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Jason Dunlop Reporting

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RECORD PHOTO BY BRETT MITCHELL

The JD Edwards Band rocked the stage at Gaffer's in Lockport last weekend. The band stopped by on March 16 to spread some cheer at the St. Patrick's Day themed event. See more photos inside.

Sour Dough Rolls

Omelette Station

Carvery: Turkey and Ham HOT: Hickory Smoked Bacon Plump Grilled local sausage

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6 People - \$155

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Dessert: Chocolate Fountain with fresh fruit, cream purifs, Warm apple crisp Honey cake trifle with peaches and mandaris, Assorted Cakes and Da

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Old Dutch or Ridgies Potato Chips 200 or 235 (





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Local seven-year-old dazzles on LA red carpet at film festival

Emma Volk plays part in film that was screened at a film festival in the States

By Katelyn Boulanger

Earlier this month Emma Volk a Selkirk seven-year-old got to experience something that most children don't get a shot at. She went to LA to see the screening of a short film, The Dance, which she starred in at the Golden State Film Festival.

In the film, Emma plays the part of 8-year-old Sherry.

"It's a true story because there was a girl named Sherry and when she was younger, she used to play in the snow with her mom," said Emma.

Emma's mom Jill Volk explained that it's a story about medically assisted death. Sherry's mother has health

conditions as well as bipolar disorder and passed away.

"The little girl experienced her mother's erratic behaviour growing up," explained Volk.

Later in the movie Sherry Cloutier, who plays herself, starts to understand the situation as her mother is diagnosed and reflects on her experi-

The film was written by Sherry Cloutier and directed by Cindy Myskiw. In addition to Cloutier and Emma playing different versions of Sherry, Olivia Snow plays a 12-year-

Continued on page 6



RECORD PHOTO SUBMITTED

Emma Volk walking the Golden State Film Festival red carpet earlier this month.





Bringing local rural businesses together and making our community stronger

Selkirk Biz teams up with other area chambers for multi-chamber event

By Katelyn Boulanger

The Beausejour & District Chamber of Commerce, Selkirk Biz, and Spring-field Chamber of Commerce are teaming up for a multi-chamber regional networking event. Businesses from all over the region will be there to learn, collaborate and share ideas to build up all of our communities.

The event takes place on April 4 from 5 to 8 p.m. at the East St Paul Recreation Complex.

"[It started with the] Springfield Chamber approaching us. They thought it would be great to get some of the smaller chambers together to network with each other because we're really not that far away from each other. The point of this event is just to bring business owners and independent individuals together and to network with each other," said Alice Skalesky, executive director of the Selkirk Biz.

The event is open to business owners as well as professionals and other members of our communities who can benefit from networking with local businesses. People from Spring-

field and Beasejour districts are coming and residents from Selkirk Biz's area which includes Selkirk, St. Andrews, St. Clements, and West St. Paul are welcome to come. Skalesky also noted that residents from East St. Paul are also very welcome to join.

She says that this is going to be a good event for small business owners to attend because sticking together does us all good.

"When you compare us to something like Winnipeg, we're a lot less than numbers. I think it's important to have some good connections with other smaller businesses. We're really not too far away from each other, these people could be closer to you than you might have thought and maybe you never would have crossed paths with them before [without coming out to an event like this]," said Skalesky.

Attendees will be able to chat about various beer and wine samples as well as snacks as an icebreaker as they learn about the work that both those in similar fields are bringing to our region and those in completely different



RECORD FILE PHOTO BY KATELYN BOULANGER

Businesses are coming together for a multi-chamber event in East St. Paul. Pictured: Selkirk Biz's 2024 board.

industries.

There will also be some short presentations from the chambers.

This is a great opportunity to make connections that benefit our local businesses and make long-lasting relationships within our communities.

"Being a business owner, you might be [very focused and] busy running your business. This is an opportunity to network with other businesses, maybe learn some tricks and find out about some tools that you might not have known before if you were just working [alone] all day long. I think it just seems like a nice opportunity to get out and socialize and meet some like-minded people," said Skalesky.

She says that we have learned how

important it is to shop locally and keep our business dollars in our local economy.

"It's important to keep that money local because we've witnessed all these businesses suffering firsthand. It just it just makes sense. These people are your neighbours you want to support them and their families," said Skalesky.

This event will allow business owners to build valuable relationships and exchange ideas. To get your ticket visit the Selkirk Biz Website (https://selkirkbiz.ca/). Scrolling down to the events section you'll be able to click a link which will allow you to purchase your ticket which is just shy of \$35 after tax online.





Selkirk MLA Richard Perchotte reflects on first few months in office

By Katelyn Boulanger

After a little over six months in office, the Selkirk Record caught up with local MLA Richard Perchotte to see what being our local representative is like and how he's working for the people of Selkirk and St. Andrews.

"The first couple of weeks it was kind of like drinking from a firehose. But quickly after that, settling into the role was extremely rewarding and a little bit surreal to have the ability to represent over 22,000 people of our area it's an honour and the strength of that honour is not lost upon me," said Perchotte.

After his election to office on Oct. 3, 2023, being a first-time MLA, Perchotte attended an orientation session which went into more detail about his new role's requirements.

"We've nicknamed it the MLA School. For all brand new MLAs, from across the province, there was a program that was put on at the legislative building that was done by the staff. So everybody [learned the ins and outs] from finance, ethics, the clerk's office and procedural roles, to how bills are created and regulations. It was an absolutely incredible program. What we gathered after that created an environment where the new MLAs were ready to get to work almost immediately, and didn't have a huge learning curve to go through. It did something else as well it took people from across party lines, and humanize each other. We got to find out a little bit more about each other and even though we may disagree politically, we can still like each other," he said.

Perchotte explained that since he is a representative of the PC Party and the NDP Party are in power his group started out with the goal that they were going to hold the governing party to account.

"What we need to do is take a look at what they bring forward, and recognize that they have the numbers to pass their bills. We need to make sure that what we look at is done correctly. We need to make sure that with the backgrounds [of the MLAs] that we have on our side, we can take a look at a bill and try to make sure that it meets our core values in meeting the content that we want for the people that we represent," said Perchotte.

Perchotte brings a business background to the table as the president of Kodiak Shelter Systems a division of Janice Manufacturing Inc., a familyowned company based in Selkirk.

"I'm the critic for advanced education and training and throughout my personal life, education has played a very important part not just for me,

but for the people who've been in my employ. Recognizing the importance of education or advanced training that somebody has, education is power. People can raise themselves out of any situation. Having an opportunity to get an education, they can be whatever they want. My background certainly made that transition into the political life and taking a look at the advanced education and training very easy for me," he said.

One of the perks of the role of MLA is that Perchotte has been able to recognize people and groups on the floor of the Manitoba Legislature. In his first few months on the job, he's written into the history books of our province Inclusion Selkirk as well as Shaylene Nordal and the Manitoba Marine Museum for all of the work that they do advocating for and adding to our community.

"It's incredibly humbling, not just for my role, but to have the opportunity to stand up in the chamber and recognize people and organizations that contribute so vastly to our communities," he said.

He also hinted that he'll have other opportunities to put our community members and groups in the spotlight and he plans to do just that.

Another positive aspect of his role as MLA is being able to attend many local events as our representative. He didn't want to miss anyone out but said that he's been to a tremendous number of events and has enjoyed how diverse a range of occasions that he's been able to attend. He also said he would be open to attending more should local groups like to invite him

Overall, Perchotte said that the transition to politican life has been good.

"Personally, the transition from previous private life into the role of a politician has been very exciting and rewarding. I do feel that partisan politics, it plays a little bit of too much of a role in the daily chamber work that we do at the Legislative Assembly. I think that we need to put partisan politics aside as a display of gesturing or playing for the camera and get down to the business of governing as the people who elected us expect from us. As a matter of fact, I had an opportunity, I stood up in the house [last week] and said to the other members of the House, that if the people who elected you could see how you behave, they'd be very ashamed of where they cast their ballots," said Perchotte.

As for the future, he says that he and his party are going to represent their constituents and as the opposition will be holding the government to account.

As our representative, Perchotte is available for residents to speak to by appointment at his Lockport office. To get in touch with him to talk about local concerns residents can call 204-481-4677 or email him at richperchotte@gmail.com.



RECORD FILE PHOTO BY BRETT MITCHELL

Richard Perchotte and his wife Janice.





> EMMA VOLK, FROM PG. 3

old version of the character.

Volk explained that Emma was locally cast as the part was looking for a girl about her age.

Emma started her journey as an actress with acting classes and caught the acting bug during her first role.

Emma is not new to the film industry. She's starred in the Netflix series The Night Agent as well as the film Ordinary Angels, and her first on-

screen performance was in the movie A Dog's Journey when she was a tod-dler.

Emma enjoys acting and wanted to be part of this project.

"I think [acting's] really fun. And because my favourite part was doing snow angels," said Emma.

She says that she enjoyed going to LA to the film festival because she got to watch the film and go to the beach.

The film is currently on the film festival circuit so it's not yet available to the public to view.

In the future, Emma says that she'd like to continue to do acting because it's fun to do.

Her mom agrees that as long as Emma is having fun and loves it that she will support her interest.

"[We] just enjoy every moment and support her when she needs the support. Her school has been awesome. She just wrapped a film. She was filming it over Christmas, and she missed some school. The teachers in the school have been really great. And so, we just support her and enjoy every moment," said Volk.

Cadets thankful for support



RECORD PHOTO SUBMITTED

On March 9, at the Memorial Hall in Selkirk, the local Navy League branch had its annual fundraising dinner. About 200 people attended the event in support of the #96 Lord Selkirk Navy League Cadets and the #77 Daerwood Royal Canadian Sea cadet corps. A silent auction and 50/50 draw took place. The cadets would like to thank all who attended.

PUBLIC NOTICE Pesticide Control Program

Public Notice is hereby given that the Province of Manitoba intends to conduct the following Pesticide Control Programs during 2024 within the province right of way.

- 1. To control invasive plants and noxious weeds on Manitoba Provincial right of way.
- 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, Chlorsurlfuron, Saflufenacil, Iron (as FeHEDTA), Glyphosate, Clopyralid, Bromacil, Acetic Acid, LI 700, Non Ionic Surfactant, Flumioxazin, Indaziflam, Florpyrauxifen, mineral oil, Methyl Ester & Ethyl Ester.

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

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Minds in Motion is returning with a new spring session

Program a way for those with dementia and their care person to get out and have fun; Volunteers needed

By Katelyn Boulanger

The Alzheimer Society of Manitoba's Minds in Motion program is starting up again for its spring session and the usually packed program has a few spots left for people with dementia and their care partners.

"The Minds in Motion program is an eight-week program for individuals with mild to moderate dementia, and a partner. It could be a spouse, an adult child, another family member, or a friend and it is a time where we can come together and connect with others who just get it and who are on the same path," said Samantha Holland, first link regional team lead for the Alzheimer Society of Manitoba.

The program varies from week to week but starts with a chair fitness class to get everyone warmed up. Then there is a coffee break and time to chat together. After socializing for a bit, the larger group breaks into smaller groups to do an activity. Sometimes the activities are things like word puzzles or memory games and sometimes there are more traditional games like bocce and Jenga.

Holland says that all components of the program help people with dementia and their care partners continue to live well and be involved in the community. She emphasized that the program isn't just for the people with dementia but creates space for both individuals.

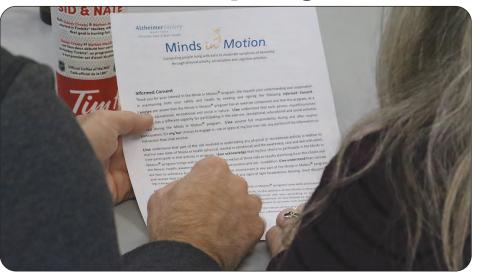
"We've had people participate, re-

ally, until they transition to personal care. For example, I've had participants who have been in the program since I started five years ago, and they're still coming back time after time. Why they come back is the connections that they form with others and the time that they just get to come and have fun in their community without thinking about dementia. We're all here to connect, reminisce, and chat, and just feel that sense of normalcy," said Holland.

This program is a space that is designed to be dementia friendly.

"People that might not quite understand what the individual or the couple is going through. And there may be a little bit of judgment or perceived judgment. So, we want to create that space where people can come and interact with those who understand what they're going through. We have volunteers in the program who, when your person is having a hard day, can step in and give you that time to just hang out with other care partners. You don't have to worry about what's going on with your [person. We're just that] safe space to get away for a couple of hours every week and really let your hair down," said Holland.

The program is going to start on April 3 and run until May 22 at the Gordon Howard Centre. Participants will be able to enjoy the two-hour sessions from 1 to 3 p.m. every Wednes-



RECORD FILE PHOTO

There are still spots left to join the spring Minds in Motion session.

day.

Holland says even if you don't know if it's for you and your partner it's worth giving a shot.

'We've had many couples that have been hesitant or maybe don't know what to expect. We would always encourage people to register, and see what they think of it the first week. If it's not for them, that's fair. But I think they'll see that once they walk into the door, It's a safe space with friendly faces. There's no judgment and there's always laughter to be had. So really, regardless of whether you like the activities or not, it is just a fun afternoon out of the house," she said.

To sign up, residents can call the Gordon Howard Centre at 204-785-2092 or stop by during their open hours to sign up with the front desk staff. The program is \$65 for both people.

Volunteers to help with the program are also needed.

"If there are individuals that have a general understanding of dementia, and who are passionate about helping participants enjoy a quality program, I would encourage them to reach out to me directly," said Holland.

Holland can be reached at 204-268-4752 or by email at sholland@ alzheimer.mb.ca. You can learn more about programs hosted by the Alzheimer Society of Manitoba online at https://alzheimer.mb.ca/.



FRI-THURS MAR 29 - APR 4

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IIU concludes investigation into death while in police custody in Selkirk the warrant. Later while in custody,

Submitted by Independent Investigation Unit of Manitoba

The Independent Investigation Unit of Manitoba (IIU) has concluded its investigation into the in-custody death of an adult male following an arrest by the Royal Canadian Mounted Police (RCMP) in Selkirk.

On Oct. 24, 2022, RCMP notified the IIU of an incident that had occurred around 7 p.m. that day. According to the notification, at approximately 3:15 a.m. on Oct. 23, 2022, a male was taken into custody under the Intoxicated Persons Detention Act, transported to the Selkirk detachment and lodged in cells. The male was alleged to have been involved in a vehicle collision. Police checks revealed that the male was wanted on a Canada-wide warrant for a parole violation. The male was arrested on the strength of he was found to be in possession of approximately 90 grams of a white powder substance and was further arrested for possession of drugs for the purpose of trafficking.

On Oct. 24, 2022, at approximately 7 p.m., the affected person was found unresponsive in his cell. He was transported to Selkirk Regional Health Centre by EMS and declared deceased.

The IIU assumed responsibility for this investigation in accordance with Sec. 65(4) of the Police Services Act. Twelve witness officers were designated. Investigators also interviewed three civilian witnesses.

In considering all the circumstances, the civilian director concluded that the actions of the officers who dealt with the male during his detention were reasonable, and no charges are recommended against the witness officers. Therefore, the IIU investigation is completed, and the matter is now closed.

The civilian director's complete report is available at www.iiumanitoba.

The details of the investigation were first announced on Oct. 26, 2022.



Seltink Record







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The loss of a voice

Starting a business is not for the faint of heart. Many people question if the stress and anxiety related to such an endeavour is even worth

But starting a newspaper in the 21st century? I mean, no one starts newspapers anymore. Newspapers are supposed to be shut down by big, impersonal corporate entities after they've been sucked dry of every last possible cent of profit and the staff have been fired without so much as a thank-you. What kind of person would start something like a newspaper?

Well, Rick Reimer did.

Rick passed away March 9 after battling a long illness and since learning of this, I have been dwelling on his impact in my life and the lives of people throughout the Pembina Valley and more broadly, throughout Manitoba.

A long time ago in the impossibly distant past of 2010, in the land of Morden and Winkler, Rick, along with his business partners Lana Meier and Brett Mitchell, started the Winkler Morden Voice as part of a new community newspaper initiative in Manitoba that included the Selkirk Record and the Stonewall Teulon Tribune.

There were MANY who questioned the initiative. There were many who predicted the endeavour

would not last the year. Well, here we are 14 years later and this small group of community newspapers has grown to include the Express Weekly News, the Carman Dufferin Standard, and the Altona Rhineland Voice.

To be frank, the Voice was a lifeline to me back when I was going through an incredibly difficult time in my life. It started right in the middle of my "what the heck am I going to do now?" phase and became the critical foundation for rebuilding.

If not for Rick, there would be no Voice. If not for Rick, there would have been no editor in Ashleigh Viveiros to take a chance hiring a guy like me as a full-time reporter. A guy who didn't have an article in his portfolio newer than 1996.

I liked Rick. It was hard not to like Rick. You have to understand many journalists do not get along with their publishers. In fact, many have downright hostile relations with their publishers. This is mostly because a lot of publishers are meddlesome and so focused on revenue that they seem to have lost sight of the point of journalism in the first place.

Rick was not like this. If the dictionary had an entry for "Nice Guy" it would be Rick's picture next to it. He was open, friendly, supportive and had a near per-



Peter Cantelon

manent enormous smile. He actually cared about people.

Don't get me wrong, Rick was human like the rest of us. He was also a good businessperson. I think part of his success was due to the fact that he was a genuinely likeable guy. He didn't ignore the need to drive sales and create revenue because he understood that without it, the newspaper vanishes. But he kept an appropriate distance from the content.

Without Rick, community journalism in Manitoba would be less. Without him you would not have had to hear me whine and pontificate for the past 14 years (don't be too hard on him for that).

Rick helped to create opportunities for journalists and journalism in Manitoba. His efforts have contributed to creating and saving careers. He made a difference, and he did it mostly from the background, quietly working to ensure there was a community newspaper that connected people and kept them informed.

You may not have known Rick but if you've read the Voice or any of its family of newspapers, he has had an impact on your life.

Rick made a difference. I'm sad that he is gone, but his Voice continues.

Peter Cantelon is a columnist for the Winkler Morden Voice

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The Selkirk Record welcomes submissions to Letters to the Editor. Letters or call our office at 204-785-1618 can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

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

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

JD Edwards Band plays at Gaffer's last weekend





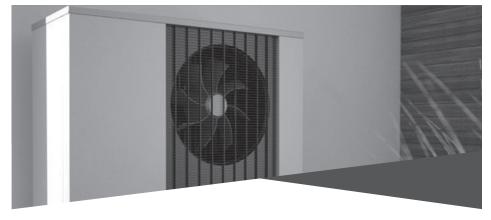




RECORD PHOTOS BY BRETT MITCHELL

Dancing, fun and perhaps a little luck was in the air as the JD Edwards Band played for the sold out St. Patrick's Day crowd at Gaffer's Restaurant last weekend. Organizer Todd Cook is excited about the resurging enthusiasm for live music. Don't miss out on future shows at Gaffer's by following them online at https://www. gaffers.net/. You can also keep up with them on Instagram at @gaffersrestaurant and on Facebook at @GaffersLockport.





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MFGA Green Gold Program looking for hay or alfalfa producers

Program finds optimal alfalfa first-cut date with sampling results

By Becca Myskiw

Manitoba alfalfa producers can predict their optimum harvest date—and it costs them nothing.

The Manitoba Forage and Grassland Association (MFGA) has the longestrunning producer-based program for Manitoba forage producers with their Green Gold Program. Running through May and June, the Green Gold Program calls for producers with hay fields that are mostly alfalfa, fairly new, and in good condi-

> tion. Those producers will test their crops twice weekly (clipping alfalfa) throughout the May/June growing season until the first cut. MFGA will then send subscribed producers weekly results for the entire sampling duration. The program progrowers vides with real-time information on the best time to cut the alfalfa stand.

Last Green Gold Program involved 23 fields from Central, Eastern, and Western Manitoba. Alfalfa sampling started on May 18 at 10 inches and ended on May 31 when most of the fields were in the early bloom stage. Last spring saw warm conditions followed by intense heat and an early frost before sampling. MFGA found the optimum harvest date to be June 1 for the Central and Western regions and May 31 for the Eastern/Interlake region.

MFGA says that by clipping alfalfa samples from fields, testing results suggest that the first cut date has a higher relative feed value for the optimum livestock feed value.

The MFGA Green Gold Program aims to encourage growers to be strategic with their alfalfa crop harvest, making decisions based on the best first-cut date for specific feed and market needs and field observations. The program relies solely on Manitoba alfalfa producers to clip and send in alfalfa samples twice weekly. Because the sampling happens in realtime, the results accurately reflect current weather conditions. Results are sent to more than 300 MFGA Green Gold subscribers and stakeholders.

To learn more about the MFGA Green Gold Program or to sign up for it, go to https://mfga.net/green-





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RECORD PHOTO SUBMITTED

MFGA is looking for producers to participate in their Green Gold Program, which predicts the optimal harvest date for alfalfa growers.

Stonewall potter progresses to semi-finals

The Interlake continues to be well represented in CBC's nationwide pottery competition.

Jen Sonnenberg of Stonewall is competing in the eight-episode series called The Great Canadian Pottery Throw Down, which features amateur potters from across the country.

Each week, the artists compete to create a main pottery piece while also taking part in a smaller skill test. And at the end of every episode, one potter is sent packing from their hub on Vancouver's Granville Island.

Episode 6 aired last week, and Sonnenberg continues to stand her

"Continuing on in the competition into Episode 6 was so exciting and unexpected. This week's challenge

was to create a nine-piece place setting for a Michelin Star restaurant, with a guest appearance from chef Mike Robbins of Vancouver's AnnaLena restaurant actually giving feedback and plating our sets with their food," she said.

"It was an opportunity I've never had before and thought was so incredible. Making functional work things that people are going to use like mugs, bowls and plate — are some of my favourite things to make. So for me, there was a lot of pressure to create a cohesive set that would elevate the food."

Sonnenberg decided to create a set that was very sculptural in form and was inspired by "lucky stones" rocks with holes eroded into them that were picked up from Manitoba

"While we waited for our pieces to dry and be fired in the kiln, we had a spot test in which we had to pull as many handles off of pre-made mug bodies as we could in 20 minutes. Pulling handles is a method of adding handles to mugs," she said.

We had to try and make our handles as close as we could to the handles that judge Brendan Tang made as a demo. Ít was a very close race, but I ended up getting the most done in the time frame and won first place."

It was a close call for the judges, but Sonnenberg breathed a sigh of relief

when she found out she'd continue in the competition.

"I was really happy with the soft organic forms that I created, but in the end it came down to me and Renu (a fellow competitor) as to who was going to go home this episode, with the judges feeling that some of my plates were a bit too small," she said.

"I was grateful to have won the spot test and continue on to the semi-final episode."

Episode 7 of The Great Canadian Pottery Throw Down, the semi-final, will air on CBC on Thursday, March 29 at 8 p.m. and on CBCGem.



PHOTO SUBMITTED

Jen Sonnenberg of Stonewall is competing in the eight-episode series called The Great Canadian Pottery Throw Down. Episode 6 aired last week, and Sonnenberg continues to stand her ground.



SELKIRK SUPPORT GROUP Meet first Wednesday of the month 1:00-3:00 pm at Gordon Howard Centre 384 Eveline St., Selkirk

204-975-4280 (MBIA) 1-866-327-1998 (MBIA)

"Supporting each other towards a new beginning"



NOTICE OF Annual General Meeting

April 16, 2024

Notice is hereby given that the 65th Annual General Meeting of the Members of Cambrian Credit Union will be held on Tuesday, April 16, 2024 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, 2023 and the report of the Directors, management and auditors thereon;
- Receive a report of Cambrian's call for Director Nominations and announce the results of the Election of Directors:
- Appoint the auditors of Cambrian for the 2024 year; and
- Transact such other business as may properly come before the last 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 Tuesday, March 5th and closes Tuesday, April 9th at midnight. *To pre-register, and for more information* about the virtual Annual General Meeting, members are encouraged to visit www.cambrian.mb.ca/2024AGM.

Dated at Winnipeg, Manitoba this 21st day of March, 2024. By order of the Board of Directors

Marilyn Brennan

Corporate Secretary



Your Local Community

Home Real Estate Section

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7 steps to clean your pantry like a pro

Cleaning out your pantry is one of those chores you only do maybe once a year. Here's a step-by-step guide on how to do it right from cleaning and organization professionals:

- 1. Empty the pantry completely. You may make some surprising discoveries!
- 2. Sort all the food by category. For example, group together spices, canned vegetables and cereals.
- 3. Check the expiry dates and get rid of any out-of-date products. If you can't find a date, consult a credible source, like a government website, to determine the approximate shelf life of popular food items.
- 4. Clean the walls and shelves inside the pantry with an all-purpose cleaner.
- 5. Wipe down the outside of plastic and glass containers and bottles with a damp cloth.
- 6. Carefully put all the items back on the shelves or in storage baskets. For instance, put the items you use most often within easy reach or place canned goods together.
- 7. Wipe down the outside of the pantry, including the doors and handles.

A clean, well-organized pantry will make cooking easier and minimize food waste. What are you waiting for?



Bye-bye, clutter!

Simple, effective storage solutions



3360 Raleigh Street, East St Paul OW! Cherished and meticulously cared for is this one-of-a-kind 2,236 SF 4 bedroom, 3 bathroom home crafted by Prego Builders and features neutral tones, ceramic tile floors, and maple hardwoods throughout! Imagine spending your summer days in the 3 season sunroom or down by the stamped concrete patio!



113 Liss Road, St Andrews - \$179,900 PORTUNITY TO BUILD! Build your dream home in St. Andrews! This treed 1.38 acre lot is minutes to amenities and only 10 minutes to the Perimeter Hwy! Services available & approach in place



3 Keats Crescent, Petersfield - \$527,900 Petersfield, this home offers 1470 square feet of living space, encompassing 3 bedrooms and 2 bathrooms, all set on a spacious 1.46-acre lot within a serene cul-de-sac. Enjoy the tranquility and comfort of rural living in this delightful



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5 Davis Place, St Andrews - \$679,900 **FAMILY** a treed 1.37 acre lot in St Andrews is this 2,150 SF, 4 bedroom, 3.5 bathroom home featuring a circular driveway neutral tones, and ample natural light throughout. Your inner green thumb will love the garden space in the backyard! Enjoy a triple attached garage for your tools and toys!



73088 34 Road E, Brokenhead - \$649,900 OVE TO THE COUNTRY! Situated on a 20.43 acre treed lot in Brokenhead is this 1,822 SF, 3 bedroom, 2.5 bathroom home featuring a circular driveway, ample natural light, and neutral tones throughout. Enjoy a triple attached garage for your tools and toys! Under 10 nutes to Beausejour and 20 minutes to the Perimeter Highway for all amenities.



110108 Road 14E Road, Armstrong \$479,900 GREAT FAMILY on a sprawling 5 acre lot is this 2,398 SF, 4 bedroom, 2.5 bathroom home featuring a large front porch, ample natural light throughout, and a stunning sunroom! Situated only 10 minutes away from schools, shopping, beaches, and all other amenities!



Are you tired of having to tiptoe around piles of stuff in your home? Here are a few tips to help you organize and find a place for all your belongings so you can enjoy a clutter-free home:



• Wardrobe organization systems. You can find various practical and affordable solutions for intelligently storing your clothing and accessories at local hardware and big-box stores, including hooks, shelves, shoe racks, bins and more. The possibilities are endless!





- Multifunctional furniture for the living room. If you're in the market for a new coffee table, look for one with drawers and compartments that can be used to store items like the TV remote or video game controllers. Additionally, some ottomans double as hidden storage for things like magazines and throw blankets. Lastly, keep an eye out for sofa beds that come with drawers for extra storage.
- **Bathroom accessories.** Store personal hygiene products, like toothbrushes, towels and washcloths in an organized and attractive way using trays with dividers, towel bars, shelves or shower caddies. If you're tight on space, don't hesitate to utilize the walls or even the top of the door to store items you use less frequent-

Visit your local shops for other clever storage solutions.







Tips for sparkling clean walls and floors

Over a year, your walls and floors can accumulate a lot of dirt. When it's time for a good spring cleaning, use these tips to make them sparkle.

PAINTED WALLS

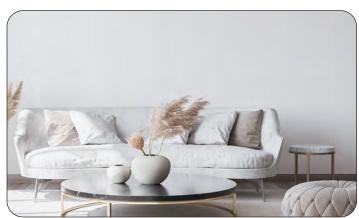
Start by removing dust and cobwebs from your walls using your vacuum's brush attachment or a telescopic mop with a duster. Then, dampen a cloth with a mixture of warm water and mild soap and wipe down the walls, working from top to bottom. Rinse with clean water and allow to dry.

For stubborn dirt, use a stain remover specifically designed for painted walls. Be careful not to use the wrong product, as it could do more harm than good.

FLOORS

Start by removing dust, crumbs and other debris from your floor. While a traditional broom works, vacuuming is a better choice. Next, clean the floors with a mixture of water and a dash of mild detergent that won't leave steaks. Be careful not to let the floors get

For best results, purchase a product specifically designed to clean your specific flooring, whether you have hardwood, bamboo, vinvl or ceramic.





204.782.3260

Tickets on sale for Quarry Choristers performance

By Jennifer McFee

Calling all theatre buffs and food aficionados — the Quarry Choristers are gearing up for another entertaining dinner theatre performance.

This year's show, called Almost Paradise, will run at the Quarry Park Heritage Arts Centre from May 2 to 5 and May 9 to 11.

"The premise of the show is that there are a bunch of different people at the airport about to go on different kinds of trips," said Quarry Choristers chair Julie Leduchowski. "Things do not go as planned and they end up stranded."

It was a collaborative effort to write the show, and

the process started nearly a year ago.

"We have a group of Choristers that gets together. The show is in May, and we start in June. We get together to pick a theme or a setting. We figure out a storyline and add the music and the dialogue," she said.

"The music this year has a little bit of everything. There's some current music, some from the '70s and '80s, some older stuff, Broadway hits. It's lots of

At the same time, the Quarry Choristers is a nonprofit organization that donates proceeds from performances to community causes

"Our primary goal is supporting arts groups, especially for youth in the community," Leduchowski said. "Then, depending if we have more, we branch out from there."

Tickets are for sale online at https:// choristers.yapsody.com, with payment by credit card or Paypal.

Dinner theatre tickets cost \$60 each, which includes a buffet meal by Abas Catering. Dessert matinee tickets cost \$30, which includes coffee, tea and dainties provided by volunteers from Stonewall United Church.

"All of our costs have gone up but we've decided to keep the ticket price the same as last year. We're respecting the fact that inflation is hitting everybody, so we're trying to hold the line, at least for this year," Leduchowski

"We're hoping for lots of support because we need to sell the tickets to cover our costs."

Evening shows start at 6:30 p.m., In addition, a May 11 matinee begins at 1:30 p.m. Doors open one hour before the show begins. The dinner performances span about three hours, while the dessert matinee might be slightly

For more information, visit www. quarrychoristers.com, call 1-844-496-2153 or email quarrychoristers@ gmail.com.





Selkirk RCMP respond to armed robbery and arrest male

Submitted by Manitoba RCMP

On March 15, at approximately 2:55 a.m., RCMP responded to an armed robbery at a business on Main Street in Selkirk.

A male armed with an edged weapon, threatened the employee, stole items and fled.

A description was obtained and officers immediately made patrols in the area and located the male. He was arrested without incident and was found to be wanted on three outstanding warrants.

Gary Richard, 39, was charged with Robbery with a Weapon, Fail to Comply x3 and Possession of a Weapon for Dangerous Purpose. He was remanded into custody.

Sportside > OUTSIDE > UPSIDE DOWN

Successful season for Interlake ringette players

Submitted by Shauna Leferink

The Interlake Ringette Association recently finished their city playoffs and their teams had a very successful playoff run.

Of our six teams that we are hosting this year, five went to the medal rounds. We ended up with two bronze medals and three gold.

Our U16B Stingers and U10A1 Ignite

both took home the bronze medal.

Our U12A4 Ignite, U14C Ignite, and U14A Ignite teams each took home a gold medal.

We are so excited that our players had such a successful end to their season. We have three teams who continued their playoff journey as they competed in provincials at the Seven Oaks arena in Winnipeg.



RECORD PHOTOS SUBMITTED

The Interlake Ignite U12A4, U14C and U14A each took home a gold medal from this year's city playoffs.

Raiders topped by Twisters



RECORD PHOTO BY LANA MEIER

Raiders Jr. Hockey Club forward Nate Goodbrandson and his club lost 2-1 in overtime last Friday to the Pembina Valley Twisters to end their MMJHL season.





Men's bonspiel winners



RECORD PHOTO BY BRETT MITCHELL

The Fort Distributors Men's bonspiel was held earlier this month, with teams travelling from as far away as Winkler to enjoy one of the best-attended men's events in years. Teams dressed up for a "Lumberjack" theme Friday, jersey day Saturday and Sunday "Recovery". Pictured, the A-event winner was Petersfield's Team Boehmer, including Dave Boehmer, Dale Lott, Sean Braken and Ralph Boch. Stonewall's Team Dunlop of Nate Wright, Shayne Meritt, Matt Dunlop and Thomas Dunlop won the B-event.

Selkirk speed skater wins four medals at Special Olympic nationals

Savannah Thompson, an 18-yearold Selkirk athlete, raced her way to victory at the Special Olympics Canada Winter Games Calgary 2024 earlier this month. Savannah, a Lord Selkirk Comprehensive Student picked up four medals in speed skating events for Team Manitoba from Feb. 27 to March 2 in Calgary.

A team of 56 athletes represented Manitoba to compete in Alpine Skiing, Floor Hockey, Curling, Speedskating, Cross Country Skiing, 5-pin Bowling and Snowshoeing. Team Toba placed 4th behind Ontario, BC and Alberta with 16 Gold, 24 Silver and 16 Bronze medals. Interlake Athletics athletes Savannah Thompson (who trained with Sargent Park Racers) Nolan Penner, and Alec Baldwin accounted for 9:

Savannah achieved personal best times in all her races and won Gold in the 222m, Silver in the 333m and Bronze in both the 111m and 500 m

Nolan Penner came home with a Bronze in 100m and Gold in the 4 X 100m relay in Snowshoeing.

Alec Baldwin won Gold in the 800m, 1600m, and 4 X 400m relays and also in Snowshoeing.

Savannah has been speed skating for eight years and has always jived with it. It is an activity that she engages in to bring her joy.

"Speed Skating helps you get your mind off of certain weights on your shoulders," said Thompson.

She trains at Sargent Park Racers in Winnipeg, attends ice practices for



RECORD PHOTO BY EMILY ANTONIO Savannah Thompson showing off the speed skating medals she won at the Special Olympics Canada Winter Games Calgary 2024.

one hour weekly, and has been taking extra strength and conditioning classes since October to help her prepare for the Winter Games.

Savannah is grateful for the extra ice time Speed Skating Manitoba has given her this winter at the Selkirk Recreation Centre.

Her training routine involves warming up and stretches, technique training, and practice races. Athletes train skills such as crossovers and discuss recent races with their coaches. She loves the practice races, which range from half-lap to six-lap distances.

Dominic Jones-Bieringer coached Savannah for two years. He said that she has improved greatly as

a skater.

"It is incredibly impressive," explained Jones-Bieringer.

He said Savannah's passion and drive to speed skating explains the rapid improvement.

This was Jones-Bieringer's first time at the National Special Olympic competition, and he was impressed with his athletes.

"I am super happy with how all my skaters did."

He was excited for Savannah, who brought home a medal for each of her races and received personal best times on all of them. She shaved 9.8 seconds and 6.5



RECORD PHOTO BY KATY THOMPSON

Thompson with a couple of team members with Canadian Olympic Speed Skater Catriona Le May Doan at the Games.

seconds off two of her races. Usually, racers reduce their times by 1 or 2 seconds.

Katy Thompson, Savannah's mom, is extremely proud of her daughter.

"It is nice to have medals, but even better to have new personal bests," said Katy Thompson.

Savannah was one of three speed skating athletes selected to compete for Team Manitoba at the Special Olympic Games. Athletes are picked based on their wins and race times from previous events the same year. She was also chosen to attend the 2023 National Special Olympic Winter Games in Thunder Bay. She was the only speed skating athlete from outside of Winnipeg.

"It is awesome when you can represent your own town," said Katy Thompson.

The Special Olympic Games in Calgary were life-changing for Savannah. She got to skate at the Olympic Oval where the speed skating event for the 1988 Calgary Olympic Winter Games was held.

"Calgary has the world's fastest ice," said Katy Thompson, adding to the memories they took from the event.

Savannah loved exploring the Calgary skywalks and the Calgary Tower, but she was there for one main reason: to compete.

"My favourite part about the games was getting my first gold in a national competition," said Savannah.

Another highlight was meeting her role model, Canadian Olympian Catriona Le May Doan. She was thrilled

to meet someone she looked up to.

The Selkirk Legion sponsored Savannah to attend the Special Olympics event through the Draft an Athlete program that allows organizations to sponsor an athlete's fees. The Selkirk Legion sponsored her entire trip, raising \$2,000.

"Hats off to the Legion in Selkirk," said Katy Thompson. She described the whole experience as heartwarming. She explained how a lady made pies and sold them to send Savannah to Calgary.

Every donation helps, and the Thompson family is extremely grateful for the Selkirk Legion's generosity.

"Selkirk takes care of their own, and I believe in that," said Katy Thompson, describing how the sponsorship eased the financial stress of the games.

Savannah is a very busy athlete. She also participates in Special Olympic Alpine Skiing and Track and Field and in the community's band, cadets, and theatre programs.

Savannah's goal is to become a Team Canada Speed Skating Athlete and compete in the 2025 Special Olympic World Games. The Worlds will be held in Italy from March 7 to 18, 2025. Athletes are selected based on their previous race times. Savannah has to wait until June to determine if she has been selected for the team.

Savannah's next competition is the Manitoba Cup on March 16 in Portage la Prairie, where she hopes to win some new medals.



RECORD PHOTO SPECIAL OLYMPICS MANITOBA Thompson mid speed skating race at the 2024 Calgary National Special Olympics Winter Games.

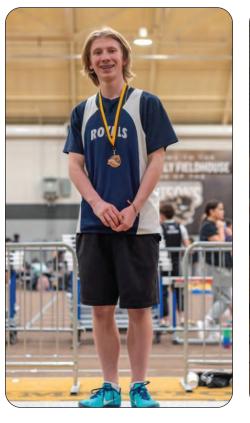
U15 Rebels Green win B-side title

E YOUR URITES R THE GAME. Bauer CIT CHAMPONS SOZS-2024 Marries Marries Marries Marries Marries Marries Marries

RECORD PHOTO SUBMITTED BY PAM CYCHOWSKI

The U15 Rebels Green team finished the season second on the B side which earned them a first-round bye in the AA Hockey Winnipeg playoff quarter-finals. In the semifinal round, the Rebels got out to a two-game lead over the River East Marauders but lost the next two games - forcing a deciding fifth game. In a hard-fought battle, the Rebels won 3-2 to launch them to the B-side finals where they met the Interlake Lightning. The Rebels won the first game and then Interlake tied up the series before the Rebels won two straight, including 9-2 in Game 4 to take home the B-side champions banner. Big thanks to coach Chris Chinery, and assistant coaches Caelin Chinery and Jamie Leach. Pictured back: Brady Yourchenko (assistant captain), Harlan Arnason, Noah Hartwich (assistant captain), Ty Miller, Kaden Favel, Jaxon Leach, assistant coaches Jamie Leach and Caelin Chinery. Middle: Coach Chris Chinery, Luke Farmer, Liam Weber (assistant captain), Hudson Panting, Branden Mickall, Hayden Hazlitt (assistant captain) Sebastian Cychowski (captain) Kageon Carver, Finley Arnold, Evan Browne. Goalies: Justin Enns and Camden Chinery.

Royals wrap up indoor track and field season





RECORD PHOTOS BY MATT PEARSON

The Selkirk Royals' Quinn Fyfe, left, won a bronze medal in the junior varsity boys' 400 metre event while Carolin Roth competed in the junior varsity girls' shot put at a recent track and field meet. Selkirk closed out its season this past Tuesday at the KPAC championship which was held at the University of Manitoba.

Selkirk Steelers' season is over

By Brian Bowman

Despite playing some really good hockey down the stretch, the Selkirk Steelers' season is over. Selkirk finished its regular season with 60 points, four back of the Niverville Nighthawks for the final MJHL East Division playoff spot.

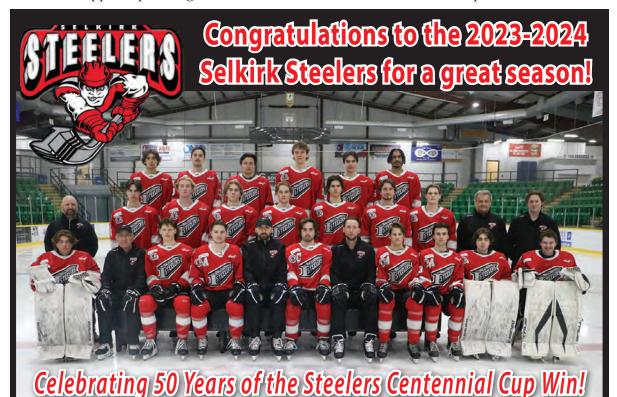
The Steelers posted a 25-23-5-5 record after a slow start. They really improved over the course of the season.

Selkirk wrapped up its regular season with

a 6-3 home loss to the Dauphin Kings last Saturday. On the same night, Niverville defeated Swan Valley 5-1.

Against the Kings, Steelers' goals were scored by Rocco La Cara, Mathieu Catellier, and Joel Purdom while Logan Walker (three), Madden Murray, Havryll, Simchuk, and Cayden Glover replied for Dauphin.

On Friday, Selkirk defeated the Winkler Flyers 5-3 at the Recreation Complex.





RECORD PHOTOS BY JOHN PODWORNIUK

On Saturday night the Steelers kicked off this year's 50th Anniversary celebrations of the Team's Centennial Cup win in Ottawa in 1974. Original executive member board Laurence Unik was at the game for the ceremonial puck drop. Unik was one of the original executive members when the team was formed in 1966. Watch the Selkirk Record for more events coming this year to celebrate that huge win 50 years ago. Left to right, Dauphin Kings captain Logan Walker, President Jordan Fillion, Laurence Unik, assistant coach Al Hares, game day sponsor Jason Greschuk president of Beule Painting and Steeler captain Mathieu Moreira.

Purdom, with a pair, and John Lang popped goals in the middle frame. Purdom also had an assist while Mathieu Moreira chipped in with three helpers.

Trent Penner, Avery Anerson, and Zach Nicolas scored for Winkler.

A success weekend on the track for Allen brothers







St. Andrews brothers Tristan and Keenan Allen had an outstanding weekend at the USports Track and Field Championships earlier this month. Tristan ran the 600m race with a time of 1:17:96 and won gold. He entered the 600m final ranked 5th after the preliminary heats. Tristan, Keenan, and teammates came from behind to win second in the 4x400m relay.

Beausejour beats Fishermen in CRJHL semifinal series

By Brian Bowman

Not many people saw this upset

After finishing the regular season in first place and taking a 1-0 lead in their CRIHL best-of-seven semifinal series, the Selkirk Fishermen were bounced by the Beausejour Comets in five games.

The Comets closed out the series with a 4-3 double overtime victory at the Recreation Complex on Sunday afternoon.

Nikolas Bear notched the game winner (it was his second goal of the game) while Ryden Lemoine and Tanner Amos also tallied.

Selkirk goals were scored by Logan Saluk, Gage O'Neill, and Matt Brooks.

Last Thursday, Beausejour knocked off Selkirk 3-1 at the Sun Gro Centre.

Julius Guimond scored for the Fish. Carter Reid, Jace Ticknor, and Liam Johnston answered for the Comets.

Beausejour now advances to the league final against St. Malo. Game 1 of the series is set for this Friday.

Royals named WHSHL all stars



RECORD PHOTO SUBMITTED

Jonny Enns-Demchuk, Ryan Cromie, Nathan Ramos-Lam, Gaven Berry, and Parker Carels played in a WHSHL all-star game.

Cooper Nemeth Memorial Hockey Day set for Saturday

By Brian Bowman

The fifth-annual Cooper Nemeth Memorial Hockey Day will be played this Saturday at the Gateway Recreation Centre.

The day will feature three AA allstar games and an alumni game.

The U13s will take to the ice at 11 a.m., followed by the U15s (1 p.m.), U18s (3 p.m.) and the alumni game (5 p.m.).

Players from AA teams sanctioned through Hockey Winnipeg play in the event, including Lord Selkirk/Seven Oaks Rebels' players.

Cooper Nemeth was a teenager from Winnipeg that was murdered in 2016.

Saturday is going to be a great day for hockey and raising money for a really good cause.

All proceeds from this year's event will be donated to Hockey Winnipeg's Cooper Nemeth Memorial Player Assistance Fund.

The money raised will help bridge the gap for players coming from AA who might be financially restricted.

Last year, the event raised about \$22,000.

This event has raised more money every year.

"I hope this event is as busy as last year. The reply was phenomenal from the players being invited and you always worry that kids can't make it," said Brent Nemeth, Cooper's father. "I think that with kids that were invited, there were only four or five kids that couldn't make it. We're happy to do it again and we look forward to it"

A big financial boost comes via sponsorship from local businesses and even another one from B.C.

"Without the sponsors, it doesn't happen," Nemeth said. "The sponsors make it happen and then we start getting the players out and getting jerseys - that type of stuff."

Another key component to the suc-

cess of this event is volunteers, said Nemeth, estimating that they have had a great core of 20 volunteers in the past.

That's cool.

Advance ticket sales are available at Norm's Skate Shop, located inside the Gateway Recreation Centre, or at the door on game day.

Tickets are \$5. Children aged 12 and under are admitted for free. There will be incredible silent auction prizes and 50/50 draws throughout the day.

Please support this great event. All the proceeds are directly forwarded to Hockey Winnipeg.



Recipe courtesy of "Cookin' Savvy" Medium bowl Warm water Sourdough starter Unbleached all-purpose flour Silicone spoon Softened butter Brown sugar Cinnamon Sharp knife

In medium bowl, combine 330 grams warm water, 90 grams sourdough starter and 10 grams salt. Stir well then add 525 grams flour. Using silicone spoon, mix dough to sticky ball. Let rest, covered, about 45 minutes.

Pull dough from bottom and stretch to top of dough ball. Repeat around entirety of dough ball a few times then cover. Repeat process four times then

Cinnamon Brown Sugar Loaf

cover and let sit at room temperature at least 6 hours but no more than 14 hours. Dough should double.

In bowl, mix 4 tablespoons butter, 1/2 cup brown sugar and 2 tablespoons cinnamon.

Sprinkle flour on counter then spread dough flat on floured surface. Spread cinnamon mixture on dough. Fold dough from sides, pinching to keep cinnamon inside, then turn and roll into ball. Place on parchment paper and put back in bowl 1 hour.

Heat oven to 475 F with uncovered Dutch oven inside.

Using sharp knife, score dough then place parchment paper and dough in Dutch oven lined with aluminum foil. Cover with lid and bake 20 minutes then remove lid and lower temperature to 450 F for 25 minutes. Internal temperature should reach 195-205 F. Let rest at least 1 hour before cutting and serving.

Chocolate Loaf

Sugar Silicone spoon Milk chocolate chips Sharp knife

In medium bowl, combine 350 grams warm water, 150 grams sourdough starter and 10 grams salt. Stir well then add 500 grams flour, 50 grams cocoa powder and 50 grams sugar. Using silicone spoon, mix dough to sticky ball. Let rest, covered, about 45 minutes.

Pull dough from bottom and stretch to top of dough ball. Repeat around entirety of dough ball a few times, adding 1 1/2 cups milk chocolate chips during process, then cover. Repeat process four times then cover and let sit at room temperature at least 6 hours but no more than 14 hours. Dough should double.

Sprinkle flour on counter then spread dough flat on floured surface. Fold dough from sides then turn and roll into ball. Place on parchment paper and put back in bowl 1 hour.

Heat oven to 450 F with uncovered Dutch oven inside.

Using sharp knife, score dough then place parchment paper and dough in Dutch oven. Cover with lid and bake 40 minutes. Internal temperature should reach 195-205 F. Let rest at least 1 hour before cutting and serving.

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

HELP WANTED

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HELP WANTED

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Join our team. P/T Bartenders wanted. Army Navy & Air Force Veterans. Apply in person at 231 Clandeboye Ave. or email: ANA VETS151@hotmail.

> ADVERTISE YOUR HELP WANTED IN THE RECORD



South Interlake Regional Library is hiring

South Interlake Regional Library is recruiting for a **Bookmobile Library Clerk.**

The job posting is available on the Library website: www.sirlibrary.com.

Please email a cover letter and CV to admin@sirlibrary.com.

Deadline for applications is April 02, 2024.

WEST ST. PAUL

ACCESSIBILITY COMMITTEE

Citizen-at-Large Members

The Rural Municipality of West St. Paul is seeking community members to join the Accessibility Committee.

The Accessibility Committee reviews the Municipal Accessibility Plan, identifies barriers, proposes Action Plans and facilitates public consultation.

Members of the Committee must:

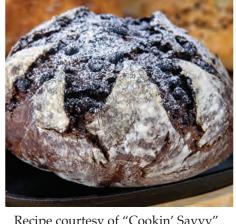
- a) be a resident of the RM of West St. Paul;
- b) be at least 16 years of age; and
- c) have awareness and knowledge of disability and accessibility issues.

Those interested in joining the Committee are encouraged to review the Committee terms of reference before submitting an application. Copies of the terms of reference and application forms may be obtained from the RM of West St. Paul Municipal Office or online at www.weststpaul.com.

Applications must be received by the undersigned no later than 11:00am on Wednesday, May 1, 2024.

All inquiries related to the Accessibility Committee should be directed to Lainie Shaw, Municipal Legislative Officer by phone at 204-338-0306.

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



Recipe courtesy of "Cookin' Savvy" Medium bowl Warm water Sourdough starter Unbleached all-purpose flour Cocoa powder



Classifieds

Selkink/Record

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PERSONALS

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

MISCELLANEOUS

Over 600 records for sale, small collection of Elvis records (some never opened); old cameras; slide projector & accessories; over 400 pieces of AVON (small still in box); collection of old newspapers; collection of plates (lots Norman Rockwall in boxes): WWII German bayonet & WWII Canadian bayonet; China cabinet with table & 4 chairs; gentleman's dresser from 30's or 40's in good condition: collection of approx. 80 old broches. Text 204-750-2137 or 204-750-1571.

For sale - Aluminum ladders, 24ft & 28ft, medium duty, 12 ft. step aluminum, ladjacks, pump jacks and misc. tools. Call 204-785-3740.

WANTED

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

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

NOTICES URGENT PRESS RE-

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

NOTICES

SPRING HIRING? REGISTERING spring Having programs? an AGM? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please Call 204-467-5836 MCNA 204-947-1691 for more details or to book ads. MCNA Manitoba News-Community papers Association. www.mcna.com

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2 bed/1 bath suite available April 1, rent is \$898/month plus cable, sector, garbage, parking if req'd

1 bed/1 bath suite available June 1, rent is \$741/month plus cable, sector, garbage, parking if req'd

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Contact Andrea at 204 886-2760 or farview@mymts.net for more info

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Estate & Moving Reimagined Closes April 3 @ 7:00 Ph

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NOTICE OF DIRECTOR ELECTIONS ELECTRONIC VOTING AND ANNUAL GENERAL MEETING (the "AGM" MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

VOTING FOR BOARD OF DIRECTORS

TAKE NOTICE THAT voting for the Board of Directors is open to all members who have a share at any Credit Union branch. Voting will be done by electronic ballot and will be tallied $\,$ electronically by a third party provider. Voting will be open from 9:00 am CDT on Monday, the 8th day of April, 2024 until 5:00 pm CDT on Friday, the 12th of April, 2024. Members of the Credit Union are invited to vote online at www.accessvotes.ca. Each member may vote on a personal electronic device or should any member prefer, devices for the purpose of voting will be available at all branches of the Credit Union during operating hours.

VOTING FOR BYLAW CHANGES

TAKE FURTHER NOTICE THAT Voting will take place during the AGM held on the 16th day of April, 2024 to consider the approval of the amendment of the Credit Union's Bylaws. Instructions on registration, authentication, voting process, and technical support are available on our corporate website at www.accesscu.ca/AGM. Immediately preceding the meeting opening, and at the beginning of the meeting, members will be given instructions on how to ask questions during the meeting.

SUMMARY OF PROPOSED BYLAW CHANGES

The proposed Bylaw changes align the document with Credit Union Central of Manitoba's model and includes several amendments, a summary of which can be viewed at www. accesscu.ca/AGM. The proposed amended and restated by-laws are available on request.

At the meeting, a presentation will be made explaining the changes and their purpose. Members will have the opportunity to ask questions during the presentation, although not all questions may be answered if there is insufficient time. The Members will be asked to vote on the following motion: to approve the amended and restated by-laws as presented to the

Each member may vote on a personal electronic device. Voting will end during the AGM and results will be shared.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of The Credit Unions and Caisses Populaires Act, you have the right to dissent to the proposed amendment. If you wish to dissent, you must send a written objection to the amendment to the Credit Union at or $\frac{1}{2}$ before the meeting of Members referred to in this Notice.

ANNUAL GENERAL MEETING

The AGM of the members of the Credit Union will be held on Tuesday, April 16, 2024 at 7:00 p.m. CDT via virtual means, for the following purposes:

- 2023 Audited Financial Statements and Auditor's Report
- Board of Directors Report 2.
- 3. Appointment of Auditors
- Announcement of Member Rewards
- **Director Elections Voting Results**
- Bylaw Changes Voting and Results

All eligible members wishing to participate in the AGM are required to register online at www.accesscu.ca prior to April 16, 2024 at 4:00 P.M. CDT. Instructions for voting processes and how to ask questions will be displayed on the screen commencing at 6:45 p.m. CDT. These instructions will also be reviewed at the opening of the meeting. More information can be found at: www.accesscu.ca.

DATED this 21st day of March, 2024 ACCESS CREDIT UNION LIMITED By Order of the Board of Directors



building at 233 Main Street for the upcoming spring & summer seasons.

- grass cutting, trimming & edging
- weed control and fertilizer application flower planting
- pruning
- litter contro

Duties include:

Tenders or resumes, accompanied by a minimum of two references, must be received on or before Friday April 5, 2024, before 4:30 p.m.

LANDSCAPING TENDER

Access Credit Union Selkirk requires the services of a contractor to

provide general landscaping/gardening duties on the grounds of their

Access Credit Union, 233 Main Street, Selkirk

Tender information may be obtained by emailing Mike.Frost@accesscu.ca.

Tenders may be delivered, mailed or emailed to:

Access Credit Union PTH #14 Unit 2 - 23111 Stanley Business Centre Winkler, MB R6W 4B4 email: Mike.Frost@accesscu.ca



ASSIFICAS Sellsink Regard

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Monday at 4 p.m. prior to Thursday's publication

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SUMMER EMPLOYMENT OPPORTUNITY

GREEN TEAM SUMMER STUDENT WORKERS

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

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

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

Teulon

Teulon Golf & Country Club is looking for responsible, highly motivated, team oriented individuals for the upcoming golf season. We are now accepting resumes for all positions.

Proshop Driving Range Cooks Marshal **Grounds/Maintenance**

Please email your resume and cover letter: Janis Dola **General Manager** Teulongc@mymts.net

We thank all that apply, however only those candidates selected for a interview will be contacted.

FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a homebuilt aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

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Bullion, all Gold & Silver! Wanted:

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Todd 250-864-3521

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NOTICE TO

IN THE MATTER OF toba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at her offices, 100 - 1 Evergreen Place, Winnipeg, Manitoba R3L 0E9, on or before the 22nd day of April, 2024

DATED at Winnipeg.

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REQUEST FOR

PROPOSAL 2024-02

CREDITORS

THE ESTATE OF JER-RY CURIC, late of the City of Selkirk, in Mani-

Manitoba, this 20th day of March, 2024. MÁRTHA I. CHUCHMAN **Barrister and Solicitor** Solicitor for the

take a brea

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Municipal Auditing Services for the years 2024-2026

The Rural Municipality of West St. Paul is inviting interested parties to provide Municipal Auditing Services for the years 2024-2026.

Request for Proposal packages are available online at www. weststpaul.com.

Sealed submissions clearly marked Request for Proposal 2024-02 - Municipal Auditing Services for the years 2024-2026 will be received by the undersigned at the address below until 11:00am on Thursday, April 4, 2024. Late submissions will not be accepted.

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

All inquiries related to the Request for Proposal should be directed to Crystal Shuhyta, Director of Finance by email at finance@weststpaul.com.

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



All INTERESTED APPLICANTS, come down & meet the team while you explore the Fire Department **March 23rd & April 6th**Apply online today at selkirkfire.org
Or in person at the City of Selkirk Civic Office located at 200 Eaton Avenue, Selkirk MB

APRIL 12

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DEADLINE

Announcements Selkink Regard

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ANNOUNCEMENT

BIRTHDAY



Happy 75th Birthday Lorraine!
-Love the Starkell, Fissel and Homeniuk families

ANNOUNCEMENT

IN MEMORIAM

Darwin Hnatiuk
September 17, 1954 - March 18, 2020
Every time I look at the stars
I know that's where you'll be.
Shining like you always do
And watching over me.
Although the pain I'm feeling
Is with me every day,
The love you left inside my heart
Will never go away.
So when my days are darkest,
And I just can't see the light,
I'll look up at the brightest star,
And you'll be shining bright.

-Love and miss you. To

-Love and miss you, Toots xoxo

ANNOUNCEMENT

IN MEMORIAM

Darwin Hnatiuk September 17, 1954 - March 18, 2020 I think of things you used to say And all that you would do, At some point, every single day, My thoughts will turn to you. Today is full of memories Of a Dad and Grandpa laid to rest, And every single one of them is Filled with happiness. For you were someone special, Always such a joy to know, And there was so much pain When it was time to let you go. That's why this special message Is sent to heaven above, For the angels to take care of you, And give you all my love. In laughter and in sorrow, In sunshine and in rain, I know you're watching over me Until we meet again. Love and miss you!

-Nick, Holly (Lonnie), Tyler, Natalia, Trenton,
 Natasha, Nicholas and Violet

ANNOUNCEMENT

IN MEMORIAM



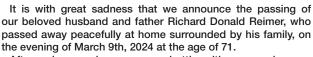
Tara Lamb (Wachal)
July 4 1973 - March 24, 2005
Tomorrow may start without you Tara,
But don't think you're far apart;
For every time we think of you,
You're right there in our hearts.
You are in the sun, the wind, the rain,
In the air we breathe, and in every breath we take.

Always missing you and longing for yesterdays that were so special to us all and hard to forsake.

> -Loved and missed Mom, Dad, Shannon (Mike) and Jay

OBITUARY

Richard Donald Reimer



After a long and courageous battle with cancer, he was ready to go home to his Heavenly Father. Rick's faith remained unwavering as he faced the many struggles of his illness in the last years of his life. He was an inspiration to those who knew him.

Rick was born in Winnipeg in 1952. His childhood was spent in St. Vital, where he grew up with three siblings including a twin brother. He excelled at school and in sports, later going on to attend Wayland Baptist University in Texas on a scholarship for

track and field.

After graduating university, he moved back to Winnipeg where he managed a fitness centre. This is where he met Colleen, who he married in 1988. Wonderful years followed as they raised their three children together, Sam (1993), Holly (1995), and Joelle (1997). Rick loved being a dad and he greatly enjoyed spending time with his family going hiking, tobogganing, on bike rides and family road trips. Also special for him were the trips to the Dominican with Colleen and their close friends, and many good times at the cottage in Victoria Beach. Rick had a passion for watching hockey and football, reading books, and bird watching in the backyard. He also loved a hot cup of tea, cookies, and extra cheese on everything!

Rick worked hard and always pursued excellence in everything he did. He started managing fitness centres and then went on to own his own gym. A career path change led him to become an advertising sales rep for the community newspapers in the Interlake. He later became publisher of the newspapers in southern Manitoba. Rick and his two business partners then went on to establish their own group of award-winning community newspapers.

Rick was a devoted husband and loving father. His family and friends will miss the many conversations with him in which he shared his insight, wit and wisdom. We will also miss the many laughs we had as he shared his fun-loving and goofy side, which was so endearing.

He will be forever cherished by his beloved wife of 35 years Colleen, and children Sam, Holly (Chris), and Joelle. He is predeceased by his father Stanley Reimer and brother-in-law Tim Jeffrey. He is survived by his mother Joan Reimer as well as his siblings Daryl (Ruth) Reimer, Dave (Marty) Reimer, and Corrine Jeffrey. He will also be remembered by his nieces and nephews, aunts and uncles, cousins, Colleen's side of the family, as well as many dear friends and colleagues.

In lieu of flowers, donations may be made to Siloam Mission in memory of Rick.

ANNOUNCEMENT

IN MEMORIAM



Albert (Al) Zembik January 23, 1932 - March 21, 2022

Dad,
As time goes by the phone calls, the visits, hearing your voice, seeing you smile, talking about sports, seeing your bright red car pull up in the driveway just to say Hi, the front window waves you gave when our visits were over will always be remembered.
The pride I have to call you my Dad.
Grandpa we love and miss you.

-Love Darren and Cheryll Teigen and Jon, Landen and Lennex Colton and Melisa, and Ella

OBITUARY

Eleanor May Emerson

Eleanor May "Ellie" (Marsh) Emerson, age 88, entered into Eternal Rest on Wednesday, January 24, 2024 at the Schuyler Ridge Home after a long illness.

Born in Selkirk, Manitoba, Canada to the late Lawrence and Clara "Kelly" (Shiels) Marsh. She was predeceased by one brother Ronald Marsh.

She graduated from Selkirk High School in 1953, moved to Montreal, QC and eventually settled in Clifton Park, NY, USA. She became a citizen of the USA while raising her three children. She graduated from Hudson Valley Community College and became a Respiratory Therapist, working in many of the local hospitals in the Capital District area.

She continued her academic studies and graduated from the University of New York at Albany with a Masters in Social Work. Ellie LOVED to dance. She won countless international ballroom dance awards from Europe to

Central America and all across the U.S.A. and Canada. Ellie enjoyed spending time at the family cottage in Cedarvale, North Hero, VT. She was a

Ellie enjoyed spending time at the family cottage in Cedarvale, North Hero, VT. She was a member of The King of Kings Lutheran Church, Clifton Park, NY.

She will be missed by the three children she raised, Dr. Drew (Jenny) Emerson; Sharon Emerson; R. "Jay" (Penny) Emerson and her grandchildren Tyler, Sydney, Lindsey, Abigail, Violet and Evan. A special mention to her son Bryan (Joan) Trussler of Gatineau, QC, Canada who she came to love and care deeply for.

Thank you to Schuyler Ridge Residential Healthcare and Hospice for your care of our mother. Family and friends were invited to the Catricala Funeral Home 1597 Route 9, Cliffton Park, NY on Saturday, February 3, 2024 from 1-3 p.m. A funeral service was held at the Funeral Home at 3 p.m.

In lieu of flowers donations may be made in her name to Community Hospice, 179 Lawrence St. Saratoga Springs, NY 12866.

Family and friends are invited to share on-line condolences and memories at CatricalaFuneralHome.com



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

OBITUARY



Darlene Gallant (nee Gemmill) March 11, 1938 - March 12, 2024

With heavy hearts full of loving memories, our family sadly announces the passing of our mother at the age of 86. Darlene is now reunited with her beloved husband Maurice of 56 years. We take comfort in knowing our parents are together again.

Left to treasure her memory are her children George Gallant (Louella), Patti Gallant-Creith (Don), Michelle Chorney (Doug), six grandchildren and nine great-grandchildren. Mom will be remembered by her sister Dulcie and numerous extended family members and friends.

Darlene was predeceased by her parents Walter and Hazel, in-laws Ernie and Edna, siblings David, Diane and her cherished daughter-in law Lori Gallant.

In 1968 Mom and Dad moved to Selkirk, MB, Mom was employed at the Selkirk Mental Health Center for 25 years. Upon retirement, Darlene and Maurice traveled throughout Canada and the USA. One highlight of their travels was a trip to Hawaii with Mom's parents. Returning to their roots, our parents moved back to La Riviere, MB sharing many happy times with friends and family. Darlene continued her lifelong love of reading, watching curling, cheering on the Bombers and the Winnipeg Jets. Mom lived to love and support her family with a kind and gentle nature.

In accordance with Darlene's wishes the family will celebrate privately.

A special thank-you to all the staff at Rock Lake Hospital in Crystal City, MB for their compassionate and exceptional care.

Memorial donations may be made to the La Riviere Cemetery Association, Box 53 La Riviere, MB. R0G 1A0.

Sellank Regard Announcements



Mary Frances Little

Mary Frances Little was predeceased by her husband of 64 vears. Harold Frederick Little on August 16, 2010.

Fran is survived by daughters, Janet (Bruce) and Judy; grandson Trevor (Michelle) and great-granddaughter Paityn Ella. Mary was also predeceased by her son-in-law Dennis.

Cremation has taken place and as per Fran's wishes, there will be no formal funeral. Ashes to be interred at St. Clement's Cemetery with her husband.

Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.

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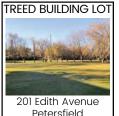
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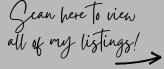


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