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THURSDAY, MARCH 31, 2022

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RECORD PHOTO BY RAYME THOMSON
The Selkirk Fishermen defeated the Arborg Ice Dawgs 6-1 to win the Capital Region Junior Hockey League championship on Sunday. Pictured, left to right, Jordan Donald, Josh Poponick, and Travis Spratt celebrate with the trophy.


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What's being done for flood preparedness in our region

Heavy snowfall this year means communities are paying attention to water

By Katelyn Boulanger

Even though Transportation and Infrastructure Minister Doyle Piwniuk said that we've had the third-largest recorded snowfall in our province's history at an announcement last week, he was optimistic saying that the latest high water predictions have us trending downwards compared to what was predicted in March. Despite this, it's still likely that the floodway will have to be used this year and the municipalities in our region are paying attention to what lies ahead.

"We are feeling pretty good. It's been a great melt these last couple of weeks and the forecast for the future. We were most worried about overland flooding, because of all the snow but the melt's looking good and we were prepared," said St. Andrews CAO DJ Sigmundson. "We have been opening ditches for about a week now so we were ready for the worst, but it looks like it's not going to be all that necessary."

The province currently is reporting the risk of flooding in the Interlake to be low but both the province and Sigmundson say that the risk of an ice jam is still present and that is what they are looking out for currently.

One of the ways that this will be monitored in St. Andrews is through their drone program which will be taking periodic photos of the river and uploading them to the RM's website so that any jams can be monitored from above.

"It helps us to see where the [potential] ice jam is, and we always anticipate there's going to be an ice jam and it's nice to know when a nice jam moves because every time the ice jam moves, the water moves with it," explained Sigmundson.

Another step that the RM has taken is to find out what the actual flood risk to the area could potentially be through a recent hydrological study that revisited provincial data and went into greater depth.

This study showed, as residents probably suspect, that the homes in the community most at risk are those closest to the river.

After reviewing this information, the RM contacted over 200 houses that are within the floodplain to see what the elevation of their homes is. From the data from those homes, it was determined that only around 60 or so of them were at any risk and those people were given options as far as ways that they could mitigate their risk.

"Back in 2011, when we were getting substantial floods. . .there's been a lot of efforts put in since then. A lot of people raised their homes, a lot of people built berms with the assistance of the province or dikes around their homes. A lot of houses just got rebuilt and then when they got rebuilt, they got rebuilt at a safe elevation. So we really wanted to update our records," said Sigmundson.

From this study, they also realized that certain flood mitigation strategies like sandbags in certain locations and tubes were no longer necessary, but they are continuing to clean drains and provide sandbags for those people who need them.

The RM also continues to have regular meetings concerning water levels in the RM so that everyone who would need to act in a potential flood situation has the most up to date information.

"We mostly talk about how great the melt is going this year, but it didn't



RECORD FILE PHOTO BY KATELYN BOULANGER

The Red River after being broken up by the Amphibex machines.

start like that three weeks ago. Three weeks ago, I was sure the whole province was going to be covered in water by now because the forecast was still cold, and then all of a sudden was going to go to 15C. But nature didn't do that, nature said 'No, no, we're going to keep winter as long as we can,' which is good for flooding,"

One tip that Sigmundson suggests for all residents to keep up to date with any potential floods or other emergencies in the RM is to sign up for their connect app. He also suggests that families of people in the RM could sign up on their behalf to keep everyone up to date.

Many of the other RMs in our region have similar apps that residents can sign up

for.

If you would like to see some additional tips about how to be more prepared to mitigate flooding this time of year check out the information on the RM of St. Andrews website at <https://www.rmofstandrews.com/p/flood-information>.

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BIG DOLLAR

Human trafficking can happen anywhere

Joy Smith comes to region to talk about how our community can keep young people safe

By Katelyn Boulanger

The Selkirk Rotary Club hosted a luncheon last week to welcome former MLA and MP Joy Smith to the region. She spoke about the Joy Smith Foundation, which she created after learning that many people did not believe that human trafficking was happening in Canada.

"I'm going to talk to you about human trafficking because it's something you should know about. If you think it doesn't happen in your area, you would be wrong. If you think it doesn't happen close to where you are, you would be wrong. So, we're going to talk about human trafficking, because it's Canada's secret shame," said Smith at the beginning of her presentation.

In her time as a federal representative, Smith spearheaded the passing of two separate bills about human trafficking; one putting in place mandatory minimums for people who trafficked people 18 years of age or younger and the other which allows current residents and Canadian citizens to be brought back to Canada if they've been trafficked into other countries.

"You would think if someone is trafficked, they must come from a bad family. Right? That would be wrong. That would be totally wrong. The traffickers earn in excess of \$280,000 per victim per year. That is why they do it. Ninety-three per cent of the people who are trafficked in Canada are Canadian born," said Smith.

Smith's foundation is a national non-profit which has programs in place to stop human trafficking in Canada. Some of that work involves working with victims of human trafficking and some of that involves working with border patrol and the RCMP to better identify people who have been trafficked.

One of the most common ways that human traffickers lure people from our communities is by becoming friends with the victims. Smith says that this is not limited to girls as boys are also now more and more becoming targets for human trafficking.

Smith explained that it can take many months of friendship but the perpetrators can be persistent in luring a young person. Once that young person has been lured, they can then be told lies about their family no longer wanting to see them or be blackmailed into staying.



RECORD PHOTO BY KATELYN BOULANGER
Joy Smith speaking at the Selkirk Rotary Club luncheon.

From there, she said, the stories are similar with the victims doing exactly what the perpetrators tell them to in order to survive.

"For instance, one trafficker a couple of weeks ago, he wouldn't let the girl eat, unless she earned \$1,500 a night. Then when she didn't comply, he kept her in the middle of winter here in Canada, in a cold car until she decided she would comply. He just locked her in. It's brutal. They are so exploited. They're sexually exploited. They're physically and mentally broken down in every way, shape and form. It's a totally different life from how it started out as a good boyfriend and all the promises," said Smith.

She first became aware of human trafficking happening in Canada when she was a teacher teaching students about internet safety.

"The girls showed up and they told me their stories, and I just put everything together and started working on it," said Smith.

She says that the best thing that parents, grandparents, and community members can do to prevent their loved ones from being put into human trafficking situations is to learn what it is and teach their children or if they are an educator invite the Joy Smith Foundation into their schools so that they can train the students to prevent it from happening.

Continued on page 7



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Gwen Fox Gallery brings colour and fun to April exhibit

By Katelyn Boulanger

As always the Gwen Fox Gallery is showing off the talents of Interlake artists with their latest exhibit which features paintings, feather wigs, woodturning and granite work by Julia Penny, Elizabeth Crozier, Arthur Crozier, Lizanne Laurin and Faye R. Unrau.

Julia Penny

Penny is an artist who is originally from England but now resides just south of Winnipeg Beach. She is a portrait artist but is also featuring some of her expressive prairie landscapes at the gallery this month.

"I've always done art. I'm a graphic designer by trade it was the closest thing I could get to earn a living making art," said Penny.

Her paintings are done in oil paints and she has 21 hanging up this month.

In addition to creating the paintings that she is showing at the gallery this month Penny has taken on many portrait projects over the years. When she learned about the Lac-Mégantic rail disaster in 2013 she decided to create portraits of all of the people who died in the explosion. She then donated those portraits to the town of Lac-Mégantic.

She has also created a book of her portraits called *From All Walks of Life* which features stories of 150 Canadian immigrants to celebrate Canada's diversity and was created in honour of Canada's 150th year of Confederation in 2017.

Another portrait project that she's taking on is creating paintings of people who reach the age of 99 at a nursing home in the city.

Her advice to new artists who want to improve is to find time for their art.

"Even if it's just 10 minutes, do it every day. the next piece you're going to work on is going to be the best piece and so on so on," said Penny.

She also says that artists shouldn't be afraid to experiment with their works and try new things.

Julia's book is available at her website www.juliapenny.com she also has an Etsy shop of her artwork at <https://www.etsy.com/ca/shop/AvidArtistGallery>.

Lizanne Laurin

Laurin is a hairstylist by trade who discovered a love of painting at a paint night that she attended. Her paintings originally were done in acrylic paint but she has since started working in oils.

"About eight years ago, I started painting and I fell in love. Now I just want to paint all the time. I did a portrait for a girlfriend of mine of her child, and I messed up the face so bad that all I did for two years was faces so I'm getting

better," she said.

Her faces in the gallery are stunning but she has also incorporated other paintings including dance and circus-themed works into the gallery this month.

She was inspired to create these pieces because in addition to being a fine arts artist and hairstylist, she teaches aerial and is a gymnastics coach.

She also has two feather wigs that are part of this month's exhibit that were originally created for a Mardi Gras event.

If this wasn't enough Laurin's latest adventure is learning to create murals under the instruction of Charlie Johnson who has created many of the beautiful murals all over the City of Selkirk.

She became involved in this when she submitted her painting of a crane to the Endangered Species of Manitoba Colouring Book Contest hosted by the Interlake Art Board and Selkirk Community Art Centre last year. Though she didn't win the contest, Laurin was asked if she would like to have her work featured on a mural in the community. You can check out that mural on Manitoba Ave. in the South Pocket Park.

Her advice to new artists wanting to start painting is to fail as much as you can.

"Don't be afraid to do it and if you make a mistake, you can always paint over it or you can just get another canvas but take a chance," Laurin said.

Faye R. Unrau

Unrau is an Interlake area artist who is bringing beautiful realistic nature paintings to the gallery this month.

"I like to paint a lot of natural things like birds, flowers, animals, that's what I found that I'm more interested in doing," she said.

She has 24 acrylic paintings hanging in the gallery this month.

Though Unrau came from a very artistic family, she didn't think she was very artistically talented until she joined the newly formed art group at the Gordon Howard Centre 15 years ago. With encouragement and guidance particularly from Pat Johnson, she learned that she definitely does have talent and more importantly enjoys creating artwork.

Her paintings are influenced by the world around her and in particular, her travels to Europe, the Caribbean, South America and within Canada. She also lived for many years in Atlantic Canada.

Her best advice to students who want to start

Continued on page 6



RECORD PHOTOS BY KATELYN BOULANGER

Above: Julia Penny with one of her landscapes. Below: Lizanne Laurin with her portraits.



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> GWEN FOX GALLERY, FROM PG. 5

painting is to not be afraid to start again.

"[Don't] be afraid at all. If what you're doing you're not happy with it, either leave it alone and walk away from it, or wash it off, with acrylics you can before it dries and start again," said Unrau.

Elizabeth Crozier

Crozier is a mixed media artist from East St. Paul who loves to create vibrant experimental paintings.

"It is eclectic. I like glitter. I like colour. I like texture so, if you looked for something with texture, chances are it might be related to me in some way. I don't have any specific subject that I paint, it's whatever happens to get my creative juices flowing," she said.

Crozier was an artist from a very young age having had very supportive parents that encouraged her to enter provincial and national contests. From there she tried many ways of expressing herself artistically from making doll clothes to designing ballroom dresses which she then sewed.

As an adult, that love of art evolved into a career in teaching elementary art as the only elementary art specialist in Winnipeg, and also piloting programs for the Department of Education when they developed a new art curriculum.

During all that time she did not make art for herself, however, once she retired she was encouraged by the people in her life to utilize the skills she'd developed over her lifetime to start creating.

"Then I started to paint and draw and sketch and do all that sort of visual art stuff and it's been really exciting, and it's rewarding. It got me through COVID and it was a wonderful diversion from reality,"

she said.

This month she has about 35 paintings in the gallery.

Another interesting element of her artwork is the frames that they come in which are made of reclaimed wood by her husband Arthur Crozier.

As a former teacher Crozier thinks that everyone has the ability to make beautiful creative artwork.

"Each one of us has so much creativity in us and we are stifled when we're quite young unless it's encouraged. I found that my students, and I had from kindergarten through grade six, that the art that they produced was amazing. If given guidance, techniques, encouragement. There is so much inside of us that never ever is tapped," she said.

She encourages everyone who wants to give art a go to find a small space in their home to practise because she says if you never give art a chance you could lose out on a big part of who you are.

Arthur Crozier

Arthur Crozier is the above Elizabeth Crozier's husband and also an artist in his own right making beautiful wood turned bowls and other items such as mushroom bobbleheads, as well as granite carvings which are part of April's exhibit.

His granite carving is mostly custom work that is done for other people to celebrate events such as births and anniversaries.

"Normally what I do is do a carving for someone else. So it could be a wedding, birth, holiday, anything under the sun. I've done race cars. I've done stagecoaches. I've done all kinds of different ones," Crozier said.

His wood turned pieces are where he enjoys more of a challenge taking things like knots and difficult to turn wood and using what others might perceive to be flawed to create unique pieces.

"Sometimes they'll change shape on you or you're absolutely amazed when the colour comes out inside the wood. It's amazing. The trees are amazing to me," he said.

He first got into creating art because of his wife who wanted to create some etched glass windows for their home. Realizing that with his background as an aircraft mechanic working in electronics and aerospace, that he had the skills already to do something like that, he started creating and then continued on.

He has 8 pieces in the gallery this month including one wood turned mushroom which he's dubbed Elvis, as he's the king.

His advice for artists is to find like-minded people to learn from.

"To do custom, one of a kind piece of woodturning is not that common. It's something that I'd



RECORD PHOTO BY KATELYN BOULANGER

Above: Faye R. Unrau with her nature paintings. Middle: Elizabeth Crozier with one of her textured works. Below: Arthur Crozier with some of his wood turned pieces.

say, look on YouTube or look for clubs in local areas," he said.

In addition to exhibiting their work in the gallery in April, Elizabeth and Arthur Crozier also want to bring to residents' attention an online auction that they are having of a beautiful sunflower painting as well as a custom 12-inch by 12-inch sand carved tile. Net proceeds from the auction will be donated to the Red Cross in support of their efforts for Ukraine.

To view this auction, check out their website at <https://lizartcreations.com/>.

The April exhibit at the Gwen Fox Gallery will be available for viewing until April 23. The gallery's hours are Tuesday to Sunday from 11 a.m. until 4 p.m. and as always the exhibit is free for all.

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RECORD PHOTO BY KATELYN BOULANGER AND PHOTO SUBMITTED BY TED WOZNY
Former Selkirk Fire Chief Ted Wozny has decided to share some of his wonderful collection of historical information about Selkirk and area with the Selkirk Record. Check out these then and now photos of the Merch, Left: 1913 Merch. Right: The Merch last week. Stay tuned for next week's Record where there will be an article discussing Wozny's collection of items that tell about the history of our community.

> HUMAN TRAFFICKING, FROM PG. 4

For more information about human trafficking, prevention visit the Joy Smith Foundations' website at joy-smithfoundation.com where you can get free information about preventing human trafficking.

If you know someone involved in a human trafficking situation they can connect with the Canadian human trafficking hotline confidentially at any time at 1-833-900-1010.



RECORD PHOTO BY KATELYN BOULANGER
Joy Smith receiving a five hundred dollar donation to the Joy Smith Foundation from the Selkirk Rotary Club at the presentation that she gave about human trafficking last week.

Manitoba Parks' Camping Reservations Begin April 4

New this year: There are now **five** opening reservation days to help improve your reservation experience.

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Day 1 - Monday April 4, 2022: Book cabins, yurts and group use areas in **all** parks.

Day 2 - Wednesday, April 6, 2022: Book a spot at Birds Hill, Falcon Beach, Falcon Lakeshore or West Hawk Lake campgrounds.

Day 3 - Friday, April 8, 2022: Book a spot in western and northern provincial park campgrounds including Asessippi, Bakers Narrows, Clearwater, Duck Mountain, Manipogo, Paint Lake, Rainbow Beach, Rivers, Spruce Woods - Kiche Manitou, Turtle Mountain - Adam Lake, William Lake, and Wekusko Falls.

Day 4 - Monday, April 11, 2022: Book a spot at a Grand Beach, Nopiming and all remaining Whiteshell Provincial Parks.

Day 5 - Wednesday, April 13, 2022: Book a spot at all remaining provincial park campgrounds including Birch Point, Camp Morton, Hecla - Gull Harbour, Hnausa Beach, Lunder Beach, Moose Lake, St. Malo, Stephenfield, Watchorn, and Winnipeg Beach.

How to Reserve Your Spot

- Online and call centre reservations begin at 7 a.m.
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Call **204-948-3333** in Winnipeg; **1-888-482-2267** toll free
- In-person, walk-in reservations begin at 8:30 a.m.
200 Saulteaux Crescent, Winnipeg, Manitoba

Changes have been made to the existing system and some site reservation policies to help improve your overall reservation experience. You may experience system delays or wait times. Manitoba continues to explore a replacement system for future seasons.

For more information to help prepare you for making your reservation, visit manitobaparks.com



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Pandemic backlog continues to grow

Doctors Manitoba president believes backlog will take years to address

By Lorne Stelmach

Doctors Manitoba last week laid out how severe the surgical and diagnostic testing backlog remains in the province.

The organization updated its backlog dashboard with estimates that suggest it has reached nearly 168,000 cases.

This is a significant increase of more than 6,300 from last month's estimate, and it reflects the continued disruptive impact of the omicron wave on hospitals in Manitoba, said Dr. Kristjan Thompson, president of Doctors Manitoba.

"I always see a light at the end of the tunnel, but I think we have our work cut out for us. I think this massive surgical and diagnostic backlog will take years to address," Thompson said in an online news conference.

The total estimated pandemic backlog is 167,887 cases. This includes:

- 54,820 surgeries (as of January 2022), up 2,493 over the last month's estimate.
- 45,251 diagnostic imaging procedures (as of January 2022), up 2,762 cases over last month's estimate.
- 67,816 other diagnostic procedures (as of February 2022), including allergy tests, endoscopies, mammograms, sleep disorder studies, and lung function tests, an increase of 1,047 cases over last month's estimate.

"This is a significant increase, and it reflects the continued disruptions to surgery and diagnostic testing that has occurred throughout the omicron wave, which is thankfully receding but is still present," said Thompson.

"The backlog has grown effectively in every area that we monitor," he added. "It's impacting thousands of Manitobans, likely over 10 per cent of our population ... each case is a person ... it may be you ... our friends, our

family, and our loved ones."

For nearly a year, Doctors Manitoba has estimated the backlog that has accumulated by calculating the reduced volume of procedures delivered since the pandemic began in March 2020 compared to pre-pandemic volumes.

Over the next several weeks, the organization will be working on a more comprehensive analysis with the aim of offering a more refined estimate of the work that will be required to clear the backlog.

After two years of repeated disruptions to surgeries and diagnostic procedures, it's important to gauge how much capacity is needed to catch back up and ensure Manitobans get the care they need, Thompson said.

And he noted that a new feature had been added online that documents the impact the backlog is having on patients across Manitoba based on news media reports.

"These aren't just numbers, they're people," Thompson said. "The harrowing stories of Manitobans left waiting help us to understand the true impact this enormous backlog is having on patients and their families."

He stressed that transparent monthly reporting of the data is important to understand the breadth of the backlog in order to then address it.

"Without that data, it's going to be hard to assess whether what we're doing is actually working," said Thompson. "It's important to note that a return to pre-pandemic volumes alone is not going to help clear this massive

backlog. New capacity must be added to help those Manitobans who are still left waiting in both pain and uncertainty.

"There's a lot of things that Doctors Manitoba has been engaging with the task force ... there are a lot of ideas coming from front line workers, and I think we just have to continue working with them to implement these plans," he added. "And the task force needs to have the resources and latitude to make these changes and to implement these ideas.

"I hope that government gives the task force the resources they need to accomplish these tasks ... we're having more physician input at the table, which I think is critical."

The surgical and diagnostic backlog dashboard can be accessed at DoctorsManitoba.ca/backlog.

As COVID-19 hospitalizations continue their downward trend, Health Minister Audrey Gordon earlier this month stressed that health-care staff who had been reassigned to care for COVID-19 patients are being returned to their regular duties to support planned increases in surgical activity that will bring capacity back to pre-pandemic levels.

"Our government is focused on ensuring our health-care system has the resources needed to balance the day-to-day pressures in critical care with our need to fully restore capacity for services that have been impacted by COVID-19, such as elective and non-urgent surgeries," she said as the province released its COVID-19 Health System Recovery Plan.

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

TROUBLE WITH PAPER DELIVERY?

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

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Connie Rapko discusses over forty years in business in Selkirk

By Katelyn Boulanger

Local business owner Connie Rapko will soon be enjoying her retirement after receiving an offer to purchase her business Hair Fantasy, after over 40 years of dedicated styling service.

"I went into business when I was 23 years old. I had worked for five years at another salon in Selkirk and [I had] an older uncle that was a mentor to me. He was a businessman, and he felt that I had what it took to go into business so he kind of pushed me into the whole thing," said Rapko.

The first location of her business was at the front of the Selkirk Medical Center but after going into a recession in the early 80s and realizing how much renting would cost compared to paying a mortgage on a property, she purchased the business' current location on Manitoba Ave.

"When I did walk in here it was actually the front windows that did sell it to me because they brought in lots of natural light and it's an older house that had character. At the time, that was what a lot of hairdressing shops were doing, going into older houses and revamping them as a salon. So, that was what I did and I've been here ever since," she said.

Originally the salon housed six hairdressers.

"[Opening day] was very nice. I had a very good reception with all the clients that came and followed me and the girls that did come to work for me. Also there was a fair number that showed up on opening day and we had celebratory cupcakes and coffee and a ribbon cutting and my life changed from then on," she said.

Since then Rapko has taken on business administration courses and worked for one of the hair brand manufacturers as an educator. She also served on Selkirk council for a time and was the president of

the local chamber of commerce for two terms.

Over the past 40 years, Rapko says that it's been more and more difficult for small business owners to run their businesses.

"The longer it went, the smaller your profit margin was so you'd have to be really careful about how you spent your money. In the beginning, I was able to pay off my initial investment that I put [into the business] in one year. You would never be able to do that in today's world because the costs of everything have skyrocketed. I think it's like any other small business in today's world with the prices going up, you try and absorb the costs going up, but you can only absorb them for so long and then you have to raise prices and sometimes that is very hard on your clients," Rapko said.

Over the years those clients have become family to her and that's going to be one of the most difficult parts of the business for her to leave behind explained Rapko.

"I am a people person and I'm very interactive with people and I do a lot of volunteer work in the community too, so I will be out and about doing things. Right now, I probably could have gone on another couple of years, but the opportunity came up to sell the property," she said.

The last day for Rapko will be April 23.

She has enjoyed running her business in the community since the 1970s.

"I think it's been a very good place to run a business. It was a little bit of a smaller community in the way that everybody seemed to know each other better back then, when I first started. Over the years, the city and the surrounding area have grown and we've had more new people move in



RECORD PHOTO BY KATELYN BOULANGER

Connie Rapko in Hair Fantasy. The business will be closing after 40 years in the community on April 23.

and the opportunity's been there for to be in contact with those people also. So, all in all, I think Selkirk has been a very good place to be," she said.

Rapko has enjoyed her time as a business owner in the community.

"It's been a pleasure to really to serve the members of the community, whether it be in my volunteer work, or in my line of business, I tried to provide an atmosphere of friendliness here," she said.

Selkirk announces upcoming infrastructure plans

Eveline reconstruction tops list of 2022 infrastructure work

Submitted by the City of Selkirk

The City of Selkirk will hold an infrastructure open house on April 7 at 6pm via Zoom so the public can see the projects that will take place this spring, summer and fall and have an opportunity to learn more about them.

2022 sees Selkirk emerging from the pandemic with projects that will continue to renew and revitalize the downtown and enhance the walkability of our city.

The largest infrastructure project this year by far is the \$7.2 million reconstruction of seven blocks of Eveline Street in the downtown area. This might just be Selkirk's largest road construction project ever.

Mayor Larry Johannson said work on the iconic street was called for under the city's Capital Asset Management Program (CAMP).

"Our CAMP team flagged Eveline as

being in poor shape and requiring a full reconstruction," Johannson said.

"We're not just putting down some asphalt, we're bringing the street up to modern standards and making it safer for vehicles, for people to walk or ride bikes and we're making it accessible for anyone with mobility issues. These seven blocks of Eveline are in our downtown and we're investing in our downtown in a big way."

The work will improve safety for motorists and pedestrians, make the street more accessible and connect it to active transportation pathways and sidewalks that allow for walkers and riders to go from the blue bridge, into Selkirk Park and all the way to shopping on West Manitoba Avenue.

The rebuild will include roads, sidewalks and boulevards being redone all at once, from Eaton Avenue to the entrance to Selkirk Park.

Dan McDermid, Director of Op-

erations, said the reconstruction will make Eveline safer and more desirable for pedestrians, cyclists, people using mobility aids, and motorists.

"Active transportation is very important and these improvements will link Eveline to Manitoba Avenue making it safe and easy for people to walk, wheel or bike from the west end of Manitoba right to Eveline and then north to Selkirk Park," McDermid said.

The city is looking at options for a north/south active transportation pathway.

Last fall, council approved its first Active Transportation (AT) Strategy that will assist in the design and management of the AT infrastructure network and help in achieving low carbon economy goals, all the while creating safe and vibrant neighbourhoods that meet the current and future needs of the city's citizens.

The north/south pathway is in early design stages and may take the form of a walking path or bike lane.

Walking or riding a bike into Selkirk

Park will be safer with the installation of a multi-use pathway that will run from the entrance of the park to the campground. Currently, walkers and cyclists must share the roadway with motorists. The asphalt pathway will cost \$140,000.

The Woodlands Pond will see an upgrade this year with the addition of two fountains and several aerators. McDermid said the city met with residents who expressed concerns about the pond following two summers that were hot and dry. The \$70,000 upgrades will improve water quality. Also taking place in 2022 is a partnership between the City and Native Plant Solutions to guide the long-range planning and work towards a solution for the two Creekside ponds that have experienced water quality and functionality issues in recent years.

Anyone wishing to attend the open house is asked to register ahead of time at www.MySelkirk.ca/Infrastructure or by calling CitizenSupport at 204-785-4900.

St. Andrews trail system to expand this year

SDCF grant helps create more active transportation pathways

Submitted by the Selkirk and District Community Foundation

The record setting snowfall that landed on us this past winter is starting to disappear, and the temperature is slowly beginning to rise. That is good news for anyone anxious to put the snowshoes away and start getting active outdoors in regular footwear or on a bike.

In the RM of St. Andrews, an ever-expanding trails network is providing a safe space for young and old alike to do just that.

A 4 km section of trail along the east side of Hwy. 9 from St. Andrews Road to Hwy. 27 is complete and the Selkirk & District Community Foundation provided a grant for Phase 1 of the project.

Teresa Howell, Recreation Director for St. Andrews, said the Foundation grant helped complete the first 1.4 km. Now walkers and bikers can use the trail to get them to Hwy. 27 to take them to River Road and loop back to St. Andrews Road, for a distance of about 12 km.

"The Foundation grant helped get the ball rolling," Howell said.

"Anyone living on any of those roads coming off the highway in that stretch, they can come off their own road, onto the trail and make the loop. All those roads go back typically to River Road as well."

Shauna Curtin, Chairperson of the SDCF, said outdoor activity is important for everyone.

"The Foundation was pleased to provide a grant to St. Andrews to assist with its trail system," Curtin said.

"Getting outside and being active and getting people off the side of the highway and onto a safe place to move about is crucial. A trail is literally a breath of fresh air for all those who make use of it."

Expanding trails in the municipality was important for several reasons, Howell said. Safety was the biggest one, she said, as Hwy. 9 has become increasingly busy over the years.

"It's much safer for kids and adults to be off the highway," Howell said.



PHOTO SUBMITTED

Spring has sprung and Frankee is ready to trot the trails in St Andrews. A SDCF grant helped get a 4 km stretch along Hwy. 9.

"My kids used to ride their bikes to school using River Road. This trail is a straight shot and easy to access, so I hope it gets more kids out riding to school and in the community."

Connecting to neighbouring municipalities is also important and the goal is to connect to West St. Paul and the City of Selkirk with Hwy. 9 trails, and, indirectly to St. Clements via the

Lockport Bridge.

Trails are also a benefit to the environment because in the summer people can take their bikes to get around the municipality, instead of starting the car.

The results of the RM's Recreation Master Plan Survey won't be released until mid-April, but Howell said trails, walking and having outdoor connections were high on respondents' wish list.

"The results aren't out yet, but that shows we are on the right path."

"The 4 km section already completed is a place where kids and adults are going to be able to access other parts of the community. They can get on their bike and just go. Go to the school, go to the community club, go to the store. It's just better, and safer, for everybody."

The next phase of the trail will head north from St. Andrews Road and connect with a Red River Trails Association trail by Lower Fort Garry. That work is planned to start this spring.

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Artists anxiously welcomed back to Selkirk art show

By Nicole Brownlee

The Interlake Juried Art Show is looking for artists to sign-up to display their work and reconnect to artists in the community.

The Show, organized by the Selkirk Community Art Centre and the Interlake Art Board, is hosted annually at the Selkirk Recreation Complex and usually features 100 artists.

Bev Galbraith, vice president of the Art Centre, said she'd received five entry applications on March 22, but she wasn't worried.

"Every time we do a show like this, the same thing happens," explained Galbraith.

"Artists tend to procrastinate."

She predicts artists will finish their paintings and hasten them to the framers two weeks before the Show starts on April 29.

"Right now, they're probably painting things in their studio and trying to decide 'Is this good enough?'" said Galbraith, a fellow artist.

The Art Show welcomes pieces created over the last five years to accommodate artists who haven't showcased their work in person since 2019.

"You get to talk to other artists and get inspired and see what everybody's been doing while they've been locked at home in their studio," said Galbraith.

On April 29, artists can attend art talks by some of the Show's jurors and have the chance to learn new things from other artists.

"As an artist, you want to see other work to get inspired, and you want to find out what techniques people are using that maybe you could incorpo-

rate."

Galbraith encourages young artists to join the fun and not be intimidated by more seasoned show-goers.

"It's always really great to see the young artists and what they can accomplish," said Galbraith.

"It's really special when you come across a child who, you know, they've got it."

East St. Paul artist Jo Smoley has entered the Art Show for her second time.

"The last show they had was an incredible variety of art," said Smoley, who experiments with different media, acrylic paints and watercolours.

"It's a really exciting event for Manitoba and the Interlake area."

In 2019, Smoley showcased an acrylic painting and a fluid artwork created by pouring paint on a canvas.

"This year, I have an acrylic that contains some texture in it using moulding paste and a bit of gold reflecting," said Smoley.

"Most of my artwork has a hint of nature in it no matter how much I try to do something else."

Smoley will also feature a three-dimensional paper card, an acrylic paint pour with swirls of red and gold called "Breath of the Red Dragon" and a piece made with oil and cold wax.

"It's similar to encaustic, (which mixes pigments with hot liquid wax), but there's no heat involved."

The piece was created by adding layers of cold beeswax mixed with oil paint.

Applications for the Interlake Juried Art Show



RECORD PHOTO SUPPLIED BY JO SMOLEY

Jo Smoley is one of the artists that will be showcased at the Interlake Juried Art Show this spring.

set for April 29- May 1 are due April 10. For more information visit <https://www.gwenfoxgallery.com/page/ijas22>.

Fan-tastic



RECORD PHOTO BY BRETT MITCHELL

Some fans were beaming as they posed with The Steelers Mascot Beamer at Sunday night's playoff game vs. The Steinbach Pistons. Selkirk came away with a win in the round one best of seven.



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Welcome aboard to undergrad nurse employees

Hope is that program will help recruit and retain new nurses

By Jennifer McFee

Undergraduate nurse employees have become an important new addition to Manitoba's collaborative health-care teams.

Interlake-Eastern RHA has four of these nurses working in the surgical ward at Selkirk Regional Health Centre.

Undergraduate nurse employee positions are open to third- or fourth-year nursing students enrolled in an approved Manitoba education program leading to practise as a registered nurse.

Victoria Lalonde, Emily Baker, Callie Demke and Danielle Ste Marie are all caring for patients and logging working hours. All four are gaining valuable experience under the supervision of registered nurse Victoria Wilgosh, who is the clinical team manager of Selkirk Regional Health Centre's surgery, medical/surgical and family birthing unit.



Danielle Ste Marie

For Wilgosh, the undergraduate nursing program has been a great success.

"We have hired four undergrad nurses who are all nearing completion of their respective nursing programs. They have integrated well, becoming confident and proficient as members of the interdisciplinary team," she said.



Victoria Lalonde

"The hope is that this program will help us recruit and retain these new nurses into positions where they will be successful and flourish as they start out in their nursing careers."

As an undergraduate nurse employee, Victoria Lalonde of Selkirk said she appreciates the job and the amazing experiences that come along with it.

"Not only is the staff welcoming but they are always there for you," Lalonde said.

"The part that I find most interesting is that, as a nursing student, you are able to gain more hands-on clinical experience on top of completing your school clinical hours."

Likewise, Emily Baker of Stonewall agrees that the experience has been great so far.

"All the nurses and staff have been so helpful and eager to help the UNEs find learning opportunities. I enjoy helping out on the unit as much as I can," Baker said.

"I find it most interesting to learn more about the day-to-day experience of working as a nurse. There is a lot as nursing students we don't get to see, so working as a UNE provides this more in-depth experience."

Danielle Ste Marie, who is originally from Oakbank, feels fortunate to be



Callie Demke

working as a UNE while in nursing school.

"This position has provided me more clinical experience, which I believe will be very valuable moving into my senior practicum and later as a registered nurse. All the staff on surgery have been very welcoming and helpful and have been a huge part in providing me such an amazing experience thus far," she said.

"I think this program is a great way for nursing students to gain on-the-job experience while still under supervision to further their knowledge and confidence in being a nurse."

Similarly, Callie Demke of Winnipeg says her experience at IERHA has been nothing short of amazing.

"The staff are extremely welcoming, helpful and always seek opportunities for growth and learning," Demke said.

"Victoria's door is always open to provide support and I am grateful as this has eased my transition into the role. I look forward to coming into work each shift and when it ends, I cannot wait for the next one. I am extremely thankful for the experience."

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Growing Women's Health



RECORD PHOTO BY KATELYN BOULANGER

Selkirk's Shoppers Drug Mart gave back to local emergency and transitional shelter Nova House, for women and children experiencing domestic and or family violence, last week. Their \$4040 donation came from their Growing Women's Health campaign lead by Shoppers employees Jana Pringle and Coralei Taylor. Pictured: Jim Riley Shoppers front store manager, Jana Pringle Growing Women's Health campaign team captain, Shoppers owner/pharmacist Carolyn Capell, and Heather McDiarmid and Jasmine McGrath from Nova House.



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Winnipeg Beach students, family pay tribute to world curling champ

By Patricia Barrett

Students from Winnipeg Beach School, along with members of their family, paid tribute last week to their grandfather, a famous curler who grew up in Winnipeg Beach.

Grade 8 students Maya and Alexander Borsa celebrated Jersey Day at Winnipeg Beach School on March 21 by wearing parts of the curling outfit their grandpa, John Hanesiak, wore when his curling team swept to curling glory in 1972.

March 21 marked 50 years to the day that their grandpa and his team made history at the world curling championship in Germany.

Their grandmother, Nadia, attended Jersey Day to be with her grandkids and honour her husband, who passed away 20 years ago. She wore John's red curling jersey. Alexander wore a short-sleeved shirt his grandpa had on underneath his jersey and Maya wore a white shirt that said world curling champs.

"It was a sentimental thing for me to be part of this day because John went to Winnipeg Beach School – the old school – and he got his start at the Winnipeg Beach Curling Club," said Nadia, who lives in town. "And now Maya and Alexander are going to Winnipeg Beach School and have started curling at the Winnipeg Beach rink."

John was born at the old Gimli Hospital in 1940 and he and his family lived on a farm just outside Winnipeg Beach, said Nadia. They sold the farm in the 1950s and moved to Winnipeg Beach where John attended Winnipeg Beach School and started curling at the local club.

In Winnipeg John skipped his own team before joining forces with Orest Meleschuk from the Fort Rouge Curling Club. The team went on to win the provincial, Canadian and world championship curling competitions in 1972. John played second along

with skip Orest Meleschuk, third Dave Romano and lead Pat Hailley.

"They won the provincial, which was held in Virden. After that they went to St John's, Newfoundland, to play in the Brier, where all the provinces play against each other," said Nadia. "They won the Brier, which made them eligible to go to Garmisch-Partenkirchen in Germany for the world curling championship, which was called the Air Canada Silver Broom at that time."

The Fort Rouge team was inducted into the Manitoba Sports Hall of Fame in 1985, she said, and into the Manitoba Curling Hall of Fame in 1991.

Nadia's oldest grandson, Von Hanesiak, who lives in Winnipeg, also got to wear his grandpa John's jersey.

"In Winnipeg my oldest grandson had worn the sweater that my husband wore for the Air Canada Silver Broom final on his school's Jersey Day," said Nadia. "I went to Winnipeg and picked up the sweater and other items and I brought them to Winnipeg Beach so that my grandchildren here could wear them on their Jersey Day."

Both Maya and Alexander really enjoy curling, said Nadia. Maya started when she was in Grade 6 and Alexander a year later. Alexander's team won a bonspiel. COVID has disrupted practices but the youngsters intend to get back on the ice.

Winnipeg Beach School assistant principal and resource teacher Katherine Zahariuk said Nadia had reached out to the school to ask if it was possible to pay tribute to John on Jersey Day.

"It was so neat to hear how John attended our original Winnipeg Beach School and had curled out of the Beach curling club," said Zahariuk. "I thought it was pretty cool that he and his team won all those tournaments."

The school's Jersey Day was part of Spirit Week, which teacher Paula Campbell organized, said Zahariuk.

Students got to take part in a dif-

ferent themed event each day of the week. They had Hat Day and Western Day in addition to Jersey Day. Healthy foods were incorporated into the activities to help teach them about nutrition.

"The kids weren't able to do many things this year in school because of COVID," said Zahariuk, "so Spirit Week was a nice way for them to have something to celebrate."



RECORD PHOTO BY MATTHIEU MEIER

Maya's two friends Grai McPherson and Kenzie Peters, along with assistant principal and resource teacher Katherine Zahariuk and Alexander, helped celebrate Jersey Day March 21 at the school.



MANITOBA SPORTS HALL OF FAME

John Hanesiak (second from right) and teammates from the Fort Rouge Curling Club swept to provincial, Canadian and world championship curling glory in 1972 and were inducted in Manitoba's Sports Hall of Fame.



Royal Canadian Legion Branch 42


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April Events!

<p>1 - Bowman Bros Band 8pm 8 - Black Water Band 8pm 14 - Chase the Ace/Meat Draw 4:30-8 14 - Derailed Band 8pm 15 - CLOSED, Good Friday 21 - Over 60's Club Luncheon 22 - Darren Lavallee Band 8pm 27 - General Meeting 7:30pm 29 - Geoff Erickson & the Rockets 8pm</p>	<p>Open Sunday 11 am-6:00 pm</p> <p>Chase the Ace \$11,251+ As of March 25 32 cards left</p> <p>HALL RENTAL dates available</p> <p>WING SPECIALS Friday and Sunday</p>
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Mondays	Tuesdays	Thursdays	Fridays	Saturdays
Crib 1:30 pm Bingo 7:30 pm	Member Day Darts 7:00 pm	Poker 7:00 pm	Meat Draw & Chase the Ace 4:30-8pm	Bingo 1pm

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SHCC is a sexual violence resource centre serving the Interlake Eastern Region of Manitoba. Please submit your cover letter and resume by April 11, 2022. View the full opportunity at survivors-hope.ca/get-involved/



John Hanesiak in 1972.

Celebrate Oncology Nurses Day April 5

By Jennifer McFee

"Together Again: Connection, Reflection and Celebration" is the theme of the 19th annual Oncology Nurses Day on April 5.

According to the Canadian Association of Nurses in Oncology, it's a day to recognize the role of oncology nurses play in the national health-care system. Cancer affects people of all genders, nationalities and age groups — and oncology nurses remain on the frontline of cancer treatment, care and research.

Three community oncology programs — located in Selkirk, Gimli and Pinawa — serve patients in Interlake-Eastern RHA, along with the Cancer Navigation Services program.

Michelle Rosentreter, nurse navigator for Cancer Navigation Services,

shared some insights for Oncology Nurses Day.

"A nurse navigator supports patients and their families from time of a clinical suspicion or cancer through the diagnostic period to treatment. We provide education on the next steps and help to find local resources in your community," she explained.

"I enjoy providing a patient with education, whether it is what a diagnostic test may look like or the next steps of the investigation or to review a plan made by an oncologist. Knowledge is power, and when we give patients knowledge, they can take back some of the power that is often lost in the diagnosis of cancer."

Teamwork is all part of the job, she adds.

"I believe in the power of teamwork and working together to give patients the most optimal care during their cancer journey. We work together with oncology teams, social work, primary care teams, diagnostic services and palliative care," Michelle said.

"To be able to work with oncology patients in the most vulnerable time in their life is a privilege, and to work closely with team members who are professional and knowledgeable in this nursing specialty makes our job much easier."

More information about job opportunities in Interlake-Eastern Regional Health Authority is available at www.ierha.ca under "Careers" and then under "Job Postings." To learn more, contact hr@ierha.ca.



RECORD PHOTO SUBMITTED
Michelle Rosentreter and Marcia Garvie, who are oncology nurses that work in Cancer Navigation Services.

Province announces park reservations start April 4

Submitted by Manitoba government

Reservations for Manitoba's provincial park campgrounds, yurts, cabins and group-use areas will begin on April 4 with expanded staggered launch dates and technical improvements for easier site bookings, Environment, Climate and Parks Minister Jeff Wharton announced Monday.

"Manitoba is home to 92 provincial parks, where every year Manitobans and visitors come to enjoy the spectacular beauty our province has to offer," said Wharton. "Our government understands that having easily accessible operations of the parks reservation service is part of the experience and we have implemented short-term changes to help improve this year's bookings. We want to thank visitors for their patience as we work diligently on implementing a new reservation system for future seasons."

While the province continues to implement a new system with the aim to have it in place by 2023, several technical improvements have been made to the existing parks reservation service to address challenges users have experienced in previous years.

Improvements include:

- additional computing resources added to increase system performance;

- improvements to increase stability of the queue and reduce the likelihood of users losing their place in line; and

immediate confirmations at time of booking provided by web page messaging with a confirmation email sent within 24 hours to help speed up performance of the service.

In addition, the province has scheduled two additional launch days to help spread out the user load on the system. Instead of three launch days, initial bookings will be staggered across five days.

The Manitoba parks reservation service will accept bookings in five phases:

- April 4 at 7 a.m. for all cabins, yurts and group-use areas;

- April 6 at 7 a.m. for campsite reservations at Birds Hill, Falcon Beach, Falcon Lakeshore and West Hawk Lake;

- April 8 at 7 a.m. for campsite reservations at all western and northern region parks (Assessippi, Bakers Narrows, Clearwater Lake, Duck Mountain, Manipogo, Paint Lake, Rainbow Beach, Rivers, Spruce Woods, Turtle Mountain, William Lake and Wekusko Falls);

- April 11 at 7 a.m. for campsite res-

ervations at Grand Beach, Nopiming and all remaining Whiteshell campgrounds (Caddy Lake, Big Whiteshell, Brereton Lake, Nutimik Lake, Opapiskaw, Otter Falls, Betula Lake and White Lake); and

- April 13 at 7 a.m. for all remaining locations (Birch Point, Camp Morton, Hecla, Hnaua Beach, Lundar Beach, Moose Lake, St. Malo, Stephenfield, Watchorn and Winnipeg Beach).

Policy changes have also been made to increase opportunities for yurt and cabin stays. A maximum stay in a cabin or yurt has been reduced to seven nights from 14. Cabins, yurts and group-use areas will be limited to two reservations per session on opening day, down from three. The number of campsite reservations remains at three per session on opening days.

While short-term changes have been made to help improve this year's opening day booking experience, users may continue to experience system delays or wait times. To accommodate the expected high demand on April 4, online and call centre services will begin at 7 a.m. at <https://prspub.gov.mb.ca>, 204-948-3333 (in Winnipeg) and 1-888-482-2267. Customers are advised to check the website for call centre hours on other days and those making online reservations should confirm their user IDs and passwords prior to April 1. While online or call centre reservations are preferred, walk-in reservations and in-person payment arrangements can be made at 200 Saulteaux Cres. in Winnipeg and will be available beginning April 4 Monday through Friday from 8:30 a.m. to 4:30 p.m.

The Manitoba government continues to focus on provincial parks as a priority for continued future investment in parks programming, services and infrastructure to modernize and enhance future park experiences for all Manitobans, the minister noted.

Manitobans are reminded that 2022 annual park vehicle permits are now available to purchase and print online at www.manitoba.licensing.ca/licensing.page.

Jerry Culleton

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Prep time: 3 minutes
Cook time: 7 minutes
Servings: 1
1 Minute Brown Rice Cup
salt, to taste
pepper, to taste
1 white fish fillet
1 tablespoon butter
1 teaspoon sesame oil

RED RIVER CO-OP FOOD STORE

Fish with Bok Choy

1 teaspoon grated ginger
2 baby bok choy, quartered
1 teaspoon soy sauce
Heat rice according to package directions. Set aside.
Add salt and pepper to both sides of fish, to taste.
In medium skillet over medium-high heat, melt butter. Cook fish 2 minutes on each side. Remove fish from pan and keep warm.
In same pan, add sesame oil and ginger. Cook 1 minute.
Add bok choy to pan and stir-fry 2 minutes. Add soy sauce; stir to incorporate. Top rice with fish and serve with bok choy.



Prep time: 20 minutes
Cook time: 30 minutes
Servings: 6
2 bags Success Tri-Color Quinoa
4 cups chicken broth
1 cup canned diced tomatoes
1 cup frozen peas
3/4 teaspoon smoked paprika
3 tablespoons olive oil
3 cloves garlic, minced
1 teaspoon paprika
3/4 teaspoon salt
1/2 teaspoon black pepper
1 onion, sliced into 1/4-inch rounds
1 red bell pepper, halved
4 boneless, skinless chicken thighs
12 ounces medium shrimp, peeled and deveined
2 cured chorizo sausages
1/4 cup finely chopped fresh parsley

Grilled Quinoa Paella

3 tablespoons lemon juice
Preheat grill to medium-high heat; grease grates well.
Prepare quinoa according to package directions, substituting chicken broth for water. Drain, reserving 1 cup chicken broth.
In large saucepan, stir diced tomatoes with reserved chicken broth; bring to boil. Cook 3-5 minutes, or until thickened slightly. Stir in quinoa, peas and smoked paprika. Cook 1 minute. Cover and let stand 10 minutes.
In small bowl, stir olive oil, garlic, paprika, salt and pepper. Brush marinade over onion and red pepper. Toss half of remaining marinade with chicken and remaining marinade with shrimp.
Grill chicken 6-8 minutes per side, or until well-marked and internal temperature reaches 165 F. Grill sausages, turning occasionally, 6-8 minutes, or until well-marked and heated through. Grill shrimp 2-3 minutes per side, or until well-marked and cooked through. Grill red pepper and onion 2-3 minutes per side, or until well-marked and tender.
Chop chicken, sausage, red pepper and onion into bite-size pieces. Stir into quinoa mixture. Stir in shrimp, parsley and lemon juice. Serve warm or at room temperature.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I'm having a lot of ups and downs lately. It's not what you think. Sure, life can get tricky: challenging, beautiful, exciting; fear-ridden. But that's not what I am referring to here. Although either way, the advice stands: Embrace the ups and downs.

I'm not sure about you, but this does not come easy to me. And here's what I'm talking about:

Our Queen-sized bed felt less than ideal for many years, as the hubs and I are not small people. Also, our mattress was very worn out. So...whilst heavily researching beds, a seed was planted in Don's head. Why not get his and hers motorized beds?

Why not?! As a sick person, I felt defeated and old when he threw out his proposal. I don't need a motorized bed! I don't want to need a motorized bed! Was this foreshadowing?! Would we be manifesting a worsened condition?! (I'd been in a place of illness before, where this bed was definitely needed. Might it happen again?)

But knowing how often I sit up in bed, fourteen pillows behind my back and a snack tray on my lap, well, this made much sense. I read, watch TV, write lyrics, and sometimes do push-ups in there. (Okay, maybe not push-ups.) It made much sense.

But then he

said, "And we get a tax exemption because of your Type 1 Diabetes!" Whoa. That's a win! But wait. Qualifying for a disease perk doesn't feel so great. It must be serious if the government doesn't want your money.

Still, I embraced the idea and now, as I buzz myself up and down and let the massage feature pulse and vibrate (I should stop talking), I am thrilled that I got over myself.

Uncertainty can shoot hot darts of fear right into our neuropathy-ridden nerves when dealing with illness, but is it worth not getting the magic bed? And does pride of wanting to appear young, able and put together help anything? Only pride itself.

So, although the conversation about powered beds was an emotional journey for me, once I settled on the idea, I soon got to settle in the bum-cradling, back-massaging, feast-friendly, fit-for-a-king (size) den of luxury. I highly recommend it.

So yeah...life is all things.

But who would've thought that 'ups and downs' could be 100 per cent positive, eh?

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmisstress, Instagram @susie.suschw, and lesshealthstress.com

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Selkirk stuns Steinbach in Game 2

By Brian Bowman

The playoff series between the Selkirk Steelers and Steinbach Pistons just got a whole lot more interesting.

Selkirk evened the MJHL best-of-seven series at a win apiece after a solid 3-1 home victory on Sunday evening.

"That was a big game. Coming back to our building we felt it was important to continue our momentum from Game 1," said Steelers' head coach Hudson Friesen. "I thought we established a lot of good things, especially in the latter half of that game. For us, it was all about coming out that same way, playing with structure, and tightening things up defensively and I thought we played a really strong game from start to finish."

The Steelers' Sheldon Howard scored a first-period goal and then the Pistons' Bryce Kilbourne tallied in the second.

But Lucas Brennan sniped the game winner at 8:01 of the third and then Matthew Gerke sealed the win with an empty-net goal at 18:54.

Hunter Tarves made 28 saves for the win.

Steinbach was 0-for-5 with the man advantage while Selkirk finished 0-for-3.

Steinbach started the series with a 5-2 home win on Friday evening.

The Pistons stormed out of the gate, taking a 3-0 lead just 12:09 into the game on goals from Owen Weihs, Braden Birnie, and Jack Rogers.

The Steelers received a rude awakening as to what MJHL playoff hockey is like.

"Going into that building it's a rowdy atmosphere and the crowd is kind of on top of you," Friesen said. "A lot of guys were playing their first (MJHL playoff) game. I think there were some nerves there. We started off pretty good and then we had a five-minute stretch where we unraveled and had some uncharacteristic mistakes that ended up in the back of our net. But after they got the fourth (goal) I thought we responded well and carried the play for most of that game. We got a couple and made it close and I thought we had enough chances to score four or five but just really didn't get the bounces."

Zach Power put Steinbach up 4-0 early in the second before Selkirk's Mathieu Catellier tallied at 14:44 of the middle frame.

The Steelers' Tyson Smith pulled Selkirk to within a pair of goals but the Pistons' Nate Goodbrandson, a St. Andrews' product, sealed the win with an empty-net goal with Tarves pulled for an extra attacker.

Tarves finished the game with 25



RECORD PHOTO BY BRETT MITCHELL

Matthew Gerke scored an empty-net goal late in the third period to lift the Steelers to a 3-1 home win on Sunday evening. Selkirk's victory evened the best-of-seven series at 1-1.

saves.

Selkirk was 0-for-4 on the power play while Steinbach was 0-for-3.

Game 3 of the series will be played Friday (7:30 p.m.) in Steinbach and then Game 4 is scheduled for Sunday (6 p.m.) in Selkirk.

The Steelers are confident after the Game 2 win.

"Our group has a lot of belief right

now," Friesen said. "They believe in each other and believe in the way that we need to play. I think they're playing for each other, too, which is a big thing. There's no individuals, no selfishness, we're 20 guys playing as a team and it's really starting to show."

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Kelly Bilous with her family and friends

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Ramona Birnie and her husband from Watrous Saskatchewan were in Selkirk to watch their Grandson Braden Birnie, a player on the Steinbach Pistons.



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Fishermen win CRJHL championship again

By Brian Bowman

The Selkirk Fishermen are back-to-back Capital Region Junior Hockey League champions.

Selkirk defeated the Ice Dawgs 6-1 on Sunday evening in Arborg. With the win, the Fishermen swept the best-of-seven final in four games.

"This is one of the best teams I think that we've ever had and we're talking about some damn good teams," said a tired Fishermen head coach Chris Poponick on Monday afternoon. "From top to bottom, we had two great goaltenders, a steady, solid defence core, and four lines that could compete with everybody. We pride ourselves on defence and we shut down a guy (Jack Einarson) that put up 99 points this year to one point in the playoffs against us. It was an amazing defensive year. I always said it and I will continue to say it for as long as I coach, 'Defence wins championships.'"

Selkirk's Reece Tessier had a fantastic game with four goals and an assist. He was great all season.

"He was amazing," Poponick said. "He's a guy that will truly be missed, I can tell you that. He didn't stop - the motor kept going. He battled, he played physical, he played fast and he played skillfully. Some of the moves that he made on some of their players were just ridiculous. He was a playmaker just as much as he was a goal scorer. He was an absolute pleasure and a man possessed. He got it done."

The Fishermen's Travis Spratt was also very good with a goal and two assists while Kyle Follhoffer also tallied.

Dyson Pelletier scored Arborg's lone goal just 19 seconds into the game.

"They did that in a couple of games where they scored first but the boys believed in themselves all along," Poponick said. "There was nothing that was insurmountable and they really proved it. We just beared down and kept working and slowly took over the play and kept (the puck) down in their zone."

Owen Derewianchuk made 23 saves for the win.

The league title was the second in a row for the Fishermen. The 2019-20 final between Selkirk and St. Malo was canceled just prior to starting due to the onset of the COVID-19 pandemic and then the 2020-21 season was completely wiped out.

"It was a long time between back-to-back championships, unfortunately," Poponick said. "You know what, realistically, anybody would have to put up a pretty good argument that we couldn't have been on our fourth in a row if the year had been played because we had just as talented a team two years ago when we didn't get to play the final against St. Malo and last year we had pretty much the same team."

On Saturday, the Fishermen edged the Ice Dawgs 3-2 in overtime.

Tessier was the hero, scoring the game winner on the power play.

Arborg had tied the score at 2-2 with a third-period power-play goal from Cadrick Dueck.

Spratt scored a pair of first-period goals for Selkirk, sandwiched around a power-play marker from Arborg's Anthony Bruyere.

Brendon Hocaluk made 27 saves for the victory.

Last Thursday, the Fishermen defeated the Ice Dawgs 5-1 in Arborg.

Dueck gave Arborg a 1-0 lead with a power-play



RECORD PHOTO BY RAYME THOMSON

The Selkirk Fishermen defeated the Arborg Ice Dawgs 6-1 to win the CRJHL title on Sunday. Selkirk swept the best-of-seven final in four games. Pictured are Austin Zirk, Zach Parkinson, Braeden Wyrha, Reece Tessier, Cale Jonski, Kasen Andrushko, Josh Poponick, Ray Hefferman, Matt Brooks, Kyle Follhoffer, Nick Magwood, Domanic Suhr, Matt Wagner, Clint Thomas, Travis Spratt, Marcus King, Peyton Moneyas, Devon Whiteside, Ethan Geard, Nolan Milgaard, Jordan Donald, Braeden Hummel, Brendon Hocaluk, Owen Derewianchuk, Chris Poponick (coach), Tyndall Fontaine (coach), Mikey Singleton (assistant equipment manager) and McKyla Poponick (trainer).



RECORD PHOTO BY RAYME THOMSON

The Selkirk Fishermen's Braeden Hummel watches the puck sail past Arborg goaltender Tre Strachan during Game 4 on Sunday.

goal early in the first period.

But Selkirk's Braeden Hummel and Jordan Donald struck just 41 seconds apart with the man advantage midway in the opening period.

The Fishermen's power play clicked again as Cale Jonski scored in the third period, followed by goals from Matt Brooks and Nolan Milgaard.

Derewianchuk made 32 saves for the win.

Looking ahead to next year, the Fishermen will be losing a lot of talent as Spratt, Tessier, Josh Poponick and Hummel age out of junior hockey. But they ex-

pect to ice yet another very competitive team next year.

"We had some really good APs this year from the high school team," Poponick noted. "Those kids probably could have played with us all year but I don't like to strip our farm team down. So, they went back and played high school and in a provincial championship. There are seven or eight kids from that (Royals') team that could easily step into our lineup. We should have a pretty good group going forward."

Royals outstanding at KPAC indoor track and field meet

By Brian Bowman

The Selkirk Royals had several outstanding performances at the KPAC indoor track and field meet last week at the University of Manitoba.

"The kids have done very well," said Royals' coach Scott Gurney. "I'm very pleased. They're a smaller group than we've had in past years and that's not terribly surprising with all we've gone through but the quality of the athletes that we have this year is really impressive. We have a lot of depth."

Gurney said that this is the first year that every athlete that they brought finished in the top eight. That scores points for the school, he noted.

Due to COVID, the indoor track and field season started later than usual. After three months of only training, the Royals' season consisted of four meets in a one-month period.

"It's like feast or famine," Gurney said. "We went three months wondering if we were going to have a track meet. It was train, train, train, train and then, boom, we have these meets one after the other. Some of the kids were really feeling it and I know there were some sprains and a lot of the kids talked about being sore."

The Royals had several athletes finish in the top three in their respective events.

Leading the way in the junior varsity girls' events was Nevaeh Marynowski.

Marynowski was terrific, finishing first in the high jump (1.55 metres) and the long jump (4.72m). She also placed second in the 60-metre.

The junior varsity boys saw Jakob Dainard place first in the 200m, second in the shot put (11.06m), and third in the 60m.

Selkirk's Annessa Stasiuk also had



The Selkirk Royals' Annessa Stasiuk runs hard at the KPAC meet last Wednesday.

a great meet, finishing second in the varsity girls' 200m and third in the 60m.

The Royals' Elina Samuelsson was second in the high jump (1.37m) while Selkirk finished third in the 4x100m.

In varsity boys' events, the Royals Keenan Allen finished second in the 1500m and was third in the 800m.

Selkirk won the medley, finishing ahead of Maples Collegiate.

The Royals' next meet is April 8.



RECORD PHOTOS BY MATT PEARSON
Selkirk's Danika Kubay gives it her all in the shot put at the University of Manitoba.

To see more photos of your favourite Interlake Athletes

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Visser commits to University of Brandon

By Brian Bowman

The Selkirk Royals' Katelynn Visser will be taking her basketball talent out west next season.

Visser has committed to attend school and play basketball for the University of Brandon Bobcats.

"I wanted to stay in Manitoba, that was my goal," said Visser last Saturday. "I was thinking about Brandon because I will be going to Brandon later on because I'm going to go to the fire college so I thought it would be nice to be there already. So, I'll have five years there instead of the nine months with the fire college."

Bobcats' head coach James Bambury brought Visser in for a visit, trained with her, and immediately offered her a roster spot. She's the first recruit in the Bobcats' 2022 rookie class.

"My first advice to everyone when it comes to being recruited is always 'Recruit the school you want to be at,'" Bambury told the Brandon Sun last week. "We're looking for driven people, we're looking for competitive people. What driven and competitive people do is they search out the opportunities they're looking for. It makes it very promising to see a kid who's willing to do the leg work to get the opportunity she's looking for."

Visser felt very comfortable with Bambury.

"He's really nice and a really great

guy," she said. "He really welcomed me and all of those kinds of things. I thought it would be a good fit for me."

Visser made Team Manitoba's roster of 21 for a training camp last summer. The regular provincial team summer was modified due to COVID-19 but Visser worked out with Manitoba's top female players.

"It was really nice because everyone wanted to be there," she said. "We were all hustling, doing our best, and ready to go as soon as we got there. It was really exciting to play against all of the best girls. You could really see the difference between high school and that."

Visser is focused on improving her three-point shooting which will improve her chances of getting more court time.

"One of the things she adds immediately is some length and some athleticism. She's coming in a bit bigger than most of our guard/forwards," Bambury said.

"Really competitive kid, which is really nice. And ultimately someone who really wants to be here, someone who's always seen this as a destination for her to play basketball, which I think is an attractive thing."

Visser averaged 16 points and 10 assists per game with the Royals in her senior season and was named a play-



RECORD FILE PHOTO

The Selkirk Royals' Katelynn Visser has committed to attend school and play basketball for the University of Brandon Bobcats.

er of the game at the Pembina Trails Tournament.

Royals' varsity girls' basketball head coach Amanda Hallson had high praise for Visser.

"Katelynn is a standout on the court," she said. "Her athleticism and length set her apart in her position. She

is an exceptional leader who pushes her teammates to improve each time they step on the floor. "Katelynn is a player that you love to coach because whatever you ask her to do she'll go out there and get the job done. I look forward to watching her improve and compete at the next level."

Selkirk Curling Club announces champions



RECORD PHOTOS SUBMITTED

Pictured left, the team of Garry Dola, Orest Byblow, Tom Matheson, Alan Campbell and Andy Rowney (missing from the photo) won the Selkirk Curling Club's men's championship. Middle photo, Team Cruz, which consisted of Lori Cruz, Karyssa Hiebert, Kathy Oswald, and Nikki Litkowich won the Selkirk Curling Club's women's event while the women's B-side winners included Kat Marsch, Tara Nore, Alyson Heroux and Jodi Howarth.

Selkirk Fishermen U18 A1-A hockey team wins city championship

By Brian Bowman

The Selkirk Fishermen A1-A U18 hockey team won the City Championship March 22 at the Richmond Kings Arena in Winnipeg.

Selkirk shut out St. Eustache 1-0 in Game 5 of their best-of-five final series.

"It was an exciting series," said Fishermen head coach Rod Goetz. "St. Eustache has a strong team and we were a strong team as well so it was evenly matched. It was one and two meeting in the final and I don't think you could have (written) it up any better."

Jaiden Reeb scored the game winner with about 13 minutes remaining in the third period.

"When we scored that goal the kids were excited and I was a little excited but then reality hit me - there's still 13 minutes left," Goetz said. "At which time, the St. Eustache team turned it on and our goalie, Trevor Donald, stood on his head. For 13 minutes, it was like he was in front of a firing range."

The Fishermen had a special moment just before the final series when they received a surprise video chat from former NHL superstar Teemu Selanne.

"I think that kind of kicked the kids in the (butt) a bit," Goetz said. "That was nice and, as a coach, it's kind of a proud moment because he kind of reiterated some of the stuff that we had talked about all year. You want the kids to give it 110 per cent and you want them to play every shift like it's their last. You could see in Teemu's



RECORD PHOTO SUBMITTED

The Selkirk Fishermen shut out St. Eustache 1-0 in Game 5 of their best-of-five final series to win the city championship on March 22. Pictured back row, left to right, Brody Payjack, Rylan Gaborieau, Karter Andrushko, Shuya Khodayary, Dillon Tower, Ryan Boyko, Maxwell Nichol, Colton Waugh, Ryan Herman, Cole Desjarlais, Michael Monchak, Brody Semkiw, Jace Tesarski, Caleb Hofer, and coach Rick Wood; Front row head coach Rod Goetz, coach Taylor Wood, Trevor Donald, Kieran Simpson, Cole Bragg, Jaiden Reeb, coach Kevin Wood, and coach/safety Rayley Goetz. Missing from the photo is Elias Kent.

face that he was being genuine with it. I thought that was kind of exciting, interesting."

The Fishermen forced a series-deciding fifth game with a hard-fought 4-2 victory.

St. Eustache started the series with a 5-2 win but Selkirk won Game 2 4-2.

Game 3 saw Selkirk lose a 3-2 heartbreaker in double overtime. That was a very tough loss but the Fishermen showed a lot of character in winning the next two games.

Goetz wanted to complement the St. Eustache team for being great com-

petitors.

"That was a classy team, right from the get-go," Goetz said. "They actually cancelled our regular-season game due to COVID so we couldn't play. We didn't get to see them at all in the regular season until the finals. Neither team knew what the other team looked like, played like, and every game at the end of the game some of their top players, their captain, and their coaches (gave out) handshakes in the hallways and in the parking lots. It was just a classy team."

Selkirk, which finished second dur-

ing the regular season, lost its first game in the double-knockout playoff, moving them to the B-side.

But the Fishermen caught fire, winning five straight games to reach the city championship.

"The kids played with a sense of urgency after that first game," Goetz said. "It was double elimination and we lost Game 1, went to the B-side, and were on our last life but the kids played every game like it was their last."

Raiders, Canucks tied at a win apiece

Staff

The MMJHL best-of-seven semifinal series between the Raiders Jr. Hockey Club and the St. James Jr. Canucks is now tied at a win apiece.

St. James evened the series with a 5-4 road win on Sunday afternoon.

The Canucks took a 3-0 first-period lead with goals from Kale Price, Rory Neill, and Brady Whitely.

Price then added a goal in the second period and another in the third to complete the hat trick.

Jayne Kennedy (two), Riley Barroso and Matthew Smith scored for the Raiders.

The Raiders were 2-for-4 on the power play while St. James was 0-for-1.

The Raiders started the series with a great 3-2 overtime win over the Canucks last Friday.

Barroso scored the OT winner.

Jaxon Blight gave St. James an early 1-0 lead but the Raiders' responded with a power-play goal by Matthew Smith and an even-strength marker from Brody Melsted to take a 2-1 lead 12:35 into the game.

Matthew Mason-Vandel then tied the score at 2-2 at 3:55 of the second period.

Jeremy Pikel made 39 saves for the victory.

St. James will host Game 3 on Friday (7 p.m.) and then the Raiders will host the Canucks Sunday (7:30 p.m.).

The Raiders advanced to the semifinal series after edging the St. Vital Victorias 3-2 in overtime on March 22.

Kennedy scored the game winner in OT. He had tied the score at 2-2 at 13:16 of the third period.

After a scoreless first period, Ben Coppinger and Devin Bulloch scored

power-play goals in the second to give the Victorias a 2-0 lead.

But Alex Lochiavo started the Raid-

ers' comeback with a goal at 11:43 of the third.

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The Selkirk Record

Liebrecht outstanding at ManSask

By Brian Bowman

The Dolphins Swim Club's Cate Liebrecht was at her very best in the pool at the 2022 ManSask Winter Provincial Championships which were held March 17-20 at the Pan Am Pool in Winnipeg.

The talented 11 year old from East Selkirk reached the finals in five of her seven events and was the first alternate in two events on the final day.

"She swam fantastic," said Dolphins' head coach Michelle Stamm. "Every time she raced, she bettered her time."

Liebrecht's top placing was fifth in the 100-metre flystroke.

"The meet was very nerve wracking and exciting," Liebrecht said. "Some of the races I had not raced before like the 100M butterfly so I was really excited to do that. To stay calm, I sang songs that went with my stroke rate."

Liebrecht also swam personal best times in all of her races.

"I went in for the experience of ManSask and came out with seven personal best times," she said. "I would evaluate it as 10 out of 10 because at the end of each race I'd look up at the results screen and I was shocked and happy."

Liebrecht was very busy at ManSask competing in the 50M breast - 45.24 (placing sixth), 50M fly - 38.10 (placing ninth), 100M fly - 1:27:99 (placing fifth), 50M free - 32.92 (placing ninth), 100M free - 1:13:58 (placing ninth), 200M free - 2:42:95 (placing ninth), and 200M IM - 3:05:17 (placing 11th).

Liebrecht had never competed in the 100M fly although she had swam it before in practice.

"Coach Michelle (Stamm) believed I could be competitive in that race so we went for it," she said. "It was very hard but I pushed myself because of how hard I worked to get there."

Aside from her great results, ManSask was a great experience for Liebrecht.

"It was so fun," she said. "Many of the swimmers I talked to and got to know them. I felt overjoyed to just be there. Most of the kids were older than me but that was just fine."

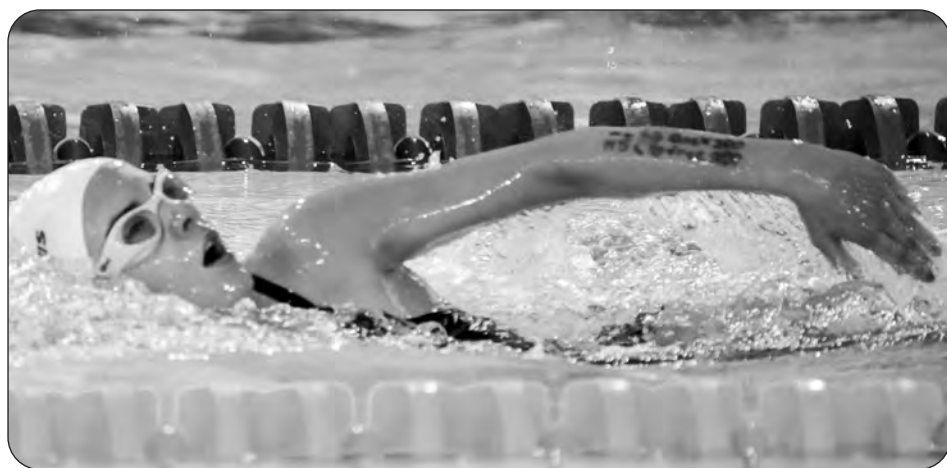
Liebrecht really enjoys being part of the Dolphins Swim Club.

"I think I would always prefer a smaller swim team because I know everyone well and it's always fun with the Dolphins," she said. "We always get unique practices with our coach Michelle. What motivates me is going to meets like ManSask and PWI and hopefully westerns one day. It is always a treat to go to meets because I get to meet other swimmers and it's really something to look forward to."

Liebrecht has a twin sister, Alexis, and brother Mason that are also part of the Dolphins' team.

"It is nice to swim together," she said. "If I am not very good at a stroke and she is then she gives me tips and it goes both ways. Our brother Mason swims too so the three of us can cheer each other on and help calm down nerves."

Liebrecht, a Grade 6 student at



RECORD PHOTOS BY RENEE KARDASH PHOTOGRAPHY

Dolphins Swim Club member Cate Liebrecht swam extremely well at the 2022 ManSask Winter Provincial Championships held at the Pan Am Pool earlier this month.

East Selkirk Middle School, plans on swimming competitively for a long time.

That's good news for Stamm, who feels Cate has a great future in swimming.

"She's going to be the one to watch up and coming, for sure," Stamm predicted. "I can't say enough about her desire to be the best. It's just incredible."

Einarson wins bronze at World Curling Championship

By Ty Dilello

Gimli's Kerri Einarson and her squad representing Team Canada captured the bronze medal at the 2022 World Women's Curling Championship in Prince George, BC.

Einarson won the bronze medal game on Sunday afternoon after defeating Sweden's Anna Hasselborg by an 8-7 scoreline in an extra end.

It was an excellent rebound for Team Canada after they fell to South Korea's EnJung Kim in the semifinals.

The Einarson rink includes third Val Sweeting, second Shannon Birchard, lead Briane Meilleur, alternate Krysten Karwacki, team coach Reid Caruthers and national coach Renée Sonnenberg.

"It's an absolute honour to medal at the worlds. We came here for gold, but we're coming home with something that's pretty special," said Ein-

arson.

Einarson's bronze medal was a nice upgrade over last year's World Championship in Calgary, Alberta, where her team failed to win a medal.

"It's a huge improvement over last year," said second Shannon Birchard. "We felt more comfortable this year. I think we played awesome throughout the week. Earning a medal today means everything to us."

After winning the bronze medal, Einarson confirmed to reporters that her team will be sticking together for the next quadrennial. Einarson and company will be hoping to return to next year's Worlds and improve on their performance this year.

"We're definitely staying together," Einarson said. "Why break something up that isn't broken."

Switzerland's Silvana Tirinzoni (Ali-



RECORD PHOTO BY JAMES DOYLE/CP

Team Canada skip Kerri Einarson throws a stone in the bronze medal game against Team Sweden at CN Centre during the Women's World Curling in Prince George, B.C., on March 27.

na Paatz, Esther Neuenschwander, Melanie Barbezat, Carole Howald,

Continued on page 23

Bisons' Allen awesome at Canada West Track and Field Championship

By Brian Bowman

Tristan Allen was fantastic at the Canada West Track and Field Championship earlier this month at the University of Manitoba.

The talented Bisons' runner won a silver in the 600-metre, a silver in the 4X400m, and a bronze as part of the 4X800m. He also earned a gold medal as the Bisons men's track and field team became Canada West champions for the first time since 2009.

"I hadn't realized that it had been that long since we last won," Allen, a St. Andrews' resident, admitted. "It was pretty cool."

Allen was very satisfied with his performance at the meet, especially after coming back from an injury.

It's nice to be on the track and compete against elite athletes from other provinces.

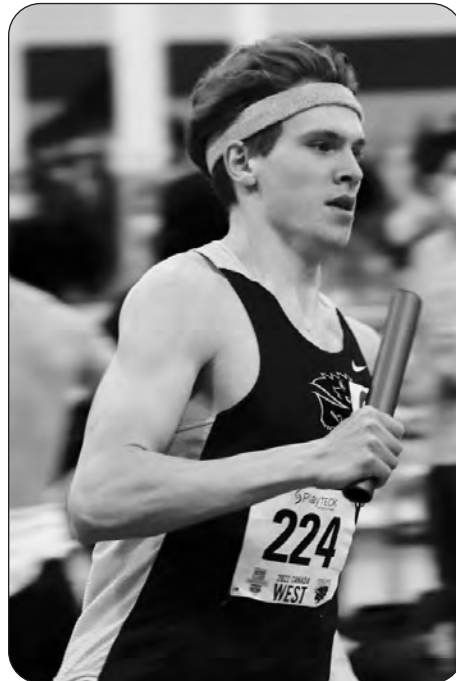
"I like racing and the fact that I can push myself with track," Allen said, noting he trains six days a week nearly all year long. "It's a very challenging sport and I think I like that part of it as well."

Overall, the Bisons' men won two gold medals, five silver, and three bronze in what was a well-rounded display for the conference champs.

The men's team entered day two of competition with 46 points, eight back of the Saskatchewan Huskies. Impressive results in every individual event helped the Herd bring home their first CanWest banner in over a decade in an entertaining battle that came down to the end.

Allen stole the headlines with his showing on the Saturday. The move of the meet came from Allen, who made up serious ground in the 600 to claim silver with a time of 1:20.90.

"He passed two guys on the inside



Tristan Allen and his team won a silver in the 4x400m relay.

on a corner with 150 metres to go on a corner. I've never seen that move be made before," said Bisons' coach Claude Berube.

"I've seen it tried, but never made. That was the move of the meet in my opinion. He was in jail where he was and somehow the guys opened the door for him and let him through."

Allen said his dramatic move was definitely not planned.

"I don't remember much from the moment because it happened pretty quick," he said. "I was in a really bad spot. Up until that point, the race wasn't really going as planned. I guess going around the corner on the last lap, in a split second I saw that there was a little bit of an opening. I was planning on passing them anyway but usually you have to go



RECORD PHOTOS BY KEN ALLEN

The Bisons' Tristan Allen, right, won four medals at the 2022 Canada West U-Sports Track and Field event held at the University of Manitoba.

around them but I guess their momentum naturally took them a little bit further into the outside of lane one, so I thought I guess I could sneak through here. I really don't know how it worked out because I've never seen that happen before. Usually it doesn't happen - I guess I got lucky."

Next up for the Bisons is the U Sports National Championship, hosted by the University of New Brunswick, in Fredericton. The meet starts Thursday and wraps up Saturday.

"I've never been to the east coast so I'm looking forward to that part of it," Allen said. "I competed at U Sports in Windsor in 2018 and we medalled in the 4X400, we got bronze, but this year I would really like to medal in



Allen, right, with his track coach Andy Tough.

the 600 metre. That's probably my biggest goal going into U Sports."

Bisons compete at vball nationals

Staff

The No. 2 McMaster Marauders knocked off the No. 8 Manitoba Bisons 3-1 (25-17, 25-14, 16-25, 27-25) on Sunday afternoon in the consolation final of the U SPORTS men's volleyball championship at Investors Group Athletic Centre.

Manitoba earlier defeated the No. 4 Toronto Varsity Blues 3-0 (25-17, 25-15, 29-27).

All-Rookie member Spencer Grahame led Manitoba with 12 kills.

The Bisons lost 3-0 to the No. 1-seed Trinity Western Spartans last Friday to begin the nationals.

The Spartans won by scores of 25-13, 25-17, and 25-19.

The Bisons were led by Grahame,

who had eight kills, while veteran setter Jack Mandryk had 18 assists and three digs. Captain Owen Schwartz added a team-high five digs, along with two assisted blocks, a service ace and four kills.

All three played for the Selkirk Royals.

"Absolutely there were some nerves," Schwartz told Bison Sports after the game.

"Coming in as the underdog and playing against the No. 1 seed with 1,500 to 2,000 people, there's going to be some nerves. After the first set we calmed down and started to improve. Trinity showed their human side, which was good to see that we could capitalize on some of that."

> BRONZE, FROM PG. 22

Pierre Charette) defeated South Korea's EnJung Kim 7-6 in Sunday night's gold medal game. It was a back-and-forth affair that came down to the final rock. With her last stone, Switzerland's fourth-thrower Alina Paatz made a double to win the game.

For Tirinzoni and Team Switzerland, it's their third consecutive World Championship. It was also the seventh win by a Swiss team in the last nine World Championships played.

"To win once is really hard to do, but to win three times in a row is something really special," Tirinzoni

said. "We're thrilled to be able to win it here in Prince George."

Switzerland was easily the best team all week as they went an undefeated 14-0 throughout the event to win the gold medal.

The 2023 World Women's Curling Championships will be held in Sandviken, Sweden, from Mar 18-26.

Next up is the 2022 World Men's Curling Championships in Las Vegas, which begins this Saturday. Fresh after representing Canada at the Olympics and after his recent Brier win, Brad Gushue will be representing Team Canada at the event.

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Selkirk Record

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The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
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Truck Driver/Warehouse Person

Karrich Industries Inc., a warehouse/distribution center in Selkirk has an immediate opening for a full-time city delivery driver. The primary responsibility would be 5-ton truck deliveries, but the position also includes shipping/receiving, general maintenance, as well as various other tasks as required. The applicant must have the following qualifications:

- Minimum 3 years' driving experience
- Valid Class 5 drivers' license
- Experience driving a 5 ton flat deck
- Knowledge of loading, strapping and tarping
- Clean driving record
- Forklift experience would be an asset

Please send applications by email to jbrooks@karrich.com. The closing date for this position is April 15, 2022. We thank everyone for their interest, however only final applicants will be contacted.

Rural Municipality of St. Clements

Information Session with the RCMP

The Rural Municipality of St. Clements is hosting a hybrid-style Information Session with the RCMP on Wednesday, April 6, 2022 at 6:30 pm.

This session is open to all of our residents and will provide an opportunity to learn more about the RCMP's role in our community and have your questions answered.

To register for this free information session, contact us by email at communications@rmofstclements.com or phone 204-482-3300 and let us know if you wish to attend in person at our Municipal Office or virtually. Space for in person attendance will be limited due to physical distancing. You can also forward us any questions that you may have in advance for the RCMP to address.

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Winnipeg: 474-2642
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AUCTIONS

Ward's & Bud Haynes Firearms Auction, Saturday, April 23rd, Edmonton. Live & online. CONSIGN NOW! WardsAuctions.com Call Brad Ward 780-940-8378; Linda (Haynes) Baggaley 403-597-1095.

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MUNICIPALITY OF ALEXANDER



SUMMER EMPLOYMENT OPPORTUNITY

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For the period of
May 1 to August 31, 2022

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 2022.

Please submit a letter of application and resumé to:

Public Works Manager
Municipality of Alexander
1 Bouvier Trail

Box 100, St. Georges MB R0E 1V0
or pw@rmalexander.com

Application deadline: April 15, 2022, 4 p.m.

Thank you to all candidates for your interest, however, only those individuals considered for an interview will be contacted.



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ANNUAL GENERAL MEETING
Tuesday, April 5th, 2022
10:00 - 11:00 am

Culture, Recreation and Green Transportation Department (CRGT)
630 Sophia Street Selkirk, MB
Please RSVP your attendance to Lee Hanson at info@gordonhoward.ca by April 4th, 2022.



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Town of Winnipeg Beach

NOTICE OF PUBLIC HEARING

BY THE TOWN OF WINNIPEG BEACH BY-LAW NO 04/2021 CLOSING AND SALE OF PUBLIC ROAD ALLOWANCE

Please take notice that The Town of Winnipeg Beach will hold a public hearing for the purpose of hearing any presentation in objection to or in support of the proposed By-law 04/2021 relating to the Closing and Sale of Public Lane, Block 6, Plan No. 729. The public hearing will take place on **Wednesday, April 27th at 6:30 p.m. at the Town of Winnipeg Beach Municipal Office, 29 Robinson Avenue, Winnipeg Beach, Manitoba.**

If you require any special Accommodations, please notify the Town Office 15 days in advance of the Public Hearing

In addition, the Council requests that any party who intends to submit as evidence at the hearing any written material or other documents, shall file one copy with the Municipality for public review, at least 10 working days prior to the hearing.

Kerry Swanson
Chief Administrative Officer
Town of Winnipeg Beach
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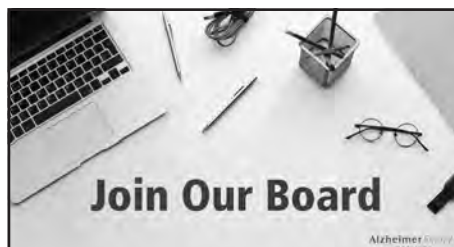
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NEW LEADERS IN THE COMMUNITY

The Alzheimer Society of Manitoba is actively looking for new leaders in the community to fill two board member positions. The successful candidate will help guide the organization's work to support families living with dementia throughout the province. Interested and qualified applicants with diverse backgrounds across Manitoba are strongly encouraged to provide a cover letter and resume by April 22nd, 2022.

Visit Alzheimer.mb.ca for the full listing and for more information.

MISCELLANEOUS

APRIL 30 & MAY 1, 2022, DUGALD GUN & COLLECTIBLE SHOW AT SPRINGFIELD CURLING CLUB. FROM WINNIPEG, 10 MILES EAST ON DUGALD RD, OR 5 MILES NORTH OF HWY #1 ON HWY #206. BUY-SELL-TRADE. OPEN SATURDAY 10 A.M. - 5 P.M., SUNDAY 10 A.M. - 4 P.M. FOR INFO PHONE SHERYL 204-250-8766 OR CAROL 204-242-2320.

For sale: Salon Hairdryer with grey leather chair. Good condition, \$100 obo, Selkirk. Phone Florence 204-785-9313.

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For sale: 1 Acorn Chair Lift, \$1,400 obo; 1 Savaria Chair Lift, \$800 obo; 1 woman's antique bike, Schwin, turquoise and white, asking \$400 obo. Please call 204-482-7024.

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HIRING FOR SPRING? Need Class 1 drivers? Construction staff? Having an AGM or on-line event and need attendees? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now! Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Call 204-4-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

LIVESTOCK

HBH Angus Farms Bull Sale, March 31, 1:00 p.m., Oak River, MB. View www.BuyAgro.com for catalogue. Purebred Black Angus and Black Angus/Simmental bulls - 50 lots. Watch/bid online www.dlms.ca. Brayden 431-282-3085, Darcy 204-365-7755. Semen tested. Guaranteed. Lunch 11:30.

HAY & STRAW FOR SALE

For sale: small square second cut grass hay bales and small square wheat straw bales. Phone 204-781-7937.

SUPPORT LOCAL FARMERS

The Flower Child STAFF WANTED!

We're getting ready for a busy summer season!

We are looking for energetic individuals for these seasonal positions:

Cashier/Customer Service Seasonal Labourer

(loading/unloading trucks, driver's license an asset and able to lift 50lbs)

Email resume to: theflowerchild2016@gmail.com

SELKIRK WEED CONTROL DISTRICT PUBLIC NOTICE

Public Notice is hereby given that the Selkirk Weed Control District, which includes the City of Selkirk, Town of Winnipeg Beach, R.M. of St. Andrews, and R.M. of St. Clements, intends to conduct the following pesticide control programs during 2022 as necessary, depending on infestation.

1. To control noxious weeds and unwanted vegetation where necessary on municipal/town/city property including parking lots, landfills, public works yards, ROWs, ditches, boulevards, parks, trails, cemeteries, and other public property using 2,4-D, Flumioxazin, Glyphosate, Picloram, Simazine, Dicamba, Imazapyr, Indaziflam, Mecoprop-P, Metsulfuron-methyl, Aminopyralid, Aminocyclopyrachlor, Triclopyr, Pyroxasulfone, Iron (FeHEDTA), Ammonium Soap of Fatty Acids, and Acetic Acid.
2. To control aquatic vegetation/algae in and around retention ponds and lagoons using Diquation.
3. To treat turf on public property using corn gluten and mineral oil.

The following adjuvants may be added to improve pesticide effectiveness: non-ionic surfactants Gateway or LI700.

The projected dates of application will be from May 8 to October 15, 2022. Requests for property buffers must register annually. The public may send written submissions within 15 days of this publication of this notice to:

Manitoba Sustainable Development Environmental Approvals Branch
1007 Century Street, Winnipeg, MB R3H 0W4



RM of St. Andrews

SUMMER YOUTH EMPLOYMENT OPPORTUNITIES

The RM of St. Andrews is currently accepting applications for summer youth positions with the municipality and for other positions located at different not-for-profit organizations in our community.

Youth are encouraged to apply by sending their current updated resume with a cover letter, stating all the position(s) they are interested in applying for, along with their availability. Hourly wages will vary from \$12-\$15/hr depending on the type of role and the responsibilities, as well as experience of the youth.

Job postings will be available at www.rmofstandrews.com. Not all these positions may be required or filled as we are waiting to receive funding decisions from granters. The number of positions, locations and work periods will be determined as soon as possible. Roles may include:

1. Summer Camp leaders- Clandeboye CC-2-4 positions - job site Clandeboye (late June start)
2. Summer Camp leaders - St. Andrews CC - 4-6 positions - job site South St. Andrews (late June start)
3. Summer Camp assistant - Little Britain CC - 1 position - job site Lockport (July start)
4. Historic Interpreters-St. Andrews Rectory- 2-4 positions - job site South St. Andrews (May-July starts)
5. Tourism administrators - RRNT- 2 positions - job sites in St. Andrews/St. Clements/Selkirk (May start)
6. Office Clerk - RM of St. Andrews Office - 1 position - job site Clandeboye (May start)
7. Customer Service Ambassadors (CSAs) -2 positions - job sites vary throughout St. Andrews (May start)

Please submit on or before **Friday, April 15 at 4:30 pm** by email to Teresa at recreation@rmofstandrews.com.

We thank all applicants for their interest, however, only those selected for an interview will be contacted the following week for interviews. Some of these positions will require youth to be current students who are returning to school in the fall or youth with ages ranging from 15-29. Positions 5, 6 and 7 would be sponsored by an MMF grant and students must be Metis to apply.

Rural Municipality of St. Clements Citizen Volunteers

The Rural Municipality of St. Clements is looking for Citizen Volunteers that would be interested in sitting on the following boards:

- Gaynor Family Regional Library
- Red River North Tourism
- St. Clements Heritage

Volunteers must be residents of the R.M. of St. Clements. If you are interested, please submit your name along with the board you are interested in and a brief description of why you would make a good fit by either mail, phone, fax or email to the address listed below.

Deadline for submissions is April 8, 2022.

1043 Kittson Road
Box 2 Group 35 RR1
East Selkirk, Manitoba R0E 0M0
Telephone: Selkirk 482-3300
Winnipeg: 474-2642
Toll Free: 1-888-797-8725
Fax: 1-204-482-3098
Email: info@rmofstclements.com
www.rmofstclements.com



Classifieds

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Selkirk Record

NOTICE TO CREDITORS

IN THE MATTER OF: THE ESTATE OF EDNA MARGARET MATHE-SON, late of the City of Selkirk, in the Province of Manitoba, Deceased.
ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at Unit 3-360 Eveline Street, Selkirk, Manitoba, R1A 1N3, on or before the 26th day of May, 2022. DATED at Selkirk, Manitoba, this 21st day of March, 2022. CONNIE WEIPERT LAW OFFICE SOLICITOR FOR THE EXECUTORS

NOTICE TO CREDITORS

IN THE MATTER of the Estate of HARRY NEIL MCKENZIE, of the Rural Municipality of St. Andrews, in Manitoba, Deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be sent to the undersigned at 244 Manitoba Avenue, P.O. Box 336, Selkirk, Manitoba, R1A 2B3, on or about the 28th day of April, 2022. DATED at the City of Selkirk, in the Province of Manitoba, this 22nd day of March, 2022. RICHARD M. ALCOCK LAW OFFICE Solicitor for the Executor

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SOLD
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Ellen Wyka 204-641-0124

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Laurence Humniski 204-642-8501

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PAM ISFELD 204-461-5408

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Justin Zinkowski 204-795-6664

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Selkirk, MB
Monday-Saturday 10-5
packersfashion.ca

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For information please contact: BIG Real Estate
204-485-0010 email bigandcolourful@mts.net

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Selkirk Tire and Auto is looking for an experienced

TIRE Technician

COMPETITIVE WAGES & BENEFITS

Drop resume in person to 38 Main Street or email Selktire@mts.net



Classifieds

NOTICE OF Annual General Meeting

April 19, 2022

Notice is hereby given that the 63rd Annual General Meeting of the Members of Cambrian Credit Union will be held on Tuesday, April 19, 2022 at 7:00 pm. To allow for physical distancing and limit large gatherings, 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, 2021 and the report of the Directors, management and auditors thereon;
2. Receive a report of Cambrian's call for Director Nominations and the re-appointment of incumbent Directors;
3. Appoint the auditors of Cambrian for the 2022 year;
4. 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 will open at 9:00 am Tuesday, March 1st and close Tuesday, April 12th at midnight. *To pre-register, and for more information about the virtual Annual General Meeting, members are encouraged to visit www.cambrian.mb.ca/2022AGM.*

Dated at Winnipeg, Manitoba this 31st day of March, 2022.
By order of the Board of Directors

Jamie Gerlach
Corporate Secretary



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Selkirk Record

Announcements

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ANNOUNCEMENT

BIRTHDAY



Happy 80th Birthday to our
Mom, Oma and Great Oma,
Corry Van Aert
on April 4th

-Lots of love from
your children, grandchildren
and great-grandchildren

ANNOUNCEMENT

BIRTHDAY



Happy 65th Birthday
Lucy Kowalchuk

Happy birthday to the person
we all know we can't work without
The one who makes the job bearable
and the hours not so long
Who fills the days with laughter
and is sincere in their help
A very special birthday wish
she deserves without a doubt!

- From all of us at your newspaper family

ANNOUNCEMENT

CARD OF THANKS

Howard's family and I wish to thank the Selkirk Health Centre for the wonderful care given to Howard Smith while there until his passing on March 20th. While able to speak to me he especially asked that I thank everyone. So we express our gratitude to all who cared for him and the nurse who was with us after his passing.

-Sincerely Louise Smith
and families

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of
Francis (Frank) L. Wesley
who passed away on
Good Friday, March 31, 1972
50 years ago, at age 41

Your life was cut short,
It was God's will,
But in our hearts,
You're with us still.

-Sadly missed by his wife Evelyn,
and children Randall (Wendy), Shayne (Larry),
Sherry (Gino), Jody (Yvette "in spirit")
and their families

ANNOUNCEMENT

IN MEMORIAM



Walter Skrupski
June 18, 1929 - March 25, 2017
Gone but not forgotten.

-Love Adeline, Reg, Barb and Gerry

**Don't Forget Your
Loved Ones**

WITH AN ANNOUNCEMENT IN THE

Selkirk Record

Call 785-1618 or
email lucy@selkirkrecord.ca

OBITUARY

Josephine Mildred Dyck



Peacefully, on Wednesday, March 23, 2022 at the Red River Place Personal Care Home, Josephine Dyck, aged 85 years of Selkirk, passed away.

She is survived by her children, Ken (Dawne), Karen, Ches and Mary; her brothers Oscar (Bev), and Herb (Marvel); sisters Denise (Dwight), Judy and Norma; grandchildren, Adam, Christy, Jason, Sara and Mike; as well as numerous great-grandchildren, relatives and friends.

She was predeceased by her parents Chesley and Dorothy Elliott; brothers Lawrence, George, Lyle, Allan, Cecil; sister Darlene; ex-husband John Dyck on February 4, 1992, and Gilbert McKenzie her common-law husband on April 16, 2000; aunts and uncles Rheta and Hazel, Cecil and Melvin Clark.

Josephine was born on November 24, 1936 in Emo, Ontario to Chesley and Dorothy Elliott. She will always be remembered as a kind, loving sister, aunt, mother, grandmother and friend by all who knew her.

In keeping with her wishes, cremation has taken place, and a celebration of her life will be held in the Gilbert Funeral Chapel in Selkirk, Manitoba on Thursday, March 31, 2022 at 1:00 p.m.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Marilyn Joan Drain (nee Davies)

June 27, 1934 – March 21, 2022

It is with heavy hearts that Marilyn's family announces her passing on March 21, 2022.

She was predeceased by her husband Robert Drain in December 2016.

Left to treasure her memory are her daughters Rebecca and Melanie (James).

Marilyn was proud of her three University Degrees (Bachelor of Arts, Bachelor of Education, Bachelor of Pedagogy) and worked as a teacher for many years. She taught many different courses but her passion was always teaching High School History (Political Sciences). She also taught a course called Travel (considered to be a history course) in which students learned about a specific country and then travelled to that country. She retired from teaching

in 1998 from the Lord Selkirk School Division.

Marilyn had many passions during her life. In her early life she was a skip on a curling team which brought her great joy. She loved her daughters with all her heart, loved swimming in her back-yard pool, loved going to Winnipeg Jets games and Winnipeg Goldeyes games, she loved all her numerous pets and she loved travelling around the world.

The family would like to thank the staff of Rosewood Lodge in Stonewall, Manitoba for their care and compassion during her illness.

Flowers are gratefully accepted or donations can be made to the Alzheimer Society of Manitoba.

A private family memorial will be held in the near future.

Special thank you to Jamie, our mom loves you so much.

Family and friends may sign a Book of Condolence at www.glenedenmemorial.ca



Glen Eden Funeral Home
204-338-7111

OBITUARY

Thomas (Tom) Joseph Watson

May 10, 1961 - March 9, 2022

It is with a broken heart I announce the sudden passing of my beloved husband, best friend and soulmate, Tom, on March 9, 2022 at our residence in Lockport, Manitoba.

Left to cherish his memory is his wife, Darcie; siblings Keith (Carol), Larry (Tracey), Donna (Richard); mother-in-law Nettie Kostiniuk; brother-in-law Terry Kostiniuk (Sandy) as well as cherished nieces and nephews.

He was predeceased by his parents Kathleen and Joe Watson; brother Ken and father-in-law Tony Kostiniuk.

Tom's life was a journey of many accomplishments. He was a mechanic, worked with his father in construction, obtained his 2nd class stationery power engineer ticket, Director of Facilities for Winnipeg Airport Authority, Project Manager and President of Granite Hills Golf Course and Facilities Manager at Stony Mountain Institution until his retirement.

Tom was very much community minded. He served on the Board of Directors at the Selkirk Golf Course, President of the Selkirk Curling Club, and instructor for Firearm Safety and the Junior Rifles program. He was an avid sportsman - from hockey, baseball, firearm competitions and curling. There are many stories told of hunting and fishing experiences that would make you laugh.

My husband was a compassionate, patient, fun loving individual who would always put his hand up to help someone when they needed it.

Heartfelt thanks to the St. Andrews Fire Department, Paramedics and RCMP. Your professionalism and compassion will never be forgotten. Special thanks for my friend Joy Sul and neighbours Trudy and Russ Paradoski for being my angels.

In lieu of flowers, please donate to an animal rescue of your choice.

A memorial service will be held on April 7, 2022 at 1:00 p.m. in the Gilbert Funeral Chapel, Selkirk, MB. On behalf of the family, we respectfully ask that masks be worn.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

The Selkirk Record

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OBITUARY



Lawrence J. Roy
December 3, 1937 – March 20, 2022

Peacefully, on Sunday, March 20, 2022 at the Selkirk Regional Health Centre, Lawrence Roy, aged 84 years passed away.

He is survived by his wife of 63 years, Violet; sons, Darrell, Farrell (Chery) and Derrick; grandsons, Russell and Austin; sister Mildred (Walter) Wall; as well as many nieces, nephews and relatives.

He was predeceased by his parents, Sigurdur and Vera; and his brother and sister-in-law Doug and Pollyanne Roy.

Lawrence loved country music and listened to gospel tunes on Sunday morning on the Portage station. He thought highly of his co-workers at the Manitoba Rolling Mills where he worked for 40 years retiring in 2002.

The family would like to express their heartfelt thanks to the doctors, nurses and staff on the medical ward and palliative care unit at the Selkirk Hospital that looked after Lawrence the last four weeks.

In keeping with his wishes, cremation has taken place and a graveside service will be held in summer at the St. Clement's Cemetery.

Rest in Peace Lawrence

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Laurie James Sabiston

Peacefully on Saturday, March 26, 2022 after a courageous battle with cancer, Laurie Sabiston, aged 67 years of Selkirk, MB passed away.

A celebration of his life will be held on Wednesday, March 30, 2022 at 2:00 p.m. in the Gilbart Funeral Chapel, Selkirk, MB. The service will be live streamed via his obituary on the Gilbart Funeral Home website.

Full obituary to follow.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Albert (Al) Zembik

January 23, 1932 – March 21, 2022

After a wonderful 90 years, Dad, Grandpa, Great-Grandpa peacefully passed away in Selkirk, Manitoba on March 21, 2022.

Dad is survived by his four sons Greg, Brad (Jean), Brian and Darren (Cheryll); four grandchildren Teigen (Jon), Colton (Melissa), Mika and Zoey; great-grandson Landen; Dad's sister Anne from Sault St. Marie; nieces Shelley (John), Sandra (Jim), Elaine (Bill), Gloria (Victor) and Dad's great friend and companion Myrna who he travelled with and enjoyed life together since 1994.

Dad is predeceased by his mother Tillie, father John, numerous aunts and uncles, common-law Eunice.

Dad travelled all of Western Canada working as a salesman, at a gas company in Alberta and fighting wildfires in B.C. coming back to Winnipeg to work at Salisbury House in a few locations

as a manager. Then in 1957 was accepted to the Winnipeg Fire Department for 37 years of service, retiring in July 1993 as a District Chief.

Grandpa enjoyed watching all of Teigen and Colton's sporting events. They will miss Grandpa's kindness and stopping at his house to talk about birds, the fire department, to watch The Price is Right and to share what was happening in their lives that week.

"To the most beautiful family, you will feel a sudden flow of emotion and then a sigh of relief knowing I'm not suffering. Stay Strong" All my LOVE.... Dad, Grandpa, Great-Grandpa.

We would like to thank the Selkirk Hospital nurses and doctors for their kindness and compassion towards Dad, you made him feel very comfortable and special. Thank you very much from his family from the bottom of our hearts.

As per Albert's wishes cremation has taken place. A private service to be held at the gravesite at St. Clement's Churchyard, St. Andrews at a later date when the grass is green, and flowers are in full bloom.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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Thank you Selkirk & Interlake!



FEATURE OF THE WEEK!
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VICTORIA
204.619.3955

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NEW!



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