance of precision, craftsmanship, and safety protocols.

Something that sets this program apart is its relationship with the local steel mill Gerdau. By generously donating materials for the students to train with, the steel mill has been an unwavering supporter of the program's mission. In the past, they've also opened their doors for work experience programs, providing students with invaluable real-life expo-

sure to the welding industry.

Residents can actively engage with the welding program student's education. Small welding projects brought in by locals whether it's repairing a broken gate or fabricating a custom grill not only enrich students' experience but also forge strong ties between the school and its community.

The raffle for the utility trailer serves as a testament to the students' expanding skills and the program's commitment to developing students into knowledgeable and skilled adults.

The students have put their hard work into making a fully galvanized, 3500lb. axle trailer that is equipped with LED lights all around.

Graduating from this program isn't just about acquiring a certificate; it's about gaining the confidence and expertise to thrive in the welding industry. Armed with both educational knowledge and practical experience, these students are ready to join local businesses and contribute meaningfully to their workforce.

The raffle will take place on June 10 and anyone from our community



RECORD PHOTO BY BRETT MITCHELL

The high school's 2024 welding program class.

can enter by purchasing a ticket from a student in the welding program or the high school's front office (cash or cheque only). Only 1000 tickets have been printed so residents wanting to support this program should make a point to purchase one before they sell out.

"The trailer raffle is a great way for

the community to become involved and support the development of local students training in the trades with the bonus of possibly driving home with a brand-new utility trailer in June," said LSRCSS Teacher Russell Payne.

April 26 is Community Foundation Day!

The Manitoba government has proclaimed April 26 as Community Foundation Day across the province. This annual day of celebration recognizes community foundations' impact on community well-being, and the generosity of Manitobans.

Manitoba is home to 57 community foundations.
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at EndowMB.org

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Municipal water expansion in Lockport



RECORD PHOTOS BY BRETT MITCHELL

A meeting was held last week to discuss River Creek Estate Condo Service's agreement with the RM of St. Clements to connect to the municipal potable water supply. At the meeting, residents were shown information about water quality as well as the financial breakdown of the costs and the cost to residents. Residents then had their say asking questions about the information presented.

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Community Notice*

Construction crews will be in the following rural municipalities this spring:

RM of St. Andrews

Petersfield	Rossdale	Breezy Point
Clandeboye	Matlock	

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Local volunteer recognized by Manitoba premier

By E Antonio

St. Andrews resident Randy Antonio was among six recipients honoured with the Premier's Volunteer Service Award.

Each year, Volunteer Manitoba recognizes exceptional volunteers from all over the province for their outstanding contributions to their communities.

The Premier's Volunteer Service Award was established by the Premier's Office of Manitoba. Individuals are nominated and selected based off their dedication, service and contributions to Manitoba communities. Winners have made a grand difference in the lives of Manitobans, improving the quality of life.

Antonio was presented his award at Volunteer Manitoba's 40th Annual Volunteer Awards presented by Manitoba Liquor & Lotteries on April 18.

Antonio was nominated for founding and contributing to the Winnipeg Search and Rescue volunteer group (WINSAR).

Antonio serves as WINSAR's Chief Operation Officer on the Executive Team.

WINSAR is a volunteer-based group that provides search and rescue services to rural and urban communities in Manitoba when requested by police services or Parks Canada. Volunteers primarily search for vulnerable persons. Those with dementia, intellectual disabilities and brain injuries are some of the populations WINSAR searches for. In rural settings, WINSAR looks for hunters, foragers and ATV operators.

Antonio is responsible for several aspects of WINSAR.

In addition to training volunteers, he oversees deployment during searches, recruitment efforts, and the maintenance of equipment.

Antonio is responsible for ensuring that WINSAR volunteers are prepared to search when required.

WINSAR also operates two programs called AdventureSmart and Project Life Saver.

AdventureSmart provides Search

and Rescue prevention presentations for youth and adults.

Project Life Saver works with vulnerable clients who are at risk of wandering. It uses electronic transmitters, which are worn like watches and can be tracked by receiver units.

Antonio was nominated for the Premier's Volunteer Service Award by WINSAR Executive Team member President Barb Hewitt.

Hewitt first met Antonio in 2017, where they bonded over other Search and Rescue volunteer groups.

Hewitt nominated Antonio for his dedication and leadership role within the Search and Rescue community.

"Randy saw a need in the community and found a way to not only fill that need, but to expand and improve the team over time," said Hewitt. She continued to explain that Antonio could have ignored the need, but he insisted on making a change.

According to Hewitt, Antonio successfully launched two remarkable programs in Manitoba.

Project Life Saver and AdventureSmart both work towards keeping Manitobans safe.

Antonio, himself, has delivered AdventureSmart presentations to more than 15,800 individuals.

The entire WINSAR team is thankful for Antonio's contributions.

"He puts in more hours each year than most of the rest team put together, and his ability to teach and inspire other members is unmatched," Hewitt explained.

Hewitt added that Antonio's dedication to WINSAR is recognized at international levels.

Antonio has attended several national and international Search and Rescue conferences and seminars as an instructor and presenter.

"There is simply no one else on our team who has his level of experience, skill and dedication to Search and Rescue," said Hewitt.

The entire WINSAR team is thankful for the environment that Antonio has created.

Antonio was shocked when the Premier's Office sent him a letter regarding his award.

Being unaware of his nomination, he is grateful for the recognition shown towards the Search and Rescue community.

"It is not often



RECORD PHOTO SUBMITTED

St. Andrews resident, Randy Antonio was selected to receive the Premier's Volunteer Service Award. Deputy Premier, Uzoma Asagwara presented Antonio with his award at Volunteer Manitoba's 40th Annual Volunteer Awards presented by Manitoba Liquor & Lotteries on April 18.



The Winnipeg Search and Rescue team volunteers at many community events providing first aid and educating the community about outdoor safety.

you hear positive feedback for your contributions," Antonio explained.

Antonio has always been sensitive to issues surrounding vulnerable persons. He was aware that something needed to be done in the community.

Antonio founded WINSAR in 2003 after volunteering with another local Search and Rescue group for two years.

Antonio launched WINSAR after recognizing a demand for such a group in the community.

Initially, Search and Rescue teams worked together with volunteer fire departments.

WINSAR was the first group developed that did not provide fire rescue services.

Throughout his journey, Antonio has encountered numerous obstacles. He emphasized the importance of WINSAR securing funds to support their various services, operations, and

supplies.

WINSAR raises funds through their involvement in community events, offering first aid services or conducting safety presentations in exchange for contributions.

Antonio plans to continue his volunteer work with WINSAR for years to come.

To get involved with WINSAR, you can email info@winnipegsearchandrescue.ca or by visiting Winnipegsearchandrescue.ca.

"WINSAR primarily recruits from Winnipeg, but several members like myself come from residing communities," said Antonio.

Antonio thanks the WINSAR Executive team, Volunteer Manitoba, and the Premier's Office for honouring him with this award.

Habitat for Humanity - Selkirk Chapter

Mug, Spud & Steak

May 8 Selkirk Legion, 403 Eveline Street at 6pm

Tickets can be purchased from Murielle Bouchard
204-485-3479 or Linda Rosser 204-482-5566

Tickets are \$30/ea

Tickets can also be picked up at Packer's Ladies Fashion (cash only).

Our Vision - Everyone deserves a safe and decent place to live.

Our Mission - By mobilizing volunteers and community partners, Habitat for Humanity works with people from all walks of life to build safe, decent affordable housing for purchase by low-income working families.

The first Manitoba Homesteading Show



RECORD PHOTOS BY KATELYN BOULANGER

With a line forming a half hour before the event started and the hall at Little Britain church busy the entire time, the first Manitoba Homesteading Show was a great success. Presenters talked everything from canning, chickens, and bee-keeping, to soap making, and composting.

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Local Scout wins best in show



RECORD PHOTO SUBMITTED

Congratulations go to Quinn Fyfe from 1st Selkirk Scouts who won best of show for his Nike Replica Kub Car at the Winnipeg All Section Rally on April 21 at Assiniboine Downs. Pictured: Quinn with his award as well as the race winning car.

City investing \$8.2 million in critical infrastructure in 2024

Submitted by the City of Selkirk

In 2024 the city of Selkirk has been on a roll with infrastructure projects that range from major street renewal and reconstruction, to combine sewer separation. An Infrastructure Open House will be held May 2 at Memorial Hall so the public can learn more about the millions being invested into our community this spring, summer and fall.

Transformative Main Street Revitalization Project

The stretch of Main Street north of Manitoba Avenue to Lake will be transformed to become vibrant, safe, accessible, and pedestrian-friendly. The city is partnering with the Province of Manitoba, which will be resurfacing the driving lanes, while the city invests \$4,983,216 into improving turning lanes, boulevards, medians, and sidewalks, and will introduce modern, accessible crosswalks at Morris and Queen in a cost-effective move.

Additionally, Active Transportation (AT) pathways will be included on both sides of the street to provide safer routes for cyclists and pedestrians and will connect to the existing AT network.

The city will continue its naturalization efforts on the medians with shrubs, wildflowers, and prairie grasses, and will establish rain gardens at various intersections, which are designed to mitigate stormwater runoff and water plants. The project will also include the planting of new street trees, with many of them integrated into Silva Cells, which will optimize root growth and ensure long-

term tree health.

The force main that runs along Main Street is a critical piece of infrastructure carrying 90% of the city's sewage to the Wastewater Treatment Plant. To enhance this system and to prevent failure, a new secondary pipe is being installed along Main Street to enable switching between the old and new pipes. This work will allow the city to perform future upgrades to the existing pipe to enhance durability and avoid pipe failure and mass sewage leaks.

The 200 block of Toronto getting full reconstruction

The city will invest \$1,788,000 into the 200 block of Toronto Avenue with a new street surface, sidewalk installation, water main, and the separation of the sewer and storm sewer system, furthering the city's commitment towards the separation of its combined sewer network, which in turn eliminates the potential of sewer backup in homes and adds capacity to the city's stormwater system.

The 200 block was identified through the Capital Asset Management Program (CAMP) as requiring a new water main to allow a continuous flow of high-quality water into homes for years to come and drastically reduce the chance of a water main break.

"There have been numerous water main breaks in that area in the past year. We were able to learn of them quickly through our service tracking program, but it's also led us to the upgrades on Toronto," said Dan McDermid, director of operations for the City of Selkirk.

"Sewer renewal liners will be also installed to extend the service life of existing sewer lines which will help to reduce the risk of sewer main breaks and sewer backup."

The road surface is rated as poor condition through CAMP, so it will be resurfaced and since there was no existing sidewalk, one will be installed, making the street safer for pedestrians. Curb and gutter work will take place as well.

Mercy Street Resurfacing and AT Integration

Sections of Mercy Street have poor and very poor condition ratings through CAMP. [C1] Following the reconstruction of portions of this im-



INTRODUCING OUR NEW LOCATION IN SELKIRK

New location provides more space to serve clients

The Selkirk Home Care, Cancer Navigation Services, Palliative Care and Speech Language offices previously located at the Selkirk Community Health Office at 237 Manitoba Ave. have moved to the Interlake-Eastern Health Services building at 100 Easton Drive. The move to Interlake-Eastern Health Services increases the clinic space to serve clients.

The phone and fax numbers remain the same.

Please note clients receiving care at this location will be by appointment only. No walk-ins accepted.

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Questions?

info@ierha.ca

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Alzheimer Society
MANITOBA
Dementia Care & Brain Health

Continued on page 17



RECORD PHOTO SUBMITTED

The City of Selkirk is hosting an upcoming open house on May 2. Pictured: City workers doing road work.

> CITY OF SELKIRK OPEN HOUSE, FROM PG. 16

portant street over the past few years, the city will be resurfacing other sections of the street.

This year Mercy from Strathnaver Ave to Pacific Ave and from Vaughan Ave to McLean Ave will be resurfaced to improve road safety and address the condition of the roadway.

In addition to these resurfacing projects, the city will be adding a dedicated bike lane to the street as identified in the City's Active Transportation Strategy. This new lane will provide the city's first north/south bike lane and will provide the four schools along the way with a safe pathway for students to ride their bikes to school.

"Active transportation is important to the City of Selkirk and we're happy to be able to provide a safe space for kids and adults to ride their bikes," said Selkirk Mayor Larry Johannson.

"Our AT pathways have grown a lot over the last few years, going east and west alongside Manitoba Avenue all the way to Eveline and into the park, and now, this new lane will let people ride, and walk, north to south, pretty much the entire length of the city. I'm a fan of getting outside in the fresh air and moving, so this is fantastic."

The three-kilometre multi-directional lane will be located on the west side of Mercy, on the street surface. It will allow for cyclists to travel in both directions and will have dividing lines and directional arrows painted, much like streets.

"The west side was selected because it impacts fewer property owners, crosses fewer intersections, and has larger properties and green spaces," said McDermid.

The total investment on Mercy Avenue is \$950,000 and will be partially paid for with a grant from the Government of Canada.

The total that will be spent on infrastructure this year is \$8,253,325.

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Music at the Merch



RECORD PHOTO BY BRETT MITCHELL

Want to listen to some local live music? The Merch is holding Joe Smith Memorial Acoustic Jams on Tuesdays and open mic nights the first Saturday of each month. Pictured: Marc Bowman, Fred Buhay and Top Line who were live at the Merch on April 20.

To stay informed and up to date on the city's infrastructure projects, sign up for infrastructure updates at MySelkirk.ca/InfrastructureUpdates and visit the upcoming open house on May 2 from 3-7 p.m. at Memorial Hall.

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Pysanka painting at Happy Thought School



RECORD PHOTOS BY KATELYN BOULANGER

The English Ukrainian program at Happy Thought School is at it again teaching students all about pysanka making and giving them the chance to make some beautifully designed eggs.

Year of change and growth

By Lori Penner

Last year was a foundational year for Access Credit Union with investments in many of their strategic priorities.

At its recent annual general meeting, Access Credit Union board chair Curt Letkeman announced a significant payout of \$13.5 million through the member rewards program.

This allocation, representing about 1.12 per cent of interest paid by members on loan services, was distributed to non-registered accounts during the fiscal year.

Additionally, members holding surplus shares and common or preferred shares, excluding member shares, received dividends in the form of surplus shares with dividends paid out March 27 at rates of 2.25 per cent on surplus shares and 5.45 per cent on common and preferred shares.

President and CEO Larry Davey reported robust growth in both deposits and loan portfolios in 2023. Despite a challenging rate environment, the credit union's loan portfolio expanded by nearly 16 per cent with mergers contributing 9.5 per cent and organic growth 6.5 per cent. Deposits grew by almost 14 per cent, with mergers accounting for 10.75 per cent of the increase and organic growth nearly 3 per cent.

Davey also highlighted a significant rise in profitability for the financial institution, and with nearly 1,000 staff serving over 200,000 members across Manitoba, it experienced a year of change and growth.

Letkeman emphasized last year's successful integration of mergers with other credit unions, highlighting the teamwork and positive energy displayed throughout the process. While acknowledging challenges such as banking system conversions and service outages from national providers impacting members nation wide, he emphasized the commitment to finding optimal solutions.

"What has stood out most for me during these transitions is the care, teamwork and positive energy that people have brought. It has truly been an example of the whole being stronger than the original parts," Letkeman said.

Meanwhile, he added the institution remains focused on offering competitive pricing and community investments while navigating increased costs for new banking programs and government regulations.

Despite the challenges, Letkeman expressed pride in Access Credit Union's achievements, noting its reputation for providing competitive savings and loan rates and its commitment to community support.

In 2023 alone, staff contributed over 14,000 volunteer hours to various community groups, and the credit union donated almost \$1.8 million to local non-profits and charities across Manitoba. In addition, Access employees raised over \$250,000 for community organizations with donations from their Jeans for Charity program.

Access Credit Union continues to prioritize its members' financial well-being and the communities it serves and was once again recognized as a top employer in Manitoba.

"Yes, we know there may be bumps in the road, but know that your board and staff are committed to serving the membership in the best way possible and that we want to be where you need us to be," said Letkeman.

"Over the last three years, we have been hard at work on executing and capitalizing on the mergers with other credit unions throughout the province," said Davey. "These benefits continue to be seen in the economies of scale, competitive pricing and community investments that we bring to our members.

"While we continue to focus on bringing many different organizations together under the Access banner, it is our privilege to serve every



RECORD PHOTO BY LORI PENNER

"Over the last three years, we have been hard at work on executing and capitalizing on the mergers with other credit unions," said president and CEO Larry Davey.

member to the best of our ability every day."

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Harley has won a prize from Canvasback Pet Supplies!

To submit your pet for the Pet of the Month 2024 contest, send a photo and a fun fact to: ads@selkirkrecord.ca

MB government helping more seniors age at home

New program helps seniors remain safe in their homes

By Lana Meier

Seniors who meet the requirements can now submit their applications for the Safe and Healthy Home for Seniors Program, a \$1.5-million initiative that aims to assist in the expenses of enhancing home accessibility and safety, as revealed by Minister Uzoma Asagwara of Health, Seniors and Long-Term Care.

According to Asagwara, our government is dedicated to enhancing care for seniors and offering additional assistance for aging in their own homes and communities. This program is one aspect of our strategy to

aid vulnerable seniors. Often, minor changes or additions are sufficient in creating a safer living environment. These measures can greatly reduce the risk of injury at home and alleviate strain on emergency departments. Additionally, they are crucial for seniors transitioning out of hospitals or seeking greater independence while remaining at home.

Individuals who are 65 years and above, as well as those residing with seniors, have the opportunity to receive financial assistance of up to \$5,000 (\$6,500 in rural and remote regions) to cover essential home modifications for daily activities. The grant can be applied for once every three years, with a total limit of \$15,000 per lifetime. To qualify, the household income must not exceed \$60,000.

The funding can be put toward the

Continued on page 22

Giggles at the Gala



RECORD PHOTO BY BRETT MITCHELL

Niverville Manitoba native Matt Falk had the house in stitches last weekend at the annual Gordon Howard Centre Gala Dinner. Falk is a talented comedian talking home the Burbank Comedy Festival's 'Best of the Fest' in California and placing second in "The World Series of Comedy" in Las Vegas. A great meal, high end entertainment and a spirit of giving made for a great event with 117 people in attendance. The Gordon Howard Centre would like to thank table sponsors Packers Women's Fashion, Easton Place Clinic, the RM of St Andrews, Inclusion Selkirk/Wishme, Access Credit Union, the City of Selkirk and the RM of St. Clements. They would also like to acknowledge donors Steelcity Physio, Gilbert Funeral Home, and Selkirk Rotary Club.

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Shrimp, Broccoli and Potato Skewers with Lemon and Thyme

Prep time: 5 minutes
 Cook time: 20 minutes
 Servings: 4
 1 pound bagged Little Potatoes
 1 bunch broccoli
 12 large shrimp, peeled and deveined
 1 1/2 lemons, juice only
 3 tablespoons fresh thyme, chopped
 2 tablespoons olive oil
 salt, to taste
 pepper, to taste

In large, microwave-safe bowl, microwave potatoes on high 5 minutes. Chop broccoli into large pieces. Add broccoli and shrimp to bowl once potatoes are steamed. Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste. Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.



Country Caramel Apples

- 3 Envy Apples
- 1 bag crushed pecans
- 1 jar caramel dip

Using melon ball scoop, carve round apple pieces, starting at skin and rotating inward. Insert long toothpick into each round apple piece.

Place crushed pecans in small bowl. Roll round apple pieces in caramel dip then roll in crushed pecans. Place coated apple bites on serving tray and refrigerate until just prior to serving.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

If you didn't know it already, medical self-advocacy is of utmost importance to me.

Recently, I had spinal surgery to deal with some pesky (near-total debilitating) lumbar spinal stenosis. Thankfully, the surgery did the trick, and my legs still work. Phew.

I had to spend a night in the hospital, and although great in attitude, some of the nurses lacked know-how. Although I could barely move, I had to steer the baton. Horse? Ship. You get the point.

The young supply nurse (Jane) from an agency had me contorted like a dead body in a suitcase when she tried to reposition my bed for me. My back was not in the contortionist mood, so I had to ask her to get help to learn to control or stretch the cord to me so I could take over.

A little later, I needed the commode, and the same nurse came to help. The nurse in charge (Sally) came in to say she'd be right back with my pain meds. Jane proceeded to push the commode to the foot of the bed, push my wheelie table in front of the closed door, blocking it, and then took my I.V. bag off the pole so I could reach the commode without ripping it out. She needed both her hands to hold my insulin pump and the drain in my back so this math did not add up. She hung the bag on the pole and stood there,

confused. "Hmm...it doesn't reach." Now. I am no genius, but both the commode and the I.V. pole are portable.

"Umm, the pole is on wheels," I said, trying to keep my impatient bladder from dripping out my disbelief in my words. I have a question. What nurse doesn't know an I.V. pole rolls? Also, Sally was not impressed that Jane had made an obstacle course of my room and blocked her entry. (And what if there was a fire or I coded, dare I ask? Yikes. Just me and newbie Jane trapped in a hospital room. At least we had a good view. But it was pitch black at 3 a.m.)

The point? Say what you need. Help problem solve. I know we shouldn't have to, but we do. Be respectful, but don't stress about hurting feelings or being 'a pain.' (You wanna talk pain? Speak to my back that night.)

It's okay to ask what your blood pressure is when they take it. It's okay to say that your water jug is empty. It's okay to point out wheels on an I.V. pole! Sigh.

It's okay to self-advocate. More than.

Less health stress, yes? A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalm-iss_stress, and at www.lesshealth-stress.com If you like her writing, find more on her Substack page: The Quest For Less Health Stress



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Sweet syrup, fresh mushrooms subject of spring workshop

By E Antonio

A group of 18 avid naturists participated in a maple and mushroom workshop on April 16.

Attendees from St. Andrews, St. Clements and Selkirk gathered at the East Selkirk Hall with certified arborist Ken Fosty.

Fosty shared how to make maple syrup from local maple and birch trees. He featured a live demonstration which included how to tap a tree and boil, bottle and store the sap.

Fosty also educated others on growing shiitake mushrooms on oak logs. He shared how to inoculate the logs and care for the mushrooms in your yard.

Fosty has been a certified arborist for 35 years. He instructs several courses and workshops across rural Manitoba, where he educates participants about tree and chainsaw safety, insects, and diseases.

The spring months are a prime time for maple and mushroom workshops, and Fosty typically hosts several such events around this time of year.

"Sap is flowing as we speak," he said.

St. Clements Recreation Programs hosted Fosty and workshop attendees for a one-and-a-half-hour-long presentation.

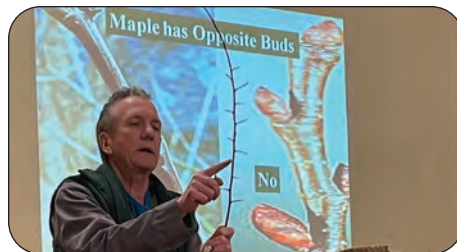
The workshop was very insightful to all the participants.

"Ken Fosty is an exceptional teacher and the group was very engaged,"

said recreation programmer Taylor McConnell.

Maple syrup taps and mushroom growing kits were available to purchase following the presentation.

For more information about the maple and mushroom workshop or details about future workshops, contact Ken Fosty at (204) 963-2209 or visit www.forestrytrainingservices.com.



Ken Fosty explaining to the participants the features of a maple tree.



RECORD PHOTOS SUBMITTED
Certified arborist Ken Fosty retrieving sap for his own maple syrup from a maple tree.

> NEW PROGRAMS FOR SENIORS, FROM PG. 20

cost of essential accessibility solutions and could include:

- adaptations that increase safety, like grab bars, bathtub safety rails and increased lighting; or
- accessibility improvements for daily activities, such as zero-threshold showers and widening doorways.

The program will be administered by March of Dimes Canada a national charity committed to championing equity and empowering ability.

According to Jason Lye, vice president of community support services at March of Dimes Canada, the organization has a solid history of changing lives through home adaptations. He explained that even minor modifications to a person's home can have a significant impact, allowing them to maintain safety and independence in their own living space. The team is eager to assist seniors in Manitoba with achieving this goal.

To find out more about the Safe and Healthy Home for Seniors Program, such as application instructions, visit www.gov.mb.ca/seniors/index.html.

For more information about March of Dimes Canada, visit www.marchofdimes.ca/en-ca/programs/am/mshhs/Pages/SHHS.aspx or call 1-866-906-6006.

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Unique baby sensory program set for national expansion

By Raegan Hedley

Without planning it, Fran Hiebert and Denise Turanli got pregnant at the exactly same time. They'd met working at Coca-Cola, had their baby boys one day apart and got to share the fascination of watching them develop and grow together.

"I was living in the UK at the time, and Denise came over to visit and I took her to every baby class you can imagine," said Hiebert. "Although there were lots of aspects of programs over there that we liked, we felt that there were lots missing as well...there was a clear gap in the Canadian market to be serving new parents better."

Hiebert explained that one of the things her and Turanli noticed was that the experience for parents needed to be improved.

"It's such a huge transition being a new parent, especially when you're doing it for the first time, that we really wanted to create a space where we could bring people together and have the grown-ups have just as much fun as the babies."

Both from business backgrounds, the two Winnipeg moms launched Lullaland in 2019, a baby sensory class designed to encourage cognitive development using light, colours, sounds, songs and textures. Hiebert said she was more behind-the-scenes and at first Turanli ran the programs. They wrote original music and created 45 themes with different props, costumes, puppets and experiences. Nothing grates on an exhausted parent's ears quite like bad singing, so they decided to only hire qualified leaders with performing arts backgrounds.

"What we say is you can do your whole [maternity] leave with us, and you will never experience the same class twice," said Hiebert. "We mix it up, we make it interesting and engaging for the parents. But we also do have a consistent beginning and ending because it is important for babies



Take your tot through the rainforest! Lullaland has 45 themes with a predictable class structure to keep things consistent for babies and interesting for caregivers.

to have some sort of repetition too."

Lullaland is not a baby playgroup where you sing the same old nursery rhymes repeatedly." Turanli added, "Our sensory classes are backed by research, designed with creativity, and crafted to encourage the rapid development of your little one in their formative years. From promoting eye tracking to nailing their pincer grip, and much more, our classes encourage these essential skills through wonder and play."

There are three different programs: Lullanewborns (from six weeks to sitting unsupported), Lullababies (sitting and taking first steps) and Lullatots (up to 3.5 years old). The timing of sensory classes is critical.

You may think that allowing babies to experience a collage of colours, sounds and textures simply keeps them entertained. In fact, it is far more beneficial for their growing minds. According to the Center on the Developing Child with Harvard University, the early years are the most active period in the brain for establishing neu-



RECORD PHOTOS SUBMITTED

In the first three years, one million neural connections are created in babies' brains every second. Sensory engagement and play programs, like Lullaland, are backed by plenty of research and meant to help with eye tracking and strengthening the pincer grip.

ral connections, in fact, in the first few years of life, more than 1 million new neural connections form every second. This is why sensory stimulation from birth is vital.

That's one of the reasons why Anitra Longley and her 15-month-old son Jason are attending Lullaland classes at Seven Oaks.

"I've done church programs, drop-in programs and quite a few mommy-and-me classes. It's fun, but it's usually just free play, which is kind of cool, but it's not what we're looking for when we're going out at this age," said Longley. "I want Jason to be engaged, and that's what they do at Lullaland."

Longley explains she doesn't mind driving from Selkirk because "there are no other programs that offer games and themes the way they do."

"The thing that's different with Lullaland is it's such a positive atmosphere. It just feels like everyone wants to be there and everyone communicates. It just fills our cup up when we go. It's not draining like the other ones can be," said Longley. "It really helped with my mental health because parents also interact with each other, right? I've actually made some friends."

Longley and Turanli's idea was a runaway success, and they steadily kept expanding. Now, they deliver 43 classes a week to over 600 families across nine locations — eight in Winnipeg, one in East St. Paul— and

they're planning to franchise Lullaland across Canada.

"There's a Google review that says something like, 'It's harder to get into Lullaland than it is to get Taylor Swift tickets!' Because we did get there at one point. We want to be able to grow in a way that doesn't compromise the quality of the program," said Hiebert. "I think right from the beginning, although it started as a passion project, we very much knew that franchising was the route that we wanted to go with it."

Currently the classes cater to 1,000 participants each week with babies as young as three weeks and grandparents as old as 92. Everyone, regardless of their age, loves the class because there is so much variation. Their themes take babies into space, through the rainforest and even under the sea.

Longley joked that she has two dogs and she thought Jason was starting to act like them at one point. After she started taking Jason to Lullaland, she noticed that interacting with other kids consistently helped his personality come through more.

"Before I started taking him he was very reserved. And now he's so much more outgoing. He'll go sit in the middle of the room and dance... It's so funny," said Longley. "I'll definitely be going until he reaches the age cap."

For more information about Lullaland visit Lullalandsensory.ca.



Lullaland has three programs, Lullanewborns, Lullababies and Lullatots.

Be wary of potential scammers this tax season: CRA

By Lorne Stelmach

The Canada Revenue Agency is aiming to raise greater awareness of scams that defraud an increasing number of Canadians.

Some people especially fall prey to the many scams making the rounds that use the name of Canada Revenue Agency (CRA) because they will believe it must be trustworthy.

"We often notice that with seniors and newcomers ... they're more targeted," said CRA spokesperson Ahmad Almuqarqash. "Especially, for example, newcomers. They're probably new to the country. They don't know about the rules. There's also

language barriers."

He stressed people need to be cautious if they receive any communication that claims to be from the CRA and requests personal information such as a social insurance number (SIN), credit card number, bank account number, or passport number.

Scammers may insist that personal information is needed so that you can receive a refund or a benefit payment. Some also involve threatening or using coercive language to scare you into paying a false debt to the CRA. Others could direct a person to a fake CRA website where you are asked to verify your identity by entering per-

sonal information.

"This is the new trend we are seeing with these scams," said Almuqarqash. "People think it is legit and fall victim to these scams ... it seems legit because it has your social insurance number on it and your name.

"So we warn taxpayers to be extra careful, because these scams are getting more sophisticated as technology evolves," he noted. "Guard your personal information like a treasure. Don't give it away easily."

People need to be aware that a legitimate CRA employee will identify themselves when they contact you by phone and provide you with their

name and phone number to call them back if needed.

The CRA will never, under any circumstances:

- Demand immediate payment by Interac e-transfer, cryptocurrency (bitcoin), prepaid credit cards or gift cards.

- Ask you for a fee to speak with a contact centre agent.

- Set up a meeting in a public place to take a payment.

- Use aggressive language or threaten you with arrest, deportation or sending the police.

- Leave voice mails that are threatening or include your personal or financial information.

- Send you an email or text message with a link to your refund.

- Email or text you a link asking you to click on it or fill in an online form with personal or financial details.

- Use text messages or instant messaging such as Messenger or WhatsApp to start a conversation with you about your taxes, benefits or account.

As an added security measure, the CRA has introduced multi-factor authentication for all of its sign-in services. If you enrolled with the telephone option and selected the 'text me' option, you will receive a text message with a one-time pass code each time you sign in to your CRA account.

Almuqarqash also sought to raise awareness about tax schemes, which are different from scams in that they are plans or arrangements that go against the Canadian tax laws.

"Tax schemes go against the Canadian tax laws, often promoted by individuals or businesses promising you to reduce your taxes or give you a big tax cut or tax free income," he said. "If it sounds too good to be true, it probably is."

Fire at Old Balsalm Bay School



RECORD PHOTO SUBMITTED

The East Beaches Fire Department was called out to a fire at the Old Balsalm Bay School on April 17. The fire started around 4 p.m. and was confirmed to be out that same day. A spokesperson for the R.M. of St. Clements indicated that all avenues are being looked at as far as working with Manitoba Conservation to address any possible contaminants that could have been in an older building like this one.

To see more photos of your favourite Interlake Athletes

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The Selkirk Record

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk judokas medalled at Portage Open Tournament

By Lana Meier

A group of eight Selkirk Judo Club members recently participated in the Portage Open Judo Tournament at the Central Plains RecPlex in Southport on April 13. The competition drew approximately 140 participants from various regions within Manitoba and northwest Ontario.

The Selkirk Club returned home, earning a total of two gold, five silver, and two bronze medals. Notably, Beth Penner claimed the gold in U18 Female under 52 kg and also took home the silver in Senior Novice Women under 52 kg. Additionally, Kayla Bretton-Huntinghawk secured the gold medal in U14 Female under 44 kg.

In the U12 divisions, Hunter Kennedy took home a silver medal in Group 6, Koltin Chura and Jett Honke also earned silver in Groups 4 and 2 respectively. Beau Jansen received

the bronze medal in Group 3 for U12 males. Moving on to the U14 Female category, Eva Everett secured a silver medal in the under 57 kg weight class. In the U16 Male division, Daniel Vasiliev achieved a bronze medal in the over 73 kg division.

“Our team performed very well in Portage. We have seen good progress in the skills of these athletes as the year has progressed,” commented Brian Jones, one of the club’s coaches.

The 2023-2024 judo season will conclude with the Nakamura Open on May 4 in Winnipeg. Three weeks later, from May 23 to 26, four Selkirk Club members will compete in the national championships. Daniel, Sarah and Damien Ekosky, and Beth Penner, will travel to Montreal with the provincial team to compete at nationals to complete the judo season.



RECORD PHOTO SUBMITTED

Selkirk Judo Club's Eva Everett, left, won silver in under 57 kg. at the Portage Open Judo Tournament.

Bedard named boys' soccer team MVP at Grande Prairie College

By Brian Bowman

Evan Bedard was named the Grande Prairie College's male soccer athlete of the year.

He spent three years there on a soccer scholarship in northern Alberta, which came to an end this year.

“(The experience) was great. I played in Manitoba for a couple of years and the two experiences (were different). Being in school, I started doing really well in school while I've been here and I got to meet a lot of people,” said Bedard, a former Selkirk Royal. “I'm taking Kinesiology and Education.”

Over the three years, Bedard helped his team out in many ways. In his first year as starting keeper he helped the Wolves make the playoffs and in his second was asked if he would switch positions because of his speed and played striker for the last two seasons.

Bedard scored his team's lone goal this past season. It's not an easy transition to make.

“It was weird but not that weird anymore,” Bedard said. I never played on the net ever. I've always been super fast, though, and that helped me out in net and I had a coach that wanted to play me out more to try it out and it's always nice to have a threatening



RECORD PHOTOS SUBMITTED
Evan Bedard enjoyed a terrific career at Grand Prairie College in northern Alberta, capped off by winning the Most Valuable Player award for the boys' soccer team.

strike with speed. It was definitely different and I had to train more as opposed to playing keeper.”

He was also named team captain and twice received the award for the Wolves' male soccer player



with the highest GPA while receiving the CCAA (Canadian Collegiate Athletic Association) and ACAC 2021-2022, 2022-2023 and hopefully 2023-2024 award for recognition in academics and athletics, was named

player of the game 13 times over the three years and just last week was named the Wolves' male soccer MVP to end his collegiate career.

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RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC HEARING NOTICE



REGARDING THE 2024 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of *The Municipal Act*; that the Council of the Rural Municipality of St. Clements intends to present its Financial Plan for the fiscal year 2024 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday May 7th, 2024 at 7:00 p.m.**

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan as provided.

The public hearing will be live streamed with interactive chat. A link to the hearing will be made available on our website.

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Friday, May 3rd, 2024. Your written submissions can either be emailed to info@rmofstclements.com, dropped off at our office or mailed to our office if time permits.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact Shannon Plischke, Finance Officer at 204-482-3300.

Copies of the 2024 Financial Plan will be available for review after April 24th, 2024 at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at www.rmofstclements.com

Dated this 1st day of April, 2024

Deepak Joshi
Chief Administrative Officer

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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.

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.

SHOP LOCAL - SUPPORT LOCAL BUSINESS

BUSINESS OPPORTUNITY

Industrial cleaning business for sale. Currently servicing established Canadian companies. Details available upon request. Ability to run business out of a small shop or large garage. Includes: Hot tanks x 3, Jib Cranes x 2, Press, and Welder. All specialty tools to be fully operational. Average sales over past 4 full years \$180K in annual sales + potential for more. Business has been operational for 15+ years.

Please contact for more details and information. Asking \$155,000 for business. Please contact 441-337-0769.

MISCELLANEOUS

APRIL 27 & 28, 2024, DUGALD GUN & COLLECTIBLE SHOW AT SPRINGFIELD CURLING CLUB. FROM WINNIPEG, 10 MILES EAST ON DUGALD RD, OR 5 MILES NORTH OF HWY #1 ON HWY #206. BUY-SELL-TRADE. OPEN SATURDAY 10 A.M. - 5 P.M., SUNDAY 10 A.M. - 4 P.M. FOR INFO PHONE SHERYL 204-250-8766 OR CAROL 204-242-2320.

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www.mcna.com

CITY OF Selkirk

PUBLIC NOTICE

REGARDING RESIDENTIAL SPRING CLEAN UP MAY 6th to 10th

The City of Selkirk Operations Department along with Waste Connections Inc. will pick up non-hazardous waste providing it is placed at curbside, by 8:00 a.m., on the day of your regular garbage pick-up.

Garbage cannot be put out prior to the weekend before collection.

Place all Spring Clean Up refuse at curbside on your regular garbage day.

Please keep tree branches, regular bagged garbage, mattresses and larger items separate from each other. Trees and branches must be bundled into 3 foot lengths weighing less than 50 lbs. Tree trunks must face street.

Freon must be removed from fridges. These appliances must be tagged as such or they will not be picked up.

- **LIMIT OF 4 TIRES PER HOUSEHOLD**
- **NO DEMOLITION WASTE – NO CONSTRUCTION WASTE**
- **NO ELECTRONIC WASTE**
Electronic Waste (e-waste/microwaves) can be taken to the Waste Transfer Station
- **NO HAZARDOUS WASTE**
(includes paint, used oil, antifreeze, etc.)
Drop off used oil and antifreeze at the Eco-Centre located at the Waste Transfer Station

Any other hazardous waste, including used paint can be taken to the Waste Transfer Station

- **MATTRESSES**
Will be picked up separately by Mother Earth Recycling. Please place mattresses separate from the rest of the garbage.
- **NO EXCEPTIONS**

Please Note: Any refuse or tree branches placed at curbside after your collection day will be picked up by the City of Selkirk and the homeowner will be charged for the pick-up.

Thank you for your anticipated cooperation.

This information and more available at www.myselkirk.ca/springcleanup. If you have questions please call CitizenSupport at 204-785-4900 or email at citizensupport@cityofselkirk.com

CITY OF Selkirk

PUBLIC NOTICE

Regarding the 2024 Financial Plan

The Council of the City of Selkirk has scheduled a Public Hearing to be held at:

**The Council Chambers
200 Eaton Avenue**

Tuesday, May 7, 2024 at 7:00 pm

to present the 2024 Financial Plan

At the Public Hearing, Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan. A written objection may be filed with the Chief Administrative Officer at 200 Eaton Avenue, Selkirk, MB, R1A 0W6 prior to the Public Hearing.

Copies of the 2024 Draft Financial Plan are available at the Municipal Office at 200 Eaton Avenue during regular business hours Monday - Friday 10:00 am to 4:00 pm and on the City of Selkirk's website MySelkirk.ca/financialplan2024. Those without access to online services are asked to call **CitizenSupport** at 204-785-4900.

Dated at the City of Selkirk this 15th day of April, 2024, and issued in accordance with Section 162(2) of *The Municipal Act*.

Kevin Richter, CPA, CMA
Director of Finance
City of Selkirk

Classifieds

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



MISCELLANEOUS

Brand new Hoover upright household floor vacuum cleaner, exc. cond., \$150; BN men's size 9 buckle-up leather winter boots, \$100. EC Men's blueish purple parka size XXL w/ black woolen hood, fits a man's size XL \$100; BNC & EC pair size 9 men's work boots/safety shoes w/laces & steel caps over toes \$100; Sunbeam 2-slice toaster EC & EWC \$15. Phone 204-785-8598. Let telephone ring at least ten times for an answer.

Farm wagon, \$350; 16' tandem trailer, \$4500; 8' trailer, \$1150; 50 24x30 patio biks, \$499; air compressor 2 tanks, \$325; large air tank, \$150; parts cleaning tub, \$175. Call 204-482-2723.

PET GROOMING

Professional one on one pet dog grooming for small and medium size dogs. Located in my West St. Paul home grooming shop. Nail trims also available. 204-293-6234.

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

WANTED: Buying estates, contents of homes, farms, barns, sheds, garages, etc. Buying most anything old & interesting! TEXT/PHONE: 204-918-1607. "Junkies Estate, Salvage, Antiques & Oddities."

WATER TREATMENT

Goodwater softeners. Iron removers. Pressure tanks. Reverse osmosis systems, \$275. Replacement Polyspun \$3.50, carbon \$7.50 filters. All sizes water filters. Softener Res Care cleaner, 1 gallon, \$29. All Seasons

SHOP LOCAL

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER. RIDE DAY - SATURDAY, MAY 25, 2024. 10 a.m. start - Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge.

FLIGHT ACADEMY

Want to learn how to fly? LS Airways Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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 under the "Types of Advertising" tab for more details.

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

NOTICES

NEED STAFF? SELLING SOMETHING? 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 2 0 4 - 4 6 7 - 5 8 3 6 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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

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

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EXPERIENCE REQUIRED
Please contact us at
204-389-2023 or send resume to
info@eddiesgravel.com

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EMPLOYMENT OPPORTUNITY
The Rural Municipality of St. Clements is seeking applications for the following positions:
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6-month 2024 probation rate \$28.33/hr)
Seasonal Class 1 2024 rate subject to union negotiations
SEASONAL CLASS 2 - RUBBER TIRE OPERATOR
(Seasonal Class 2 2024 rate \$26.92/hr
6-month 2024 probation rate \$25.92/hr)
Seasonal Class 2 2024 rate subject to union negotiations
SEASONAL CLASS 3 - OPERATOR
(Seasonal Class 3 2024 rate \$23.01/hr
6-month 2024 probation rate \$22.01/hr)
Seasonal Class 3 2024 rate subject to union negotiations
SEASONAL POSITIONS RUN APPROXIMATELY MAY 6 TO OCTOBER 30, 2024
Details of these positions, including qualifications, can be found on our website, www.rmofstclements.com
Applications with detailed resume clearly stating the position(s) applied for will be received or via email to pwadmin@rmofstclements.com.
Thank you to all who apply, however, only those candidates selected for an interview will be contacted.
Apply to:
Kevin Grabowski, C.E.T
Director of Public Works
1043 Kittson Rd
Box 2, Grp 35, RR 1
East Selkirk, Manitoba, R0E 0M0

 Like new, Wpg Beach. 1500 sf, open layout, 3 br, ensuite, furnished, deck, 1/2 acre \$445,000 DAYNA CLARK 204-461-1347	 4 bdrm, 3 bath in vibrant newer Gimli neighborhood. Island Kit. Hardwoods. Dble gar. Deck. Huge lot. CHRIS NEUFELD 204-641-1727	 29 15th Ave. Sandy Hook Cabin in a great location! Decking, fenced back yard, and sunroom Now at \$114,000 LAURENCE HUMNISKI 204-642-3589
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Todd
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ANNOUNCEMENT

HEAVENLY BIRTHDAY



Arnold (Ron) Furdyk

I will toast you as your Birthday rolls around on April 23 and remember all the good times. You are the holder of my Heart, You are the keeper of my Soul. You are gone but will never be forgotten. Miss you every day.

-Your Loving Wife Bea

*If tears could make a river to Heaven,
I'd float up to wish you happy birthday*

ANNOUNCEMENT

IN MEMORIAM



Ernie Malis

March 2, 1937 - April 8, 2009

Hard to believe it's been 15 years!
As the weather warms up and convertibles ride around with the tops down, We can still picture Ernie driving around in his red car.
Going to many businesses to say hi, tell jokes or change calendars,
Selling the 50.50's at Fisherman games, cheering the Bombers.
Forever remembered for your spirit, happiness and love of helping others.

-Love, your family

ANNOUNCEMENT

IN MEMORIAM



In memory of my only son
Garth Randell Gislason
who passed away on April 29, 2019
and Myrna Gislason
who passed away on January 11, 2017
Always remembered,
Never forgotten.

-With loving memories,
John

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

R.M. OF ST. ANDREWS ZONING BY-LAW 4066 ZONING BY-LAW AMENDMENT NO. 4394 SUBDIVISION APPLICATION S24-3044

COMBINED PUBLIC HEARING

We are Listening.

Public Hearing
Tuesday,
May 14th 2024
5:30 PM
Council Chambers
500 Railway Ave.
Clandeboye, MB

Phone:
204-669-8880
1-800-876-5831
Fax:
204-669-8882
E-Mail:
info@rrpd.ca
Website:
redriverplanning.com



As per *The Planning Act*, any person can make representation on the matter at the meeting.

What is Zoning By-law Amendment No. 4394 and Subdivision S24-3044 about?

The intent of this amendment is to rezone the portion of the subject property from "AIP" Airport Industrial Park Zone to "PR" Parks and Recreation Zone in order to facilitate a future recreation use. The associated subdivision S24-3044 will create two (2) lots of 10.4 acres and 59.6 acres, leaving a residual lot of 664.62 acres.



160 Liss Road (Roll No. 6200)

Planning meetings may be viewed live through the RM of St. Andrews Youtube Channel. In-person and online attendance for the Public Hearing is available. Registration is required only, if you wish to attend online. Please contact the municipal office at 204-738-2264 ext. 137 or braeden@rmofstandrews.com by 2pm the day of the meeting to register for attendance, speaking to council, providing written comments, whether "for" or "against" or for information regarding the application.

For more information, please contact the Red River Planning District.
Red River Planning District Mon-Fri*
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm
*excludes all statutory holidays

*NOTE: Property owners are responsible for notifying "Tenants"

OBITUARY

Elsie Yarmill

September 7, 1934 - April 18, 2024



Elsie will be lovingly remembered by her children, Brian (Alison) and Carol, her brother Ken Ewanochko (Julia), family and friends. She held a special place in her heart for her nieces, nephews and their families, whom she loved as her own.

Mom was predeceased by her husband, Peter, her parents, Anne and Andrew Ewanochko and her brother, Leo Ewanochko.

Mom was born in Winnipeg and raised in Elma, Manitoba. After Mom and Dad were married in Elma in 1953, they moved to Selkirk, where she lived the rest of her life raising her family, working and touching many lives within the community. During this time, many years were spent at the family strawberry farm. Farming alongside family and friends was a great source of enjoyment. She also enjoyed flowers and gardening.

Mom was a hard-working dedicated employee. She worked at several places and eventually retired from Karrich Industries in 2000. Mom volunteered her time at the Selkirk Mental Health Centre, senior homes and fundraised for the Selkirk Regional Health Centre. She was a faithful parishioner of the Holy Eucharist Church in Selkirk for over 66 years. The church meant a lot to her. She sang in the choir and served on many committees during those years.

Mom also loved to travel. She treasured the cruises she had experienced and her vacation in Hawaii.

Family meant everything to her. She loved nothing more than preparing a big meal and having her loved ones gather in her home to eat, laugh, and celebrate life through stories and fond memories.

We, the family, are deeply grateful to Brenda Parkin, Leah Lycar, Aunt Marilyn Ewanochko, Don and Erna Iwanoczko, Julia Beltram and all of Elsie's special friends. Your unwavering support and love for her have been a source of comfort and strength.

The family would like to thank Dr. Ian Alexander and Ashley for their compassion and kindness. Also, thank you to the staff at the Selkirk Regional Health Centre for the excellent and kind hearted care they provided to Mom.

In lieu of flowers, donations can be made to the Selkirk & District Community Foundation Inc. As per Mom's wishes, cremation has taken place, and a private service will be held. Father Walter Dudych will be officiating. Interment will take place after the service.

You were our wisdom of ages, the loving arms that embraced us, you gave so much of yourself unselfishly, and were always there for us. We will forever love and miss you

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

Book Your Classified Ad Today -
Call 204-785-1618



OBITUARY



Sherrill Odette Arrell (née Gurr)

Sherrill Odette Arrell (née Gurr) passed away suddenly on Sunday, April 14, 2024 at the age of 82.

Born August 6, 1941 in Hamiota, MB, Sherrill was the second of four children born to Russell and Phyllis Gurr. Sherrill grew up in Brandon, having moved there as a young girl. She enjoyed art and music her entire life and was a long-time choir member at Knox United Church. She graduated high school from St. Michael's Academy, completed post-secondary training at Brandon Business College, and held a series of jobs in Brandon, Virden, and Winnipeg.

Sherrill married John Arrell on June 22, 1963, in Brandon. Together they raised three children. The first several years of their marriage were somewhat nomadic as they moved multiple times around Manitoba and Saskatchewan. In 1978 they settled

in Brandon so they could be closer to extended family. Sherrill enjoyed gardening, sewing, quilting and knitting. She volunteered countless hours not only quilting with the Busy Hands group at Knox United Church, but also driving many of its members to and from their meetings. Like her mother before her, Sherrill gifted many of her handmade treasures to family and donated even more to needy recipients through the church and the hospital. Sherrill and John moved to Selkirk, MB in 2014 to be close to their youngest grandchildren. They were warmly welcomed as members of Selkirk United Church where Sherrill enjoyed several years singing in the choir.

Sherrill is survived by John, her loving husband of 60 years, and their children, Kent Arrell (Debbie Lewis), Tracie (Marty) Wilkinson and Jodi Arrell (Joe Stirnimann). Sherrill was a beloved Gran to Robyn, Noah, Katelynn, and Niklas, Step-Gran to Sean (Kelly), Ryan (Lisa), Andrew (Emily), and Great-Gran to Emmett, Liam, and Odin. Sherrill will be fondly remembered by her siblings, Wayne (Yolanda) Gurr, Barry (Carolyn) Gurr, Tric (Wayne) Workman, her sister-in-law, Shirley Wellman, as well as many nieces, nephews, great-nieces, and great-nephews.

Our Wife, Mom, Sister, Auntie, Gran, and Great-Gran taught us many things through her actions and her words. She showed us that love gives us strength, humour builds bridges of connection, and family is everything. To Sherrill, time spent with those she loved was never wasted. This wonderful lady will be deeply missed by family, friends, and all who had the privilege of being touched by her kind heart, the bright twinkle in her eye and her easy laugh. She may no longer be with us physically, but we take great comfort in knowing that her light continues to shine in the ones she loved.

Our family would like to thank Dr. Anozie and Dr. Brown from Selkirk, and Dr. Liu from HSC Winnipeg.

A Celebration of Life will be held on Saturday, April 27, 2024 at 1:00 p.m. at Selkirk United Church, 202 McLean Ave, Selkirk, MB. For individuals unable to attend, the service will be streamed online at <https://youtube.com/live/ls6tKhr40tU>.

In lieu of flowers, please consider making a donation in Sherrill's name to the Brandon Regional Health Center Foundation (Neonatal Unit) or CancerCare Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Christina Bowman

It is with heavy hearts we announce the passing of our dear mother, grandma and great-grandma, Christina Bowman of Selkirk, MB, on April 11, 2024 at the age of 92.

Predeceased by her parents Neil and Gladys MacMillan; half siblings Archie (Dorothy), Muriel (Les), Amy (Charlie), Roland (Rita), Morris; brothers Kenny and Sonny (Faye) and son Keith.

Left to mourn her passing are children Lorna (Raymond), Joyce, Barb (Larry), and Marlin (Susan); grandchildren Kristy (Justin), Joey (Colleen), Bradley, Chelsea (Geoff), Kaley (Curtis), Jakob and Michael; great-grandchildren Kurtis (Dani), Jaemie, Emily, Riley and Olivia; sister-in-law Alice and numerous nieces, nephews and cousins.

Mom was born in Winnipeg and grew up on the family farm in Marquette, Manitoba. She played baseball and hockey, curled and bowled in her younger years. When her kids were young, she spent many days and evenings driving them to their various sports games, which she enjoyed a lot. Mom was a huge sports fan and loved to watch her Winnipeg Jets, Toronto Blue Jays and any televised curling event. She always enjoyed a good card game, whether at home with her kids or grandkids, or at the Legion or Army & Navy where she played crib every week. She belonged to the Gordon Howard Senior Centre and the Over 60 Club at the Legion. It was a highlight for her to spend time chatting and catching up with the many friends she met through work and her weekly card games.

Her greatest accomplishment was raising five children on her own while working full time at Selkirk Mental Health Centre (SMHC). Mom retired from SMHC in 1996 and spent her retirement years enjoying time with family and friends. She loved camping and family get togethers, enjoyed a good joke and wouldn't back down from a good argument - just ask Raymond! Mom enjoyed traveling and visited Alaska, Nashville, the East coast, and the Northwestern US throughout her lifetime. The needlepoint projects she completed over the years are cherished by her family and will provide us all with extra special memories of her, sitting in front of each individual picture as it was prepared for the next special person in line. Everyone loved Mom's homemade bread, buns and pumpkin pie. It was as if you could smell her bread baking all over town - often times you'd come home to someone's kid sitting at the kitchen table, helping themselves to a loaf of fresh baked bread. And more often than not, it was not one of her own kids. Mom loved gardening and always had her plants started early to ensure everyone got some geraniums and tomatoes. Her beautiful flower and vegetable gardens will be fondly remembered by all of us. She loved to walk around the yard and point out her favourite flowers, tell you what was and wasn't growing well, and had everything documented so she could plan for the next growing season. Gardening was an activity that she and Keith shared in their later years.

Mom spent the last year of her life at Betel Personal Care Home in Selkirk, MB. She enjoyed the many activities offered at Betel and the new friends she made there.

We'd like to thank the staff at Selkirk ER for the care provided in Mom's last days and the staff at Betel for the great care Mom received over the past year. Special thanks to Krista, for all the support you provided our family.

Celebration of life will be held at Gilbart Funeral Home, Selkirk, MB on Thursday, April 18, 2024 at 11:00 a.m.

In lieu of flowers, donations in her name can be made to Heart & Stroke Foundation of Canada, Gordon Howard Senior Centre or Cancer Care Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY

Arlene Patricia Anderson (nee Hansen)

With sadness we announce the passing of Arlene, aged 73 years, on April 14 2024, at Tudor House Personal Care Home in Selkirk.

A longer obituary to follow

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Your memory will live forever Engraved within our hearts

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