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THURSDAY, MAY 16, 2024

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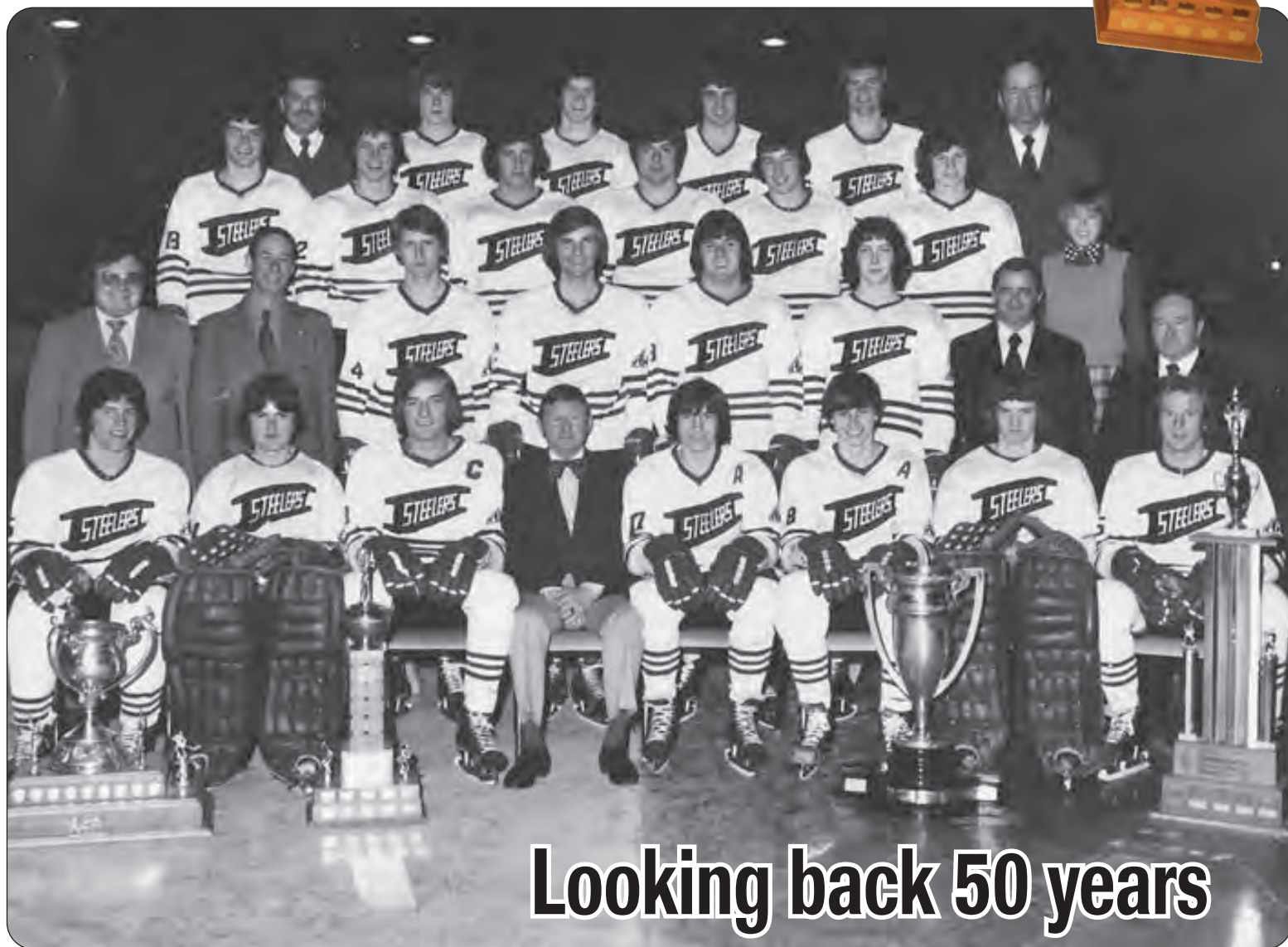
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Looking back 50 years

RECORD PHOTO BY BRETT MITCHELL

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Selkirk's Walk for Alzheimer's raising awareness for dementia

Join to support those in our community with Alzheimer's disease and dementia

By Katelyn Boulanger

An estimated 733,040 people in Canada are currently living with dementia according to the Alzheimer Society of Canada's website and that number is predicted to rise to nearly 1 million by 2030. Because so many people in our communities are and will be affected by this disease, residents will have two opportunities locally to participate in awareness walks in the next few weeks.

"Alzheimer's disease is the most common type of dementia," explained Samantha Holland, First Link Regional Team Lead for the Alzheimer Society of Manitoba.

Dementia itself is an umbrella term for many different diseases of the brain. Dementia diseases, as a whole, impacts not only a person's ability to recall details and their memory but also their ability to get through daily life by affecting their ability to communicate, problem-solving skills, their judgment and decision-making.

The Alzheimer Society of Manitoba has branches throughout our province including in Selkirk.

"The Alzheimer's Society is a non-profit organization that supports individuals and families impacted by any form of dementia, not just Alzheimer's disease. We are there for daily support if people have questions or if they just need someone to chat with whether you're a person that is experiencing changes themselves, or if you're caring for someone that is having those changes. We encourage people to give us a call. We have support groups, we have education sessions, and community programs for people

all across Manitoba," said Holland.

The first Alzheimer's awareness walk that will take place in our community is a local walk that Selkirk's Services to Seniors is inviting anyone to attend who has more time in the day. It will be taking place on May 24 at 1 p.m.

"We're meeting at the Lions Centre at 316 Christie Ave. That's one of the buildings that we work directly with a lot of our clients in. And then, we're planning to walk down to the waterfront from there," said Colleen Larocque, Selkirk's Services to Seniors group living coordinator.

The route will be paved to make it easier to traverse for those with mobility aids and there will be refreshments at the end.

They believe it's important to show support for people with dementia in our community.

"Working directly with the seniors, we see a lot of people that don't have a lot of support and families so, I feel like, it's important for us to make sure that we have these functions," said Larocque.

The residents can donate to this walk specifically by donating to their team 'The Unforgettables' which can be found by searching on the Walk for Alzheimer's website's donate tab. They can also sign up to be a team member on the same page.

The second walk is the official Selkirk Walk of the IG Wealth Management Walk for Alzheimer's. It will take place on June 13 and will be eas-

Continued on page 4

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ier for people with open schedules in the evening to attend.

"We are going to start checking people in around 5:30 p.m. and they can enjoy a barbecue that is sponsored by No Frills in Selkirk. At 6:30 p.m., we will have a warm-up with Zumba Jan at the waterfront, just outside Gordon Howard Center, and then at 6:45 p.m., the larger group will walk down to Selkirk Park.

The route has participants going as far as the boat launch and back to the waterfront. The route is also fully paved to make it easier for those with mobility aids.

"We have people that are coming pushing their parents in wheelchairs. We've had a golf cart come on our walk one year, so, we want to make sure that it's accessible. We'll also have a rest area for people who want to stop partway just after the pool. We booked the picnic shelter for that and we'll have refreshments down there," said Holland.

Finally, Selkirk's Bucky Anderson and the Métis Music Van will be bringing some fun and music to the event following walkers and encouraging them.

Donations to the Alzheimer Society and registration for the official walk will see proceeds help with program-

ming that the Alzheimer Society of Manitoba provides.

"As of this past month, we have a brand new support group in Selkirk. We have not only an evening support group on the first Wednesday of every month but now on the first Thursday of every month, we have a daytime support group for care partners. We're hoping that that will be a new offering that can touch even more people. In terms of other programs we have in Selkirk, we also offer Minds in Motion," said Holland.

Minds in Motion is the Alzheimer Society's eight-week program that brings people with dementia and their care partners together with others for activities, fun and friendship with sessions in the spring and fall.

Holland explained that these fundraising walks are important as they are the Alzheimer Society of Manitoba's biggest fundraising event of the year.

"[Fundraising] not only goes directly back into our programs and services, but it also helps to raise awareness. There's really something about coming together, all in our blue t-shirts, walking, to show people that are impacted with dementia, that they're not alone, that they don't have to withdraw from their community, that

there's support available and just to create that visual presence for people during that walk to really realize that you don't have to feel isolated. You're among friends," said Holland.

Holland invites people to sign up for the Selkirk Walk.

"We would encourage anyone and everyone to come out to our event, we would encourage people to register

online or by phoning the Alzheimer's Society. We're really just hoping to make this a more public event," said Holland.

To sign up for the Selkirk walk visit https://secure.alzheimer.mb.ca/site/TR?fr_id=1260&pg=entry. To learn more about the May 24 walk contact Services to Seniors at 204-785-2737.



RECORD FILE PHOTO BY KATELYN BOULANGER
Walkers gathered at the Gordon Howard Centre for a previous Walk for Alzheimer's.

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Make a mad dash to the Selkirk and District Horticultural Society's Plant Sale

Get some great plants and support our local growing group

By Katelyn Boulanger

It doesn't matter if you're in the market for vegetables, flowers, succulents, trees, or shrubs the Selkirk and District Horticultural Society has you covered at their annual plant sale which takes place on Friday, May 31 from 6 to 8 p.m.

"The plant club has been together for 30 years and this is our 26th plant sale," said Betty Wazny, Selkirk and District Horticultural Society's plant sale director.

The two-hour plant sale is the biggest annual fundraiser for the Selkirk and District Horticultural Society a group of local gardeners that make our community a little bit more green.

The Selkirk and District Horticultural Society is a group that embraces all types of gardeners. They come together monthly for presentations about various gardening topics as well as to exchange gardening knowledge. Additionally, they use their green thumbs to give back to our community, giving some extra flare to the garden on Main St. and lending their artistic vision to the beautiful Red Feather Farm Park.

They currently have about 70 members and are always willing to welcome new or experienced gardeners to the club.

"We just try to promote anything horticultural like plants, or we talked about different ecosystems and trees," explained Wazny.

This is also something that people can gain from attending the plant sale as their experienced gardeners will be available to help answer questions.

"Anybody who's interested in starting a garden, we have people there that can answer questions for you on all the types of plants we have.

We have a table at the back where [our gardeners will be] sitting with all their books, and encyclopedias. If you want to know something about a particular plant, or what's good in the shade, or the sun, you can get lots of information from us," said Wazny.

Residents should know that the plants that are available from the plant sale were all donated by Selkirk and District Horticultural Society members which means that they have used their experience to make sure that the seedlings are ready for our local climate. It also means that the group is able to sell the plants at very reasonable prices.

"I just looked in the greenhouses the other day, and man, our prices are really reasonable. Most of our plants are between two and five dollars. You know, specialty plants would be a bit more and trees and shrubs would probably be more than that, too," said Wazny.

Admission to this event is free but residents should know that it is a popular event so it's best to come early to get the best selection. The event is also cash only, wheelchair accessible, and there will be a silent auction and 50/50 draw.

"There's usually huge lineups waiting to get in. So, you have to come early. We have boxes for people to put their plants in so, they don't really need to bring containers but lots of people do," said Wazny.

Residents who are interested in polishing off their green thumbs or may be giving growing a shot should stop by Selkirk's Memorial Hall on May 31.

You can also learn more about joining the Selkirk and District Horticultural Society at this event. For a

membership fee of \$20, you will get a copy of the Prairie Gardener, be able to attend their many monthly presentations, join their Facebook group and become part of their growing commu-

nity.

Residents should also stay tuned as the group is launching their new website soon.



RECORD PHOTOS SUBMITTED

Photos from last year's Selkirk and District Horticultural Society's Plant Sale.



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Selkirk's financial presentation acknowledges inflation and balancing act

By Katelyn Boulanger

Last week, the City of Selkirk held their public hearing for the 2024 financial plan.

Mayor Larry Johannson opened the meeting and led listeners through the presentation.

"Our mission is the City of Selkirk provides infrastructure and services that sustain a safe and caring community and a vibrant regional hub for commerce, culture and recreation. We are the responsible stewards of com-

munity resources and the catalyst for partnerships that enhance opportunity and quality of life for all our citizens," said Johannson.

He said that the 2024 budget came together quite nicely allowing them to deliver a budget that has minimal increase and no cuts to services.

Johannson went over a slide providing details about the city's operating budget. From that slide, he explained that the cost of providing city services drives most of the demand for taxes.

Some projects that he discussed that are upcoming for the city include a \$3.6 million capital project to upgrade Main St. by resurfacing a new bike lane on both sides of the street, improved active transportation pathway, new street trees, naturalized planting, and modern assessable crosswalks. This project will take advantage of provincial and federal grants to help keep costs lower for residents. Another project will be the 200 block of Toronto is getting a full reconstruction at a cost of 1.8 million. The city's utility portion is \$962,000. There is



RECORD FILE PHOTO BY KATELYN BOULANGER

The City of Selkirk presented it's 2024 Financial Plan on May 7.

also a \$1.1 million retrofit in the 2024 budget to help the Garry Theater get off the ground, with the province covering \$563,000. Residents also can be on the lookout for a feasibility study for a multipurpose facility to replace the Selkirk Arena, also known as the Barn, which will be completed in 2024 and public engagement and the detailed design of the proposed facility will begin.

Some areas where costs have risen in the city include policing, insurance, increased calls to the fire department, the management contract at the waste transfer station has increased, and the city will provide a time-limited oper-

ating grant for the Garry Theater to get the new theatre started.

Something that residents should be aware of is a new protective services special service tax levy. This will not affect individual households but properties like police, fire, emergency measures, and weed control. The presentation indicated that hospitals, schools, provincial housing, and the City of Selkirk's own properties will now be levied for this service and that a separate line will appear on your tax bill showing your share of the protective services cost.

As for the tax rate, the mayor said that "there will be a small 1% municipal tax rate increase for Selkirk residents in the 2024 budget." He also commented that this was below the rate of inflation.

Johannson concluded the presentation by saying. "Your council and city administration have worked very, very hard to keep this year's budget as tight as we can. It's a balancing act, like it is every year, but even more so this time with inflation being what it is. We are very proud of the work that went into this budget and we're really proud of all the good work that's been done over the years. This 2024 budget is a year for building off all our successes."

Residents can view the 2024 financial plan presentation at <https://www.myselkirk.ca/wp-content/uploads/2024/05/2024-Financial-Plan-Presentation.pdf>.

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RM of St. Andrews financial plan speaks to current decisions and plans for future

By Katelyn Boulanger

The 2024 St. Andrew Financial Plan presentation took place on May 1.

St. Andrews CAO Brent Olynyk opened and led the meeting.

Towards the beginning of the presentation, Olynyk explained, "We're looking to attract some new capital to the RM of St. Andrews so that we can have more revenue and have better things for the public to see and do in St. Andrews. We want to maintain and improve infrastructure, that's challenging across the country roads, drainage, and those types of things.

As the years go on, it's hard to keep up with the challenges they represent. And then, community feedback and council priorities, we get a lot of feedback from our community and our council as priorities. Our council debates pleasantly with each other and works hard to find out what our priorities should be."

Some considerations that Olynyk mentioned were part of their meetings included, expanding trails from the north to south in the RM, bringing the fire departments together under a public safety superintendent, they

heard from feedback that by-law enforcement needed to be increased so they made a position to do that, and a water supply feasibility study was done and a partnership with the RM of St. Clements was mentioned in order to approach the plan regionally.

Some future projects that residents can look out for include a new soccer complex which the RM is working with a private group to bring to the region. There are also plans for a baseball diamond at the airport which will have sod turning starting soon with completion planned for 2025.

After some details about the RM's population and physical size as compared to other RMs nearby, Olynyk passed the presentation over to CFO Tim Scammell.

The mill rate this year has increased by 2.99 per cent and is 10.265 and Scammell said that that reflected the inflation that we've experienced.

Olynyk then came back to explain all of the many services that residents receive thanks to their municipal taxes which include recreation, by-law, snow clearing, fire and emergency and much more.

Scammell and Olynyk explained the RM's operating expenses and grants received in 2023 and 24.

From there, they spoke about future projects which include but are not limited to the Lockport active transportation and streetscape project, finishing up the Petersfield lagoon, and a study to look into possible recycling and garbage services for the RM, this will also have public consultation with community members.

Olynyk concluded the presentation by comparing St. Andrews's taxes to other RMs in the area as well as the city of Selkirk and reminded residents that their taxes are due on Oct. 31, 2024, by 4:30 p.m. He also explained that residents should allow for 5 business days for online payments to go through.

Residents can view the RM of St. Andrews 2024 Financial Plan at <https://www.rmofstandrews.com/p/financial-reports>. Their YouTube video with the Financial Plan presentation can be viewed on their YouTube channel at <https://www.youtube.com/watch?v=j043OVYLh9s>.

Raising money for Ronald McDonald House Charities



RECORD PHOTO BY BRETT MITCHELL

Thanks to generous contributions from our community, the Selkirk Main Street and Walmart McDonalds together raised \$8008.48 from their McHappy Day fundraising event. This event raises funds for the Ronald McDonald House Charities (RMHC) plus other children's charities. RMHC supports out-of-town families when their child is in the hospital by providing nearby accommodations. This contribution is a great success for our community, as well as our local McDonalds, as this year's total is up over \$3000.00 from last year's. Our local McDonald's management is very grateful to the Selkirk area community for their incredible generosity.

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Walleye and sauger season opening for fishers

Walleye and sauger season opens May 11 in the Southern division and May 18 in Lake Winnipeg, Northwest and North Central divisions

Submitted by the government of Manitoba

The walleye and sauger fishing season officially opened on May 11 in Manitoba's southern fishing division, with the season opening one week later on Lake Winnipeg and in the northwest and north central fishing divisions, Economic Development, Investment, Trade and Natural Resources Minister Jamie Moses announced May 8.

"As the weather gets warmer, Manitoba families have the chance to get out and enjoy our beautiful lakes and rivers, with fishing for walleye and sauger opening for the season," said Moses. "Whether you call it pickerel or walleye, it's no surprise Manitobans and visitors are excited to catch

one of Manitoba's most popular fish species."

As some fish may still be spawning, anglers are asked to help protect fish stocks by immediately releasing fish that are discharging eggs. By proactively releasing spawning fish, anglers will help protect fish stocks and sustain Manitoba's fisheries, noted the minister. Anglers are reminded to be aware of all provincial fishing regulations. For more information, refer to the Manitoba Anglers' Guide 2024 at www.manitobafisheries.com.

Watercraft users are reminded to follow safe boating measures, wear life jackets, check water conditions and use caution.

Some provincial watercraft inspec-

tion stations have begin operating already and others will begin in the coming weeks. It is a legal requirement for all watercraft, including canoes, kayaks and jet skis, to stop at all watercraft inspection stations when they are open.

It is unlawful to possess, transport, release or import aquatic invasive species (AIS) in Manitoba. To prevent the introduction and spread of AIS such as zebra mussels, water users are reminded of the AIS requirements when entering and exiting all water bodies in Manitoba. These include requirements to clean, drain and dry watercraft and water-related gear, and decontaminate watercraft and water-related gear that have been used in a waterbody from within a control zone.

For more information on AIS, requirements, control zones, and the locations and hours of watercraft inspection stations, visit www.gov.mb.ca/stopais/index.html.

Camping season begins in Manitoba provincial parks

Improvements at several campgrounds including playgrounds, showers

Submitted by the government of Manitoba

A number of provincial parks in southern Manitoba welcomed campers officially kicking off the 2024 season last weekend, Environment and Climate Change Minister Tracy Schmidt announced.

"I know many Manitobans, like me and my family, are eager to head out to the great outdoors to camp at one of our province's beautiful provincial parks," said Schmidt. "We encourage all Manitobans to take the opportunity this spring and summer to explore our provincial parks and make lasting memories."

Campers will notice improvements in several provincial campgrounds

this season including:

- redevelopment of the Nutimik Lake Museum in Whiteshell Provincial Park;
- new playgrounds at Kiche Manitou in Spruce Woods, Winnipeg Beach, White Lake in Whiteshell and Whitefish Lake;
- completed work on water and wastewater treatment system upgrades at Asessippi, Birds Hill and Paint Lake provincial parks; and
- new washroom and shower facility at Bakers Narrows Provincial Park.

All other provincial park campgrounds will open for the May long

weekend. Manitobans can make a reservation for campsites, cabins, yurts and group-use areas through the Parks Reservation Service, online at www.manitobaparks.com or by calling (toll-free) 1-888-482-2267.

Reminders for visitors and campers at Manitoba provincial parks include:

- check the Manitoba Parks website at www.manitobaparks.com for advisories before traveling;
- buy and print provincial park vehicle permits online before leaving home at www.manitoba-licensing.ca;
- all campers must check in at campground offices upon arrival to receive camping permits;

Continued on page 9



> CONTACT US

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EDITORIAL

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View the Selkirk Record online at selkirkrecord.ca



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

TROUBLE WITH PAPER DELIVERY?

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

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Initiation Ceremony and Awards at the Legion



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Legion held it's Initiation Ceremony and Awards on May 11.



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> CAMPING SEASON, FROM PG. 8

- have reservation confirmation and personal identification ready for check-in;
 - be 'Wildlife Smart' by maintaining a clean campsite, keeping all food, trash, toiletries and cooking utensils locked in a vehicle or trailer, and packing out trash and recyclables before leaving;
 - keep all pets on leash; and
 - keep all campfires in approved pits such as those found in campsites and check with the campground office for any campfire restrictions.
 - Do not transport firewood from Winnipeg to areas outside the city to prevent the spread of the emerald ash borer, an invasive species of beetle. To avoid charges and fines, purchase firewood from local retailers at or near most campgrounds.
- For more information on provincial parks, visit www.manitobaparks.com and follow Manitoba Parks on Facebook and X (formerly Twitter).

Lockport River's Edge Run/Walk for HD a resounding success



RECORD PHOTOS BY GREG MCKENZIE

The community stepped up big time making the newly reinvigorated Lockport River's Edge Run/Walk for HD an amazing triumph. The run raised more than \$35,000 for The Huntington Society of Canada thanks to the hard work of runners and Manitoba Chapter volunteers but that's not all. The donation is being matched by an anonymous donor meaning that over \$70,000 will be going toward the Huntington Society thanks to the amazing efforts of our community.



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"Supporting each other towards a new beginning"

Selkirk RCMP seize large quantity of contraband cigarettes during search

Submitted by Manitoba RCMP

On April 24, as a result of an ongoing investigation into the illegal sale of unregulated tobacco and cannabis within the City of Selkirk, officers with the Selkirk RCMP General Investigative Section (GIS) and Manitoba Finance Special Investigations Unit, executed a search warrant at a business located in the 400 block of Main Street in Selkirk.

As a result of the search, officers seized over 42,000 illegal cigarettes, a small quantity of cannabis and over \$18,000 in cash.

Officers arrested a 22-year-old male, from Winnipeg, who was later released from custody for a court appearance scheduled for July 5, in Selkirk, where he will face charges including Possession of Proceeds of Crime, Possession for the Purpose of Selling and Unauthorized Distribution under the Cannabis Act as well as Possess 25 or more units of unmarked Tobacco under the Tax Administration and Miscellaneous Taxes Act (TAMTA). If convicted, he could face a mandatory triple tax penalty of over \$40,000.00 under the TAMTA.

RCMP continue to investigate.



RECORD PHOTO SUBMITTED

Cigarettes seized in investigation.

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Marine Museum opens summer season with Wine and Cookies

Help celebrate 50 years of marine history with year of events

By Staff

The Marine Museum of Manitoba is celebrating 50 years in our community this year. In celebration of this momentous achievement, they are planning a year full of fun, fundraising and community events to get residents together to learn more about our local history. To kick off the summer season, the museum will be hosting a Wine and Cookie Pairing event on May 26 at 2 p.m.

This event will pair the elegance of wine with the sweetness of cookies. Flying Pig Patch has teamed up with Andrew Peller Limited to curate a menu that features a variety of wine styles from robust reds to crisp whites, alongside a complementary assortment of cookies ranging from classic to contemporary twists. Attendees will learn about the art of pairing while enjoying the interplay of flavours that each combination presents.

This event will, of course, take place

on the ships of the Marine Museum of Manitoba. Residents will also get access to a tour of the museum's exhibits, a presentation on the history of the museum, its 50th anniversary, and what the next 50 years look like as well as opportunities to purchase their favourite wines and cookies to take home.

Tickets are \$75 and for every ticket sold, \$50 will be contributed to the Marine Museum of Manitoba's Heritage Trust Fund and attendees will receive a \$50 tax receipt. As a special thank you, the museum has also pledged to match the total amount raised, dollar for dollar making supporting this cause just a little sweeter. Contributions directly support the Marine Museum's mission to preserve our marine heritage for generations to come.

Tickets are limited to ensure an intimate experience. To purchase tickets and more information, please visit the Marine Museum of Manitoba's



RECORD PHOTO SUBMITTED

Wine and Cookie Pairing comes to the Marine Museum of Manitoba on May 26.

website: <https://marinemuseum.ca/events-programs/wine-and-cookie-pairing/> or contact the museum directly at (204) 482-7761.

Museum staff look forward to welcoming attendees aboard for an afternoon of discovery and indulgence.

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Your FARM



Veteran Horse Camp teaches discipline, humility and self-ownership

By Raegan Hedley

The September 11 attacks, commonly known as 9/11, were four coordinated Islamist suicide terrorist attacks carried out by al-Qaeda against the United States on September 11, 2001. That morning, 19 terrorists hijacked four commercial airliners scheduled to travel from the East Coast to California.

Robert Wuskynyk watched the second plane hit the Twin Towers, and felt the call to do something bigger to help. In that moment, his life purpose became clear.

“We didn’t know where the world was going to go at that time...So I joined the Canadian Armed Forces. And now I’m at a stage in my life where I’m in the twilight of my career and still have that desire to serve.”

Wuskynyk’s commitment to serving others drove him to create Red Rose Ranch Veteran Horse Camp (R3VHC), a not-for-profit organization that offers free horsemanship training (based on the Equestrian Canada program) and ranch life experiences facilitated by, and intended for, military, first responders and veterans. With a focus on connecting to the surrounding First Nations communities, the program uses a land-based approach and includes time around a fire with an Indigenous knowledge keeper.

R3VHC is all about introducing veterans to the equestrian lifestyle so they can join the community and reconnect with their sense of purpose. R3VHC isn’t equine therapy—it’s equine-assisted learning. Wuskynyk



While it’s not a substitute for therapy, the equestrian lifestyle has many benefits; it can help build confidence, teach problem-solving skills and provide a community to belong to.

describes it as a “drug-free, medication-free, digital-free way of enhancing mental and physical health.”

“As a kid, you can take things like swimming lessons to learn new skills, but as an adult, you become less likely to put yourself out there,” said Wuskynyk. “We teach them how to take care of the equipment and what you should look for...If you do purchase a horse and you want to take it to a facility, how should that facility look? Do they have an emergency action plan? Do they have farms? Do they have safety gear? Do they have first aid kits? And so we created the ranch as a model stable...it’s a foundation that they can use to measure



PHOTO SUBMITTED

All staff are either military, first responders or veterans, and are highly trained to provide new riders with a safe and knowledgeable introduction to Western riding.

all their other experiences against.”

Wuskynyk said, “The reason we are successful is that each one of our participants commits to continuing on with horse lessons afterward. One of them even went out and researched where to buy horses. For us, that’s mission accomplished.”

Nestled between Peguis First Nation and Fisher River Cree Nation, R3VHC operates out of Red Rose Ranch, a homestead that is surrounded by wildlife and far from the sounds of traffic. It’s so quiet that one participant said, “All I can hear is the tinnitus in my ears.” The homestead

has been in Wuskynyk’s family since they immigrated here from Ukraine in 1919. He bought two surrounding sections of land in 2005 and 2014 with no idea what he wanted to do with them.

“While I was posted in Ottawa, I was really overworked after doing a couple of tours, and I needed an outlet so I ended up getting into horses again,” said Wuskynyk.

He got posted in Manitoba, and met a bunch of other veterans doing team

Continued on page 15



Scott Dick
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Your FARM



> HORSE CAMP, FROM PG. 14

cattle penning. He told them about his idea to provide horsemanship training to veterans after he retired, and they encouraged him to do it sooner rather than later. Wuskynyk decided to do it and made Red Rose Ranch into an equestrian centre in 2020.

Since Red Rose Ranch is on a conservancy, the land can't be developed past its current point. As a result, participants live in outdoor facilities for the entire week of the program, where they live communally, care for the horses, use outhouses, cook outside and use pump water.

"I funded the first camp myself and made it for Afghan vets, by Afghan vets," said Wuskynyk. "I had a participant who didn't really say a lot, so I worked with them hands-on. On the last day we were leaving our breakfast site, they said, 'This camp didn't make me a cowboy, but I underestimated how powerful it is to be in the wilderness with like-minded people who walked on the same ground as me.'"

R3VHC covers all expenses, including travel, lodging, food and everything related to the horses for participants. So far, the not-for-profit has successfully run three camps and is fundraising to run two more in late 2024.

"Myself and all my staff are convinced of the benefits of an equine lifestyle for our mental and physical well-being, and we want to share them with our brothers and sisters. Just showing them there's a better way than taking meds and sitting on your couch...it's not impossible."

In a testimonial, one participant said, "I've had psychologists, I've had psychiatrists, I've had OSI groups... I've had everything the medical team can throw at you. I think time with these animals is the most beneficial and therapeutic experience that I've ever been able to come across."

R3VHC is holding its annual fundraiser at Trans Canada Brewing Co. on August 6. For details about this fundraiser, and all other R3VHC fundraisers, visit <https://www.facebook.com/RedRoseRanchManitoba>.



R3VHC participants stay in outdoor facilities with pump water and outhouses. One participant said it felt familiar because it was similar to living in a Forward Operating Base (FOB).



R3VHC offers what they call the "Horse Warrior Teachings" which is based on an Equestrian Canada program. Each phase teaches different hard and soft skills, like lasso training and trust.



Each R3VHC is assigned a horse and their tack and they are taught to put the horse's needs before their own.



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Tips to revitalize a garden this spring

Gardening is a rewarding hobby that pays a host of significant dividends. Many people love gardening because it allows them to spend time outdoors, and that simple pleasure is indeed a notable benefit of working in a garden. But the National Initiative for Consumer Horticulture notes that gardening provides a host of additional benefits, including helping people get sufficient levels of exercise, reduce stress and improve mood.

With so much to gain from gardening, it's no wonder people look forward to getting their hands dirty in the garden each spring. As the weather warms up, consider these tips to help bring a garden back to life.

· Discard the dead weight. Winter can take its toll on a garden, even in regions where the weather between December and early spring is not especially harsh. Discard



dead plants that have lingered into spring and prune any perennials that need it. Branches that fell during winter storms also should be removed at this point if they have not previously been discarded.

· Test the soil. Soil testing kits can be purchased at local garden centers and home improvement retailers. Such tests are inexpensive and can reveal if the soil needs to be amended to help plants thrive in the months to come.

· Mulch garden beds. Mulching benefits a garden by helping soil retain moisture and preventing the growth of weeds. Various garden experts note that mulching in spring can prevent weed seeds from germinating over the course of spring and summer. That means plants won't have to fight with weeds for water when the temperature warms up. It also means gardeners won't have to spend time pulling weeds this summer.

· Inspect your irrigation system. Homeowners with in-ground irrigation systems or above-ground systems that

utilize a drip or soaker function can inspect the systems before plants begin to bloom. Damaged sprinkler heads or torn lines can deprive plants of water they will need to bloom and ultimately thrive once the weather warms up.

· Tune up your tools. Gardening tools have likely been sitting around gathering dust since fall. Serious gardeners know that tools can be expensive, so it pays to protect that investment by maintaining the tools. Sharpened pruners help make plants less vulnerable to infestation and infection. Well-maintained tools like shovels and hoes also make more demanding gardening jobs a little bit easier, so don't forget to tune up your tools before the weather warms up.

It's almost gardening season, which means gardeners can start on the necessary prep work to ensure their gardens grow in strong and beautiful this spring.



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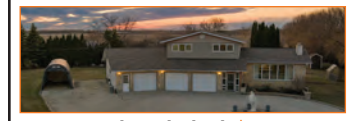
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 HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE

A second living room outside? Of course!

There's nothing better than enjoying a refreshing iced coffee or lemonade in your backyard. An inviting patio, deck or courtyard will encourage you to spend more time outdoors and make the most of the season. Here's a quick guide to creating an ideal outdoor living room where you can entertain and relax.

Aim for comfort

Is the outdoor sofa set you have your eye on comfortable? It's always a good idea to try out furniture before buying it. Remember that if you're comfortable, your guests will be too.

Add some greenery

Plants can breathe life into your space. There are many easy-to-main-

tain and affordable options, such as succulents, pansies and herbs. You can also use potted plants to mark pathways and high-traffic areas.

Evening lighting

String lights or electric lanterns are an excellent choice as they're affordable and durable and add a warm ambiance to your decor.

Whether you're reading a book or having a cocktail party with friends, your outdoor living space should be a place where you want to spend many hours. One final tip: choose weather-resistant materials to ensure your backyard oasis is charming and inviting all summer.



Solar storm causes colourful aurora displays



RECORD PHOTO BY MARY LOU MILHAUSEN

The strongest geomagnetic storm in 20 years made the colourful northern lights, or aurora borealis, visible Friday and Saturday night across Manitoba and North America. The NOAA's (National Oceanic And Atmospheric Administration) Space Weather Prediction Center said on Saturday that the sun had continued to produce powerful solar flares. That's on top of previously observed coronal mass ejections (CMEs), or explosions of magnetized plasma, that wouldn't reach Earth until Saturday night. The agency had been monitoring a particularly active sunspot cluster since Wednesday and confirmed on Friday that it had observed G5 conditions — the level designated "extreme" — which haven't been seen since October 2003. In a press release on Friday, Clinton Wallace, Director, of NOAA's Space Weather Prediction Center, said the current storm is "an unusual and potentially historic event." Geomagnetic storms happen when outbursts from the sun interact with Earth's magnetosphere. While it all has kind of a scary ring to it, people on the ground don't really have anything to worry about. As NASA explained on X (formerly Twitter), "Harmful radiation from a flare cannot pass through Earth's atmosphere" to physically affect us. These storms can mess with our technology, though, and have been known to disrupt communications, GPS, satellite operations and even the power grid. Pictured: An aurora borealis photo taken at Matlock between 10 p.m. and midnight on May 10.

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Manitobans urged to be vigilant during tick season

By Lana Meier

Manitoba Health, Seniors and Long-Term Care urges individuals to remain cautious of ticks, implement measures to avoid bites, and understand when treatment may be necessary. Blacklegged ticks, also known as deer ticks, pose a threat to human well-being as they can carry diseases such as Lyme disease, anaplasmosis, babesiosis and Powassan virus disease. These illnesses can have severe consequences, especially for older adults, young children or individuals with weakened immune systems or existing medical issues.

According to public health officials, it is recommended to see a healthcare provider within 72 hours of removing a tick in order to receive preventative treatment for Lyme disease if:

- the bite was from a reliably identified black-legged tick; and

- the tick was attached for 36 hours or more, or the tick was engorged (filled with blood).

Blacklegged ticks can be found year-round, with their most active periods occurring in the spring and fall when there is no snow on the ground. As these ticks carry potential health risks, it is essential to know how to differentiate them from the common wood tick. While wood ticks are simply a nuisance, they do not transmit diseases in Manitoba. To tell them apart, black-legged ticks have distinct features such as a red-orange body, black legs, and a black spot on their back. These ticks are also smaller than wood ticks; adult females are about the size of a sesame seed. When engorged with blood, black-legged ticks will become larger and change colour

to grey and brown. Conversely, wood ticks are bigger in size, have a brownish appearance, and white markings on their back. For reference images comparing these two tick species, please visit: www.gov.mb.ca/health/publichealth/cdc/tickborne/about.html.

Anyone who finds a tick on animals, humans or in various habitats can submit a picture to have it identified by experts, to confirm if the tick belongs to a species capable of transmitting diseases. For more information or to submit a picture of a tick, visit www.etick.ca.

Reduce your risk of tick bites and disease exposure by:

- applying an appropriate tick repellent on exposed skin and clothing, following label directions;
- wearing long pants and long-sleeved shirts;
- tucking in clothing to create a

barrier;

- staying to the centre of walking trails;
- inspecting yourself, children and pets after spending time outdoors;
- removing ticks as soon as possible from people and pets, using tweezers; and
- keeping grass and shrubs around homes cut short to create drier environments that are less suitable for tick survival.

Milder winters and shifting weather patterns caused by climate change means ticks are expanding their geographical range to more regions of the province, although southern Manitoba remains the highest risk area.

May is Lyme Disease Awareness Month. To learn more about black-legged ticks, tick-borne diseases like Lyme disease, prevention and treatment, visit: www.gov.mb.ca/health/publichealth/cdc/tickborne/.

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Seats still available for upcoming ECE program

By Jennifer McFee

There's still time to apply for an early childhood education diploma program coming soon to the area.

A 16-month accelerated early childhood education (ECE) diploma program will soon be offered in Stonewall, thanks to a collaborative effort among the RM of Rockwood, Town of Stonewall and Red River College Polytechnic.

Georgette Rochon, manager of business development for RRC Polytech,

said there are only 30 seats available in this special offering.

“By becoming the ECE 2, they will be equipped with knowledge and skills to create curriculum, learning experiences and environments that nurture and develop children in their care. A benefit of becoming an ECE 2 is that learners will be able to gain the next designation for the sector, which equates to higher pay and opportunities for advancement.”

Students who are accepted into the program are eligible for the ECE tuition reimbursement by the provincial government, which covers up to \$5,000 per school year. Learn more at https://www.manitoba.ca/education/childcare/students_workforce/ece_tuition_support.html.

To apply, interested applicants can visit <https://hubdev.rrc.ca/Forms/Start/ECEWorkProgApp> and complete the online application form.

Information about admission requirements can be found at <https://www.rrc.ca/corporatesolutions/early-childhood-education-workplace->



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> MEAL IDEAS



Chocolate Ice Cream with "Caramel" Sauce

chocolate chips in 20-second increments, stirring between each increment until smooth and melted. Set aside.

Remove sweet potato skin and thoroughly mash. Pack into 3/4 cup measuring cup. Place in large blender.

Add melted chocolate to blender along with vanilla, sea salt, coconut sugar and chocolate protein shake.

Place lid on blender and blend on high at least 1 minute, or until ingredients are smooth and incorporated.

Transfer to ice cream maker and prepare according to manufacturer's directions then transfer to airtight container and freeze 2-3 hours.

To make "caramel" sauce: In microwave-safe bowl, microwave coconut oil and syrup 30 seconds. Stir and microwave 30 seconds, or until melted and smooth. Stir in almond butter and whisk until smooth. Add sea salt and vanilla extract; whisk to combine.

Set "caramel" sauce aside at room temperature about 30 minutes. Top ice cream with sauce and additional chocolate chips, if desired.

Recipe courtesy of "Chelsea's Messy Apron"

Servings: 8
1 large sweet potato
1 bag (10 ounces) dark chocolate chips, plus additional for topping (optional)

2 teaspoons pure vanilla extract
1/2 teaspoon fine sea salt
1/4 cup coconut sugar
1 Premier Protein Chocolate Protein Shake

"Caramel" Sauce:
3 tablespoons coconut oil (measured when solid)

3 tablespoons real maple syrup
1 1/2 tablespoons almond butter
1/8 teaspoon fine sea salt
1/4 teaspoon pure vanilla extract

Wash and scrub sweet potato. Pierce with fork several times. Place on microwave-safe plate and microwave 5 minutes; flip and microwave 5 minutes. Allow to cool.

In microwave-safe bowl, microwave



Chile Bacon Straws

around each skewer, making sure to overlap edges of bacon so there are no gaps. Don't wrap too tightly or it will be difficult to remove skewers; try to ensure each end of bacon ends up on same side of skewer.

Place each wrapped skewer on wire rack set over sheet pan with end seams down. Sprinkle spice blend over each skewer.

Bake 25-30 minutes until bacon is brown, crispy and fully cooked to give straws their shape. Remove from oven and allow to cool.

Gently slide skewers out of each straw using twisting motion.

Insert straws into Bloody Marys.

Prep time: 10 minutes
Cook time: 30 minutes
Servings: 6
6 slices Coleman Natural Hickory Smoked Bacon
6 wooden skewers
1 teaspoon Mexican spice blend prepared Bloody Marys
Preheat oven to 400 F.
Wrap one bacon slice diagonally

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Ask the money lady

Dear Money Lady,
I need to purchase a new car this year and I am not sure if I should invest in an EV, Hybrid, or regular vehicle. What do you think? Thanks, Gord.

Hi Gord, this is a great question and one I think a lot of Canadians are wondering since the Canadian government mandated that all light-duty vehicle sales be 100% electric by 2035. The problem for me is the current costs of EV's. Now that vehicle pricing is truly the second highest investment purchase a Canadian will make next to buying a home, is it worth it to invest in electric vehicles now? Maybe not.

Most vehicles have a life span of 10+ years and to get the most value out of your purchase, you should plan to keep it this long. The problem is, we are just a little too far off the 2035 electric switch over date and the current vehicle manufacturers really aren't offering a great selection of electric vehicles at competitive pricing yet. Yes, we are provided with rebate offers from every province to encourage us to "buy-in," but we still have the issues with the scarcity of EV charging stations, especially in rural areas. The best-selling car today is actually not a car at all, rather it remains a light truck. The Ford F-150, Chevrolet 1500 and Dodge Ram 1500 series of light trucks (or pickup's) are still our North American best-sellers. Today, electric vehicles sales only make up approximately 10% annually and most automakers rely heavily on the generous profits realized from their light-truck sales to fund their EV development efforts. Toyota, the world's largest automaker, has announced that for every EV produced, they can make 10 or more hybrids with much less impact to the earth than the energy required to mine and extract precious rare earth minerals from the ground which is what constitutes the average EV battery.

The Canadian government now offers up to \$5,000 in rebates towards the purchase of a fully electric or plug-in hybrid electric vehicle. It's a good idea to check the Government of Canada website under "Incentives for Zero-Emission Vehicles" since not all vehicles qualify for this full rebate and there will be variations to the amount if you plan to lease your new purchase. To be honest, in my opinion, you can still get a better deal on a regular gas vehicle today, but if your budget allows, it would be a good idea to consider a hybrid



Christine Ibbotson

option. Plan to keep this vehicle for at least 10 years to get your money's worth out of it. Remember that most new car sale markups start at 7%-8% and dealerships are more willing to haggle on their pricing at the end of the month. Aim for a 3%-4% reduction in the list price of the vehicle and be prepared to walk if the sales manager won't bend. Guaranteed, if they know you are a serious buyer, they will give in to this reduction in pricing, (a hint from one of my friends who is been in the new car sales business for over 20 years).

If you are leasing your vehicle and writing off the costs as a business expense, then definitely consider an EV or hybrid. This will give you the opportunity to "try it out" since you will most likely be trading in your vehicle after 3-5 years anyway. One thing you need to watch out for – if this is your 2nd or 3rd lease, make sure the car dealer discharges the old lease and sets up a new one. I have seen many times in the past, when we have pulled credit bureaus for clients wanting loans at the bank, that they have had multiple leases registered to their name. This is a banking "no-no" and can definitely hinder your prospects of acquiring future credit. Each lease must be clearly discharged, not transferred. By transferring a lease to a new vehicle, it creates two lease payments on a client's credit report, one for the old vehicle (not discharged but still registered with the VIN number) and one for the new vehicle. Be careful.

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Reflecting on the Steelers: A look back 50 years later

By Ty Dilello

It's been 50 years since the Selkirk Steelers captured the Centennial Cup at the Nepean Sports Complex in Ottawa on May 14, 1974. The Steelers defeated the Smiths Falls Bears 1-0 in overtime in Game 7 of the championship final. Gord Kaluzniak scored the game-winning goal on a pass from his brother Garry. Andy Stoesz recorded the shutout for the winners, who were coached by George Dorman.

How the Steelers started the season and how they went on to win a national championship is one incredible story and one tremendous run that took a group of teenagers all across Canada.

To go back even further, the Junior A level of hockey in Selkirk dates back to 1918, with the founding of the Manitoba Junior Hockey League (MJHL). As one of the original members of the MJHL, the Selkirk Fishermen became the second Turnbull Cup MJHL champions by winning the 1920 playoffs. The Fishermen were crowned Western Junior "A" Champions and given the Abbott Cup, before falling in the Memorial Cup final.

A lot of future NHLers and Hockey Hall of Famers had their start playing with junior teams in Selkirk including the likes of Bullet Joe Simpson and Harry Oliver.

Eventually the junior team went away and for years, the senior Selkirk Fishermen were the only ticket in town until a junior team was revived in Selkirk. And with that, the Selkirk Steelers was founded in 1966.

In 1967, the Steelers joined the new Central Manitoba Junior Hockey League. The Steelers won the CMJHL title in its first year, but lost to the MJHL champion St. James Canadians in the Turnbull Cup finals. The CMJHL merged with the MJHL after only one year, and that's the league that the Steelers have played in ever since.

The Selkirk Steelers are one of the most storied junior hockey franchises in Manitoba, and for good reason. The city has 10 MJHL Turnbull Cup Championships to their name (1974, 1975, 1976, 1979, 1980, 1984, 1985, 1987, 2004, and 2007), and three of these championships have resulted in Anavet Cup Manitoba/Saskatchewan Junior "A" Championships (1974, 1975 and 2007).

The old Selkirk Arena that was known as "The Barn" served as the Steelers home base until the Selkirk Recreation Complex opened in 1992.

"It may not have been much to look at, but that screen and the flat corners at the Barn were worth two goals a game to us," Steelers coach George Dorman said in a 1994 Winnipeg Free Press article. "But the big thing was we got two hours of prime time to practise twice a week. There was time to do some teaching."

Dorman was a junior hockey player himself in the early 1950s for the Flin Flon Bombers and Prince Albert Mintos. He learned the guy from former



The Selkirk Steelers leaving Kelowna after the Abbot Cup win.

NHL star of the 1930s Alex Shibicky, in addition to Legs Fraser and Fred Creighton.

"I was lucky with all my coaches," said Dorman. "I played junior for Shibicky in Flin Flon. He was the best, a real stickler on fundamentals. I used some of his drills in Selkirk. Freddy Shero influenced me, too. We grew up in the same neighbourhood. He was a little older than me, and all us kids looked up to him."

Coach Dorman coached for many years and was a local fixture until he passed away from cancer in 1998 at the age of 63.

"Not all of them loved one another off the ice back then," said Dorman of the 1974 Steelers, "but they respected one another as hockey players."

Dorman had bounced around at different coaching posts before he took over the coaching duties of the Selkirk Steelers for the 1973-74 season.

"Selkirk always had a problem of not putting enough local kids on the roster, so the first thing I did during our training camp in Gimli was to give the Selkirk boys a chance."

Dorman restructured the Steelers in a young (17-year-old average) team, that included 11 local players and about a half dozen from Steinbach.

"We had small forwards and a decent defence, but our biggest asset was in goal. We had the best tier two goaltenders in the country with Andy Stoesz and Chester Reimer."

Dorman built a scrappy squad that could play any style, and it showed on the ice. However, the Steelers got off to a shaky start when that fabled 1973-74 season began.

"We didn't play all that well at the start, and to look at us, you'd never think we would have ended the season as national champs," Dorman remembered years later.

"There were some very talented players on our team, like the Kaluzniak brothers, some of the defensemen and our goalies. We were all very connected together and really enjoyed being a part of a team, and playing the games. And I think the fact that we were so close, gave us that success on the ice when it counted." Said Owen Wilkinson.

At Christmas time, the Steelers were in third place in the North Division behind Brandon and Portage. After that time, coach Dorman had things in order and the team started to roll from there. The veteran coach would eventually guide the Steelers to the top spot in the North Division with a 32-15-1 record.

"You hear it over and over again, but our team had the right chemistry," said forward Gord Kaluzniak, who hails from Selkirk. "We had the one for all and all-for-one attitude right from day one. We had a good nucleus of players right from the town of Sel-

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> 50 YEARS, FROM PG. 20



RECORD PHOTO OWEN WILKINSON

Fifty years ago on May 16, the Selkirk Steelers became national champions for the first time when they captured the Centennial Cup as Tier II national hockey champs. It's a story of one incredible run of a group of teenagers that put the town of Selkirk on its back and carried them to hockey glory. Above, Gord Kaluzniak scored the winning goal in overtime for the Steelers 1-0 win in the Centennial Cup championship.

kirk and surrounding area that grew up watching the Steelers and hoping one day to play for them. We had no selfish players, everyone played for the name on the front of the sweater, not the back. We weren't a pretty team, but we were scrappy and determined to win. In that era, you had to be tough to survive. George Dorman was the right coach for our team. He wasn't much for X's and O's, but he was a terrific motivator and understood what it took to get the most out of each and every player."

Selkirk's opponent in the MJHL semi-finals would be the defending Centennial Cup champion Portage Terriers. Selkirk hammered Portage 8-1 in Game 1, but the Terriers would re-group quickly to take the next two games. Selkirk would take Games 4 and 5, before Portage forced a Game 7 back in Selkirk. The 'Barn' would prove inhospitable to Portage as the Steelers would take the North Division title with a 7-2 win.

The favoured West Kildonan North Stars were Selkirk's opponent for the MJHL finals and took Game 1 with a 6-1 win. Selkirk rebounded to run the table four straight (8-2, 6-1, 5-2, 3-2) and claim the Turnbull Memorial Trophy as MJHL Champions.

"I think overall that West Kildonan had a better record than us in the regular season and I think they beat us in the season series," said Kaluzniak. "They were a bunch of north-enders from Winnipeg that played the game a lot like we did. We got thumped the first game, but I believe we won the next four straight to win the province."

George Dorman's psyche came into play in the inter-provincial series between Selkirk and the Prince Albert Raiders series in Prince Albert. When the team got there, the local paper interviewed George. He made it sound like the team was in awe of the Raiders, who had dominated the Saskatchewan Junior Hockey League, and that Selkirk was just happy to be there.

Opening the Manitoba/Saskatchewan inter-provincial series in Prince Albert, the Raiders scored three powerplay goals to take a 4-2 win. Selkirk would take the next game before returning to Winnipeg where Andy Stoesz shutout the Raiders 2-0 in Game 3. Prince Albert responded with an 8-2 win. Selkirk would then close out the series with 7-3 and 8-1 victories.

"I think we lost the first game, but we were confident we would beat them in the series," said Kaluzniak. "They were a skilled team but soft, and we knew we would wear them down physically. We had gone back to Prince Albert to close out the series, but George always thought we played better in our white jerseys, which typically were the home teams. He had the equipment guys bring the whites to Prince Albert. We went out in warmups wearing white, which caused a huge stir. We told them we had mistakenly brought the wrong uniforms. There was a huge delay and probably a lot of phone calls to the SAHA and MAHA and eventually the Raiders went in and changed their uniforms. I don't know if it helped, but we ended up winning the game and the series."

The Abbott Cup Western Canada final series began in Winnipeg a few nights later against the Kelowna Buckaroos.

"Kelowna had the most talent of any of the teams we played during the Cup run," said Kaluzniak. "They had some real good puckhandling defence-man, they could score and had an exceptional powerplay, and their goaltending was decent."

What Kaluzniak remembers most from the Kelowna series is how well Selkirk goaltender Andy Stoesz played between the pipes.

"Andy was dominant. He wasn't a very imposing figure and wasn't big like goalies are now. He never wore the oversized equipment they do now. He wore a cage mask like a catcher would wear, and he usually wore glasses under his mask."

Selkirk took Game 1 5-4 and dropped Game 2 6-0. The Steelers would take Game 3 5-4, and the clubs would head to Kelowna, B.C., for the remainder of the series. In Kelowna, the Steelers took a 3-1 series lead after thumping the Buckaroos 8-3.

"When we got to Kelowna, we were surprised to find that they had a small rink with a small ice surface, similar to our barn in Selkirk. It kind of felt like home. We won the first game to go ahead 3-1 in the series. Andy stood on his head again."

One more win would get Selkirk to the Centennial Cup finals, however they lost the next two games which forced a Game 7.

"We had a day off between the sixth and seventh games," said Kaluzniak. "The ice was available for us to work on some things, but Dorman's psyche kicked in again. By that time, we had played around 85 games. There was not much more we could learn. It was early May, and the weather was beautiful. George gave us the day off and said to have some fun. The guys took advantage of it, and I think it got us in the right mindset for the task ahead."

For Game 7, Dorman made a switch ahead of the

contest as he made the call to go to a one-man fore-check system where the first guy in would press the play, while the other two forwards would turn and pick up the wingers.

The tactic seemed to work as the Steelers took Game 7 by a 5-2 scoreline, thanks in part to an early third period goal by Bill Whitehead that was a game winner as the Steelers would advance to the Centennial Cup finals and win the Western Canada Junior A Abbott Cup title.

The Steelers returned to Winnipeg and then flew out to Ottawa the next day to take part in the National final against the Smiths Falls Bears. The entire series was to be played in nearby Nepean, which was less than an hour's drive from Smiths Falls, so you could say that it would be an all-road-game series for Selkirk.

"I'm not sure who booked the accommodations for us, but we ended up at a terrible hotel in Ottawa," said Kaluzniak. "Dorman wouldn't stand for it, neither would the guys. We never unpacked the bus and headed out looking for a better place. We eventually found a nice spot to stay. I don't recall the name of the place, but there was a big Italian lady who ran the place, and we ended up calling her 'Mama.' She was super and would have terrific meals prepared for us at any time of day. It's nice to find a place like that when you have been on the road for so long. The rink was about a 15-minute bus ride from the hotel. We went there to get unpacked, and we had an hour's ice time just to loosen up as we played the next night. When we got to the rink there, was a team on the ice in sweats fooling around. We thought maybe they were a local midget team. It turns out it was the Smith Falls Bears. We figured we had the series in the bag."

The Centennial Cup series would be a seven-game thriller that was played over 11 days. Selkirk would take Game 1 5-4 with the help of Gord Kaluzniak's two goals. Andy Stoesz backboned the Steelers to a 7-4 win in Game 2, before Smiths Falls responded with a 3-0 Game 3 victory.

"Talent-wise, Smith Falls was probably the least talented team we played on the run, but they were the most like us. They worked hard, checked hard, and were persistent. Everyone contributed, as they didn't rely on one guy or one line. Every time you stepped on the ice, you were in a battle."

One of the turning points in the series came when the Steelers won Game 4 by a 2-1 scoreline, despite being outplayed and outshot by a 56-19 margin.

Kaluzniak calls Stoesz outstanding that night and the greatest goaltending performance that he has ever witnessed as a player.

Somewhere during the series, the team had a day off and went to Parliament Hill. The club was invited into the office of former prime minister of Canada John Diefenbaker and ended up having a nice chat with him.

"We had a great conversation and he said that since we beat out his home riding (Prince Albert) that he was rooting for us to knock off the local team."

Selkirk was up 3-1 in the series, but lost Game 5 and 6 with the latter in overtime, to once again set up a seventh and deciding game, this time for a national championship.

"In Game 7, we gave it all we had, as did they. It ended up 0-0 after regulation, but it wasn't a defensive struggle. Both teams had numerous chances.

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> 50 YEARS, FROM PG. 21

Both goaltenders were phenomenal. It was a tough, evenly played game.”

After a scoreless sixty minutes, overtime would decide the Centennial Cup. At the time, there was a rule that they would first play a full ten-minute period of overtime, regardless if someone scored. If it was still tied, the next overtime period would be sudden death.

“We thought Andy Stoesz was the best goalie in Canada at the time. He was just so good for us.” Said Wilkinson. “It was amazing that we were able to win those Game 7’s in dramatic fashion and keep on going. We came back as a team in some cases and really did good to pull it out in the end.”

With around three minutes left in the first overtime period, Kaluzniak and his linemates were pressuring the Bears deep in their zone. It was at this time that Gord Kaluzniak would become the hero at the 7:09 mark overtime and score the series-clinching goal for Selkirk.

“They rapped the puck around the boards attempting to clear the zone,” said Kaluzniak. “Our defenceman, Ken Neufeld, decided to pinch on the play. He stopped the puck and rapped it back in along the boards. Their defenceman attempted to control the puck on the backboards, but my brother Garry pinned him against the boards. Garry quickly gained control of the puck

and heard me holler. I was at the right hash mark, and he backhanded a perfect pass to me. I one-timed it into the far stick side about a foot high, and it went in just inches off the post. All our guys went crazy, except for me. All I could think of was the two and a half minutes left to play and why wasn’t it a sudden death overtime. The last few minutes of the game were hair-raising. They had several good chances, but Andy held us in there.”

When the final horn sounded, the score was Selkirk: 1 Smith Falls: 0. The Selkirk Steelers were officially national champions as they had captured the Centennial Cup, capping off one heck of a run.

“It was great to celebrate on the ice with my brother and especially my father,” said Kaluzniak. “Dad loved the sport, but never had the opportunity to play or even skate. If you were to select any one of the guys that played on that team and ask them what the difference maker was for our team, they would answer the goaltending of Andy Stoesz. There were a lot

of games that he stole for us that we should have lost, right from the Portage series to Smith Falls.”

To win the Centennial Cup, it took Selkirk a grand total of 25 playoff games, with four out of five series wins coming on the road and 96 games in total played overall by the time the season finally ended.

Throughout the run, the Steelers also had a lot of luck regarding a lack of injuries. The team had four defencemen. Bill Whitehead and Chris Magnusson were a pair, and Ken Neufeld and Mike Chubey were the other pair. None of them missed a game due to injury throughout the entire run. There was never a fifth defenseman on the roster.

Gord Kaluzniak went on to play another year in Selkirk, where they lost the Western final. For the next two seasons, he played with the Brandon Wheat Kings and then one with the Brandon Travellers. He was never drafted but had some opportunities to play in the minor pros and in Europe. However, he wasn’t interested. Instead, he went on to play with the Brandon University Bobcats for two seasons.

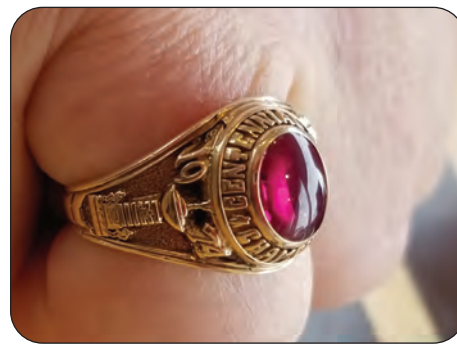
Perhaps, the closest player from the Steelers team to make it in the pros was the clubs’ stalwart net-minder Andy Stoesz.

Stoesz’ heroics in the series were the reason why he went on to be a draft pick of the Toronto Maple Leafs at the 1974 NHL Amateur Draft. Although a pro hockey career wasn’t in the cards for Stoesz, he almost found himself in action for the WHA’s Winnipeg Jets on one night in April of 1976.

At this time, the Jets were playing the Edmonton Oilers in the WHA playoffs. During Game 2 of the series, Winnipeg goalie Joe Daley was penalized for a nasty slashing incident. He was later suspended for one game. The Jets promoted Curt Larsson to starting goalie and looked to Stoesz to dress as Larsson’s backup.

A newspaper article from 1976 recalled Stoesz’s journey to the WHA: “Andy Stoesz is the backup goaltender the Winnipeg Jets brought up from the farm. Not the farm system. The farm. He was loading flax seed at an elevator near his hometown of St. Jean-Baptiste when he was asked up to the phone. The Jets wanted him to back up Larsson for tonight’s game. Stoesz was so excited that he drove home a little faster than he should have, and half the load blew off en route.”

“WE THOUGHT ANDY STOESZ WAS THE BEST GOALIE IN CANADA AT THE TIME. HE WAS JUST SO GOOD FOR US.”



Owen Wilkinson's Steelers Centennial Cup ring.



Number one Steeler Goalie Andy Goetz.



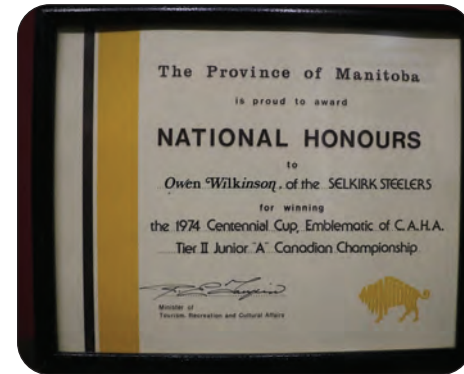
Stoesz had attended the Toronto Maple Leafs 1974 NHL training camp and the Winnipeg Jets 1976 WHA training camp. He turned down minor league contracts, opting for a quiet life on his 600-acre Manitoba farm instead of riding buses around North America.

To this day, the 1974 Selkirk Steelers are still only the third team from Manitoba ever to win the Centennial Cup as national Tier II Junior A champions. The other instances came when the rival Portage Terriers were victorious in 1973 and 2015.

The 1974 Selkirk Steelers have since been inducted into the Manitoba Hockey Hall of Fame in the team category and, in 2014, were inducted into the Manitoba Sports Hall of Fame.

At the half-century mark since the Steelers ultimate run to the top, it’s a time to look back and celebrate the club for their wonderful accomplishment as national champions.

“The 1973-74 Steelers was a team that consisted of many local hockey players,” said Steelers defenseman Mike Chubey. “There were no star players, therefore, no egos. We played as a team and hated to lose. George Dorman was an excellent coach in that he knew how to draw out the best effort from the players that ‘he’ chose. At that time, hockey was ‘the’ main attraction in town, and the whole Town of Selkirk and the surrounding area



supported their team.”

A celebration of the Centennial Cup win is planned for the fall to open the 2024-2025 Steelers Season. Details are to follow.

1973/74 Selkirk Steelers roster:
Mike Chubey, Andy Stoesz, Ken Neufeld, Jim Whall, Erwin Martens, Owen Wilkinson, Chester Reimer, Gerry Dudar, Ron Scherza, Don Mitchell, Bill Whitehead, Chris Magnusson, Kelly Kehoe, Ken Vertz, George Dorman, Adam Kell, Gord Kaluzniak, Ray Mutcherson, Rick Klasen, Howie Parks, Rick Dorman, Tom Wark, Glen Buffie, Adam Tarnowski, Randy Reimer, Marlin Vanrobaeys, Murray Thomson, Garry Kaluzniak, and Peter Kaluzniak Norm Tesluk, Don Mitchell.

Selkirk U15 Fishermen win 2023-24 City Championships

By Lana Meier

The U15 Selkirk Fishermen team brought home the 2023-2024 A2-B Hockey Winnipeg City Championship banner earlier this year. The gold was the cherry on top for an exciting, 21-0-1, undefeated hockey season.

Despite the limited number of players on the bench, with only 12 skaters and one goalie, the U15 Selkirk Fishermen team demonstrated remarkable resilience and determination. They fostered strong bonds and capitalized on each other's strengths, even when faced with adversity. Throughout the year, they were fortunate to receive some call-ups, which proved invaluable during sickness, vacation, or conflicting events, leaving them with an even shorter bench. These call-ups seamlessly integrated into the team family and are a testament to the team's unity and spirit.

The team extends a special thank you to Josh Danko, Holden Maxwell and Mason Cook for their invaluable contributions. And another special thank you to Chad Copet and Marty Cook for stepping in on the bench when the coaches were out, showing the team's adaptability and teamwork.

As the Fishermen approached the semi-finals, they knew they would face their biggest challenge: playing an evenly-matched team. The Fishermen pulled off a 2-1 win in overtime and secured a place in the finals.

On the B-side, the third place team pulled off a win to battle the Fishermen for the gold in a best of five series. Game 1 was an exciting back-and-



PHOTO SUBMITTED

Congratulations to the Selkirk Fishermen on winning the Hockey Winnipeg A2-B U15 2023-24 banner. The team included, Clint Hartwell (coach), Chris Smoley and Josh Carter (assistant coaches), Robyn Yates (team manager), Janice Machnee (safety) and Shawna Colavito (parent rep.). Players, Sawyer Yarych, Grayson Gilbert, Tyson Yates, Orion Carter, Ethan Dewar, Jaylah Peterson, Lucas Samagalski, Matteo Colavito, Matyas Kares, Traycen Owen, Tyler Hartwell and Xavier Smoley.

forth match with a 2-1 Fishermen win. The momentum carried into game 2 with a 6-0 win. Going into Game 3, the excitement in the air could be felt all around. The team spirit was palpable, with friends, family and players all piling into a bus to head off to the game. The players and supporters painted

their faces, brought out the bells and horns, signs, and incredible energy to cheer on their Fishermen team. A 4-1 win secured the gold for this incredible group of players, a testament to their collective effort and unity.

Injuries halt Thunder's home opener

By Kieran Reimer

The Interlake Thunder Varsity Girls home opener didn't go quite as planned.

The Thunder began their season Thursday against the St. Vital Mustangs in a game that they called off after only two quarters due to injuries requiring two ambulances to attend.

Head coach Joel McDonald said one of the injuries was due to contact, the other a "medical emergency."

At the time of the second injury the Mustangs lead the game 14-0 after converting on touchdowns in the first quarter.

Following the second injury, Thunder players and coaches decided the game needed to end there which was ultimately ruled a 14-0 victory for the Mustangs.

McDonald stood by their decision. "While I was attending the girl on the field some of our coaches checked in on the girls to get their state of mind because they were pretty shaken after what went on," said McDonald. "We had a couple of our coaches approach the Mustangs coaches to see about pulling the pin on the game. The Mustangs head coach was reluctant to call the game because he was concerned it



RECORD PHOTO BY JO-ANNE PROCTER

Interlake Thunder's Jessica Teixeira hands the ball off to Leah Enns.

would be called a tie. I talked to our coaches and girls and said that's fine, we'll forfeit and told them we would be walking off."

Both players are now back with the team, the second however will not play in Thursday night's game against the Falcons Football Club.

McDonald is proud of the way his players have handled injuries so far this season.

"We'll go with what we got," said McDonald. "That's becoming our rally cry. They step up. We had girls play both ways who were eager to step up and that's what a football player is. We are proud of that and we're going to get back at it."

The Thunder are also receiving medical help from Kelsey Moeller Brown, the team's new medic who comes to practices once a week to help with



Interlake Thunder's Ella Dalton rushes the ball through St. Vital Mustang's defence.

treatment and diagnoses for the players.

McDonald said her time she's set aside to help is much appreciated.

The Thunder are now back practicing in preparation for the Falcons. They will also get a chance at a rematch with the Mustangs the following Thursday.

He said that game will be the perfect opportunity to see how his team is developing.

"We'll use our game against the

Riverton's Johnny and His Musical Mates earns spot on MFA Wall of Fame

By Patricia Barrett

Riverton's legendary band, Johnny and His Musical Mates, was honoured for its outstanding contribution to fiddling music last month by the Manitoba Fiddle Association.

During a celebratory event held on April 28 in Carman, Man., the MFA added the musical mates to its Wall of Fame with family and friends in attendance.

The musical tour de force was composed of Johnny Johannesson, Kris Johannesson, Laugi Johannesson, Dorothy Johnson, Sella Benedictson, Kristine Collins and family friend Harold Bjornson. The spirit of their music has been kept alive through successive generations over seven decades.

Sella Benedictson is the last surviving member of the musical mates, and she accepted a plaque at the ceremony on behalf of her musical family.

Families of the performers said in a joint statement that they're so proud of their forebears' being recognized by the association.

"The families of Johnny and his Musical Mates are extremely proud of the recognition from the Manitoba Fiddle Association with the induction to the Wall of Fame. This family orchestra has shared their talent and love of music with many people of all ages, over seven decades, continuing the legacy for generations to come," said the family. "Music was at the core of all of our gatherings and this sense of community helped to provide all of us with many moments of happiness, joy, hope and great memories. We feel so fortunate that the last remaining member of the musical mates, Sella Benedictson, was able to be a witness to this beautiful event."

In the 1930s, Sturlaugur "Laugi" Johannesson Sr. and his two young sons, Johnny and Kris, played the violin at house parties. By 1941, Johnny and Kris had become seasoned performers. Between 1941 and 1950, they encouraged their four siblings Doro-



Brian Austfjord, a neighbour of the family, attended the award ceremony and congratulated Sella.

thy, Sella, Kristine and Laugi, as well as family friend Harold Bjornson, to play with them and the band eventually became known as Johnny and His Musical Mates. The band played an integral role in Riverton's musical history, according to the biography provided on the plaque.

"They were sought after for their old-time danceable feel with a rich, full bodied musical sound," states the biography. "Johnny's strong lead violin along with Kris's smooth harmony were so in sync that often it sounded like just one amazing violin playing." Sigrid Palsson, the daughter of Dorothy Johnson, commemorated her musical family with a written tribute covering the band's early and later years.

Palsson said Sturlaugur and his sons Johnny and Kris were the "inspiration" to the other four Johannesson children. In 1941, Dorothy, 13, on piano and Sella, 10, on Hawaiian guitar joined the band. Laugi, 9, on drums joined four years later. In 1950, Kristine, 15, on accordion joined. Harold Bjornson was a "valuable" addition to the band with exceptional guitar playing and singing. The musical mates became exceptionally popular and established themselves throughout the Interlake.

"The decade of the 1950s brought



PHOTOS COURTESY OF THE FAMILY OF THE MUSICAL MATES

Johnny and His Musical Mates. From left: Johnny Johannesson, Kris Johannesson, Dorothy Johnson, Sella Benedictson, Kristine Collins, Laugi Johannesson and Harold Bjornson.



The descendants of the musical mates entertained at the awards ceremony. From left: Taylor Sigvaldason (grandson of Kris) Trevor Sigvaldason (grandson of Kris), Caitlin Armstrong (granddaughter of Johnny), Don Benedictson (son of Sella), Brady Collins (grandson of Kristine), and Daniel Koulack (friend of Don).

the era of dances at the Geysir and Vidir halls. Everyone who lived in the district knew these places well. Every Saturday night Johnny and His Musical Mates would play in a hall filled to capacity," wrote Palsson in her tribute. "Chores would be finished a little earlier and dress clothes and shoes set out. People anxiously awaited the journey down to the hall where they would be greeted by the shuffle of dancing feet and outstanding music."

Brian Austfjord, owner of the Hnau-sa General Store, south of Riverton, and who established the Breidavik Nja Island Historic Library & Resource Centre as a tribute to Icelandic heritage, attended the ceremony in Carman to help the family celebrate the honour.

"I personally grew up with their

music and was a neighbour. I sure do miss their music," said Austfjord, who shared a photo of the plaque and one of the tributes the band collected over the years. "Third generation family members played a few sets at the awards to a packed dance floor."

The Manitoba Fiddle Association encourages, promotes and preserves fiddle music. Its Wall of Fame is an exhibit where the public can learn about the history of fiddle music, see historical artifacts and read about talented Manitoba fiddlers who've brought fame to the province, promoted fiddling in their community or played as an accompanist to fiddlers. Inductees receive a plaque with a photo and biography. The Wall of Fame is located in the Carman Community Hall in Carman, Man.

> THUNDER, FROM PG. 23

Mustangs to measure ourselves and see where we've improved against the same opposition," said McDonald. "We can do that against the Falcons too, but going into the Mustangs we have something to compare it to. We'll see our progress and development. Last game was the first at this level for some of our girls and they've figured that out."

And though the game was short, Thunder rookies were still able to get a taste of playing in an actual

game.

McDonald said they had a tough start but recovered as the first half went on.

"Our defence got their footing under them and started to get some good stops," said McDonald. "Same for offence, they started to get some first downs and extend some series a bit."

Thursday night's contest against the Falcons is set for 7 p.m. from Falcons Football Club Field in Winnipeg.

Annie the Musical comes to Walter Whyte School



RECORD PHOTOS BY KATELYN BOULANGER

Music teacher Carolyn Farquharson led 30 grade 3 to 5 students to the stage last week with the group pulling off an amazing performance of Annie the Musical. The sun definitely came out on this performance.



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

Fun By The Numbers

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

Level: intermediate

Here's How It Works:

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

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

Sudoku Answer

E	A	D	T	P	G	E	S	I	T	M
S	E	N	O	T	R	O	C	P	M	A
V	T	B	T	S	E	S	E	H	C	O
R	I	L	C	E	S	V	N	V	L	B
R	O	I	S	I	S	V	A	R	V	S
L	N	R	S	E	N	S	S	U	O	S
S	V	N	S	N	I	E	T	S	A	V
R	E	P	D	O	I	H	M	V	N	M
V	N	R	S	V	T	S	E	S	V	C
S	S	N	T	V	M	S	S	V	L	V
S	M	R	E	C	S	G	E	M	E	M
O	O	D	E	R	E	L	I	M	E	D
A	D	C	O	O	M	E	L	S	V	E

Crossword Answer

CROSSWORD

CLUES ACROSS

- Geological time
- Ooze
- A set of eight
- Obstruction
- Swiss mathematician
- Philosophy
- The night before
- A timid person
- Unifies
- Gangs
- Alternative name
- Acumen
- Cathode-ray tube
- Tantalum
- Soluble ribonucleic acid
- Humiliate
- Earthy pigment
- Air Force
- Adult males
- Stiff untanned leather
- Before
- Atomic #18
- Beer mug
- Nostrils
- Type of chef
- Midway between north and east
- They ___
- Splits
- Walk in a timid manner
- Preserved animal skin with hair
- Popular donut shop item
- You smear it on bagels
- Don't know when yet
- Equal to 10 amperes
- Synthetic acrylic fiber
- One point south of due east
- Of mixed ancestry
- Home of the Pyramids
- A way to change color

CLUES DOWN

- Excessive fluid accumulation in tissues

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20			21					22						
23						24	25						26	27
		28				29				30				
31	32					33		34	35	36			37	
38					39	40							41	
42					43					44	45			
46		47	48					49		50				
51					52	53	54			55			56	57
		58								59				
60	61							62	63				64	
65								66					67	
68								69					70	

- Untangle
- One from the U.S.
- Academic terms
- San ___ Obispo, in California
- Not healthy
- Self-assessment questionnaire (abbr.)
- Arugula genus
- VIII
- Makes a monarch
- Tormentor
- Commercials
- Sprinkle
- Make a mistake
- Freshwater fishes
- Vermont town
- Man-made device
- Entrap
- Places to store important things
- Accumulate

- Greek mythological nymph
- Gregory __, American dancer
- Denotes past
- Becoming popular again
- Indicates position
- Came before
- An extra seed-covering
- Cheerful
- Deli sandwich staple
- Skateboarders love them
- Mandela's party
- Sierra lake
- Nickname for Elizabeth
- Remove from record
- Employee stock ownership plan
- Former NFLer Newton
- Relative biological effectiveness (abbr.)
- Work unit
- Town in Cambridgeshire

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IN MEMORIAM



Marilyn Peebles

In memory of my best friend, "Jenny", who passed away May 11, 2023

This year has been a rough one, Without you here with me; I know that you're at peace now, In a place where you are free. I miss our chats and crazy times, And your smile, I'd love to see; Please meet me at the Pearly Gates, When Heaven calls for me.

Always missed by your pal, "Ida"

"Walking the rest of the path of our friendship alone is heartbreaking"

Don't forget to send your special wishes to your friends and family.

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ANNOUNCEMENT

IN MEMORIAM



Keith Bowman

September 15, 1958 - May 9, 2023

There were no goodbyes
When you left all on your own.
They say time eases the pain
But it is still so very fresh.
Whenever I look at your picture,
I smile through the tears and
I am reminded of so many memories
-Loved and missed,
by your family

ANNOUNCEMENT

IN MEMORIAM

Thelma Bell

In loving memory of our Dear Mom, Amma and Amma-amma who passed away

Two years ago, May 19, 2022

My mother kept a garden,
A garden of the heart;
She planted the good things,
That gave my life its start.
I am my mother's garden,
I am her legacy;
I hope today she feels the love,
Reflected back to me.
Until we meet again Mom.

-Lovingly remembered by daughter Maureen and Harry Erik, Rodney and Kurt and families

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OBITUARY



Rogan Laing Watson
November 12, 1937 - May 4, 2024

It is with heavy hearts we announce the passing of Rogan Laing Watson.

After a life well lived Rogan, age 86, has left behind family and friends who will greatly miss his gentle, kind spirit. Rogan was a proud Scotsman, talented scientist, and a man of faith.

He will be dearly missed by his beloved wife of 63 years Angela; his daughters Shona of Lethbridge, Petra (Bob) of Bellville; his granddaughters Mandy, Nikki (Daimon), Lyndsey (Kelly) and Jamie; great-grandsons Christopher and Gaius (deceased.)

Rogan is predeceased by his sister Lyndsey, his parents Alexander and Elspet.

A private family graveside interment took place Thursday May 9th and a formal memorial service will be held at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Arlene Anderson

With sadness we announce the passing of Arlene, age 73, on April 14, 2024 at Tudor House Personal Care Home after a lengthy battle with health issues.

Arlene is predeceased by her daughter Sara, her parents Arthur and Florence Hansen, in-laws Jim and Edith Anderson, sister Suzanne and sister-in-law Edith Anderson.

Left to mourn are her husband of 53 years Jim, their daughter Karen, brother Tom, sisters-in-law Janet and Madelyn (Ken), nieces Meghan and Heather and nephew Matthew along with her aunt Lorraine Letain and many cousins and friends.

We would like to thank the staff at Tudor house for their compassionate care, especially her favourite head nurse Kristeene and Misty who stayed with her at the end.

Arlene was born March 21, 1951 in Kenora, where she spent some of her childhood until the family moved to Winnipeg. In her teen years her athletic ability and love of art and horses blossomed.

The family cottage on Lake of the Woods became a refuge along with her love of hunting.

In 1971 she married Jim, shortly after they started their family. Arlene became a dedicated mother and strong advocate for children with disabilities. She had a long career working at the Bank of Montreal in Selkirk. Along with being an excellent cook and baker, she was an avid gardener of both flowers and vegetables and an avid golfer. Her art sustained her until the end.

A graveside service took place on Wednesday, May 15 at 1:00 p.m. in the Notre Dame Roman Catholic Cemetery (the south end of Selkirk).

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



John Damm

John passed away with his wife and family members at his side at St. Boniface Hospital on Sunday, May 05, 2024 at the age of 78 years. He celebrated 50 years of marriage with his wife Faye on Saturday, May 04, 2024.

John came to Winnipeg from Germany at eight years of age. He loved solving problems and helping people. Over the years he won numerous awards for music (he played the tuba), bowling and was a second-degree black belt in karate. When he retired, John did volunteer work, loved his exercise classes and dining out. He had a quick wit and loved joking and making people laugh.

Thank you to the staff at Selkirk Hospital. A special thank you to the staff at St. Boniface Hospital for their excellent, kind and compassionate care.

A celebration of life will be held at Gilbert Funeral Home at 309 Eveline St. in Selkirk, MB on Saturday, May 18th, 2024 at 11:00 a.m.

In lieu of flowers, please consider making a donation to a charity of your choice.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Robert (Bob) Adams

March 9, 1940 - May 6, 2024

It is with heavy hearts that we announce the passing of Robert (Bob) Adams, husband, father, grandfather and great grandfather, at the age of 84. Bob passed away suddenly at Tudor House Personal Care Home in Selkirk, MB on May 6, 2024.

Leaving to mourn with fond and loving memories are his wife, Janice Adams; sons Daryl (Donna) Adams, Bradley (Deneen) Adams and Kelly (Leanne) Adams; grandchildren, Raeanne (Nick) Whiteknife, Brandon (Danielle) Adams, Quentin Adams, Jessica (Brandon) Olson, Alysha Adams and Keanan Adams; great-grandchildren Deegan, Kali and Avery.

He is predeceased by his parents Scotty and Hazel Adams and brother Barry Adams.

Bob enjoyed hunting and fishing.

Cremation has taken place and no formal service will be held.

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