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THURSDAY, MARCH 20, 2025

# The Selkirk Record

VOLUME 16 EDITION 11

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## Fun with the Puffs

RECORD PHOTO BY KATELYN BOULANGER

Lord Selkirk Regional Comprehensive Secondary School students are gearing up for a great end of year play. In April, they will be presenting Puffs a fun look into a certain school of magic and magic from the perspective of other characters at the school. Learn more inside.

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# Finding treasure behind a picture frame

By Katelyn Boulanger

A few weeks ago, the *Record* covered the story of the discovery of a historical document found by the Norquay family. Having seen this story, Moira Setter wants residents to know that they absolutely should look behind their old picture frames as she had a similar experience.

In the 1970s Setter found two deeds that were from 1886. The documents were behind two pictures and, like the Norquay family, she had no idea these documents were there.

"I moved the picture that was there because I wanted the frame," she explained.

Since this was about 50 years ago now, she can't remember what the pictures that were in front of the deeds were exactly but she believes that they were flowers or something like that.

She says that she knew pretty quickly that they were historically significant because, being deeds, they were dated and she decided to keep them in the original frames.

The deeds had been passed down in her ex-husband's family but by

the time they were rediscovered, he didn't know the original owners as they were several generations removed from the original owners.

The land that both deeds describe is in what was in "the Parish of St. Andrews in the Province of Manitoba" and they were originally owned by Frances Setter and Mary Flett.

"I put them in the storage room, and just forgot about with them, until lately," said Setter.

She did do a little bit of research and was able to, with some help from the RM of St. Andrews staff, discover that the properties were eventually sold but the mystery of why and how the deeds ended up behind the picture frames ended there.

Setter also confirmed what Scott Norquay said about people of the past seeming to hide important papers in old picture frames or the pages of books. Residents should make sure to give everything that they are throwing away a good once over for hidden treasure.

"I would (recommend you check out your old picture frames). Look what happened to me," said Setter



RECORD PHOTO BY KATELYN BOULANGER

Moira Setter with the historical deeds that were found behind pictures.

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BIG DOLLAR

# Get your tickets now for the high school's production of Puffs

Join students as they explore what else might have happened during those seven infamous years at the school of magic

By Katelyn Boulanger

Students at Lord Selkirk Regional Comprehensive Secondary School (LSRCSS) are getting ready for their end-of-year play and are inviting residents to grab their tickets. This year's play is Puffs or Seven Increasingly Eventful Years at a Certain School of Magic and Magic. The play centres around the experiences of the other students who would have also been at the well-known fictional magical school while the chosen one and his band of brave friends were up to their shenanigans.

"The play is about a group of kids who go off to magic school with a certain other individual who is very well known for his magic abilities at a certain magical school, which we also can't name because of copyright. Everyone knows this individual with the lightning bolt scar and this particular play shows it from another perspective," explained Kris Diaz the theatre teacher at LSRCSS.

Diaz explained that she chose this play because there was a lot of interest in the school play by students this year and Puffs has many characters but also because this production plays into the student's strengths.

"I have lots of really great and strong character actors. And so, when you have great character actors, you've got to show them off. All the wizards and witches and crazy professors, they're all there and accounted for and so, it makes for some really fun directing and performing," she said.

Diaz said to make sure to ready yourself for some fun as this play is most definitely a comedy.

"It's very comedy-oriented, very slapstick-oriented, lots of hilarity and silliness. The characters are all very wild and kind of all over the place and ridiculous," she said.

Grade 11 student Ellie Tolpa explained, "The characters are, like, really dramatic, and they're very funny. They're really played theatrically, if



RECORD PHOTOS BY KATELYN BOULANGER

LSRCSS students practising for their end of year play, Puffs.

that makes sense and the play is also really fun. Everything's played really big, and it's very whimsical."

Diaz recommends that if you are a fan of the books with the boy with the scar, you might be interested in seeing this new perspective.

"They will love it, because they'll love to see the satire of the books, and they'll have a lot of fun seeing that some of their favourite characters show up," said Diaz.

The play is going to be about two hours long and covers all seven momentous school years.

Grade 10 student Hayden Hirst said he likes the way it concludes.

"My favourite part is probably the ending when all the loose ends are closed. Some of the characters get their resolve. Some don't see a happy ending but it shows the whole point of the play and the message that it's trying to convey," he said.

Residents should know that there are about 40 students that are directly participating in the play but that doesn't count the students that are involved in hair styling and makeup, the design students who created the marketing materials for the play, or the construction students who are

Continued on page 5



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## > PUFFS, FROM PG. 4

involved with making the set come together. The whole school really comes together to create this annual bit of fun.

Diaz did say that there are a few considerations that people should make before they grab their tickets.

"We do use flashing lights that's important to note and we also have a fog machine, so that's, just something to keep in mind for those that might be sensitive or asthmatic," said Diaz.

Grade 12 student Ava Dewar feels like many people will enjoy the show.

"It's geared towards all ages, and it's really relatable in the sense that the Puffs are not perfect, they're misfits, they're not the brightest (and) it's a really comforting show. I honestly think it's very uplifting and inspiring," she said.

The tickets for the play are available this week at the high school. They are \$15 for adults, \$10 for Comp students and \$8 for children 12 and under. The play itself takes place at the school's John Vadeboncoeur Theatre on April 15, 16, and 17 at 7 p.m.

Diaz encourages residents to come out and support these amazing kids.

"Theatre is one of those wonderful things that, you can watch something on TV, sure, but when you go and explore live theatre, the comradery and the energy of the room is just something you can't get from watching it on screen. So, come and enjoy live theatre and I mean, these kids work so hard and they're so strong that it's going to be an awesome event.



RECORD PHOTOS BY KATELYN BOULANGER  
LSRCS students are telling the story of silly, lovable background character's in this year's play.

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# Selkirk United Church celebrated PIE Day last week

By Katelyn Boulanger

Selkirk United Church is a very busy place in our community. The space has transformed for many different local activities from welcoming artists and musicians, to being a rehearsal space for local theatre. Last week the church once again celebrated PIE Day affirming its stance to be public, intentional, and explicit about it being a welcoming place for all LGBTQIA+ and Two-Spirit people.

The event started with members gathering to eat some pizza (pie).

From there, Rev. Cole Grambo took to the floor to lead the discussion that followed.

"In a year like this year, it might have been easy to focus on other things, and maybe that's one of the goals of those who are causing chaos around the world right now, to divide our attention in so many different ways, in

so many different places, and so many different issues we forget about some of the important ones," said Grambo.

Despite all of the upheaval that seems to be going on, Grambo explained that we do have time for PIE Day this year.

"At the same time that all of these other things are happening, we have people's very identities under attack. Vulnerable people are being made even more vulnerable, and hatred and racism, homophobia, and transphobia, and all the other phobias are on the rise, and they are being given a voice, and those voices are becoming more radical and more aggressive," he explained.

Grambo said that that is why PIE Day, a day when the United Church celebrates the public, intentional, and explicit inclusion of LGBTQIA+ and Two-Spirit people, is so important to have.

He then decided to steer the pre-



RECORD PHOTO. BY KATELYN BOULANGER

The Selkirk United Church is an affirming community within the United Church of Canada.

sentation through some recent events going from more local stories to national ones.

Grambo started by discussing the church's Pride Flag which flies above the front entrance to the church saying that the church was very glad to be able to put one up. They did have an unfortunate incident a few months ago when some vandals ripped the flag down and caused some damage. Luckily, they ordered a new flag plus a few more as backups should something like this happen again. The new flag is currently flying. Additionally, they have coordinated with others and they now know about cameras in the area that they will be checking if any additional vandalism occurs.

He has also offered to forgive the vandals should they come forward.

"The flag stolen in the middle of the night probably isn't the worst, but we're ready to put up a new one, if and when that happens again. That's a minor detail for us. It's not a big cost measure, but it's important to have that flag flying to show people who we are and what we support. The

Continued on page 6

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## > PIE DAY, FROM PG. 13

fact it was stolen does say something too. There's more work needed," said Grambo.

The presentation then shifted to a video clip where United Church of Canada Moderator Carmen Lansdowne discussed the work of the church to be public, intentional, and explicit.

"Now, more than ever, when queer rights are being threatened and religiously motivated, anti-LGBTQIA+ hatred is on the rise, we must proudly sing out and embrace PIE," said Lansdowne.

Lansdowne also recommended that people check out the winners of the Sing out Proud song contest that the United Church of Canada hosted with songs celebrating inclusion. They can be found online at <https://pieday.ca/>.

Grambo then discussed a recent news program created by CBC's The Fifth Estate which featured the struggles of a small Alberta town's library which was defunded. This li-

brary had been a safe space for LGBTQIA+ youth. The whole story can be viewed at <https://www.youtube.com/watch?v=nRDL9Fm1ZLA>.

"It's a very interesting show, very disturbing. One of the things that jumped out at me was the word indoctrination. That side of things is worried that, opening things up and learning about who people are is an indoctrination. What actually is an indoctrination is trying to close all that talk down so that your vision is then very narrow in terms of what you're learning about, what are the possibilities in your life are for you as a person, or who you actually are, how you identify. So, I think they've just got it so twisted backwards that they're worried that more education is going to be a terrible thing, and they want less and less and less until everyone's acting the same way. It's just very scary and very sad," he said.

Because it wasn't possible to show the entire video in Grambo's presentation, he also showed a clip of an

LGBTQIA+ youth who took part in the video. This person strongly advocated for the need for a safe space in the community.

Grambo also read some of the letters of support that the library and the youth received from the rest of the country supporting the need for public, intentional, and explicit, safe and inclusive spaces in our community.

Grambo then turned the presentation to the international stage discussing the recent changes that the American government has taken to remove rights from people in the LGBTQIA+ community.

From there, he opened the discussion to the group.

Many people reaffirmed that the church needed to be an inclusive space. Some members also discussed how, though they don't themselves understand what being a person in the LGBTQIA+ community is like, they don't have to know, to know that they are people deserving to be included.

Though they already had inclu-

sive marriage and baptism policies in place. The Selkirk United Church took its first steps to become an affirming community in 2014 and after some work, in July of 2015, they officially became an affirming community within the United Church of Canada. In 2019 the church held its first PIE Day and every year the members continue to reaffirm their commitment to being public, intentional, and explicit.



RECORD PHOTO BY KATELYN BOULANGER  
Rev. Cole Grambo presenting on PIE Day 2025.

## Province confirms sixth highly contagious measles case, possible exposure sites

By Patricia Barrett

Cases of measles, a highly infectious and potentially deadly disease, are on the rise in Canada, particularly following trends since the COVID-19 pandemic.

Last Friday, the Manitoba government confirmed the sixth case of measles linked to international travel and updated the public on possible exposure sites. In February alone, Manitoba reported five cases, with one additional case identified this month.

Measles spreads through respiratory droplets. Symptoms usually appear within seven to 21 days and may include fever, runny nose, irritability, and a red blotchy rash. Complications can lead to ear infections, pneumonia, and encephalitis, especially in infants and children.

The government is asking individuals who visited the following locations during specified dates to monitor symptoms for measles:

- Health Sciences Centre, Winnipeg Children's Hospital emergency department on March 3-4.

- Winnipeg Richardson International Airport on February 26.
- WestJet flight WS489 from Toronto to Winnipeg on February 26.
- Toronto Pearson International Airport on February 26.
- Qatar Airways flights QR0767 and QR0605 on February 26.

Public health officials urge anyone at these locations to check their vaccination status and ensure they are up to date with measles vaccines.

Dr. Theresa Tam, Canada's chief public health officer, indicated that most cases involve unvaccinated or under-vaccinated children. As of March 6, there have been 227 confirmed cases across Canada.

The federal government has a travel health notice in place, emphasizing that vaccination is crucial for preven-

tion. In the U.S., there have also been cases and fatalities due to measles among unvaccinated individuals, highlighting the importance of maintaining vaccination rates to prevent outbreaks.

Visit the Manitoba government's

website <https://gov.mb.ca/health/publichealth/diseases/measles.html> for more information about the measles and what to do.



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## Come try ringette for free in Winnipeg Beach on March 23

By E Antonio

The Interlake Ringette Association is hosting a “Come Try Ringette” event at the Winnipeg Beach Recreation Centre on March 23 for athletes between 3 and 10.

Organizers want to see the ringette game grow in the area and hope to get a team to practise and play out of Winnipeg Beach.

Organizer Shalyn Noble is a mom of four who has competitively played ringette for almost 40 years.

Noble’s goal is to get enough players to form a team in Winnipeg Beach. Currently, Interlake Ringette has teams based in Selkirk, Stonewall, and St. Andrews.

Her daughters attended a “Come Try Ringette” event in the summer and instantly fell in love with the sport.

She encourages everyone to give ringette a chance, adding that “the perfect age to start ringette is the age you are right now!”

Nobel said that whether this is your first time on the ice or you are a seasoned pro, everyone is welcome to attend “Come Try Ringette.” All you need to bring is a pair of skates, gloves, and a skating helmet. There will also be helmets available at the rink if you need one.

“We want to bring ringette into the area as we know the commute can be a challenge. We are hoping to provide a local option for kids right in our community,” said Noble.

On March 23, from 1:15 to 2:15 p.m., a group of instructors will have several on-ice stations and drills for skaters to try, all free at the Winnipeg Beach arena.

“Ringette is a fast and fantastic team sport and this event will showcase just that. Participants will be introduced to the game in a fun and positive manner,” said instructor Lindsay Burns. Burns, a former Team Canada athlete for ringette, looks forward to



RECORD PHOTOS SUBMITTED

Players from the two Interlake Ringette 4U teams, a developmental team geared for players 3-8.

introducing more players to the sport in the Interlake.

“Ringette offers opportunities for beginners all the way to elite athletes representing the National Team. As a former member of the national team and advocate of the sport, I am committed to providing an opportunity for girls to get involved in the game, which has given me so much.”

Before the free skate, skaters are invited to watch Interlake Ringette’s feature game starting at 12:15 p.m. The game will have two Interlake Ignite 10U teams battle it out, giving a glimpse of how the game is played.

Interlake Ringette board members will also attend Sunday’s event to answer parents’ questions regarding the sport. This is a perfect opportunity to inquire about rules, equipment, registration and fees ahead of next year’s ringette season.

Advanced registration is required for Winnipeg Beach’s “Come Try Ringette” event as there might be some



Athletes ages 3-10 are invited to the “Come Try Ringette” event for free at the Winnipeg Beach Recreation Centre on March 23.

special snacks and swag for anyone who attends. Online registration closes March 22 at [www.cometryringette.ca](http://www.cometryringette.ca).

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TROUBLE WITH PAPER DELIVERY?

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

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# Jason Dunkerley author and Paralympic athlete makes a stop at the Library

By Katelyn Boulanger

At the beginning of this month, five-time Paralympic middle distance runner and five-time medalist Jason Dunkerley stopped by the Gaynor Family Regional Library to share his autobiography *Visions of Hope, Running Towards My Own Truth*. The book details his journey as an athlete travelling around the world as well as his life starting out in Northern Ireland and moving to Canada as a child. In addition to being a talented runner and author Dunkerley is also a musician and played some of his music for the crowd.

After being introduced, Dunkerley spoke about his writing journey which started in about 2019. From the beginning, it took him a few years to get the manuscript finished up and then another year for publishing to take place so the book itself has just recently been published about 3 months ago.

"It's really great to be starting to share it with people. The title is *Visions of Hope, Running Towards My Own Truth*. It's a book about running and the highs and lows of being a competitive runner who's blind, having had the great privilege to compete at the Paralympics, and representing Canada over 10 years as part of the national Paralympic athletics team," he said.

He explained that though the book does focus on his running career it also goes into depth about himself as a person as well as his other interests beyond running.

"I really try to just tell the whole story. Growing up, I was born in Northern Ireland in the late 70s and grew up in the 1980s during the Troubles in Northern Ireland. And so, I talked about that. I have two brothers and a sister— two younger brothers who also have a congenital eye condition, just like I do, called Leber congenital amaurosis," said Dunkerley.

He talked about how he and his brothers were very interested in sports from a young age.

"We loved to listen to sports and follow soccer and track and field and cricket and all the sports that are really big in that part of the world. We also liked to adapt a lot of our own sports. With soccer, we would tie a grocery bag around a soccer ball so we could hear the ball when it was coming towards us, and that enabled us to play soccer in our own adapted way," he said.

Dunkerley made the journey to Canada in 1991 when he was 13 years old when his family made the move together. He explained that it was a difficult transition for him going from one country to another but that he discovered running in high school and then continued to run in university.

"I made my first national team just from increased training and being in an environment that really challenged me to get better and that was the beginning of my international running," he said.

Because this book is about more than just his running journey he does have certain themes that he explores as part of his story and loss is one of them.

"Learning to lose as an athlete, lose races and lose gracefully. One of the examples I write about in the book is my first Paralympics, which were in Sydney, Australia, in 2000 and just the experience of competing in the final of the 1500-meter race against other blind runners. (I was) leading the race most of the way with my guide runner and then got passed at the end," he said.

Dunkerley said that it took him some time to realize he didn't lose the race but had in fact won second in his first Paralympic games.

Other themes of loss that he explores are the loss of important people in his

life like his mother and brother.

The book is dedicated to Dunkerley's mother who always supported him in whatever he wanted to do.

Another theme that he has chosen for the book is relationships. One very important part of Paralympic running is the relationship that develops between the athlete and the guide runner.

"For me, running has always been kind of a team sport, in a way, and setting a goal to be in a race and the accountability that each of you brings," Dunkerley said.

Another theme that Dunkerley wrote about was running as you age and experience life. At one point he experienced a car accident that he had to recover from.

"Coming back to that accident and having to train in a very different way to be able to be competitive again that was another stage. I also donated a kidney at one point too," he said.

Dunkerley ended the presentation by showing a video of an important race which he won and talking about the strategy that went into that race as well as the hard work put in by himself and his guide runner.

He also had Joannie Habs help out by reading



RECORD PHOTO BY KATELYN BOULANGER Jason Dunkerley talking about his new book *Visions of Hope, Running Towards My Own Truth* at the library in Selkirk.

## PUBLIC NOTICE

### Pesticide Control Program

Public Notice is hereby given that the Province of Manitoba intends to conduct the following Pesticide Control Programs during 2025 within the province right of way.

1. To control invasive plants and noxious weeds on Manitoba Provincial right of way.
2. The herbicides include: Dicamba, 2,4-D amine, 2,4-D Choline, 2,4-D Ester, 2,4-D, Mecoprop-p, Dichloroprop-p, Aminopyralid, Metsulfuronmethyl, Diflufenzopyr, Fluroxypyr, Imazapyr, Triclopyr, Picloram, Aminocyclopyrachlor, Chlorsulfuron, Saflufenacil, Iron (as FeHEDTA), Glyphosate, Clopyralid, Bromacil, Acetic Acid, LI 700, Non Ionic Surfactant, Flumioxazin, Indaziflam, Florpyrauxifen, mineral oil, Methyl Ester & Ethyl Ester.
3. The proposed dates of application for this program will be from April 15, 2025 to October 31, 2025.

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Environment and Climate Change  
Environmental Approvals Branch  
Box 35, 14 Fultz Blvd  
Winnipeg MB R3Y 0L6



Continued on page 10

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Manitoba

# Tudor House hosts community information sessions this spring

## Learn about long-term care, dementia care or attend a bereavement support group

By Katelyn Boulanger

Tudor House Personal Care Home is inviting residents to some information sessions and a support group that is taking place this spring. In order to support the community, they are hosting a presentation by the Alzheimer Society of Manitoba about Understanding Dementia, also with the Alzheimer Society, there is a bereavement support group starting up, and finally, towards the end of the month, there will be an information session about long-term care informa-

tion.

“(We’re) offering these two programs for our community to bring awareness and to talk about dementia as well as there’s going to be the third point about long-term care,” said Melanie Thomas, social worker at Tudor House Personal Care Home.

She explained that the reasoning behind hosting these programs is that they are advocating for compassion and action highlighting the dedication and advocacy that that drives

meaningful change in communities. This is also the theme of Social Work Month which is this March.

The first program is an Understanding Dementia in Long Term Care information session. The presentation will be made by Alzheimer Society of Manitoba’s First Link Regional Team Lead Samantha Holland who is based in Selkirk’s Gordon Howard Centre.

“The focus is less on the basics of dementia as it pertains to what it looks like and how to get a diagnosis, but on the ways in which specific brain changes impact behaviour. So, what

she wants to get across is that all behaviour has meaning, and it’s up to us as care partners and people who work with individuals with dementia to be able to offer support to people living with dementia to figure out what it is that they’re trying to get across,” said Thomas.

The session will take place at Tudor House on April 1 at 7 p.m. and residents are asked to register in advance.

“The presentation will focus on how these various behaviours might present in the mid to later stages of de-

Continued on page 11

## NOTICE OF Annual General Meeting

**April 15, 2025**

Notice is hereby given that the 66<sup>th</sup> Annual General Meeting of the Members of Cambrian Credit Union will be held on Tuesday, April 15, 2025 at 7:00 pm. This meeting will be held virtually, via webcast, with no physical meeting location. Cambrian’s head office, located at 225 Broadway in Winnipeg, Manitoba, will be deemed the Annual General Meeting location for record-keeping purposes.

### Business of the Meeting

1. Receive and consider the financial statements of Cambrian for the year ended December 31, 2024 and the report of the Directors, management and auditors thereon;
2. Receive a report of Cambrian’s call for Director Nominations and announce the results of the Election of Directors;
3. Appoint the auditors of Cambrian for the 2025 year; and
4. Transact such other business as may properly come before the meeting.

### Accessing the Meeting

Access to the Annual General Meeting webcast will be open to each member of Cambrian entitled to vote at the meeting. In order to gain access, eligible voting members are required to pre-register. Pre-registration opened at 9:00 am Monday, March 10<sup>th</sup> and closes Tuesday, April 8<sup>th</sup> at midnight. *To pre-register, and for more information about the virtual Annual General Meeting, members are encouraged to visit [www.cambrian.mb.ca/2025AGM](http://www.cambrian.mb.ca/2025AGM).*

Dated at Winnipeg, Manitoba this 20<sup>th</sup> day of March, 2025.  
By order of the Board of Directors.

**Marilyn Brennan**  
Corporate Secretary



RECORD PHOTO BY KATELYN BOULANGER

There will be some information sessions and a support group at Tudor Home this spring.

## > JASON DUNKERLEY, FROM PG. 9

some passages from the book that highlighted the themes of the presentation.

The presentation ended with a musical performance from Dunkerley and a Q and A session.

Dunkerley’s book *Visions of Hope, Running Towards My Own Truth* can be purchased at <https://yorklandpublishing.com/titles/visions/>. The book is also available to borrow at the Gaynor Family Regional Library.

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> TUDOR HOUSE EVENTS, FROM PG. 10

mentia, which is typically the point at which individuals are transitioning into long-term care. The larger focus is sensory changes and the ways we can approach and interact with the person for a better chance of success while visiting and providing care,' she said.

Thomas explained that this info session is open to anyone in our community and would be beneficial to families or anyone who might provide care or look out for someone with dementia like a neighbour or friend. She said it also would benefit people who work with people with dementia.

Next, at the boardroom in Woodland Courts there will be an eight-week Bereavement Support Group that aims to help residents navigate the complicated feelings that come up when someone with dementia passes away.

This group runs for eight weeks from April 2 to May 21. Thomas is facilitating this program and she is a volunteer for the Alzheimer Society in addition to her role at Tudor House.

"The focus is to support those who are in the process of grieving someone who's died with dementia and to acknowledge the unique and complex experience of having been a caregiver or a care partner for a person with dementia. This will also include the grief of losing aspects of that person and that relationship, even before the person actually passes away, which we call ambiguous loss," said Thomas.

It is a specific experience losing someone to dementia because care partners lose their person piece by piece. This group acknowledges that grief is universal and combines information as well as discussion sessions.

"This (bereavement group) is a little more specific to individuals who have lost a family member with dementia. So, it could be a spouse, could be a son or daughter or a relative. But it is targeted towards that group of people who've actually experienced that," said Thomas.

This support group will also require advanced registration.

The third event that will be taking place doesn't have an exact date on the calendar yet but Thomas plans to host a What to Expect Navigating Long Term Care information opportunity towards the end of May.

She explained that this event will be

open to anyone in our community who might need more information about long term care as so many people at some point in their lives need long term care.

"The focus will be on managing and meeting expectations of families when their loved one comes into long term care, and there'll be a variety of topics," said Thomas.

She said if you are planning to attend you should start to think about what questions you might have as there will be a question and answer portion.

"Some of the areas that I will cover will be about everything from the services that are offered at a care home, the financial and legal considerations when your loved one comes into a care home, quality of life and well-being, and some of the programs that

we offer and how to maintain and address your family's quality of life and well-being and make sure that we can maintain that health and safety protocols," she said.

She also wants residents to know that this information will not just be specific to Tudor House but will be helpful to people with care questions who haven't gotten to needing long term care yet or even if someone has a family member in care in another community.

"Literally everyone would benefit (from coming), just in terms of really good information, because so many people are going to experience long term care in some way or another. For themselves, that's an important one, somebody may be living in community that's living independently and know that this may, in five years, be where they're going to end up residing," she said.

Thomas believes it's important that we have these conversations about long term care and dementia in our community.

"From my perspective, a social work perspective, would be to be able to normalize when we're talking about dementia and long term care, that this is something that's really, really common," she said.

Thomas invites residents who would like to attend the support group or the sessions to register for these events by emailing her at melanie@mytudor.ca or by calling 204-482-6601 ext. 141.

"LITERALLY EVERYONE WOULD BENEFIT (FROM COMING), JUST IN TERMS OF REALLY GOOD INFORMATION, BECAUSE SO MANY PEOPLE ARE GOING TO EXPERIENCE LONG TERM CARE IN SOME WAY OR ANOTHER."

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# First family medical clinic in West St. Paul open to patients

By E Antonio

West St. Paul's first medical clinic is now open and accepting new patients.

The West St. Paul Medical Clinic, a new family medicine practice located at 1A-1051 Kapelus Dr., officially opened its doors on March 10.

The clinic's medical director and family physician, Dr. Temitope Ajayi, is excited to provide this essential service to the community. The clinic offers a range of services, including vaccinations, joint injections, cryotherapy, ear irrigation, pre-operative assessments, and MPI medical examinations. Dr. Ajayi graduated with a Doctor of Medicine degree from the University of Ibadan, the first medical university in Nigeria, in 2008. He then moved to Leicester, United Kingdom, in 2020 to complete his residency in Academic Family Medicine, as well as to earn a Master's of Research (MRes) degree in Clinical Sciences and a fellowship with the National Institute for Health and Care Research (NIHR). In 2022, he relocated to Manitoba to experience Western healthcare and practiced family medicine in Selkirk before opening his clinic in West St. Paul.

"I am a family physician with interest in care of the elderly, chronic disease management, teaching and research," said Dr. Ajayi. He added that he holds a non-salaried position with the University of Manitoba as a lecturer and instructs medical students and resident doctors.

The team at West St. Paul Medical



West St. Paul Medical Clinic, a new family medicine centre is accepting new patients under the care of Dr. Temitope Ajayi.

Clinic includes Dr. Ajayi, his clinic manager Megan Good, and two office assistants. Starting April 1, a medical student will also begin their clinical placement at the clinic.

Dr. Ajayi has always wanted to support his community, and opening a clinic in West St. Paul was an easy decision.

"Upon finding out that West St. Paul did not have a family clinic despite its growth and development, a new clinic in the municipality will improve access to health care and create a community (feeling) amongst the clients attending the clinic."



RECORD PHOTOS SUBMITTED

West St. Paul councillor Giorgio Busceti, left, Dr. Temitope Ajayi, middle, and West St. Paul Mayor Peter Truijen, cut the ribbon for the grand opening of the West St. Paul Medical Clinic.

Dr. Ajayi is currently accepting new patients. You can book an appointment by calling (204) 800-4652 or by scheduling online at [www.wspclinic.ca](http://www.wspclinic.ca). Please note that appointments booked through the website must be processed and confirmed. You will receive a confirmation email prior to your appointment.

Before being accepted as a patient, new patients must schedule a meet-and-greet appointment with Dr. Ajayi, either by phone or in person. He also offers same-day appointments. Please call before noon to secure a limited day-of appointment.

The West St. Paul Clinic is now open 9 a.m. to 5 p.m. Monday through Friday at 1A-1051 Kapelus Dr.



Dr. Temitope Ajayi and clinic manager Megan Good at the grand opening.

## Breast cancer screening clinic in Selkirk until April 3

By E Antonio

Women ages 50 to 74 can schedule their mammograms at CancerCare Manitoba's mobile Breast Check Cancer Screening Clinic located at 66 Eveline St., in Selkirk available until April 3.

It is recommended that women in this age group receive a mammogram every two years to screen for breast cancer.

"It is crucial for women to be screened for breast cancer because screening is the best way to find breast cancer early. Early detection leads to early intervention," explained Michelle Rosentreter, Nurse Navigator with Cancer Navigation Services in Interlake-Eastern Regional Health Authority.

According to the CancerCare Manitoba web-

site, approximately 900 women in the province are diagnosed with breast cancer annually, leading to around 200 deaths from the disease. Mammograms are free for those with a Manitoba Health Card and can be scheduled by calling 1-855-952-4325.

Expect your appointment to take between 10 and 20 minutes, and you will receive your results from your healthcare provider within two weeks. If further testing is necessary, your provider will discuss the next steps at that time.

Routine mammograms are one of the best ways to detect breast cancer early and to access more treatment options

"It doesn't take a lot of time, but the impact can be life-saving," added Rosentreter.

If you are due for a mammogram, please schedule an appointment with CancerCare Manitoba at their mobile clinic in Selkirk, or you can visit the permanent BreastCheck Clinic at #5-25 Sherbrook St., Winnipeg, which is open year-round.

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# Your Local Community Home Real Estate Section

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## Spring cleaning 101: don't forget these 7 tasks

Spring cleaning is a yearly tradition that breathes fresh air into your home, but certain areas are easy to overlook—or ignore. For a thorough spring cleaning, don't neglect these seven essential tasks.

1. Garbage cans. Even if you empty them regularly, garbage cans can quickly accumulate bac-

teria and unpleasant odours. Be sure to wash them out with vinegar and hot water.

2. Light switches. These high-touch surfaces are breeding grounds for germs. Wiping them down with a clean cloth and all-purpose cleaner can make a big difference.

3. Cushions. Soft, decorative accessories need

attention too. If possible, machine wash or vacuum them thoroughly to remove dust and allergens.

4. Coffee maker. This often-used appliance can develop limescale and grime buildup. Use a mixture of vinegar and water to sanitize the inside. Rinse it thoroughly afterward.

5. Fans. The blades and grilles on both ceiling and standing floor fans quickly collect dust. Use a damp cloth to keep them clean.

6. Blinds and curtains. Machine wash your curtains and dust your blinds with a dry cloth to keep them looking fresh.

7. Vents. Although easy to miss, air vents trap dust and allergens. Use a vacuum cleaner or a damp cloth to keep them clean.

Cleaning these often-overlooked areas will help you create a healthier living space. Gather your cleaning supplies and take your spring cleaning to the next level.

## Soak up these luxurious bathroom features

Kitchens and bathrooms are two popular areas to address when renovating a home. Midscale bath remodels will net a return on investment of about 64 percent, while a luxury bathroom overhaul has an ROI of about 57 percent.

When considering bathroom renovations, homeowners may want to include some unique features that can add style and function, not to mention some much-deserved luxury. With that in mind, the following are some luxurious features to consider.

· Heated floors: There is something to be said for stepping out of the shower and being met with warmth underfoot. Heated floors are not just for people who live in cold climates, either. When the air conditioning is pumping on hot days, tile floors can feel chilly. Heated floors also are aesthetically appealing because homeowners don't have to factor in baseboard heaters or forced-air vents.

· Steam showers: There are many different steam showers on the market, and each can turn regular showers into steamy spa-like enclaves. A steam shower is similar to a sauna and utilizes a steam generator to produce steam in a single area.

· Soaking tub: Although the majority of people shower as part of their daily hygiene routine, a deep soaking tub separate from the shower is ideal for those who enjoy a good bath.

· Luxury mirror: Upgrading the bathroom mirror to one that offers features like defoggers, integrated lighting and a dimmer setting can elevate the bathroom.

· Floating vanity: A floating vanity is mounted directly to the wall to leave space underneath. Better Homes & Gardens says a floating vanity can lend an airy feel to a bathroom.

· Frameless shower: A frameless

(glass) shower door is not only luxurious but also functional for people who want to age in place. With no edge or lip to step over to enter the shower, anyone with mobility challenges can walk into a frameless shower safely.

· Water closet: If space allows, separating the toilet in a water closet from the rest of the bathroom space affords even more privacy. Plus, in couple's bathrooms, a water closet enables two to use the bathroom at the same time for different functions.

· Walk-in-closet: Relocating the bedroom closet to right off the owner's bathroom affords an immediate opportunity to dress comfortably, thus streamlining a morning routine.

Bathroom renovations are worthwhile investments. Choosing some unique upgrades can enhance the design and function of these important spaces.

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**11 Eastshore Drive, Victoria Beach R0E 2C0 - \$449,900**  
Nestled in the tranquil Sand Cliffs at Victoria Beach, this custom-built 1,820SF bungalow offers a perfect blend of comfort and nature. Featuring 3 spacious bedrooms and 2 full bathrooms.

**4736 Henderson Highway, St Clements - \$459,900 BEAUTIFUL MID-CENTURY MODERN HOME!** This 1,296 Sq. Ft, riverfront home offers a tranquil lifestyle on a lush, .46-acre treed lot. The home features 3 Bedrooms, and 2 Bathrooms. The heart of the home is the bright, remodelled kitchen with custom cabinets, quartz countertops and high-end appliances. The beautifully landscaped backyard offers gardens, flower beds, a fire pit area and direct access to the river.

**4 Kilmany Cove, St Andrews - \$164,900 BUILD YOUR DREAM HOME HERE!** Great opportunity to build on this 4-acre lot situated in the desirable community of Kilmany Estates in St. Andrews. Only 10 minutes to Lockport and under 15 minutes to Selkirk for all amenities! Don't miss this amazing opportunity today!

**4821 Main Street, West St Paul - \$434,900 TURN-KEY MOVE IN EXPERIENCE!**  
This charming 2 bed, 1 bath 775 Sq. Ft home offers a turn-key move in experience. Here you will find a brand-new kitchen and living room with fresh flooring and new windows that bring in plenty of natural light. The oversized 1200 Sq. Ft garage/shop is a standout feature with a 12ft commercial door, a mounted gas heater and a built-in office. The home is situated on a half-acre, plenty of outdoor space to enjoy!

**71078 Willowdale Road 29E - \$499,900 GREAT FAMILY HOME!**  
Situated on 20 acres of land is this 1,595 Sq. Ft home with 3 beds and 2 baths. The backyard is a stand out feature with a landscaped garden, with an assortment of vegetables and fruits, and a 14x14 gazebo. The property offers a 28x32 double detached garage, a 24x32 detached shop, 25x32 barn, cattle shed and two 9x9 sheds. The property is perfect to raise your family and make memories!

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# Your FARM



## St. Claude farmer recognized with watershed award

Submitted by Angie Smith

The Redboine Watershed District (RBWD) is pleased to present Nicolas Jobin with the 2025 RBWD Watershed Award. This award recognizes his outstanding contributions and the significant impact he continues to have on our landscape.

Jobin was born and raised on his family's farm near Saint Claude. His father initially operated the farm as a dairy but transitioned it to a mixed farm, producing beef, pork, and grains in 1996. After graduating from high school in 2003, Jobin worked seasonally on the farm while also completing his welding certification and gaining experience in the trade.

At the age of 22, Jobin returned full-time to the farm to work alongside his father. In 2008, he initiated the process for Organic Certification of the farm. By 2014, Jobin was farming organic beef and grains and was also direct marketing beef and pork with his wife, Leanna. His goal was always to expand his cattle operation and transition to full-time ranching. While he enjoyed all aspects of farming, his true passion lay in working with cattle and improving his pastures and land for future generations of farmers.

In 2016, with guidance from various ranch mentors, Jobin focused his farm operations exclusively on cattle ranching, emphasizing rotational grazing and effective pasture management.

Currently, Jobin and his wife, along with their four young children, operate a large-scale ranch with cow/calf and backgrounding operations. They focus on regenerative pasture and land practices, which aim to enhance soil health and land productivity for the next stewards of this land.



RECORD PHOTO SUBMITTED

The Redboine Watershed District would like to congratulate Nicolas and Leanna Jobin and family on their commitment to the Redboine Watershed. He will be recognized in December at the Manitoba Association of Watersheds Annual Conference in Brandon.

Through the RBWD GROW program, Jobin has created a series of swales that go across the high

points of the ranch. He installed a series of dams and culverts that will hold back and divert water slowly over his property through the swales. Once the retention ponds have reached their maximum capacity the design of the swales will allow the overflow to travel across the sandy landscape as slowly as possible along the farthest distance. The slow-moving water will help fill as many potholes as possible along the way to maximize the amount of water that can be infiltrated into the soil and reduce water erosion. By holding water back in the sandy soil, it will increase the recharge of groundwater which will also provide a larger capacity of accessible water for the cattle. This project will help reduce the total volume and speed at which water will flow downstream in the watershed. The increased storage on the wetlands will provide increased wildlife habitat, water storage and decrease the nutrient load.



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MARCH ONSITE CONSIGNMENT SALE 2025. STARTS ON MAR 6, 2025 AT 9:00AM. LOTS START CLOSING ON MAR 13, AT 10:00AM. VIEWING: MARCH 3RD TO 7TH 9AM TO 5PM. PICKUP DAYS: FRIDAY MARCH 14TH 9AM TO 5PM.  
 MARCH OFF-SITE DAY ONE. STARTS ON MAR 20, 2025 AT 9:00AM. LOTS START CLOSING ON MAR 26, 2025 AT 10:00AM  
 VIEWING: MARCH 17 TO 21, 9AM TO 5PM PICKUP DAYS: FRIDAY MARCH 28 & SATURDAY MARCH 29, 9AM TO 5PM.  
 MARCH ONSITE DAY TWO. STARTS ON MAR 20, 2025 AT 9:00AM. LOTS START CLOSING ON MAR 27, 2025 AT 10:00AM  
 VIEWING: MARCH 17TH TO 21ST 9AM TO 5PM. PICKUP DAYS: FRIDAY MARCH 28 & SATURDAY MARCH 29, 9AM TO 5PM.



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# Your FARM



## Farm management specialist: How farmers can find profit in 2025

By Becca Myskiw

As margins are expected to decrease this year for farmers, economic sustainability, innovation, and growth are at risk. So, what can be done to maintain profitability?

Earlier this year, farm management specialist Crystal Berthelette delivered a presentation on finding profit in 2025 at the Central Region Crop Meetings. She addressed the current cost-price squeeze, Manitoba Agriculture's production scenarios for 2025, the importance of farmers identifying their own production costs, cost-cutting strategies that do not compromise yield, and ways to seek out opportunities to ensure profitability.

"Profitability is always important," she said. "But in the 2025 crop year, grain prices are down from the highs of 2022 and 2023; however, crop input prices are not coming down as

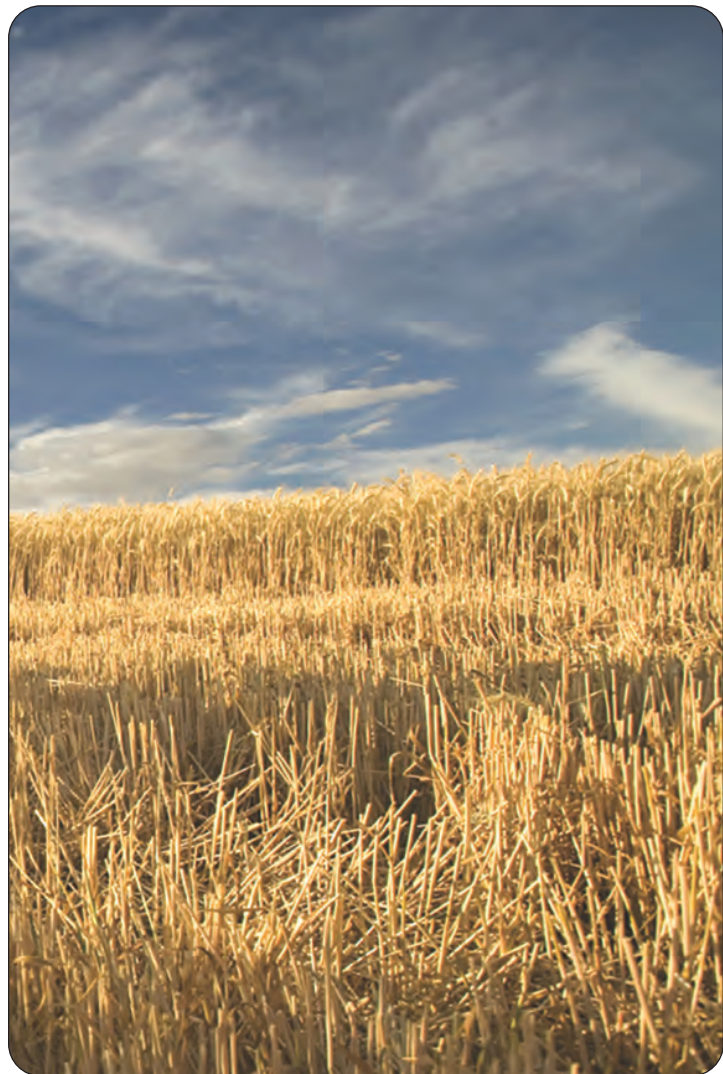
quickly. Additionally, land and machinery prices are rising continuously. A farmer's margin is anticipated to be decreasing for 2025, which can put farm economic sustainability, innovation, and growth at risk."

Average crop prices per bushel have been on a steady decline since 2022, which saw historically high prices for virtually all crops. Canola was priced at over \$26 per bushel, wheat at around \$16, soybeans at \$20, and oats at \$10. As of January 2025, canola is at \$14 per bushel, wheat at around \$8, soybeans at \$12, and oats at just \$4. This represents a significant drop:

canola prices have fallen by 46 percent, wheat by 50 percent, soybeans by 40 percent, and oats by 60 percent in less than three years. While prices have decreased, the average cost of production per crop has risen since 2020. For instance, the cost to produce wheat was just under \$400 per acre in 2020, but it has risen to around \$575 per acre in 2025, which is a decrease from \$620 per acre in 2022. Oats have

increased from \$350 per acre to \$510, canola from \$410 to \$625, and soybeans from \$380 to just over \$500 per acre over the same period. When examining production costs, the majority of the expenses are allocated as follows: land accounts for 18%, fertilizer for 16.5 percent, equipment for 15 percent, seed for 12 percent, crop

Continued on page 16



METRO CREATIVE

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# Your FARM



## The Blood Moon has risen



RECORD PHOTO BY BEV MCLEAN

Another eclipse was seen across North America skies last week, and this time no special glasses were required to view it. A total lunar eclipse – also known as a “Blood Moon” – was seen late last Thursday and into the early Friday morning hours across Canada, for the first time since 2022.

The phenomenon occurred in Manitoba skies in the early morning hours on Friday, March 15, when the Earth was in between the moon and the sun and the moon passed through the shadow cast by the Earth, according to the Canadian Space Agency (CSA).

The Blood Moon gets its name because of its colours, according to Sara Mazrouei, educational developer and planetary scientist at Humber Polytechnic.

A total lunar eclipse is not nearly as rare as a total solar eclipse and contrary to solar eclipses, it is safe to observe a lunar eclipse with the naked eye. If you miss this year's total lunar eclipse, the next one arrives on March 2, 2026.

## > FARM PROFITS, FROM PG. 15

protection and pesticides for 8 percent, and fuel for 5 percent.

“[Farmers] cannot guarantee profitability but knowing their own costs to identify their breakeven yield and price is one major step,” said Berthelette. “Maintaining their yield while cutting some costs (efficiencies) can reduce potential losses.”

### COST-CUTTING STRATEGIES THAT DO NOT COMPROMISE YIELD INCLUDE:

- Conducting soil tests: guessing can lead to over- or under-application of inputs.
- Reducing fertilizer only if the timing or placement is improved: applying fertilizer in the spring is recommended if possible.
- Timing pesticide applications properly: poor timing can reduce overall yield.
- Investing in proven practices and products: seek out local third-party testing.
- Making informed decisions about equipment and land: excessive capital investment for your farm size can burden your operation.

- The right time: ensuring nutrients are available when the crop needs them.
- The right place: keeping nutrients where the crop can effectively use them.

“Farms cannot continue to produce food for Canada and the world when they operate in perpetual losses,” said Berthelette. “Any normal business might fold in the face of the financial losses many farmers face in a poor year. Farms are often asset rich and cash poor, making capital investments and growth a challenge at times.”

Despite farmers doing everything they can to achieve profitability, they face numerous challenges beyond their control.

“Hurdles are weather, unexpected changes in policy, trade, increasing costs,” said Berthelette. “Also, the ability to make sound decisions at opportune times. Major loss factors could be risking yield with poor agronomic decisions (including fertilizer) or missing opportunities to lock in profitable grain prices.”

Berthelette noted that the tactics for farmers remain consistent each year—identifying each farm’s profitability and understanding marketing opportunities are key to managing farm finances.

“Farmers should understand their costs to produce and store the crop, plus they need to know the grain price needed make profit,” said Berthelette. “Then they would have a marketing plan in place to achieve their goals of selling the grain at breakeven or profit-making prices. With grain prices down and crop input prices remaining high, it just may be harder to achieve as much profit in 2025.”

### WHEN IT COMES TO FERTILIZER, IT'S IMPORTANT TO FOLLOW THE 4RS:

- The right source: matching the fertilizer to crop needs.
- The right rate: aligning the amount of fertilizer with crop requirements.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## A.K. Soccer Academy advancing players and program

By Kieran Reimer

A.K. Soccer Academy is on the move, and so are many of its graduating players, who recently committed to playing college and university soccer in the future.

The academy, located at Skylight Complex in East St. Paul, currently has over 700 athletes in its programs from ages 5 to 18, along with its men's and women's teams.

Through travel tournaments, players at A.K. Soccer get seen by university and college teams from around North America.

Recently, they announced that their 2007-born players had received scholarships for teams at the college/university level.

"A lot of the players have been with us since they were 11 years old," said Tony Kinnarath who is the owner and coach of multiple teams at A.K. Soccer. "You take pride in that, and those are the girls that when we first started the academy when they were 11 years old, so now they're 18, so it's a proud moment as an academy when you kind of have those kids since the be-

ginning, and see how well they do."

In the last six years, Kinnarath has also seen A.K. Soccer Academy go from a 15-athlete academy to one with over 700.

The growth has caused the need for a move as A.K. Soccer Academy will be moving into a new indoor and outdoor facility at 160 Liss Road in St. Andrews.

The new facility will feature three outdoor fields and a nine-on-nine indoor field, along with a gym and a canteen.

Kinnarath expects the three outdoor fields to be ready for Summer 2025, while the goal for the indoor complex is 2027.

### RECENT COMMITMENTS:

- Kate Grignon, West Kildonan, committed to University of New Brunswick
- Amelia Nicolin, St. Vital, committed to Universite de Saint-Boniface
- Elia Grosselle, Interlake, committed to Universite de Saint-Boniface
- Emma Belyk, Interlake, com-

mitted to University of Jamestown

- J o l i e Hanslip, Interlake, committed to University of Tennessee at Martin

- A m a n z e Njoku, St. Vital, committed to Davis and Elkins College

- E n a r e Tawo, Windsor Park, committed to University of Illinois Springfield

- D a h S o e, West End, committed to Algoma University

- A z a r El Khalaa, East Kildonan, committed to MacEwan University

- A d a m Kinnarath, In-

Continued on page 18

### Selkirk United Church



### DRIVE BY ROAST BEEF DINNER

Sunday, April 6th, 2025

Pick up at the front door at  
202 McLean Avenue  
3:00pm - 5:00pm

Advanced tickets only.  
Call 204 482 6057

email: gihamm@mymts.net  
\$20.00 per person

Enjoy roast beef & gravy, baked potato, Yorkshire pudding, vegetables, coleslaw, and all the fixings. Your choice of homemade apple, lemon or pumpkin pie!

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

BY ELISHA VANDOR

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

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

- Brenda K.

Here's a fresh perspective from new patient, Doris, who received a new denture from us. She says, "this was my first experience at Vandor Denture Centre. My experience was one of professionalism and caring by both Denturists Matthew and Brock. The partial was fixed and fit perfectly. The receptionists were very accommodating when I had to change my appointment

and gave me a time slot that fit my busy schedule. I definitely am recommending this clinic for any denture needs you may need."

- Doris G.

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

- Don S.

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

- Sharon E.

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



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

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# Fishermen in do or die mode in CRJHL semis

By Kieran Reimer

The Selkirk Fishermen are in a must-win situation as they prepare for Game 5 of the Capital Region Junior Hockey League (CRJHL) best-of-seven semifinals.

The St. Malo Warriors currently hold a 3-1 series lead following their victory in Game 4 on Friday night in Selkirk.

After the Fishermen secured a decisive 5-0 win in Game 3 on March 9, the Warriors bounced back with a close 4-3 victory in Game 4, putting the Fishermen on the brink of elimination.

In Game 4, the Fishermen made a late-game surge, tying the game 3-3 in the third period after trailing by two goals. Theo Courchene scored during the second period on a power play, narrowing St. Malo's lead to 2-1. Although the Warriors regained their lead early in the third period, Dawson Bergagnini scored two consecutive goals for the Fishermen, equalizing the game at three with just 4:35 remaining. However, only 40 seconds after Bergagnini's tying goal, Jeremie Collette scored for the Warriors, putting them back in front. That goal would prove decisive, as St. Malo held on for the 4-3 win, leaving the Fishermen needing to win three straight games to advance to the CRJHL finals.

At press time due to a loss Monday night the CRJHL Selkirk Fishermen have been eliminated from the Jr. B playoffs.

In the other semifinal matchup, the Beausejour Comets defeated the Lundar Falcons four games to one, earning the first spot in the CRJHL finals.



RECORD PHOTO BY RAYME THOMSON

Fishermen goaltender Marcus Sharpe made 26 saves against the St. Malo Warriors in the 4-3 at home loss last Friday.

# Raiders swept by Ft. Garry/Ft. Rouge Twins in MMJHL Elite 8

By Kieran Reimer

The Manitoba Major Junior Hockey League (MMJHL) experienced its first round of playoff eliminations this week, with the Raiders Jr. Hockey Club being one of the first teams to be eliminated.

The Raiders faced the first-place Ft. Garry/Ft. Rouge Twins in Game 4 of

their best-of-seven Elite 8 series on Friday at the Seven Oaks Sportsplex.

Having fallen behind 3-0 in the series earlier in the week, the Raiders found themselves in a must-win situation to keep their season alive.

They tied the game early in the second period with a goal from Riley Kushnier. However, the Twins re-

sponded with a shorthanded goal, taking a 2-1 lead midway through the period. Ryan Cromie then found the equalizer, making it a 2-2 game heading into the third period.

With their season on the line, the Raiders outshot the Twins 14-11 in the final frame. Unfortunately, despite their push in the third period,

the Twins scored twice before the midway point of the period and ultimately won the game 4-2, completing the series sweep.

Earlier in the week, the Raiders had lost Game 3 to the Twins by a score of 6-1 at Century Arena. Owen Lourenco scored the lone goal for the Raiders during that game, which came on a power play midway through the second period after the Twins had opened the game with four unanswered goals. The Twins added two more goals before the end of the game.

With this victory, the Twins advanced to the MMJHL's Final 4 and will await their next opponent. The St. Boniface Riels and Charleswood Hawks also advanced this week, while Transcona currently holds a 3-2 series lead over St. James.



## > A.K SOCCER ACADEMY, FROM PG. 17

terlake, committed to University of Jamestown

- Tanner Wryha, Interlake, committed to Thompson Rivers University

- Dante Molina, Interlake, committed to University of Saskatchewan

- Demmy Ajayi, Transcona, committed to University of Lethbridge

- Avery Dripps, Interlake, committed to Nipissing University

# get inspired

> MEAL IDEAS



## Skillet Lasagna

9 lasagna noodles  
1 cup mozzarella cheese  
bread, for serving  
Parmesan cheese, for topping (optional)

In large skillet or Dutch oven, brown ground beef with onion powder, garlic powder and salt and pepper, to taste. Drain excess grease. Mix in marinara sauce, heavy whipping cream, ricotta and spinach.

Break up lasagna noodles and add to skillet. Cover and let set over medium heat 10 minutes. Stir and top with mozzarella cheese. Cover and let set 10 minutes.

Serve with bread and top with Parmesan cheese, if desired.

Recipe courtesy of "Cookin' Savvy"  
Servings: 4-6

1 pound ground beef  
1 tablespoon onion powder  
1 tablespoon garlic powder  
salt, to taste  
pepper, to taste  
44 ounces marinara sauce  
1/2 cup heavy whipping cream  
1/2 cup ricotta  
1 1/2 cups frozen spinach



## Irish Cream Bundt Cake

1 tablespoon milk (2 tablespoons if not using Irish cream)  
2 cups powdered sugar  
2 tablespoons cocoa powder (optional)  
Heat oven to 350 F.

In bowl, add cake mix, melted butter, eggs, milk and Irish cream. Using hand mixer, mix until thoroughly combined. Pour batter into greased bundt pan. Bake 40-45 minutes. Let cool on rack.

To make icing: Mix Irish cream, if desired; milk; and powdered sugar. Drizzle icing over cooled cake.

If using cocoa, drizzle only half of icing then add cocoa to remaining icing and finish drizzling. Cut and serve.

Recipe courtesy of "Cookin' Savvy"

1 white or yellow cake mix  
1 stick butter, melted  
4 eggs  
3/4 cup milk  
1/4 cup Irish cream  
Icing:  
1 tablespoon Irish cream (optional)



## Savory Street Tacos

guacamole, for serving  
queso, for serving  
Cover chuck roast with taco seasoning then place in slow cooker. Pour beef consommé over roast and cook on low 6 hours to braise.

Heat oven to 425 F.  
Use fork to shred roast.  
Brush outside of tortillas with avocado oil and fill with meat and shredded cheese. Place in casserole dish and bake 10-15 minutes until tacos reach desired crispiness.

Place on tray and serve with salsa, guacamole and queso.

Tip: Recipe can be doubled for large crowds.

Recipe courtesy of "Cookin' Savvy"  
Servings: 4-6  
1 chuck roast (2-3 pounds)  
1 package taco seasoning  
1 can (10 ounces) beef consommé  
16-20 street taco tortillas  
1 package (8 ounces) shredded cheese  
1/4 cup avocado oil  
salsa, for serving

## Ask the money lady

Dear Money Lady: I went to my RBC Bank to get approved for a mortgage on our new home purchase but was really surprised when they ended up giving me a mortgage from a completely different mortgage company. Is this some sort of scam? Jamie

I am sure it is fine Jamie. Perhaps you may not have qualified under the traditional banking model, so they outsourced it to a partner. This is a standard practice in the industry, so let's review how this works.

There are three main levels of lending in Canada: A, B, and C lenders. The A lenders are the largest banks (like TD, RBC, BNS, BMO and CIBC) which have most of the market share across the country. They are the movers and shakers of the banking world and always tend to move in tandem when raising and lowering rates. Their stock is traded worldwide, and they are generally considered the foundational backbone of our financial system. Their lending practices are virtually the same across all channels and if you are declined by one of them, you most probably will be declined by them all.

The B lenders are the smaller banks and credit unions. They normally specialize in clients with unique lending requirements and provide products to clients who do not fit into a typical lending or credit criteria. These lenders are an alternative source for clients, and they usually partner with all the big banks for spinoff business.

You see, A lenders have become very creative in ensuring that they do not lose clients when they decline a deal. By partnering with B lenders, the big banks have found that they can now give the client an approval through their alternative lending channels or alternative mortgage services, (AMS). This approval is from the partnering B lender, but because of this alignment, the client will still get all the personal banking services and promotional offers from the big bank or A lender. The A lender receives a partnering fee from the smaller B lender and still retains the client relationship for the future. This is a win-win for all parties. Due to the large volume of referrals to the partnering B lenders, clients usually get a lower rate and a better offer than if they



Christine Ibbotson

went to a B lender on their own or through an independent broker.

RBC will need to disclose their relationship with their AMS partner and will ask on their behalf to close your mortgage. You have nothing to worry about, this is done all the time with the Big 5 Banks. Congrats on your new home.

By the way, a C lender is usually an alternative lender for those clients who have particularly bad credit or very unique situations. C lenders will always be attained through a mortgage broker and the deal will typically have many fees associated with it to close – it may even be a private lender, investor group or law firm that underwrites the deal.

Good Luck and Best Wishes,  
Money Lady

Written by Christine Ibbotson, Author, Finance Writer, Syndicated National Radio Host, and now on BNN Bloomberg News and CTV News every day in every province. Send your money questions, (answered free) to [info@askthemoneylady.ca](mailto:info@askthemoneylady.ca)



# BINGO

**SUNDAY NIGHT BINGO**  
Pots are as follows:

- Mini Loonie - \$1,489**
- Lucky 7 - 2\$,274+ in 25 numbers**
- Poker Flush - \$15,595+**
- Bonanza \$4,323+ in 52 numbers**
- Jackpot - \$14,200 in 51 numbers**
- Loonie pot - \$2,407+**



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# Ignite teams grab hardware at WRL Championships

By Kieran Reimer

The Interlake Ignite Blue are Winnipeg Ringette League U10 A2 champions after defeating the Beausejour Ringers Purple, 8-7 in overtime of the WRL Championships on March 9.

Seraphina Schmidt scored the winner in overtime to send Ignite fans into a frenzy at Gateway Recreation Centre.

The win came just one week after the Ignite lost to the Ringers 13-12 in overtime, their first loss of the double-elimination playoffs.

After the Ignite defeated the SJRA Boom Blue in their following game, they advanced to the finals for a rematch with the Ringers.

This time, the Ignite came out on top.

"They are a resilient bunch and we kept coming back to saying 'you know all the things you have to do,'" said head coach Shauna Leferink. "You know what your job is forwards, you know what your job is center, goalie, like everybody kind of knew their job so we said 'hey this is where you've got to do all the things that we've been practicing all year and whatever happens, happens but just go out there and give your best and that's exactly what they did. They knew what they were doing out there and so when that goal went in there was kids jumping and screaming and parents were excited. It was such a cool moment."

At the start of the season, Leferink and the Ignite staff knew they had a special team.

Leferink spoke about the team's excitement and dedication from the start, which made for an extremely coachable squad.

As the season progressed, the Ignite only got better. They won four and tied one in their final five regular-season games.

When it came time for playoffs, the Ignite followed it up with wins in their opening two playoff games.

Then came the semi-final loss to the Ringers, which could have suddenly

halted the Ignite's momentum.

Instead, the loss was a blessing in disguise as the Ignite picked up steam in the elimination game against SJRA and then found the overtime winner in the finals when it mattered the most.

"When we lost to Beausejour the first time, the dressing room was silent and there were a lot of tears and stuff like that," said general manager Brad Winchar. "I actually think that worked to our advantage because the Beausejour group could then say 'well we beat these guys, we could beat them again no problem' where our girls were like 'well no, we know what we've got to do, we've got to play harder, we've got to get to that level' so when we went to that 7-7 overtime again I was like oh no here we go again, this is like a carbon copy of how we lost 13-12 and then we ended up getting the overtime winner and the place erupted."

Following the final victory, the girls each received a gold medal, and the championship banner will be hung at their home rink in St. Andrews Community Club.

The Interlake Ignite includes players from Selkirk, St. Andrews, Garson, Stonewall, Stony Mountain, and Warren.

## U14B INTERLAKE IGNITE

The U14 B Interlake Ignite won the silver medals in the Winnipeg Ringette League Championships at Gateway Recreation Centre on March 9.

The Ignite lost 9-2 to Steinbach in the finals after defeating SJRA Boom and Rage.

Interlake also won the bronze medals at the Ringette Manitoba Provincials after beating the BVRA Blaze 6-1 at Seven Oaks SportsPlex on Saturday.

The Interlake Ignite includes players from Selkirk, St. Andrews and East Selkirk



RECORD PHOTOS SUBMITTED

The U10 A2 Interlake Ignite won the Winnipeg Ringette League Championship, 8-7 in overtime against the Beausejour Ringers Purple on March 9 at Gateway Recreation Centre. The championship banner will be hung at their home in St. Andrews Community Club. Pictured left to right, back row, junior coaches Madison Leferink, Ellasyn Kett, Callen Clifford; players Kinley Waylett, Addison Chaput, Taya Surzyshyn-Rudd, Violet Hales, Kacey Penner, Sophia Clark, Elliott Leferink, Seraphina Schmidt, Maya Winchar, Maisie Kett, Scarlett Kett, Jane Dufault (goaltender). Missing from the photo is head coach Shauna Leferink and assistant coach Chris Kett.



The U14 B Interlake Ignite won the bronze medals at the Ringette Manitoba Provincials at the Seven Oaks SportsPlex on Saturday. Pictured left to right, back Row: coach Ken, coach Sydney, Mallory Gregg, Chloe Lamoureux, Siena Smith, Olivia Nicol, Trinity Walker-Ross, Rayleene Munro, Justus Miller, Avery Jones, coach Darren; front row: Natalie Pott, Elizabeth McCormack, Alayna Zubach, Sarah Magnusson, Neve Robbins, Madyson Lake, goalie coach Jessica and goaltender Ellie Anderson. Missing from the photo are Kya Chaput, Jordyn Pearson, Ivy Cooper and coach Brad.



## GATORS IDENTIFICATION CAMP

**SATURDAY, MARCH 29, 2025**

**East St. Paul Arena**  
(the Gator Pond)

**Registration: 11:00 am**  
**Cost: \$50.00**

**On Ice Drills: 12:00 - 1:00 pm**  
**Prospect Game: 2:00 - 4:00 pm**  
**Welcome to Ages 16 - 21**

**Limited to: 30 Skaters / 6 Goalies**

**To Register contact: [gatorsjhockey@gmail.com](mailto:gatorsjhockey@gmail.com)**  
**or call the coach: 204-481-1035**

# Future bright for Steelers despite 'up and down year'

By Kieran Reimer

Though the Selkirk Steelers will not be making the Manitoba Junior Hockey League playoffs, the organization and fans have a lot to be excited about in the coming years.

This season, the Steelers took a slight step forward with a 29-23-3-3 record after going 25-23-5-5 in 2023-24. All while having a really young squad that is looking to be a potential force next season with an extra year under their belt.

They started the season 10-0 and once sat first in the MJHL. Unfortunately, the Steelers started to slide as the season progressed after hitting a rough patch in January.

However, the Steelers returned to their winning ways by the end of the season, going 8-2-0-1 in their last 11.

"It's been an up and down year for us," said head coach Hudson Friesen on Monday. "Lots of highs, lots of lows. Unfortunately, missing the playoffs for us really hurts. We feel we were a team this year that had the makings to go on a run and be a contender in the playoffs. Unfortunately, I think our sluggish second half in January and February really caught up to us where we were just a little bit inconsistent and just with the younger group learning what it takes to be successful day in and day out. I think it just took a little bit longer for us to get to that point than we'd like but at the same time finishing the year with the 8-2-0-1 record down the stretch was really good to see guys elevating and playing their game near the end and for us to be playing our game. Overall, coming up short hurts, but at the same time, there was a lot of growth this year; having three guys

commit to division one was a big positive for our organization. A lot of the development our guys had was really good to see."

Rohan Guevarra (Univ. Alaska-Anchorage), Remy Hlady (Univ. Alaska-Anchorage), and Owen Warnick (Northern Michigan Univ.) are the three NCAA Division 1 commitments.

The Steelers also recently saw a fourth commitment from one of their netminders, Noel Olsonawski, who committed to play for Concordia College in NCAA Div. III.

The 2004-born Olsonawski played his final two junior seasons with the Steelers, backstopping them to a 33-33-5 record, a 2.87 goals against average, a .914 save percentage, and eight shutouts over 82 career games.

Friesen had high praise for his now-former netminder.

"We're going to miss Noel a lot. He's a hell of a goalie and an even better person and teammate," said Friesen. "He's been the backbone for us here the last two years. In my mind one of the best goalies in our league, and just a very calm, composed, poised goalie, very athletic, he cares about his craft, he's somebody that comes in ready to work every day and cares a lot about his game and improving and that shows with his play and the two years he had with us. For him to move on and get that commitment to Concordia is awesome, we're really excited for him. He'll be in a really good program and a good spot right near his hometown so we're excited to see what the future has in store for him."

Olsonawski is one of four Steelers 2004-borns who aged out after the season.



RECORD PHOTO BY BRETT MITCHELL

The Steelers defeated the Neepawa Titans 5-3 at home on March 11.

The other three were captain Jacob Ziegler, defenceman Owen Johnston, and forward Luke McCarthy.

A majority of the team, however, will be eligible to come back for another crack at it next season.

With many of them experiencing their first full seasons in the MJHL this year, the Steelers will look to take a big step forward and return to the playoffs for the first time since 2021-22.

"The development that we saw from a lot of them this year was important and going into next year with these guys, having a lot of rookies this year, it takes time to learn the league and learn how to play against older players and learn how to show up every night and just what the grind of a 58

game schedule looks like," said Friesen. "Now these guys have that under their belt, which is huge for them. That's only going to help their maturity on and off the ice here going into next year. We expect to have a very competitive team next year with a lot of returning guys, and we're excited to see the growth a lot of them have over the summer. Obviously, we want individuals to take those steps in their individual games, but for us as an organization, we're ready for our team and our organization to take a big step going into next year and really add on to a lot of the success we had this year and take that big step and get ourselves into the playoffs and go on a run."

## Canadian Mixed Doubles Curling Championship started on Sunday

By Annaliese Meier

The 2025 Canadian Mixed Doubles Curling Championship kicked off on Sunday in Summerside, P.E.I., featuring 32 of the nation's top teams competing for a \$100,000 prize purse and the chance to represent Canada at the 2026 World Mixed Doubles Championship from March 16-21.

The event spans six days, from March 16-21, at the Gerard "Turk" Gallant Arena and Silver Fox Entertainment Complex.

Defending champions Kadriana Lott and Colton Lott from Gimli, aim to make history with consecutive titles, while Jocelyn Peterman and Brett Gallant from Chestermere, Alta., seek their third championship win. Also in the mix are Laura Walker and

Kirk Muyres, hoping to bounce back from a tough 2024 championship, and rising stars Jessica Zheng and Victor Pietrangolo who want their first title after a bronze at the 2025 FISU World University Games.

The tournament consists of four pools of eight teams, provincial/territorial champions, along with the semifinalists from the 2024 Canadian Mixed Doubles Curling Championship, the top-four placing teams at the 2025 Mixed Doubles Curling Trials and 10 2024/25 Canadian Mixed Doubles Rankings teams as of Feb. 18, 2025.

Teams will play a round-robin from Sunday evening through Wednesday, with 12 teams advancing to the single knockout playoffs, which begin

on Thursday morning. The four pool winners earn byes directly into the quarterfinals on Thursday at 7 p.m., while the teams with the following eight best records, regardless of the pool, will compete in the opening playoff draw at 3 p.m.

There will be no tiebreaker games. All ties are broken based on head-to-head results and if that doesn't resolve the tie, the pre-game Last Shot Draw totals will rank the teams.

Select games will be streamed live on Curling Canada's YouTube channel.

Schedule information, scores and more details about the event can be found at <https://www.curling.ca/2025mixeddoubles/>



RECORD PHOTO SUBMITTED

Gimli's Kadriana Lott and Colton Lott are vying to win consecutive Canadian mixed doubles titles in history. The Lott duo achieved a perfect 10-0 record at the 2024 championship, securing the top prize.

# Classifieds



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

### APARTMENT FOR RENT

Rule Apartments located at 424 Eveline Street. 2 beds & 1 bath apartment suites available from \$1,250/month to \$1,350/month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amenities, Selkirk Park, public transportation, legion, fishing, shopping & more! Sorry, No pets & no smoking policy. Call/text Rule Apartments for more information 204-290-3805.

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Lovely 3 bdrm. 2 bath module home in Crescent Creek Park in Teulon. \$225,000. Low pad rent. Centrally located. Call 1-204-861-8143.

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### HELP WANTED

Full time cashier needed at Teulon Esso. Apply within or email resume to: 7service@mymts.net attn: Dave or Ann or call 204-886-3777.

### HELP WANTED

Isfeld Villa, 34 Church Bay Lane, in Winnipeg Beach hiring p/t cleaner 9 hours a week, all equip. provided for common areas (not suites). Areas incl: hallways, stairwells, common bathrooms, laundry, at \$16/hour. Please send a resume with references and cover letter to dennis@lifelease.ca

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

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

### UPCOMING EVENTS

WEEKLY THERAPY GROUP for PTSD, Anger, Depression, Anxiety to start this spring. Dr. Tataryn is a master guide in creative spaces for healthy emotional processing and nervous system healing. Dates and times TBC. Eligible to be covered by Blue Cross. dtataryn@mts.net or call 204-785-2471. Email preferred. Please be sure to leave your contact information!

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

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## Netley Creek Golf Course Pesticide Use Program PUBLIC NOTICE

Public notice is hereby given that the following pesticide use program will be conducted during the 2025 season.

- Fungus control in turf and treed areas within the property using: propiconazole, pyraclostrobin, boscalid, chlorothalonil, azoxystrobin, fluoxastrobin, fludioxonil, benzovindiflupyr, mefentrifluconazole, metconazole, fluazinam, cyazofamid, pydiflumetofen, thiophanate-methyl, metalaxyl-m and s-isomer, penthiopyrad, isofetamid, difenoconazole, mono- and dibasic sodium, potassium, and ammonium phosphites and mineral oil.
- Weed control in turf areas within the property using: dicamba, mecoprop-P, 2,4-D, carfentrazone-ethyl and glyphosate.
- Insect control in turf and treed areas within the property. Target pests include mosquitoes, tent caterpillars, cankerworms, white grubs, black turfgrass ateniens, etc. using: bacillus thuringiensis var. kurstaki, bacillus thuringiensis var. israelensis, permethrin and chlorantranilprole.
- Algae on Turf using: hydrogen peroxide
- Growth control on turf within the property using: trinexapac-ethyl.

The projected dates of application will range from April 20th, 2025 to November 15th, 2025. All applications are part of a comprehensive IPM strategy. The duration of each program will vary within this time period, depending on weather conditions and pest thresholds. All of the pesticides used and procedures followed will be according to federally approved label recommendations and will only be used on Netley Creek Golf Course property.

The public may send written submissions or objections to specific pest control program(s) within 15 days of the publication of the notice to:

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



## PUBLIC NOTICE Proposed Municipal Pesticide Use Program

Public notice is hereby given that the Rural Municipality of West St. Paul intends to conduct the following Pesticide Control Programs during 2025, as necessary:

1. To control Noxious Weeds on both private and public property using Par III (with Mecoprop, Banvel VM, Spreader Sticker) and Fiesta.
2. To control all vegetation on gravel boulevards, fence lines, parking lots, storage areas, lift station compounds and other municipal property as required using Roundup (with Trillion) and Finalsan.
3. To control adult mosquitoes and canker worms along streets and lanes, in Municipal Parks using DeltaGard 20EW.

The projected dates of application will be from May 1, 2025 to September 30, 2025. The duration of each program will vary within this period, depending on weather conditions and pest population levels.

All of the pesticides used and procedures followed will be according to federally approved label recommendations and Manitoba Department of Agriculture pest control recommendations.

The public may send written submissions within 15 days of publication of this notice to:

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

Any individual opposed to the use of any or all of the above mentioned pesticides, on or adjacent to their property, may so register, in writing to the Rural Municipality of West St. Paul, specifying which program is opposed.

Dated this 20th day of March, 2025.  
Lainie Shaw, ACAO  
RM of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3



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**204-467-1858**  
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[mcserryltd@gmail.com](mailto:mcserryltd@gmail.com)



## Invitation to Tender Gravel Haul 2025

The Municipality of Alexander is inviting tenders for the hauling and placing of an approximate combined total of 20,000 tonnes of traffic gravel upon specified roadways within the municipality (tonnes may increase due to weather related road conditions).

Work will commence as soon as possible after the end of road restrictions. Please visit [www.rmalexander.com](http://www.rmalexander.com) for complete details and to view the tender package.

Sealed tenders must be received by: **noon on Thursday, the 10th day of April, 2025.**



## GREEN TEAM SUMMER STUDENT WORKERS

Flexible dates may be as early as **May 1** and ending as late as **September 30, 2025**

Applicants must be able to perform a variety of Public Works duties which will require physical labour and working outdoors. A valid Class 5 driver's license is required. These positions are open to full time students between the ages of 16 and 29 who are returning to school in the fall of 2025. See [www.rmalexander.com](http://www.rmalexander.com) for complete information.

**Application deadline: April 18, 2025, 4 p.m.**

# Classifieds



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## take a break > GAMES

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#### ANNOUNCEMENT

##### CARD OF THANKS

We want to extend our sincere gratitude to all our family and friends for their love, support and generosity following the loss of our precious mother, Elsie Yarmill.

Thank you for the beautiful flowers and cards, inspiring thoughts and prayers, the comforting phone calls, and the wonderful baking and food.

A special thanks to Father Walter Dudych for his guidance and spiritual care and officiating the funeral mass; to cousins Leah Lycar for the touching eulogy and the music; and to Brenda Parkin for her incredible support.

We are grateful for the excellent care provided to Mom by Dr. Alexander and the staff at both home care and the Selkirk Regional Health Centre. We also appreciate the compassion and assistance provided by the staff at Gilbart Funeral Home with the funeral arrangements, as well as Don and Adelaide for preparing the delicious lunch.

Lastly, we would like to thank everyone who donated to the Selkirk and District Community Foundation. Your generosity means a great deal to us.

-Brian, Alison and Carol Yarmill

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6	2	7	5	1	4	8	9	3

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#### EMPLOYMENT OPPORTUNITY

The SELKIRK WEED CONTROL DISTRICT is searching for a

### SEASONAL WORKER/ PESTICIDE APPLICATOR

for summer 2025 (20 weeks FT).

Must have valid Manitoba Class 5 Driver's License. Must be able to operate equipment independently including truck and trailer, lawnmower, ATV, 120 HP Tractor. Should have or be willing to obtain MB Pesticide Applicators License (Rural Municipal), training & fees covered. Able to work outdoors and early mornings if necessary. Assets: previous experience in equipment operation, large truck driving, or pesticide application; mechanical skills with any of the following: trucks, mowers, ATVs, or tractors.

Wage \$20-22/hr based on qualifications/experience. Training provided.

Send resumes before March 26, 2025 to the SELKIRK WEED CONTROL DISTRICT,

630 Sophia St, Selkirk, MB, R1A 2K1;

fax: 204-785-2331; email: [slkweed@gmail.com](mailto:slkweed@gmail.com).

More info at 1-204-785-3638.

### Public Notice - Rural Municipality of St. Clements Landfill and Transfer Station Summer Hours Effective - Monday, April 1 - October 31, 2025

\*\*DUNNING TRANSFER STATION WILL NOT BE ACCEPTING BURNABLE MATERIALS

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Libau Landfill	Closed	Closed	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Dunning	10:00 am - 6:00 pm	10:00 am - 6:00 pm	Closed	Closed	Closed	Closed	Closed
Clarke	Closed	Closed	Closed	Closed	10:00 am - 6:00 pm	10:00 am - 6:00 pm	10:00 am - 6:00 pm
Grand Marais	10:00 am - 6:00 pm	10:00 am - 6:00 pm	Closed	Closed	10:00 am - 6:00 pm	10:00 am - 6:00 pm	10:00 am - 6:00 pm
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For questions regarding waste disposal or recycling please contact the Landfill Office at 766-2388 or toll free at 1-866-205-8914.

# Announcements Classifieds *Selkirk Record*

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**ANNOUNCEMENT**

**IN MEMORIAM**



**Brian Armstrong**  
"Dad/Opa"  
March 17, 2023

Two years have passed  
But the memories we have are timeless  
treasures,  
We will cherish them forever.

-Love and miss you,  
Shannon, Tim and kids

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

**ANNOUNCEMENT**

**IN MEMORIAM**



**Al Zembik**

We miss the visits, the talks, seeing you smile  
when we came to see you,  
The dreams I have and hearing your voice are  
so comforting.  
We all miss you so much Dad Grandpa.  
love you so much and miss you dearly.

-Love Darren and Cheryl  
Teigen and Jon, Super man Landen  
and little Lennex.  
Colton and Melissa and princess Ella

**ANNOUNCEMENT**

**IN MEMORIAM**



**Tara Lamb (Wachal)**  
July 4, 1973 - March 24, 2005

Even after 20 years the sadness never  
goes away  
The silent tears still flow  
If we could have just one more day Tara,  
and wishes did come true,  
We'd spend every glorious moment  
side by side with you  
Recalling all the years we shared and  
memories we made,  
How grateful we would be to have just one  
more day.  
Forever loved and missed.

-Hugs Mom, Dad,  
Shannon (Mike) and Jay

**ANNOUNCEMENT**

**IN MEMORIAM**

**Darwin Hnatiuk**  
September 17 1954 - March 18 2020  
The day you left and gained your wings,  
My heart just broke in two;  
I wish you could have stayed with me,  
But Heaven needed you.  
You left me with the memories,  
Of our life together;  
No matter how much time goes by,  
I will cherish them forever.

-Love and miss you  
Toots

**ANNOUNCEMENT**

**IN MEMORIAM**

**Darwin Hnatiuk**  
September 17 1954 - March 18 2020  
Your absence is a constant reminder  
To live life to the fullest,  
Cherish every moment,  
And to never take anything for granted.  
Wherever I go, whatever I do  
Memories keep me near to you  
The echo of your laughter still fills my heart  
Dad  
Missing you always.

-Love  
Holly (Lonnie)  
Tyler, Natalia  
Trenton and Natasha  
xoxo

**ANNOUNCEMENT**

**IN MEMORIAM**

**Darwin Gene Hnatiuk**  
Five years have passed,  
Since you were called away;  
How well we do remember,  
That sad and weary day.  
Asleep in God's beautiful garden,  
Sheltered from sorrow and pain;  
Someday when life's journey is over,  
We shall meet with you again.

-Mother-in-law Clara and family

**ANNOUNCEMENT**

**IN MEMORIAM**

**Laurie James Clarke**  
God called him home,  
It was His will;  
But in our hearts,  
We love him still.  
His memory is as dear to us  
As in the hour he passed away.  
"I'll miss you always, little brother"

-Auntie Clara and family

Your memory will live forever  
Engraved within our hearts.

**ANNOUNCEMENT**

**BIRTHDAY**



**Happy Birthday Russel Skalesky**  
**Happy 93rd Birthday Dad!**  
March 20

-Love,  
Shelley

## NOTICE OF PUBLIC HEARING REZONING AMENDMENT APPLICATION

Rural Municipality of St Andrews

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204 738-2264.

**Tuesday**  
**April 8th, 2025**  
**5:30pm**

**Council Chambers**  
**500 Railway Avenue**  
**RM of St. Andrews, MB**

*Note: property owners are responsible for notifying "tenants"*

### APPLICATION INFORMATION

**Application File:** ZBA 4408  
**Applicant:** Mikkel Grabinski  
**Property Location:** 322 Parkdale Road, RM of St. Andrews  
Roll No. 5920  
LOT 3 PLAN 33856  
WLTO IN RL PARISH OF ST ANDREWS

**Application Purpose:**  
The applicant proposes to rezone the property land to establish a multi-use shop for trucking and construction industry.



Current Zoning	Zoning Proposed by Applicant
"AR" Agriculture Restricted	Re-Zoning to: "M1" General Industrial Zone

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at <https://www.redriverplanning.com/hearings.php> or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at [info@rrpd.ca](mailto:info@rrpd.ca)



**OBITUARY**



**B. Allan Thompson**  
December 11, 1939 - January 17, 2025  
A Celebration of Life will be held on Saturday,  
March 29, 2025 at 11:00 a.m. at the Selkirk Recreation  
Complex Hall.  
Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbart Funeral Home,  
Selkirk in care of arrangements.



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## OBITUARY



### Emile Lawrence Shone

Emile passed away in Flin Flon, MB February 10, 2025. Emile was born on April 3, 1969 in Flin Flon Manitoba. From the age of six, he enjoyed the freedom of the family farm in Highland Glen, Manitoba. Emile attended school in East Selkirk, Calvin Christian Wpg; and Selkirk Comp. He was a member of Knox Presbyterian Church where he enjoyed youth group and was a willing helper in all church events including baking for the picnics and washing dishes during dinners. Emile was a member of the Selkirk Sea Cadets as a youth. Emile's passion was for the military as a Reservist in the Canadian Forces achieving the rank of Master Corporal Emile Shone, C.D. He served as a Peace Keeper in Bosnia/Yugoslavia as a Medic. In recognition for Emile's service with the Canadian Forces, he was awarded the following honours, awards and medals: Canadian

Peacekeeping Service Medal; UN Protection Force (Yugoslavia); Canadian Forces' Decoration and Command Commendation. Emile also received a Commendation from the Governor General of Canada for an act of great merit in providing assistance to others in a selfless manner in The Pas, MB on July 7, 2017, re: the fire that took The Pas Hotel. Emile was an artist in his youth and left family with his talents. He was a kind, sensitive, giving man. He spent time with children from a youth home in Bosnia/Yugoslavia and was moved by their stories of loss. Emile travelled all over Europe. He met his future wife, Tammy, while in Yukon with military. She was the only love of his life. His greatest joy was the arrival of his son Jared. Emile loved his siblings and many nieces and nephews.

Emile is survived by his son, Jared Peter Lawrence Bickford-Shone, Mom and Dad, Laurine (Laurie) and Lawrence (Larry) Shone, brother Bruce (children Alita and Jessica and great-grandson Jude), brother Rick (Elysia) (children Sam and Sofia) of Winnipeg, sister Louise (Billie) (son Garrett) of Lynnwood WA; and sister Meagan (Nick)(children Abigail, Ella and Carter) of East Selkirk, MB, many nieces, nephews, cousins, as well as family in Flin Flon.

He was predeceased by his wife, Tammy Heather Bickford-Shone (May 16, 2024), brother Patrick Michael Shone (July 20, 2023), sister Heather Louise Shone (July 6, 1976) as well as family in Flin Flon, The Pas and US.

Memorial Service will be held at Knox Presbyterian Church, Selkirk, March 22, 2025 at 11:30 a.m. Grant Funeral Home, Flin Flon care of arrangements. Cremation has taken place.

Donations: Children's Hospital Wpg, St. Boniface Hospital Foundation, Flin Flon General Hospital, Knox Presbyterian Church Selkirk or a charity of your choice.

## OBITUARY



### Marvin John Winkler 1944 - 2025

It is with deep sadness that the family of Marvin John Winkler announces his passing on March 9, 2025 at the age of 80.

Marvin was born on June 27, 1944 in St. Andrews, MB, to Herman and Nancy Winkler. He leaves to cherish his memory wife Cheryl; his daughters Michelle (Gord) Impey and Connie Barker; stepchildren, Courtney (Dan) Dufault and Adam Richter; grandchildren, Jake and Kate Impey, Cheyenne, Nevaeh, Hailey, and Damian Barker, and Henry and Margaux Dufault; sisters, Bonnie Lowen and Janet (Allan) Hlady; three nephews (Jackson, Bradley, and Michael) and two nieces (Heather and Anice). Marvin was predeceased by his then wife, Cyndy, in 2009.

Marvin grew up free as a bird in Tyndall, MB. He often said he could not have had better parents; Herman (a farmer) and Nancy (a school teacher).

After high school in Beausejour, MB, Marvin worked for a year with the Manitoba Highways Department as a surveyor. Upon graduating as a Civil Technologist from Red River College, he worked for a year with Manitoba Hydro as a concrete inspector at the Kelsey Generating Station. Marvin then went on to a 35-year career with the City of Winnipeg Engineering Department.

Marvin was a proud, hardworking man with a great sense of humour who enjoyed practical jokes. Times and activities that Marvin treasured include operating diesel tractors on his father's farm; curling and playing hockey; spending teenage summers at his uncle's home on Puget Sound in Washington State; swimming in the Tyndall limestone quarries; chainsaw work in the bush; beach days with his daughters; family gatherings; retirement vacations in Cuba, Jamaica, and Mexico; and muscle cars and pickup trucks. Marvin was a proud member of the Masons at the Ophir Lodge.

Marvin especially loved Harley-Davidsons - specifically FLH touring bikes. He enjoyed 30 consecutive fun-runs to the Sturgis Black Hills Rally, and several extensive bike trips into the USA. In his own words, "anyone looking for Marvin - check the clouds; he is 'In the Wind' on his Harley".

Cremation has taken place and Marvin will be laid to rest with his family at the Tyndall Cemetery. As per Marvin's wishes, no service will be held.

Donations are gratefully accepted to CancerCare Manitoba.  
Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



### Cecilia Verreault (Kazina)

Peacefully on March 8, 2025 at the Tudor house in Selkirk, Cecilia passed away at the age of 100.

She will be sadly missed by her son Gordon, daughter Florence, son-in-law Bernie, grandchildren Jeff and Mel Kisiloski, Jill and Lee McDonald and cherished great-grandchildren Hayley and Jenna Kisiloski and Kadyn and Ryder McDonald. She will be fondly remembered by many nieces, nephews and friends.

Cecilia was predeceased by parents Frank and Julia Ostrowski, son Edward, husband Walter Kazina, second husband Gerry Verreault and siblings Albert, John, Jessie, Carrie and Frances.

Cecilia was born on September 1, 1924 in Sipton, Manitoba. She attended Mayfield School and worked in various jobs in the service industry of which her favorite was a bar maid at the Selkirk Legion.

Her passion for travel took her to many places with Gerry and her friends. Her greatest joys in retirement were playing cards, gardening and simply spending time with her family.

We will remember our mother for her flair for fashion, her punctuality, her energetic, youthful and carefree spirit, her strength and optimism when faced with life's challenges.

Thank you to her caregivers and friends for their constant support and companionship during her final years.

A memorial service will be held March 22, 2025, at 11:00 a.m. in the Gilbert Funeral Chapel. In lieu of flowers donations can be made to the Heart and Stroke Society.

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



### Shirley Yvonne Still

It is with profound sadness we announce the passing of Shirley Yvonne Still (nee Shand) at the Grace Hospital on March 5, 2025. Yvonne was a beloved mom, grandmother, great-grandmother, and friend.

Yvonne was born on October 27, 1933 and is survived by her three children, Paul (Joan) Still, Murray (Brenda) Still, and Lori Kearney and (Denys Duke), as well as six grandchildren and two great-grandchildren, and her younger brother Bruce Soulsby, as well as foster children that she mothered. She is also survived by her very special friend, Dale Phillips.

Yvonne was predeceased by her husband of 52 years, Ernest W. (Ernie) Still, parents Private Joseph Howard Oig, Winifred Shand (nee Thomas). She was also predeceased by her daughter-in-law, Jane Still and her brothers, Glen Shand and

Garfield Soulsby. In addition, she was lovingly supported and cared for by her foster parents Rodney and Florence Spence who were an integral part of her life.

Yvonne dedicated her life to the care and nurture of her family and friends. She had a determined attitude and a positive mindset that underpinned her enthusiasm for all she did. Yvonne brought people together in both her personal and professional life. She was ahead of her time by being a professional career woman as well as a mother. Her life's work was dedicated to the healing of those trapped in addictions as demonstrated by her work with Nechi Institute in Edmonton, Alberta, Manitobans for Healing and Reconciliation, and the Stoney Medicine Lodge, which produced a documentary covering 25-years of the Lutselk'e Band in the Northwest Territories.

Yvonne has left a legacy of community service for her children and grandchildren. She will be loved and missed by all whom she has touched, her family, friends, and those in the greater community.

A memorial service was held for Yvonne on Wednesday, March 12 at 10:30 a.m.; at St. Clements Anglican Church.

### MOTHER

*A flower's petals droop and fall  
When her allotted days are done:*

*The essence of beauty lives  
After setting sun.*

*And the seeds she nurtured,  
Wherever they be, are one*

*In kinship—each to other—  
Blessed in the cherished love*

*Richly bestowed by Mother.*

*Written by Winifred N. Hulbert*

*Copyright from her book "Down My Road"*

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Family and friends are invited to share memories and condolences on Yvonne's memorial page at [www.interlakecremation.ca](http://www.interlakecremation.ca)

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**6+ ACRE LOT!**



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**65 ACRES!**



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