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THURSDAY, APRIL 13, 2023

VOLUME 14 EDITION 15

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RECORD PHOTO BY BRETT MITCHELL

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Selkirk's Rotary Club hosts students from across Canada

Program helps students connect with their roots

By Katelyn Boulanger

Fifty Indigenous and non-Indigenous students came to Selkirk on the last week of March to participate in an Honouring Indigenous Peoples (HIP) event called Youth to Youth. They participated in the event launched by HIP and in partnership with the Rotary Districts to learn more about environmental sustainability and promote understanding between youth on the Truth and Reconciliation Commission of Canada Calls to Action and Treaty relations.

"As Rotarians, we encourage and support relationship building between the Rotary clubs across Canada, and local Indigenous communities. So, the goal is, as we discover shared purpose values and how better to support one another, we'll be building a better country," said Selkirk Rotary Club's president David Thorne.

He says that the mission of this program was to catalyze societal change by inspiring Indigenous and non-Indigenous relationship building strength, strengthening community well-being, and advancing the next generation of leaders.

The Selkirk Rotarians were honoured to be the club hosting the event as Selkirk was in an ideal location

which allowed for the students to participate in activities around the region.

"Our main [responsibility as hosts] was we organized all the meals for the event each night. The big one was on Monday, March 27. Our club hosted

100 participants, chaperones, leaders and Rotary Club of Selkirk members for a Monday evening at the Selkirk Golf and Country Club," said Thorne.

Thorne says that the entertainment for the night was Brenton David, who was born in Selkirk, has received two Manitoba Country Music Awards, and is a multi-instrumental singer-songwriter.

"He told us a little bit about his story and sang a few songs from his albums," said Thorne.

Some of the other highlights from the students were travelling to some pretty interesting

places in our province.

"They travelled to Turtle Lodge up in Sagkeeng First Nation, and each day they began the day in ceremony. Some of the things the kids were exposed to was speaking with elders, and knowledge keepers, about the importance of the land and connect-

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Continued on page 5

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BIG DOLLAR

Local business is supporting Ukrainian refugees who live in our area

Encouraging others to help refugees coming from Ukraine when possible

By Katelyn Boulanger

Russia invaded Ukraine more than a year ago and many Ukrainian citizens have had to leave the country to find safer places to live and raise their families. Dianne Grocholski owns Total Look Spa & Boutique in Selkirk and has been trying to help people coming to Canada in many ways.

"[When the war first started] we decided that we could collect donations here. So, that's what we started with. We just started collecting donations and making sure that they got into Winnipeg and then they were sent to where they needed to go," said Grocholski.

From there, Grocholski thought about the different ways that she could do more and found out more about hosting.

"I joined a website that was helping people find hosts and people that would take them in as they were coming across to Canada. So, it ended up that we had the first couple that came and stayed with us. That went really well. And since then, we've hosted

another family. Yuliana is working for me now. She stayed with us [in the beginning] with her daughter, and now she lives right across the street [from our home] and we still see her quite often. They're part of our family now really," said Grocholski.

She, owning Total Look, realized that she had the opportunity to help not only host families coming to Canada but provide them with employment once they came to Selkirk. In addition to hiring Yuliana Verkhouska, she hired Oksana Fedotova and Ilona Protynyak.

All three had previously worked in the beauty industry in Ukraine and so working at Total Look made use of their skills.

"I just felt that, because I own the business, that I could provide work for them if I mentored them, and got them into the right courses and did some in-house training for them. And so, that's what we've done. They've taken their certifications, and we've done training as well. Now I have all three of them working here," said Grocholski.

She says that they've been quite lucky because two of their new employees were already fluent English speakers and the third is taking classes and learning the lan-



RECORD PHOTO BY KATELYN BOULANGER

Yuliana Verkhouska, Oksana Fedotova, and Ilona Protynyak are all now working at Total Look Spa & Boutique owned by Dianne Grocholski.

guage.

"It is amazing how you can manage to work and communicate, even with a language barrier. We feel, that even in our industry, we are able to employ people that don't have English as a first language and who aren't fluent in English, and it has worked fine. There are always ways to communicate," said Grocholski.

She thanks all of the business's patrons that have been encouraging and understanding.

"I'm not sure how many people are aware that we have three people from Ukraine now working here, but I'm really proud of the fact that we do. I'm really proud that we are that we've managed to help these families and that we've provided employment when they really needed it," said Grocholski.

Grocholski also encourages other people including business owners in our community to consider supporting the people of Ukraine who are new to our communities.

"There are lots of skilled people coming across," she said

"Just give it a try and see if it can work. [My employees are] hard workers and amazing people."

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> HIP'S YOUTH TO YOUTH EVENT, FROM PG. 3



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Students participating in the Youth to Youth event.

ing to the land. They learned things like how to make fire, shelter, tipi making, fish cleaning, cooking and an had an Indigenous language presentation and then they capped off the week with a visit to the Canadian Museum of Human Rights. So, it was a pretty cool week and as host club, we were just super happy to have them here," said Thorne.

He feels it's very important that youth have the opportunity to participate in events like this.

"We need to get youth involved, for our future generations to make change. If we stick in the past, we're never going to grow together as a community and youth are our future leaders, right? So we need to involve them now," said Thorne.

In addition to having a great learning experience, Thorne also thinks the kids, who came from all across the country, had fun in Selkirk.

"When we welcomed them at the Canalta on Sunday night right from the get-go there was a lot of high energy in the room, a lot of smiles and joking around," said Thorne.

He says that if the opportunity ever came up to host an event like this one again in Selkirk that the local Rotarians would be very happy to be involved again.

Line dancing returns to Winnipeg Beach

Don't miss your opportunity next week at the Winnipeg Beach Community Centre

By Autumn Fehr

Weave, scoot and kick your way into spring with line dancing lessons at the Winnipeg Beach Community Centre.

Next week, on April 18, everyone is welcome to come down to the Winnipeg Beach Community Centre and learn how to line dance or re-ignite your love for the dance.

Line dancing has several great benefits, like lifting moods, easing anxiety, and improving balance and flexibility – but it's also fun!

Lessons will begin on April 18 until June 27 and happen weekly on Tuesday evenings from 7 to 8:30 p.m. The price is \$60 for ten weeks.

Even though line dancing is seen as

a group activity, you can also practice alone. You can become familiar with five basic line dance steps before jumping into the first line dancing lesson. There is the grapevine, the weave, the scoot, the brush, and the kick.

"It is a great way to connect and have some fun with the others in the community, learn some dancing and added physical fitness," said Charissa Melnick.

If you don't want to commit to the full ten weeks and instead want to test it out or drop in on weeks when you have time, there is a \$7 drop-in fee.

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Korbin's Wish supports 10 game systems for children's hospital



RECORD PHOTOS SUBMITTED

Selkirkian Joey Halldorsson has been raising funds for Korbin's Wish an initiative that's getting gaming systems and televisions for the children's hospital in Winnipeg. He decided to do this in honour of his son, Korbin, who was diagnosed with Duchenne muscular dystrophy at birth and spent time at the hospital. Halldorsson understands the need for kids to have a fun distraction while they and their families are spending time at the hospital. So far, they have raised \$25,875 and have donated 10 gaming units to the hospital that each include carts, security devices, a monitor, mounting hardware, the gaming console and games. They are placing orders for five more units to be donated to the hospital and are continuing to raise funds for more units until April 31. After April, Halldorsson has decided to continue this initiative as an annual event in order to keep supporting the children's hospital. To learn more or donate to Korbin's Wish visit their Gofundme page at <https://www.gofundme.com/f/korbins-wish-for-other-sick-kids>.

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Federal budget will not cover RCMP retroactive pay

Municipalities will be responsible for cost

By Katelyn Boulanger

When the federal budget was released, there was hope that it might include coverage of the RCMP retroactive pay that officers are due after the renegotiation of their contract last year. That cost was not covered which means that many municipalities will be finding the funds themselves.

"We got a letter from Public Safety Canada, dated March 29 this year. That's when we were formally notified that the government had made their decision that they weren't going to provide any financial support for the retroactive pay that had accumulated over the period where they were negotiating the contract with the RCMP," said Selkirk's CAO Duane Nicol.

In 2015 the Supreme Court of Canada sided with the RCMP striking down a law that forbade them from unionizing. At that point, they were the only police force in Canada with this restriction.

This paved the way for a recent contract negotiation with the federal government that brought pay for RCMP officers up to a more competitive wage. It also included retroactive pay that goes back to 2017.

Nicol says that no contract partners, such as municipalities, were consulted in the negotiations.

"We were informed that due to the Supreme Court case, collective bargaining was happening. We had been provided with some guidance on what we should be setting aside for funding this potential retroactive pay, but it did take five years, it was 2017 to 2021. The effect of the accumulation of retro pay, and then the agreement that was signed was far in excess of what we had been notified to set aside. So, it is a challenge for all municipalities that are expected to fund this. Not all municipalities do fund the RCMP directly through property taxes but urban centres in Manitoba and the rest of Canada are being hit pretty hard with this expense," said Nicol.

He wants residents to know that concerns raised are not about RCMP officers receiving retroactive pay but about how the retroactive pay is funded and who is responsible for that cost.

For the City of Selkirk that cost will be just over \$470,000.

"[It's] effectively, half a million bucks. To put that into context, we could resurface about two to three blocks for that amount. So, it's a significant portion. However, this was what we anticipated was going to be the decision of the federal government. And so, this won't affect the budget, this won't affect people's taxes in 2023. We've planned for this," said Nicol.

Nicol believes that this is a symptom of a larger problem in policing in Canada and that discussions about it need to happen between all three levels of government.

"This needs to be an opportunity to talk about [and have] a real rethink of how we fund policing in Canada. Crime is a reflection of the social, economic and mental health that we see in society and we have to have a serious conversation about how we fund that because property taxes are not the appropriate tool to fund policing. Another level the government has failed to make investments in dealing with addiction and mental health and we see crime go up and therefore more pressure on police services and municipalities. In large part, for Selkirk, we pay 70 per cent of all policing costs that occur in Selkirk. It's kind of a form of down loading [these issues] and we need to really have a discussion about how we fund policing and that may include rethinking how we attribute costs for policing," said Nicol.

The Association of Manitoba Municipalities, Union of British Columbia Municipalities, Alberta Municipalities, Rural Municipalities of Alberta, Saskatchewan Urban Municipalities Association, Saskatchewan Asso-

ciation of Rural Municipalities, and Nova Scotia Federation of Municipalities jointly endorsed a statement on March 31 that echo Nicol's concerns.

"Our collective associations are extremely disappointed that Budget 2023 does not include a commitment by the federal government to absorb retroactive salary costs resulting from the first RCMP collective bargaining agreement. Municipalities were not meaningfully consulted during these negotiations despite being paying contract partners. The federal government's unwillingness to absorb these costs will directly result in significant property tax increases, delayed infrastructure projects, and other cost-cutting measures to the detriment of local communities at a time when municipalities are dealing with inflationary pressures and affordability concerns from ratepayers. We call on the federal government to immediately reconsider its approach to this issue and commit to absorbing all retroactive salary costs given the lack of consultation and inadequate communication on this file."

Nicol says that residents should know that, in the City of Selkirk, we do get great value from the investment in policing that the city makes.

"The issue is that we see policing costs escalating and we see ongoing pressure and more work being generated for them to do and we know, in time, as this population grows, and if the trendline continues socially, more and more our city budget will go to policing. I think The City of Winnipeg has figures in excess of 30 per cent of its budget going into policing. So, this is a trade off. We could be keeping taxes more affordable, and we could be providing better positive services, like parks and improved streets and all the rest of that if we can avoid the crime that is happening. Again, policing isn't just a municipal issue, it is a national, provincial and municipal issue. We all have to take ownership of our parts and really talk about whether our artificially drawn jurisdictional boundaries are serving people well. There's only one taxpayer, there's only one citizen and we have to decide how best we can provide these services," said Nicol.

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PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Katelyn Boulanger



SALES
Brittany Hiebert



DISTRIBUTION
Christy Brown



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Corrie Sargent



OFFICE MANAGER/ADS
Lucy Kowalchuk



ADMINISTRATION
Allana Sawatzky



SPORTS EDITOR
Brian Bowman



PRODUCTION
Debbie Strauss



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Nicole Kapusta

COVID infections in Manitoba; patient numbers increase for MRI scans

By Patricia Barrett

There were 274 new COVID infections reported in the last week of March, according to the provincial government's respiratory surveillance report for the period March 26 to April 1 (reporting Week 13).

The province did not provide a surveillance report for Week 12 (March 19-25). There were 155 new COVID infections reported in Week 11.

Provincial case data are underestimates of the true number of infections as the government restricts access to PCR testing. Rapid antigen tests aren't tracked.

There were 135 new hospitalizations, including 22 admissions to the intensive care unit reported in Week 13. There were 49 new hospitalizations reported in Week 11, including six ICU admissions.

The data are derived from differences in total severe outcomes between the current and the previous report.

The province reported no deaths in Week 13. It reported no deaths in Week 11.

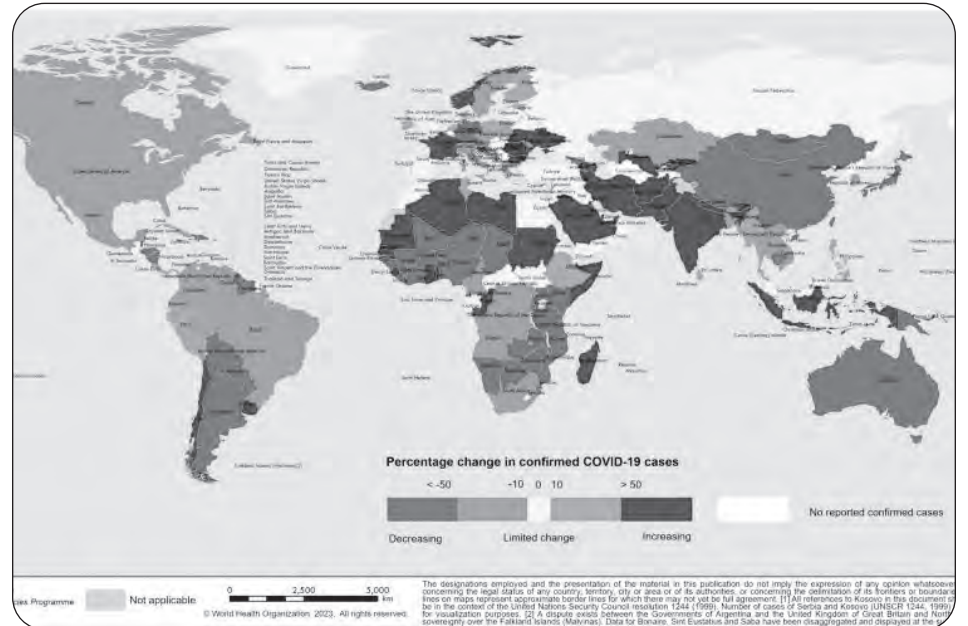
Since March 18, Manitoba's COVID death toll has remained at 2,470, according to the federal government's COVID webpage. Canada's death toll now stands at 52,121 as of April 3.

Wastewater data for Winnipeg and Brandon up to March 28 show sustained COVID activity.

The provincial government no longer lists in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

There were six new cases of influenza A and three new cases of influenza B in Week 13, according to the differences in total case data between Week 13 and Week 11. There were also four hospitalizations but no deaths reported.

The province reported 11 new cases of respiratory syncytial virus (RSV) in Week 13. No data was provided for



RECORD WORLD HEALTH ORGANIZATION EPIDEMIOLOGICAL UPDATE
The WHO's map shows COVID infection hotspots (in beige and red) in Europe, Asia, Africa, the Middle East, the Western Pacific and parts of South America as of April 2. Canada's rate of infection is, at present, neither increasing nor decreasing.

RSV in Week 11.

Other health news:

-The World Health Organization's epidemiological update published April 6 reports nearly 3.3 million new COVID infections and over 23,000 new deaths worldwide over the period March 6 to April 2.

The highest numbers of new deaths in the Americas region (North, Central and South America) were reported from the U.S. (7,458, 2.3 new deaths per 100 000), Brazil (963, <1 new death per 100 000) and Canada (593 new deaths, 1.6 new deaths per 100,000).

-The Interlake-Eastern Regional Health Authority is alerting patients that a new phone system has been installed at the Ashern Medical Clinic and there's only one number to dial to book an appointment with a physician: (204) 768-3821. The fax number has not changed: (204) 768-2862.

-The volume of patients waiting

for an MRI scan in Manitoba rose to 20,000 in January 2023, according to the provincial government's online waiting list for diagnostic procedures. At the end of 2022, there were 18,713 patients in the queue for an MRI. The number of people waiting has grown every year since 2019.

-Manitoba health minister Audrey Gordon announced on April 5 that people recovering from hip and knee replacement surgery can access physiotherapy and rehabilitation services from any Manitoba physiotherapy clinic as the government has established an interim billing arrangement.

"The Diagnostic and Surgical Recovery Task Force, and agreements such as this, will help patients access the care they need now as the Manitoba government expands capacity and builds a more resilient public health system for the future," said Gordon in

Continued on page 12

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Zoon's second album Bekka Ma'iingan out this spring

Themes of Indigenous culture and healing influence songs

By Kaitlin Vitt

Daniel Monkman from Selkirk, who creates music under the name Zoon, is releasing their second album on April 28.

Themes of healing and exploring Monkman's Indigenous background appear on the album, titled Bekka Ma'iingan (Bay-ka Mo-ee-n-gan).

"For me, and for a lot of people that I hang out with, healing is a big thing, especially if you're an Indigenous person in the music industry," 31-year-old Monkman said.

"We're not at the point where we can just write songs and have it be nothing. It's like this whole weight of a culture that's kind of on my shoulders and (on) other artists like me, so I'm always mindful of that when I'm creating a new piece of work."

Currently living in Toronto, Monkman was born in Brokenhead Ojibway Nation and was raised in Selkirk, while still spending time in Brokenhead visiting family.

The album's title translates from Ojibway to "slow down" and "wolf."

Monkman's father passed away a few years ago, and at the funeral, Monkman learned their family was part of the Wolf Clan.

"Because my dad was a residential school survivor, he just never talked about our culture," Monkman said.

"Some of that knowledge was just a little bit lost, and then when I discovered that, it just kind of made me feel like I had to honour it in that way."

The "slow down" part of the title refers to when Monkman started working on the album, which was in 2020 at the start of the COVID-19 pandemic. They said up until then, they were working hard at their day job while also pursuing music. When the pandemic started, Monkman was forced to slow down.

Monkman, whose first album was on the shortlist for the 2021 Polaris Music Prize, worked on Bekka Ma'iingan with Owen Pallett, a musician and composer who has contributed to Arcade Fire's work.

Bekka Ma'iingan features string arrangements on the tracks, something Monkman said they dreamed of appearing on one of their albums.

"This is the album that I've always wanted to make," they said.

Monkman's dad was Ojibway and their grandma was Cree, and Monkman use these languages in their track titles.

The song "A Language Disappears" is based on the fear of your language being forgotten, a common experience among Indigenous Peoples, Monkman said.

"I used to carry a lot of shame with (my culture). But after doing some really deep healing when I stepped away from music for about 10 years, I just discovered self-love and deep appreciation for my culture and where it comes from," Monkman said.

"I just saw a lot of lost individuals throughout my journey, and a lot of them just didn't have a foundation, and so I was always just searching for a foundation like that, and having a culture that really nurtures a path like that was the grail for me."

The song "Manitou" is based on Monkman's time in Selkirk when they'd cross one of the bridges and hang out with friends around a fire and drink.

Monkman called it "our little piece of heaven, until some cops would come and ruin our fun," as described in a breakdown of the inspiration behind the songs.

"It was some of the best times of my life. I did notice a very sad element to the whole thing afterwards. Everything was just so normal at the time," Monkman wrote in the song descriptions.

"I didn't have anything to really base it off of, but I know now a lot of us were struggling with mental health issues and not properly taken care of, but we took care of each other, and some of us got lost along the way, some passed on. I will always remember."

Travis Schmidt from Selkirk, a friend of Monkman's, passed away in 2020 when Monkman started working on their second album.

"At the beginning of the pandemic, it was hard to even talk to a therapist because they just didn't have the infrastructure," Monkman said. "I didn't really have a way to grieve except to write about it. For me, that seemed like a safe place to do that, and so I just used that as a type of therapy. That's kind of how I want people to feel when they listen to it."

While Monkman's lyrics offer poetic insight into their experiences, some songs are instrumental, which Monkman said can allow people to think in their own ways.

They said the song "Niizh Manidoowig (2 Spirit)," which Lee Ranal-



RECORD PHOTO BY VANESSA HEINS SUBMITTED

Zoon is releasing their second album this spring.

do of Sonic Youth contributed to, is the best instrumental song on the record and has a strong message related to healing.

Monkman is Two-Spirit, someone who identifies as having both a masculine and feminine spirit. They have been more open about this part of them in recent years, though they felt it when they were younger.

"I didn't even know there was a word for it. I just knew that it was something that I had felt inside and obviously had it hidden for a long time," Monkman said. "Almost like my Indigeneity, I just didn't really tell anyone."

Monkman said growing up, some of the people they called friends weren't the best influence on them — some were involved with gangs and drugs. Monkman shared a story about when they were with friends and wore what Monkman said was a funky vest. The people Monkman thought were their friends made fun of them for the vest.

"I put that stuff to the side and focused on just trying to survive."

Monkman took a 10-year break from music to focus on healing and working through things they were struggling with such as addiction.

"When I started doing music again a few years ago, I decided that I would try it again," they said about being open about their Two-Spirit identity. "I was letting people know about this other part of me, and they're just a lot

more supportive."

Growing up, Monkman said they didn't have many role models in the music industry.

"I realize that's kind of a role I have to kind of step into more," they said.

Monkman has tour dates across Canada this spring and is set to perform in Winnipeg in June. You can stay up to date with their performance dates and new releases at paperbagrecords.com/zoon, on Instagram (@zoon-gideewin) and on Facebook (@zoon-music).

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Crime on the upswing in February, RCMP deter bootlegging on rural roads, Hwy. 6

By Patricia Barrett

Drugs, property crime and other offences in the RCMP's east district, which includes the Interlake, significantly increased in February compared to the same period last year, according to newly released RCMP crime statistics.

The data, released March 28, compare crimes committed in February 2023 with those committed in February 2022 in areas such as drug enforcement, crimes against the person and crimes against property.

The Manitoba RCMP has three districts: east, west and north. The east district includes communities such as Arborg, Ashern, Fisher Branch, Gimli, Lundar, Peguis, Selkirk and Stonewall in the Interlake, as well as Beausejour, Berens River, Falcon Beach, Headingley, Morris, Oakbank, Sprague, Steinbach and the Winnipeg Airport.

Overall, calls for RCMP service in the east district increased by 17 per cent, from 4,597 in February 2022 to 5,527 in February 2023.

Drug enforcement saw a significant increase of 160 per cent (from 15 in February 2022 to 39 in February 2023). Crimes Against the Person, which includes robbery, extortion, harassment, threats and assaults jumped by 16 per cent (from 351 in February 2022 to 407 in February 2023). And Crimes Against Property, which include arson, break and enter, and fraud increased by 12 per cent (615 in February 2022 to 690 in February 2023).



RCMP stop a vehicle on a rural highway during a check stop.

The RCMP's February report does not break down statistics for specific crimes as previous reports have done.

There were three fatal motor vehicle collisions and two serious collisions in the east district in February 2023. There were three and three, respectively in February 2022.

Other RCMP news:

RCMP seized a significant amount of alcohol along northern routes in March during check stops to deter bootlegging, or the illegal distribution of alcohol.

Over a three-day period (March 10-12), RCMP from the north district patrolled winter roads to "disrupt and deter" the bootlegging of alcohol and other contraband goods from entering northern communities.



EXPRESS PHOTOS BY RCMP

RCMP conducting check stops on northern winter roads.

Officers from Wabowden, Cross Lake and Norway House, along with the North District Crime Reduction Enforcement Support Team (CREST), Traffic Services and the Roving Traffic Unit, conducted patrols along Highway 6, Highway 373 and winter roads leading to Island Lake, God's Lake Narrows and their associated communities.

"The initiative led to the significant seizure of liquor, including 26 bottles from one vehicle," states a March 28

RCMP news release. "Also, 75 tickets were issued for various Highway Traffic Act offences, 4 Warrants of Arrest were executed, 1 driver charged with Impaired Driving and 1 person charged with Trafficking under the Cannabis Act."

The service said it will continue to work with First Nation communities that have enacted bylaws to prohibit the sale and possession of alcohol and provide enforcement in response to requests from community leadership.

Live wrestling in Balmoral April 29

By Brian Bowman

The Balmoral Recreation Center will be hosting some high-flying wrestling action on April 29.

The event, called the Bash in Balmoral, will act as a fundraiser for the Recreation Center.

"Myself and Travis Williams have been wrestling fans for a long time," said Don Slater, who came up with the idea to host the fundraiser along with Williams. "We noticed that a local wrestling promotion, CWE, tours around Manitoba and thought we would take our family. We went to a couple of CWE events around the Interlake. Our kids really enjoyed the live-wrestling event."

The idea of hosting a wrestling event in Balmoral is a unique one.

"Travis and I thought this would be a great opportunity as a fundraiser for the Balmoral Rec Center," Slater said. "It's fun entertainment for all ages, and something different and unique. This has never happened in Balmoral that we can remember. The support for this event throughout the community and surrounding area has been amazing. Everyone is very excited for this."

The Balmoral Recreation Center is a big part of the community.

"We have hockey, ringette, curling, baseball and

soccer here throughout the year," Slater noted. "We have a restaurant with dine in and take out and we have many family events/fundraisers that happen here. We need to support our Rec Center as much as we can to keep it running for our families, and the future of our community. "This is just one way we thought we could help out, bring families together, and have an evening of fun, live-action wrestling entertainment," he added.

Doors open for the event at 3 p.m. and the bell rings at 4 p.m.

Those in attendance are asked to bring their own chair.

Tickets prices for adults are \$15 while kids aged six to 18 get in for \$10. Youngsters five and under get in free.

Tickets for the licence-aged event can be purchased at the Balmoral Rec Center or by calling Slater (204-513-1515) or Williams (204-899-8277).

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Don Slater (204) 513-1515 or Travis Williams (204) 899-8277

RECORD PHOTO SUBMITTED

The Balmoral Recreation Center will be hosting live wrestling to act as a fundraiser on April 29.

Stony Mountain parents deliver baby at home

By Jennifer McFee

A Stony Mountain baby brought smiles to the faces of many with her glory-filled entry to the world.

Slava Stefania Deprez made her grand entry on March 14 in a surprising way, giving her parents Daria Lukie and Chad Deprez a captivating story to share.

The duo was prepared for a long birth experience, following a 48-hour labour with their first-born daughter Luka two years ago.

Baby Slava, however, had a different plan.

Around 9 p.m. on March 13, Daria began to experience mild cramping, but she was convinced it was nothing urgent. An hour later, she realized that she was likely in labour. She took a bath, listened to music and concentrated on breathing through her contractions. Meanwhile, Chad tried to get some rest next to the tub.

At about 1 a.m., Daria went to lie down in bed. All the while, her contractions continued to get stronger. They soon decided to call Chad's mom, Laurie Deprez, to come over and take care of Luka while they headed to the hospital.

But they didn't make it that far. In fact, they didn't make it out of the bedroom before things progressed rapidly.

"The second he hung up, my water breaks and I can feel pressure. I told Chad to call 911 and he looked at me in full disbelief," Daria said.

"The 911 call operator was helping to talk Chad through everything. She said 'You're having this baby at home.' She tells him to get clean towels and everything else he needs to collect. Chad gets me up on the bed and his mom arrives. He yells at her that the baby's coming."

Laurie heads upstairs and realizes she's no longer there to watch Luka but to help with the delivery instead.

"She springs into action too. Once Chad's mom was there, we were a little more at ease. It was so wonderful having my mother-in-law at my delivery," Daria said.

"The 911 call operator said we need a clean shoelace or shoestring of some sort because you're going to need to tie the umbilical cord. She looks at Chad and yanks the string out of her hoodie."

At this point, Daria is holding the baby in, trying to wait for the paramedics to arrive.

"The 911 call operator said 'You cannot hold this baby in. You have to have the baby.' I release and push — and suddenly there's the head," Daria said.

"The operator was like, 'Now you have to push out the body.' She told Chad the body would be very slippery so make sure he's prepared for it. So I push out the body and Chad's now holding our daughter. His mom's ready with the clean blankets and towels. She's completely silent and purple, which is normal but we don't know that because none of us have ever delivered babies before. The

cord was wrapped like a lei around her."

Laurie moved the cord and began to rub Baby Slava's back.

"The baby started crying and all of us started breathing fresh air. The 911 operator told us we needed to tie the string around the cord in three minutes to allow for delayed clamping — and the paramedics arrived right at that time. They came running up the stairs, clamped the cord and took over," Daria said.

"They were checking baby's vitals, checking mine, making sure everything's good. They knew exactly what to do. The paramedics were just the most wonderful. The 911 operator hung up when the paramedics got there, but we'd like to try to track her down too. She has no idea how much impact she had on our lives."

Daria and Baby Slava headed to Selkirk's hospital in separate ambulances. While she was being taken out on a stretcher, Daria stuffed gift cards in the paramedics' pockets.

"We named our daughter Slava Stefania. Stefania was the name of my Baba — and that's exactly what my baba would have done is stuff some toonies in their pockets. My baba came to Canada as a Ukrainian refugee. She was fierce, brave, strong, selfless and kind — all qualities Slava will inevitably inherit," Daria said.

"Slava is her first name, which means glory in Ukrainian, most commonly known for 'Slava Ukraini, Glory to Ukraine.' We knew we wanted our daughter's name to be Ukrainian and meaningful. With the war going on in

Ukraine, it's more important than ever to celebrate and uphold Ukrainian culture and traditions. What better way than to name someone so meaningful in Ukrainian?"

The healthy baby girl was born on her due



RECORD PHOTOS SUBMITTED

Daria Lukie and Chad Deprez with newborn baby girl Slava and big sister Luka.



Slava Stefania Deprez made her debut on March 14 weighing 6 pounds 12 ounces.

"THE BABY STARTED CRYING AND ALL OF US STARTED BREATHING FRESH AIR."

Continued on page 12

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> **HEALTH UPDATE, FROM PG. 8**

an April 5 news release. “By streamlining billing processes and providing comprehensive support, we’re also removing barriers and freeing up health-care providers to focus on delivering care to patients across Manitoba.”

The opposition NDP’s health-care critic Uzoma Asagwara said in a statement that the government was responsible for cutting physiotherapy and other services, forcing people to pay or go without.

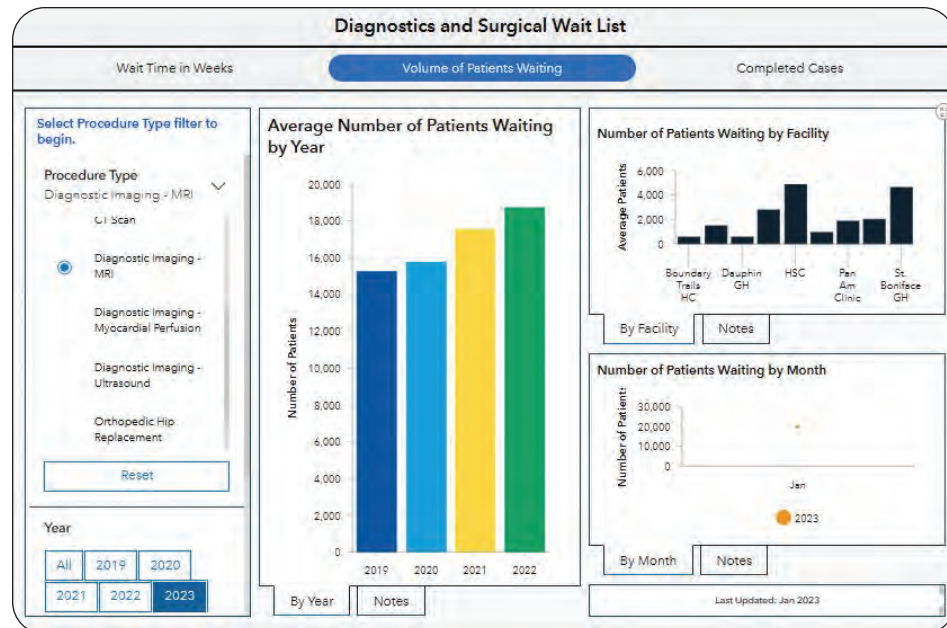
“Brian Pallister and Heather Stefanson cut physiotherapy and occupational therapy, and fired dozens of physiotherapists. Their cuts forced seniors and Manitobans recovering from surgery to pay out of pocket or go without health care. Their choices led to worse health outcomes and higher bills for families. After seven

years of health care cuts, no one trusts the PCs now,” said Asagwara.

-The NDP announced it will unveil a rural health-care strategy ahead of the provincial election this fall.

NDP leader Wab Kinew made the announcement at the Association of Manitoba Municipalities leaders’ forum last week.

“We can’t start to fix the damage Brian Pallister and Heather Stefanson did to health care in Manitoba without a dedicated strategy focused on the rural parts of our province,” said Kinew. “Our team has common-sense, pragmatic solutions to some of the biggest health challenges in rural communities. We’re excited to share it with Manitobans in the coming weeks.”



RECORD PROVINCE OF MANITOBA

In January 2023 there were 20,000 patients waiting for an MRI scan, according to the provincial government’s online diagnostic and surgical procedures waiting list.

> **SLAVA'S SURPRISING ENTRANCE, FROM PG. 11**

date of March 14, weighing 6 pounds, 12 ounces, and measuring 18.5 inches long.

“We stayed at the Selkirk hospital for 24 hours, and everyone was just so amazing there too,” Daria said.

“They told us at the hospital that the birth registration has to indicate the nearest landmark from where the baby was born, so we had to put our house address as the baby’s birthplace. She’s probably one of the few

babies born in Stony Mountain.”

For Chad, he’s still a bit awestruck that he delivered his own daughter.

“From the time we called my mom, she was born 16 minutes later. That is how fast everything happened. Luckily, we stayed home. Otherwise, we’d be on the highway somewhere at 1:30 in the morning with nothing open. I just had to listen to the 911 operator and do everything that she told me to. She was unbelievable. She directed us and did all the thinking. We just had

to act,” he said.

“It’s a really cool story now that everything worked out well — and if anyone knows Daria and I, we love telling a good story. At the same time, it wasn’t a story that we were looking to tell. I never had it on my bucket list to deliver a baby [at home], but I crossed it off anyway.”

And big sister Luka is already adapting well to her important new role.

“Luka slept through the whole thing. She has been the most maternal big sister. She jumped right into it and she’s only two years old,” Daria said.

“Slava has never been without a blanket or a stuffy because Luka comes over immediately. She’s been an amazing big sister so far.”

Daria reflects that Slava’s four-hour delivery couldn’t have gone better, although she would have preferred to be in the hospital.

“I’m still wrapping my head around the fact that Chad delivered the baby. Her birth was most glorious,” Daria said.

“I feel honoured that my husband delivered my baby and my mother-in-law was there to share that special moment.”

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RECORD PHOTO SUBMITTED Slava Stefania Deprez made her debut on March 14 weighing 6 pounds 12 ounces.

Susie Schwartz' new book helps you get the best care at the doctor's

Submitted

At nine, Susie Schwartz (Our very own 'Expert Patient Here to Help') was diagnosed with type 1 diabetes after being rushed to the Winnipeg Children's Hospital and almost dying. She's been collecting illness ever since: retinopathy, gastroparesis, fibromyalgia and myalgic encephalomyelitis to name the highlights.

She is no stranger to needles, blood tests or doctor's appointments – all too numerous to count. Schwartz had to learn to self-advocate very early in her life in order to get the right tests and diagnoses and be truly seen by her doctors.

Schwartz regularly finds herself in conversation with people who are having health challenges and feel like the medical system is failing them. They feel rushed at appointments, not truly heard or understood, or that what the doctor says, goes. They feel like a number, and not a person.

"It doesn't have to be this way," Schwartz said.

When asked her greatest lesson learned from all her years of illness, she said this:

"Apart from learning that life is all things: fun, hard, beautiful, and scary, my time in the healthcare system(s) has taught me it's possible to have great relationships with doctors and medical staff, and that this makes a

difference in the care I receive."

An avid writer, Schwartz decided to put what she's learned to print. So, her book, *Help the Doctor Help You – 31 Secrets and Tips for Self-advocacy to Get the BEST from Your Appointments* was born.

Angela Corbin, a pillar of the Stonewall community, had this to say:

"I read *Help the Doctor* and absolutely love it. As someone who has just gone through two years of having to fight for what I knew was right for my health, this book would've been quite helpful had I had it in my hands a couple of years ago!"

In *Help the Doctor Help You*, you'll find simple but powerful tips that will impact your care. Tips for going to an appointment prepared, how to treat the doctor as a person and not just a white coat, and learning to complain wisely are examples of what you'll learn. Schwartz has also woven stories from her experience throughout, showing the tips in action.

Here's what Barbara Lucas, a past Stonewall area resident and ER nurse said.

"In this book, Susie uses her personal experience and wit to pass along clear, concise information on how to get the most out of any health-care interaction. She knows how to turn an often tedious topic into an enjoyable, and dare I say, fun read."



Susie Schwartz with her book.

Schwartz is from Stonewall and currently lives in the UK.

Help the Doctor Help You is now available on Amazon.

RECORD PHOTO SUBMITTED

Local Denturist receives international award for dentures

BY ELISHA VANDOR

Every 2 years, the world's largest dental convention is held in Cologne, Germany. Well-known dental brands/companies, like 3M and Candulor (a Swiss Dental company), come from all over the world to showcase their latest innovations, improved dental technology and products. This year, the convention was held in mid-March and Brock's denture was showcased as one of the best in the world. So how did he receive such accolades and this prestigious title? Well, he competed in a world-wide denture competition! It's like the Olympics for Denturists – they compete in hopes to have their denture showcased and ranked among the world's best. The Swiss dental company and school, called Candulor, hosts the denture competition and this year was their 13th International. They received over 100 world-wide submissions across 4 continents. Each competitor receives the same patient description, mouth moulds,

and criteria to create the dentures. The criteria are based on specific factors that a patient would normally request, like showing more upper and lower teeth, having a less protruding chin and more age-appropriate realistic looking teeth. Each competitor is required to custom-make the denture using their skills, knowledge and specific denture techniques. Those who placed in the top 15 were invited to attend the awards presentation ceremony in Cologne. With much anticipation and expectation, Brock was delighted to find out that he had placed in the top 15 and received a personal invite to attend the awards ceremony. He was honoured to receive 14th place for his denture work.

With the skills and knowledge he's acquired he has been asked to start providing lectures and courses on the art of Denturism. Ultimately, he says, "the best part is being able to serve my current and future patients in Winnipeg,

Selkirk and the surrounding areas with excellent quality dentures, because people deserve the best that I myself and everyone in our clinic can offer."

When asked what makes his dentures award-winning, he said "it's about identifying what each patient wants and what's important for them to love their new teeth and then find a creative solution to do just that. Also, you have to identify the things that they don't like or had a bad experience with previously, and make sure we don't do the same thing again. I give a lot of credit to my dad (who was also a Denturist). He taught me that there's always a creative solution to any denture problem."

Brock has competed three times in the international denture competition, with his highest place being 1st in North America. If you would like to see what world class dentures can do for you then give us a call for a free consultation and ask about our senior pricing.



Brock Vandor shows his award-winning denture submission to the 13th International KunstZahnWerk Denture competition.

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Foster Ag keeping customers in the know with launch of Shop Talk newsletter

By Patricia Barrett

Foster Ag Services launched a newsletter last week to keep farmers up to date on agricultural issues and support them through the changing seasons.

The newsletter, titled Shop Talk, will be released every month and provide industry insights and data.

Foster Ag agronomist Bailey Sigvaldason said the company felt there was a need to enhance its communication with farmers and find a more efficient way of sharing data. After a brainstorming session, staff came up with the idea of a newsletter.

"We're committed to providing our growers with lots of knowledge whether it's through variety plot work or attending supplier meetings or the thousands of acres we walk locally," said Sigvaldason. "To try to communicate all that information and data we get isn't always easy, so we were looking for a way to modernize how we share this data and do a better job of distributing it to our customers."

The family-owned agricultural services company northwest of Arborg provides farmers with services such as soil testing, weed, insect and disease field-scouting, custom spraying and seed and chemical products.

Sigvaldason said the articles in the newsletter will be written by various members of staff who have different specialties and interests and will feature information about plant nutrition, different seed types that are suited to the area, specific products the company is highlighting and the company's trial and plot data.

"The goal of the newsletter is to have each month's edition reflect up-

coming issues farmers could be facing in the next three to four weeks," said Sigvaldason. "We want to prepare them with product information they might need for crop health, maybe some seasonal issues to watch for like insect issues or if there are environmental stressors, and what to watch out for and who to contact. We're trying to set our customers up for success for the next month ahead."

Sigvaldason said although it didn't look like spring with the Colorado low and cool temperatures across much of the province last week, the inaugural newsletter issue leaps into spring and focuses on seeding issues.

One article covers macronutrients such as nitrogen, phosphorus, potassium and sulfur and the roles they play in plant growth. Other articles talk about seedling diseases and what growers should look for, why farmers should grow forage seeds – the Interlake is known around the world for producing high quality forage seed – and pre-seed herbicides to help farmers "set their crops up for success," she said.

Also included in the newsletter are important dates and reminders (e.g., crop insurance seedling deadline) and a Q & A based on questions the company has received.

"We talk to our customers every day all season long and this newsletter is a way to amalgamate all that information about what we're seeing in the fields. We want to make sure everyone has access to that data," said Sigvaldason. "If we're seeing an insect or disease outbreak near Fisher Branch, for example, we'll put that in the newsletter so that everyone else in the area can be aware of it be and pre-

pare for what might come."

The newsletter will be delivered via email around the first of the month, and it will also be available in print at the company's office.

Besides Foster Ag customers, Sigvaldason said anyone in the ag industry or those curious about it are welcome to sign up for the newsletter.

"Even if people aren't actively farming but they just want to know more about farming and about the situation out there, they're welcome to sign up," she said. "We want to 'advocate' (a play on the word advocate) for our industry."

To sign up for Shop Talk, call Foster Ag at (204) 364-2358 or text (204) 378-0110. Visit the company online at www.fosterag.ca



The newsletter includes reminders of important dates.

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FOSTER AG SERVICES

Foster Ag Services northwest of Arborg provides growers with soil testing services, weed, insect and disease field-scouting, custom spraying and sells seed and chemical products. The company launched a newsletter last week to provide timely data on ag issues to help support its customers.



Your Health

ADAM can help if your anxiety has started to affect your life

Local resources are available throughout Interlake

By Katelyn Boulanger

April is Stress Awareness Month and it's important to monitor our stress to keep it at a productive level that doesn't affect our mental and physical health. One way that stresses, over the long term, affect people is by turning into anxiety.

"Anxiety is like a feeling of apprehension, stress, butterflies in your stomach, the panicky feeling that you sometimes get," said Sherry MacVicar, outreach worker for the Anxiety Disorders Association of MB (ADAM) Interlake.

She explained that ADAM helps with six different types of anxiety.

"Those would be generalized anxiety, like the worrywart kind of thing, panic attacks, they feel like a heart attack like you can't breathe, [and come with] lots of physical symptoms, social anxiety that uneasiness going out and about in public being judged. Fear of social settings, you see a lot of kids with shyness. [For example], standing up doing a presentation, a lot of those kids would be sick on those days. [We help with] specific phobias.



METRO CREATIVE

ADAM has resources for people who's stress has started to negatively affect their lives.

Anybody who has a fear of anything can overcome it like a fear of heights, flying, or fear of frogs. Any of those specific phobias would be anxiety issues that we can deal with. And then, the other big two are obsessive-compulsive disorders (OCD), and post-traumatic stress disorder (PTSD)," said MacVicar.

OCD and PTSD do usually require more specific individual treatment than just ADAM provides.

She explained that anxiety isn't always a bad thing and that it's sometimes a force that drives us but there is a point when stress or anxiety starts to limit our

Continued on page 17

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Left to Right - Breanne MacLennan and Jenna Tritthart.

“Meet Jenna Tritthart and Breanne MacLennan - Physiotherapists who offer Pelvic Floor assessment and treatment at Steelcity Physiotherapy & Wellness Centre”

Jenna Tritthart has been assessing and treating the pelvic floor since 2018. After having her own children she realized her strong passion for pelvic floor rehabilitation and since then has completed levels 1, 2 and 3 with Pelvic Health Solutions. She has completed various other courses, some of which include: a Labour and Delivery course to further her knowledge in pre and postnatal care; as well as completing a course on pregnancy related pelvic girdle pain to further her knowledge and skills in assisting pregnant patients experiencing pelvic girdle pain.

Breanne MacLennan began to pursue her pelvic floor physiotherapy journey when she started thinking about having a family. She knew that if she, as a physiotherapist, was looking for more information about how to strengthen and rehabilitate the pelvic floor, that she must not be alone. In taking her levels through Pelvic Health Solutions, she quickly realized how impactful pelvic floor physiotherapy could be for those in need. She has furthered her knowledge through courses in diastasis recti and pre and postnatal care and core strengthening.

Jenna and Breanne are both very passionate about Women’s Health and advocacy for awareness and education for pelvic floor rehabilitation. Whether you’ve never been pregnant or from pregnancy through all the stages to post-menopause, they are



“Pelvic Floor Physiotherapy offered at Steelcity Physiotherapy”

committed to help you have the support and education necessary for optimal pelvic health.

What is the pelvic floor?

The pelvic floor is essentially a sling or “hammock” of muscles and connective tissues that span the bottom of the pelvis. These muscles give support to your bladder, bowel/colon and cervix/uterus (if female anatomy), and the openings for these organs pass through the pelvic floor. The pelvic floor muscles also contribute to other functions including but not limited to bowel, bladder and sexual function.

What is pelvic floor physiotherapy?

Pelvic floor physiotherapy is provided by a physiotherapist with post-graduate pelvic floor training, and it can help address issues related to the pelvic floor. Much like physiotherapy can help with other musculoskeletal issues in the body (eg. in the shoulder, hip, etc), physiotherapy can also be beneficial for the pelvic floor, as it is also part of the musculoskeletal system.

Pelvic floor Physiotherapy can also address issues related to your pelvic girdle (the bones of your pelvis).

When should I see a Physiotherapist?

If you are experiencing any of the issues listed below you could potentially benefit from pelvic floor rehabilitation:

- bladder or bowel incontinence/leakage
- pain with sexual activity
- bladder or bowel urgency
- overactive bladder
- pain in the pelvic floor, pelvic girdle, hips or low back
- pelvic organ prolapse
- diastasis recti
- bladder or bowel retention
- constipation
- if you are pregnant or postpartum and dealing with any of the above issues or wanting to be assessed for potential preventative measures, labour and delivery preparation or establishing a baseline

What does a pelvic floor assessment involve?

Your first pelvic floor physiotherapy appointment will involve your therapist completing a detailed subjective history and then a physical assessment will be completed. As part of the physical assessment, your therapist may recommend an internal pelvic exam (vaginal and or rectal depending on your symptoms and anatomy). However, if you are not comfortable with an internal pelvic exam there are other methods for assessment.

Does my insurance provider cover services for pelvic floor physiotherapy?

Pelvic floor physiotherapy services are covered under your regular third party insurance provider plan for Physiotherapy.

Do I need a doctor’s referral to attend pelvic

floor physiotherapy?

No, you do not need a Physician’s referral to attend pelvic floor physiotherapy. However, some insurance providers do require a physician’s referral to approve the cost of treatment/physiotherapy through an insurance claim. We suggest you call your insurance provider to find out this information as all insurance plans, as well as providers vary.

3 COMMON MYTHS OF THE PELVIC FLOOR

- “Kegels are always the answer.”

While kegels may be indicated in certain circumstances, there are times where they may not be the best course of treatment. There are times when kegels may worsen symptoms or a person may not be performing them optimal efficiency. Having an assessment can be helpful in determining if kegels are right for you and determining the most efficient way to perform them for your specific situation.

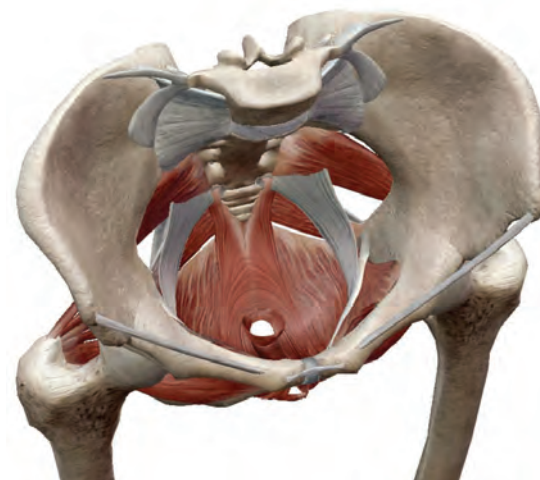
- “You do not need pelvic floor physiotherapy if you had a c-section.”

While having a caesarean section means your baby did not pass through your pelvic floor, this does not mean you may not experience pelvic floor dysfunction. Pregnancy in general is hard work for the pelvic floor and the surgical intervention of caesarean section can also have potential impacts on the pelvic floor.


- “You always need surgery if you have pelvic organ prolapse (POP).”

While certain cases of POP may require surgical intervention, surgery is not always needed (as determined by an appropriate medical provider). Attending pelvic floor physiotherapy has the potential to help with POP symptoms whether you require surgery or for pre and post surgical rehabilitation if you do require surgery.

***You can find Jenna and Breanne at Steelcity Physiotherapy and Wellness Centre in Selkirk, Manitoba. To find other great physiotherapists providing pelvic floor rehabilitation services please refer to the College of Physiotherapists of Manitoba or Manitoba Physiotherapy Association websites.*



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Your Health

Continued from page 15

lives and at that point ADAM can help.

"It has a lot to do with how you're coping. Most of the people that I see, or hear from, with anxiety, something has changed for them. They find that their functioning and their capabilities are becoming less. Lots of the people with anxiety that I hear from, they're starting to avoid more and more things, their worlds are getting really small. Anxiety becomes a disorder, when it is messing with your world," said MacVicar.

One great thing that would be helpful for people with anxiety is if our communities could decrease the stigma surrounding mental health care so that people know that they are not alone in their feelings.

"Lots of the people that I hear from think that they're the only ones. That is changing, but it needs to change more, with more mental health awareness and more of us lessening the stigma. If you're struggling, there's help available and then

[teaching] where do you go for that help," she said.

MacVicar points to general practitioners as a good first person to reach out to and she, as the outreach worker for ADAM in the Interlake, is also someone that you can call or email.

"They can reach out and phone me anytime. This phone line is always open. They can leave a message on my messages if it's between hours," she said.

Some resources that ADAM provides in the Interlake are a support group in Selkirk as well as support programs that run in the region.

MacVicar also suggests that if you aren't yet at a stage where talking to someone or making a call seems right for you, you can always explore ADAM's website at <https://adam.mb.ca/> in order to learn more about what they do.

She would like everyone in our communities to know that anxiety is treatable and that instead of just holding on you can have a better quality of life and thrive.

"Everyone is going to experience some kind of anxiety

throughout their life. Anxiety disorders are the most common mental health issues," she said.

MacVicar encourages people who feel like their stresses are starting to affect their lives in negative ways to reach out to her.

"There's absolutely no harm in checking it out. There's no commitment. You don't have to be officially diagnosed. You just have to be open to some education, information and support. If you think that anxiety might be something that you need some support with, call me," she said.

MacVicar can be reached by phone at 204-389-5030 or by emailing interlake@adam.mb.ca.

If you are in a crisis situation, you can also contact the local 24 hour crisis line at 204-482-5419 or 1-866-427-8628. If you are experiencing a medical emergency, call 911.

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SELKIRK REC COMPLEX

Are We Dating the Same Guy Manitoba?

Gimli entrepreneur helping women find out

By Patricia Barrett

With the rise of online dating sites and some of the pitfalls associated with them, women are turning to private social media groups to help them find out whether a man they've just met or have been dating for some time is the real deal or just playing the field.

To that end, a Gimli-based entrepreneur launched an online women-only service that has skyrocketed in popularity in a matter of a few months.

Using her well honed social media skills, Brittany Isfeld launched a Manitoba-wide version of the "Are We Dating the Same Guy" service that has helped women across the globe get the lowdown on whether a potential beau, current boyfriend or husband is doing the dirty on them via online dating sites.

Isfeld said user numbers on her Facebook group have taken off, with 5,000 women signing up in the first month alone and growing to about 9,000 in the space of a month and a half.

That speaks volumes about the need for such a service.

Call it biological imperative or what you will, but Isfeld said more often than not, guys are getting involved with multiple women through online dating sites.

"They'll have a girlfriend in Winnipeg or elsewhere and have another woman, say in Gimli, and they'll claim they're talking to her or dating her exclusively. Meanwhile, they have a whole other life somewhere else," said Isfeld.

Because the service is Manitoba-wide, Isfeld said it gives women a greater reach in terms of geographic area where men might have established connections.

With the ubiquity of online dating sites and apps, groups aimed at helping women do a little fact-checking on a partner have popped up in major

centres from Toronto and New York to London and Paris. With female-only membership, women feel empowered to carry out a bit of sleuthing to discover if their man is scoping out other women, if he's already in a "committed" relationship that he forgot to mention or has left behind a trail of broken exes.

Some of the Are We Dating the Same Guy groups post photos of men to be avoided while others provide screenshots of conversations or details of experiences that might strike an eerily coincidental chord or raise a few red flags.

Isfeld said she has an administrative team of nine women from across Manitoba to help her moderate and manage content on her site as there may be different reasons why women want to join the group and post their stories.

"Those reasons can range from women who are honest and just want to know about a guy they care about to a woman who's on a personal vendetta," said Isfeld. "We try our best to carry out due diligence. We'll check out women who've been accused of screenshotting conversations and sending them to men; the conversations on this group are supposed to be confidential."

As administrators, she said they're careful not to give free rein to posts that could be seriously detrimental to someone's reputation. And there are a "handful" of users on the site they have to keep a close eye on. If she finds out that posts are untruthful, she'll take them down.

Online dating services, through the use of mobile apps or the Internet, help people find romantic partners, and their use has become the norm, especially among young adults. In Canada, the dating services industry as a whole is estimated to be worth about \$162 million, according to IBISWorld Canada, which produces research-based industry reports. Online dating took off between 2016 and 2021 and is expected to continue to gain in popularity.

Some online services cater to specific markets, such as people over 40 while others aim to connect only wealthy and good-looking men and women. The dark side of dating sites includes misrepresentation about who a person is, harassment, stalking, scams and sexual abuse.

That's why groups such as Isfeld's are so important for women who think they're being deceived. Her group can help women stave off potential heartache or help them make decisions about whether to continue

with a relationship based on what they find out, she said. She has received countless messages from women thanking her for providing the service and sharing with her the outcome of their relationship after seeing comments from different women about a man in question.

"I'm not happy that marriages have ended, but I'm happy that women have obtained the information they needed to get the strength to leave a bad relationship," said Isfeld. "I've heard from women who are very thankful for this group because it saved them from going on a date with someone about whom they heard not very nice stories – and from more than one woman."

If required, she said referrals are made to specialized agencies or counsellors that assist women going through a difficult time.

Isfeld said some people have misunderstood her intention with regard to the Facebook group, erroneously claiming that she and the women who use the service are against men. Some men have threatened to sue her or have launched nasty personal attacks via her other social media platforms. But the service is "making such a difference in so many women's lives."

There is a vetting process to undergo for those wanting to join the group. They must be a woman, first and foremost, and be over 18. Their existing Facebook sites have to be older than one year and must have a name and photo.

Posts are also vetted. Those that meet a particular standard are approved by the administrative team. In addition, Facebook itself has an administrative assistance feature that helps Isfeld and her team weed out posts that use bad language or bully others. Facebook will flag those posts.

"We try to keep conversations as civil as we can," said Isfeld. "You can't post someone's last name or place of work. People try to do that, but we get rid of those posts as soon as possible. I'm getting several requests every day from people wanting to join, but, luckily, we have enough members on top of things; we get a lot of people reporting questionable posts to us."

Isfeld said she has reached out to Are We Dating the Same Guy groups in Vancouver and Toronto, which have tens of thousands of members, to learn more about how their administrators handle certain situations.

"There were a lot of angles we didn't know about when we went into this, but we're trying to navigate them to make it as safe as possible for everyone," she said.

The Facebook group will be part of Isfeld's consulting company, which offers social media marketing strategies, tourism development (including winter tourism) and ice fishing experiences. With an educational and career background in economic development and tourism, Isfeld can help clients achieve their business goals. As a social media micro-influencer, she has grown her audience to over 100,000 followers across multiple platforms.

For more information about the Facebook group and other services, contact Brittany Isfeld through her website: www.brittskibear.com

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A home for every animal

By Autumn Fehr

For Christopher and Torrence Ledwich, it all started when they fostered their dog in 2013.

That summer, they rescued their first animal, a Japanese Chin dog named Diesel. From then on, they got the itch to continue working with animals of every kind – saving them from whatever unfortunate circumstance they were in.

Ledwich Family Farm was born from this desire.

When they lived in their small, 500-square-foot home in Winnipeg, they rescued another dog and two cats, continuing to help animals in need.

In the fall of 2016, they moved out of their small home and onto 320 acres outside of Inwood, where they could expand their reach and help even more animals.

Once on their new property, they began to rescue farm animals. Many fur friends joined the family on Mother's Day of 2019, including a horse, Gunner, a pony, Buster, and two goats, Bobby and Lukie.

The Ledwich family took over animals rescued from another family, and they were getting too old to care for them properly.

"We kind of dove in two feet first. All of a sudden more animals needed homes, and we realized there was much need to have a sanctuary," said Torrence.

Ledwich Family Farm's mission is to rescue and provide lifelong care to animals in need. In addition, they want to advocate for animals that don't have a chance to be saved.

"Once we took in a few animals, the requests started flooding in... It was kind of like, well, we have the space, so we might as well do it. We love animals. We have compassion for it and the drive," said Torrence.

Their sons Hudson (4) and Thatcher (2) also help their parents run the farm.

The vegan animal sanctuary is a registered non-profit that aims to provide the best life for its animals.

"As a vegan sanctuary, we don't ask much of them (the animals). They just get to live their best life. The farm does not use eggs from chickens, and we don't use the fibres from the alpacas. They (the animals) get to exist as they want to exist," said Torrence.

The sanctuary is primarily self-funded. During the off-season, people will sponsor animals through their website – they have a rough estimate of what it would cost to take care of each animal. They also accept e-transfers. The farm does GoFundMe pages for

specific projects. For example, they hope to build a new chicken coop with a wren this year. They have had many struggles with predators in the area, so they want to make a safe space for the birds.

The Ledwich family has always loved animals, but it wasn't always their vision to do this.

The farm houses about 53 animals: pigs, horses, cows, ducks, chickens, turkeys, dogs, cats, ponies, rabbits, and many more.

"We did have more at a point, but because we are self-funded, and we've seen such a decline in donations, we haven't been able to take on as many animals as we would like," said Torrence.

Ledwich Family Farm receives animals for all sorts of different reasons.

Torrence said every animal has their own unique story.

Their two cows came from British Columbia. They came to the sanctuary through a registered Canadian charity called People Ensuring Animal Care Exists (P.E.A.C.E). In 2020, Ledwich Family Farm was the only sanctuary willing to accept cows, so the charity drove them all the way there when they were one year old so that they could live their best lives.

The cows were born as a set of twins. When cows are born as twins, one male and one female, the female is infertile. The farmer let the neighbour's kids raise them, hoping he would send them to slaughter, but the kids became very attached, and they didn't want that for them.

Torrence said they are still in touch with the family today that were with these cows for their first year of life.

Other animals come to them because people can't take care of them because they are moving or in other circumstances, or sometimes, it's because the animal is a rescue, and the owners can't take care of them anymore.

In the beginning, Torrence said they took on animals from other sanctuaries to share the burden.

In December 2021, the Ledwich family welcomed the Reineke-Valenzuela family from Blumenort. They built a house on the Ledwich property to help the family with different outlooks and skills they use to help the animals in ways the Ledwich family cannot. The family of four, Justin Reineke, Carolina Valenzuela, their two children Savannah (11) and Denzel (7), and then Grampy Hubert (Justin's Grandfather) had their dream of starting a pig sanctuary in the future, but love all animals, and wanted to help as much as they could.

"We couldn't do it without them,"



RECORD PHOTO SUBMITTED

Ledwich Family Farm is an animal sanctuary that gives animals that need a hand up a forever home where they receive proper care while living their lives to the fullest out on the farm.

said Torrence.

This summer and fall, the farm will be hosting some fun activities people can come out to and have some fun while supporting the animal sanctuary.

There will be handmade markets on June 10 and October 1, where artisans will sell their products, and they will have a free program for kids during the market. Their youth market program teaches kids about new skills, whether it's money, social skills or arts and crafts, as they create products to sell at the market. They piloted the project last October, and all the kids sold something at the market.

Their biggest funder for the animals is their music festival, "Bring Your Love Festival of Arts," which will return this year from August 17 to 21.



Stay tuned for more details on both of these events.

To donate and support, or learn more about Ledwich Family Farm, visit their website at <https://ledwich-familyfarm.ca/>

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> MEAL IDEAS



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Shrimp Pad Thai with Jasmine Rice

1/4 cup fresh cilantro leaves, chopped
2 tablespoons dry roasted peanuts, chopped

4 lime wedges

Prepare rice according to package directions. Set aside.

In small bowl, combine brown sugar, fish sauce, lime juice, soy sauce and chili garlic sauce. Set aside.

In large wok or skillet over high heat, heat 1/2 tablespoon oil. Quickly scramble egg. Remove from pan and reserve.

Add remaining oil to wok over high heat. Add shrimp and garlic; stir-fry 5 minutes, or until shrimp are cooked. Add reserved sauce and rice; stir-fry 2 minutes. Add green onions and reserved egg; toss to combine.

Divide pad Thai between four bowls. Top each with bean sprouts, cilantro and peanuts. Serve with lime wedges.

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 4

1 bag Success Jasmine Rice

3 tablespoons light brown sugar

2 tablespoons fish sauce

2 tablespoons lime juice

2 tablespoons soy sauce

1 tablespoon chili garlic sauce

2 tablespoons canola oil, divided

1 egg, lightly beaten

1 pound medium shrimp, peeled and deveined

1 tablespoon minced garlic

3 green onions, thinly sliced

1 cup bean sprouts

Ask the Money Lady

Dear Money Lady Readers: Why do we have trouble saving money?

Everyone can agree that improving our daily habits should greatly impact our life and our future, yet we all tend to do the same things every day, rather than something better. Many people walk through life in a cognitive slumber, blindly following the norms attached to their identity. "I'm terrible with directions." "I'm not good with technology." "I'm not a morning person." Why is it so easy to repeat bad habits and so hard to form good ones? This time next year – will you have made things better or will you be like most – not any further ahead than you are right now? Why is that? Are we lazy? Why do we keep trying, and then give up?

Let me make something very clear – you are NOT lazy. Someone who wants a better outcome may just be trying to change their habits the wrong way. You see it takes a change in your identity to create new habits. Simply wanting more money but having the habits of a spender will never make you wealthy. You may want to be thin and healthy, but if you continue to prioritize comfort over exercise and eating more than you should, you will continue to be overweight and unhealthy. There are so many people, myself included, that write down our hopes and dreams, creating goals and future targets, even creating a game plan on how to achieve it. We start our new plan with enthusiasm, believing that we will do it this time out of sheer mindful willpower, only to be devastated once again when we succumb to failure and find ourselves slipping back into our comfortable self-destructive habits. So, how can you make meaningful changes for the better?

True behaviour change is an identity change. To really stick to something and create a new habit it must become part of your identity. You must start acting like the type of person you wish yourself to be. Let me give you an example: if you have decided to quit smoking and someone offers you a cigarette. Do you



Christine Ibbotson

say: "No thanks, I'm trying to quit." Or do you say: "No thanks, I don't smoke." Changing your identity to be a non-smoker signals a shift in your thought process and makes you more apt to become who you believe you are: a non-smoker. To change who you are, you must first change what you do – that is, you must change your old habits into new habits that define your new identity.

Remember, improvements are only temporary until they become part of your identity. So, if you want to have more money in the bank, to retire comfortably in the future you must become a saver, (we all know that). Becoming someone that saves, must be part of your entire life. When your behavior and your identity are fully aligned, you are no longer pursuing change. You simply act like the type of person you already believe yourself to be: a saver. We change bit by bit, day by day, habit by habit, continually undergoing an evolution of ourself. Every action we take towards the goal: to be a saver, transforms the belief that you are not.

Becoming the best version of yourself requires you to continually change and expand your beliefs as you focus not on what you want to achieve, but rather on who you wish to become.

Good Luck & Best Wishes,
Christine Ibbotson

Written by Christine Ibbotson, National Radio Host, YouTuber, and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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1 can (14 ounces) sweetened condensed milk

1 can (6 ounces) frozen orange juice concentrate, thawed

1 bottle (2 liters) ginger ale

6-8 scoops orange sherbet
orange slices, for garnish

mint leaves, for garnish

In large punch bowl, combine pineapple juice, condensed milk and orange juice concentrate. Refrigerate until ready to serve.

Before serving, add ginger ale and top with scoops of sherbet, orange slices and mint.

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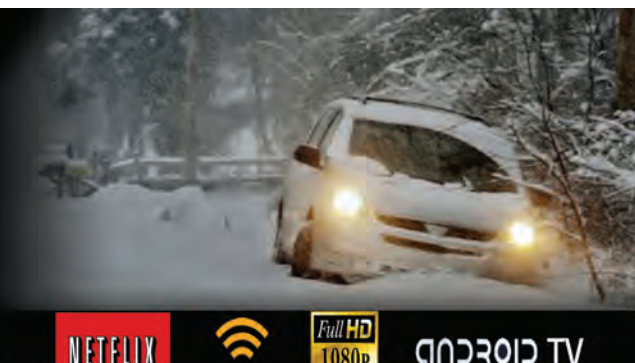
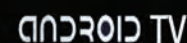
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INSIDE > OUTSIDE > UPSIDE DOWN

Benson enjoys strong season with U of M Bisons

By Ty Dilello

St. Andrews' Emma Benson recently wrapped up a strong season playing women's volleyball at the Libero position with the University of Manitoba Bisons. The Bisons reached the U Sports National Championships and had a fine showing in reaching the semifinals.

It's been a long road for Benson as she has played volleyball since her parents started a "Fundamentals" program at her elementary school. The program introduced her to each sport she played in her youth, with volleyball being one of them.

"Growing up, I thought I was going to play university basketball, but I ended up switching my passion to volleyball along the way," said Benson. "After playing 16U Jr. Bisons for Sydney Purvis (another Selkirk alumni), I realized I could see U Sports volleyball in my future if I kept working hard."

Benson notes that at Lord Selkirk Regional Secondary School, she was lucky to have a great environment of hard-working and dedicated teammates, making things easier.

"There have been fantastic volleyball players that have come out of my high school, and I play alongside lots of them, so it's definitely something I looked up to. I have to give credit to my old coach, Nicole Clemons, back in Grade 7-9, who was an unbelievable coach as she made me love volleyball."

Benson had several universities interested in her volleyball services after graduating from Lord Selkirk in 2021, before she settled on the University of Manitoba.

"My recruitment year was a difficult year. It was at the beginning of the pandemic, and I wasn't sure if I wanted to leave the province and travel across the country at that time," said Benson. "But since I played for Sydney Purvis (former assistant coach of U of M Bisons) in 16U, I loved her coaching style and knew that current Bisons' coach Ken Bentley was very similar. I realized the University of Manitoba is where I wanted to push my potential and become a better person and athlete, and these coaches would help me do just that."

Playing for the Bisons has been everything Benson has hoped for in her university volleyball journey.

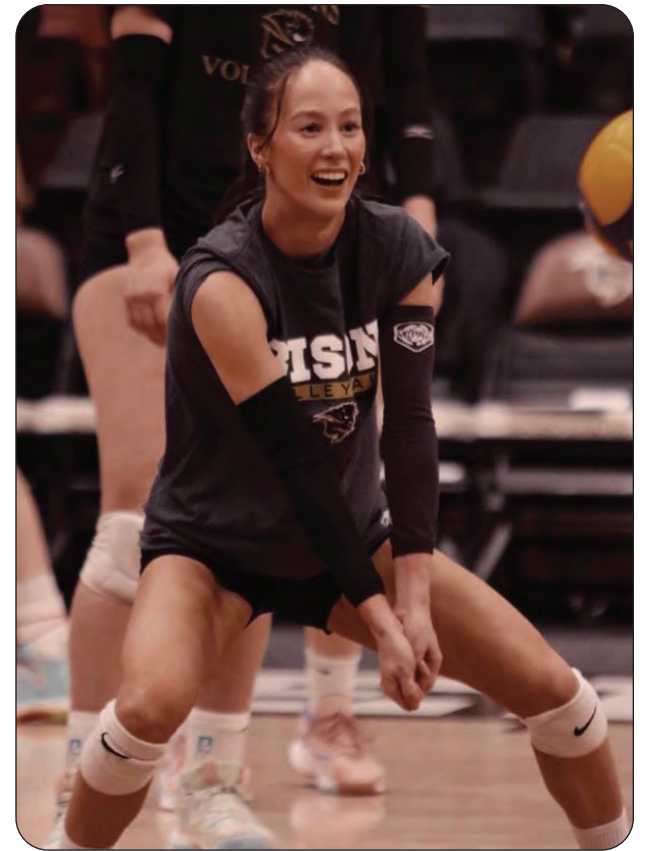
"When you go to play for the Bisons, you need to be prepared to work extremely hard every day. My coach likes to say, 'Be an everyday.' Our team culture is absolutely amazing as well, which makes it very easy to come to the gym and practice every day for our long season."

This past 2022-23 campaign was Benson's second year with the Bisons. However, it was only her first year of eligibility, as she was redshirted in her first season.

"This season definitely challenged me as a player as I had to fill different roles at different times throughout our season, and had to step up and was expected to make big plays in big games coming off the bench in important matches and at the U Sport national championships. Filling that role this year was exciting, and it definitely isn't easy, but something I was able to embrace. Our team suffered injuries and sickness often throughout the year, as did many other teams, I'm sure, but it didn't stop us from reaching our goals we set this season, which was to be top three in Canada West and make it to Nationals."

The Bisons' had to win a hard-fought game against their rivals in the Winnipeg Wesmen just to make it to Nationals. Once the Bisons arrived at Nationals, its first game was against Mount Royal, who had knocked them out in the second round of the CanWest playoffs. The Bisons battled and ended up winning that game, propelling them to the semifinals, where their run ultimately ended.

"It was a huge thrill getting to the U Sports Championships as not a lot of teams are able to compete at nationals, and some athletes don't even get a chance to go out of their five years of playing. So it was a huge privilege, and we worked so hard to have that. The environment was something I will never forget,



RECORD PHOTO SUBMITTED

St. Andrews' Emma Benson recently wrapped up a strong season playing volleyball at the Libero position with the University of Manitoba Bisons.

and to be able to go with my young team and succeed is so exciting because we're just going to keep getting opportunities to win championships down the road."

Going into next season, Benson hopes to get more of a playing role on the team in 2023-24 with the Bisons as they look to push themselves to greater heights.

"My personal goals next season are to find ways to contribute in games more often, and to start in my libero position for some games. Our team goals won't change a whole lot. But we know our potential and will expect great achievements together next year."

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The Selkirk Record

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Basarab enjoys time with U of M Bisons hockey team

By Ty Dilello

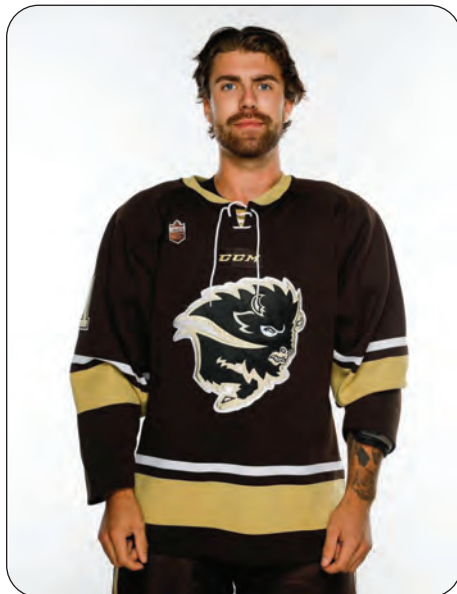
Gimli's Noah Basarab has recently wrapped up his second season playing men's hockey with the University of Manitoba Bisons.

Basarab has greatly enjoyed his time at the University of Manitoba so far, and in 2023-2024, he will enter his third year in the faculty of Kinesiology.

The 23-year-old forward grew up playing in the Interlake Lightning AAA program before moving into junior hockey.

After four seasons with the MJHL's Swan Valley Stampeders and Selkirk Steelers, Basarab headed to the United States Hockey League (USHL) to spend his final year of junior with the Johnstown Tomahawks.

"My plan was to always go play my 20-year-old year in the States," said Basarab. "Johnstown actually ended



Noah Basarab

up drafting me in the NAHL draft after my 19-year-old season, and I knew



RECORD PHOTO SUBMITTED

Gimli's Noah Basarab has recently wrapped up his second season playing men's hockey with the University of Manitoba Bisons.

Royal all stars



RECORD PHOTO SUBMITTED

The players in order are Mikey Monchak, Ben Desjarlais and Brennan Feschuk. Andrew Denoon was named a Platinum Promotions all star but was unable to attend. The Royals will be playing in the WSHL rookie tournament this week.

that it'd be a good fit. They have an outstanding organization there, and it was one of my favourite years of hockey. I met a ton of great people and got to play in a great league full of exposure."

Basarab put up 28 points in 46 games for the Johnstown Tomahawks in 2019-20, who were based out of Pennsylvania. He then joined the University of Manitoba Bisons in 2021 and has spent the past two seasons with them.

In the 2022-23 season, Basarab scored two goals and one assist for three points over the 26-game campaign.

"This year's performance is not what we wanted, as we had a team that could have done some serious damage in playoffs," said Basarab.

"Personally, I stepped into more of a shutdown role and penalty killer. It allowed me to play bigger minutes and really helped me develop my game."

The Bisons' are going into a rebuild year next season, and it might take some time for the club to become a powerhouse in university men's hockey again. However, Basarab is up for the challenge that next season will bring.

"Next year will look a lot different for our team as we are losing some key players and are getting a new coach after Mike Sirant announced his retirement. Moving forward, I want to help the Bisons' get back to being a dominant team in Canada West and ultimately bring a championship back to Manitoba."

The Selkirk Record

217 Clandeboye Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline

Mondays at 4 p.m.

Office Hours: Monday-Friday 9:30-5:00



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Juniors lead Storm 3-1 in KJHL championship series

Staff

The Peguis Juniors scored five third-period goals in a 7-5 home win over the OCN Storm in their best-of-seven Keystone Junior Hockey League final series last Saturday.

Peguis now leads OCN 3-1.

After both teams scored twice in the opening period, the second frame was scoreless before eight goals were tallied in the third.

Jayden McPherson and Jeremiah Jacques each scored twice for Peguis while Lyle Murdoch added a goal and three assists.

Kyle Cochrane and Jamie Matwayashing also tallied for the Juniors. Jackson Jacques chipped in with

four assists.

OCN goals came from Drew Peters (three), Harlan Jacobson, and Roger Houle Jr.

Aidan Marchand made 24 saves for the win.

Peguis started the series with 8-6 and 5-4 wins but OCN then defeated the Juniors 5-4 in overtime.

Game 5 of the final series is set for this Friday (7:30 p.m.) at the Gordon Lathlin Memorial Centre.

If necessary, Game 6 is slated for Sunday (7:30 p.m.) at the Peguis Multiplex.

A series-deciding Game 7 would be played April 18 at 7:30 p.m. in OCN's home rink.



Jayden McPherson scored twice for Peguis against the Storm.



RECORD PHOTOS BY RAYME THOMSON

The Juniors Lyle Murdoch added a goal and three assists in the 7-5 home win over the OCN Storm last Saturday.

Gimli, Metis Federation to celebrate Kerri Einarson and curling team

Staff

The RM of Gimli, the Gimli Curling Club and the Manitoba Metis Federation Gimli Local are holding a social evening in a few weeks for Kerri Einarson and her curling team to celebrate their medal victory last month at the 2023 World Women's Curling Championship in Sweden.

Einarson's Team Canada took home the bronze medal after competing against 13 teams that included Switzerland (gold medal), the U.S., Ger-

many, Turkiye, Sweden, Norway, Scotland and the Republic of Korea.

The social event will feature a two-hour meet and greet with Einarson and her team, an opening ceremony, food and a performance by award-winning Metis singer Jerry Sereda.

The social will be held on Friday, April 28 at the Gimli Curling Club starting at 5:30 p.m. Tickets are \$15 and can be purchased at the Gimli Recreation Centre or the Gimli Municipal Office.



RECORD PHOTO SUBMITTED

From left Gimli mayor Kevin Chudd, Kerri Einarson, Donna Austfjord of the Manitoba Metis Federation's Gimli Local and deputy mayor Kurt Reichert.

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HELP WANTED

Church Organist Needed - St. Stanislaus Catholic Church in East Selkirk is needing an organist familiar with catholic mass for the 9:00 Sunday mass. Organist will be compensated hourly for their time playing. Interested individuals please contact 204-482-7142 for further information.

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Atomic mass unit
4. Criticize mightily
7. Sino-Soviet block (abbr.)
10. Stand in for
11. Everyone has one
12. Brew
13. Rectify
15. Popular Dodge truck model
16. Beef or chicken intestine
19. Satisfy
21. Of a particular people or localized region
23. Movements in quick tempos
24. Able to pay one's debts
25. Fleшы bird beak covering
26. Dueling sword
27. Helps
30. Court is in it
34. Touch lightly
35. Airborne (abbr.)
36. Of one
41. Baked good
45. Jai __, sport
46. About aviation
47. Low oval mound
50. Rugged mountain ranges
54. Compel to do something
55. A way to carve
56. Sao __, city in Brazil
57. Mustachioed actor Elliott
59. American Idol runner-up Clay
60. A way to soak
61. Car mechanics group
62. Born of
63. Time zone
64. Sea eagle
65. Even's opposite

CLUES DOWN

1. Sharp mountain ridge

2. Thin, fibrous cartilages
3. Provides new details
4. Muscular weaknesses
5. Ottoman military title
6. Banes
7. Horse-riding seats
8. Arms of a shirt
9. Narrow path along a road edge
13. Viper
14. Disfigure
17. Variety of Chinese language
18. Portray in a show
20. Wrongful act
22. No (slang)
27. State of agitation
28. __ Diego
29. One point east of due south
31. 007's creator
32. The NBA's Toppin
33. Midway between north and northeast
37. Examples
38. __ Gould, actor
39. The habitat of wild animals
40. Artful subtlety
41. Infielders
42. Keep under control
43. Herb
44. Distressed
47. A way to go down
48. Type of acid
49. Take by force
51. Collected fallen leaves
52. Shout of welcome or farewell
53. Monetary unit
58. Swiss river

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Help Wanted - Looking for someone who can support and provide in home care to a woman approaching 70 years of age, living at home. Located at Lake Manitoba Narrows North Cottage development, this is an opportunity to provide companionship and essential care, which is both rewarding personally and professionally. Duties include acting as a personal companion, transfers, assistance with personal care, and assistance with meals. Candidates should have a current Criminal Record check with Vulnerable Sector and Adult Abuse Registry check (within 12 months), a current BLS/CPR certification would be beneficial. We are willing to pay above and beyond the standard rate for similar positions within the health region to a candidate who can help us. Email resume: dboleski@gmail.com or call 204-293-0884.

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Email resume to: theflowerchild2016@gmail.com



PUBLIC NOTICE

REGARDING THE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the RM of West St. Paul intends to present its financial plan for the fiscal year 2023 at a public hearing at the Municipal Office, 3550 Main Street in the RM of West St. Paul on **Thursday, April 20, 2023 at 6:00pm.**

The financial plan will be available for review after April 12, 2023. Persons wishing to view the municipality's financial plan may view the documents during the regular office hours of the municipal office at 3550 Main Street, West St. Paul, Manitoba or on the municipal website at www.weststpaul.com

Dated this 13th day of April, 2023.

Crystal Shuhyta, CPA, CGA, B.Comm(Hons)
Director of Finance
RM of West St. Paul

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Netley Creek Golf Course
In the Municipality of St Andrews
Pesticide Use Program

PUBLIC NOTICE

Netley Creek Golf Course intends to conduct the following pesticide control program from May 01 to November 30 2023.

All applications are part of a comprehensive IPM strategy and depending on pest threshold levels may or may not include.

Weed Control:
Par III, Mecoprop, Banvel VM, Spreader Sticker, Vantage Plus, Roundup.

Disease Control:
Premis 200F, Daconil 2787, Heritage Max, Banner Max, Instrata, Instrata II, Medallion, Prophecy, Dedicate, Tourney, Honor, Disarm, Civitas, Velista, Renovo, Kabuto, Isignia, Secure, Maxtima.

Insect Control:
Baygon, Methoxychlor, Acelepryn, Pounce, Imidacloprid 75 WSP, Vectobac 200G.

All pesticides and procedures applied will be in accordance with federally approved label recommendations and the recommendations set by the Manitoba Department of Agriculture.

Submissions pertaining to the above should be made in writing within 15 days of this publication to:

Manitoba Sustainable Development
Environmental Approvals Branch
1007 Century Street
Winnipeg, Manitob, R3H0W4

Selkirk

PUBLIC NOTICE

REGARDING RESIDENTIAL SPRING CLEAN UP

2023 Spring Clean Up Week will take place from **Monday, May 8th to Friday, May 12th.**

More information will be published closer to Spring Clean Up Week.

For further information, please call **CitizenSupport** at 204-785-4900

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulotribune.ca



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FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the RM of ARMSTRONG described below will be received by:

McCulloch Mooney Johnston Selby LLP
Box 1670, 14 Main Street S.
Carman, Manitoba R0G 0J0

PROPERTY

SW ¼ 29-20-2 EPM
Being Approx. 159.33 Acres

Section 6-21-2 EPM
Being Approx. 654 Acres

SW ¼ 32-20-2 EPM
Exc Sly 1320 feet perp
Being Approx. 82 Acres

SE ¼ 32-20-2 EPM
Being Approx. 162 Acres

NE ¼ 30-20-2 EPM
Being Approx. 155.89 Acres

NW ¼ 29-20-2 EPM
Being Approx. 162 Acres

NE ¼ 29-20-2 EPM
Being Approx. 162 Acres

CONDITIONS OF TENDER

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders may be placed and accepted on one or any number or all parcels of land.
- Tenders must be received on or before 2:30 pm on April 28, 2023.
- Tenders must be accompanied by a **\$10,000.00** cheque payable to **MMJS LLP** in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
- Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

- The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be **June 1, 2023**, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
- Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
- Successful bidder will be responsible for real property taxes commencing January 1, 2023.
- The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact
Scott W. Johnston at:
Ph: 204-745-2546
Fax: 204-745-3963
email: scott@mmjlaw.com

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MISCELLANEOUS

APRIL 29 & 30, 2023, DUGALD GUN & COLLECTIBLE SHOW AT SPRINGFIELD CURLING CLUB. FROM WINNIPEG, 10 MILES EAST ON DUGALD RD, OR 5 MILES NORTH OF HWY #1 ON HWY #206. BUY-SELL-TRADE. OPEN SATURDAY 10 A.M. - 5 P.M., SUNDAY 10 A.M. - 4 P.M. FOR INFO PHONE SHERYL 204-250-8766 OR CAROL 204-242-2320.

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MISCELLANEOUS

Wheelchair, perfect condition, with lap table, 1 year old. \$1500. To view, 40 Eveline Street, Selkirk, 204-754-0239.

Hand crafted Cedar Chest, 40 inches long, 21 inches wide, \$90 obo; Gate Leg table, \$80 obo. Phone 204-755-2895.

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POSITION DESCRIPTION

Position: Aggregate Quality Control Technician
Reports to: Quality Control Quarry Supervisor
Department: Winnipeg Aggregates
Location: Stonewall Quarry
Type: Term - May through October

Overview

The **Aggregate Quality Control (QC) Technician's** goal is to ensure the quality of aggregate products, ensuring the highest customer satisfaction for the products. Areas of responsibilities include the QC testing of limestone products and ensuring processes are controlled during production, stockpiling and loading of limestone products in our Stonewall Quarry.

Responsibilities

- Quality control of limestone aggregate, through the active testing of finished goods
- Interpret and communicate all test results to QC Supervisor and Production in a timely manner
- Ability to multi-task within business unit, flexible with regard to hours of work and responsibilities.
- Develop and maintain strong working relationships with Logistics, Production and Sales
- Responsible for the maintenance and cleanliness of equipment and lab
- Performs additional duties as assigned

Safety and Environment

- Adhere to all company safety and environmental practices and policies – training provided
- Assist operations in the support and implementation of safety protocols
- Enforce safety on the work site (truckers, visitors, and plant crew)
- Required PPE must be worn at all time

Qualifications

- Education:**
- Grade 12 or equivalent
 - CCiL Technician Certificate would be an asset

Knowledge & Skills:

- Able to understand and work with QC lab equipment
- Works well in a team environment.
- Excellent communication and leadership skills.
- Able to handle difficult issues in a positive way.
- Organized self-starter and can work independently.
- Strong problem solving.
- Excellent time management skills

Requirements:

- Valid Driver's License, own transportation – must be reliable
- Full-time hours with some OT

Reply with resume to trevor.wiebe@lafarge.com



RURAL MUNICIPALITY OF ST. ANDREWS

Summer Youth Employment Opportunities

The RM of St. Andrews is accepting applications for a variety of summer youth positions. Some of the roles are working for the municipality and other positions are for working at various not-for-profit organizations in the community.

To apply, please review all the job descriptions available at www.rmofstandrews.com/p/job-opportunities. Youth (ages 15-30) 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. Clearly state if you are currently a student and/or have Metis status. Hourly wages will vary from \$14.15-\$17.00/hr. Applicants should apply by email to Teresa at recreation@rmofstandrews.com before **Monday April 24 at 4:30 pm**.

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC HEARING NOTICE

REGARDING THE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of The Municipal Act; that the Council of the Rural Municipality of St. Clements intends to present its Financial Plan for the fiscal year 2023 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday, May 2nd, 2023 at 7:00 p.m.**

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

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

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Friday, April 28th, 2023. Your written submissions can either be emailed to info@rmofstclements.com, dropped off at our office or mailed to our office if time permits.

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

Copies of the 2023 Financial Plan will be available for review after April 20th, 2023 at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at www.rmofstclements.com

Dated this 8th day of April, 2022.
Deepak Joshi
Chief Administrative Officer



Classifieds



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

WANTED

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

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

Looking to buy your broken and unwanted costume jewelry for parts to do crafts. Phone John at 204-651-1580.

WATER TREATMENT

Water softeners. Well pumps/tanks. 5 stage reverse osmosis systems, \$285. E-coli ultraviolet systems. Iron/odour/manganese removal filters. 10" & 20" Polyspun. Pleated. String wound. Carbon replacement water filters. Best prices. All Seasons Furnishings 204-661-8581.

McSherry Auctions
12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
Closes Wed. April 19 @ 7:00PM

Estate & Moving
Closes Wed. April 26 @ 7:00PM

Booking On Site Spring Auctions

McSherryAuction.com
204-467-1858
Consignors Welcome!

NOTICES

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

SPRING HIRING??? Need Class 1 drivers or construction workers? **BOOK YOUR 2023 BLANKET CLASSIFIED ADS NOW** in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more -details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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NOSTALGIARAMA
Antique & Collectible Sale

Saturday, April 15
10AM - 5PM

Manitoba's Biggest Spring Antiques, Vintage and Collectibles Sale.

Admission \$5.00
12 and under FREE

Assiniboia Downs
3975 Portage Ave, Wpg
Free Parking

For info: 204-255-3463 or 431-374-6925

Open House & Earth Day Event!

- Give Aways!
- Coffee & Donuts
- Tour Renovated RVs
- Blow out pricing on used parts & fixtures

Saturday, April 22
10AM - 3PM

Revolution Trailers

1480 Springfield Rd
204-955-7377
www.revolutiontrailers.ca

Do you have a unique product or service you would like to advertise? Get the word out with an ad in the Record!

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC NOTICE

PRE-BUDGET CONSULTATION OPEN HOUSE

The Council of the Rural Municipality of St. Clements has scheduled a Pre-Budget Consultation Open House at the Municipal Office Council Chambers to allow informal conversation with members of Council and staff about the 2023 fiscal year and current projects.

Location: RM of St. Clements Municipal Office,
1043 Kittson Road, East Selkirk

Date: Tuesday, April 24, 2023
Time: 6:00 pm

Any person who has questions, needs clarification or requires further information, either prior to or following the open house, is encouraged to contact the Chief Administrative Officer Deepak Joshi, by phone at 204-482-3300 or by email at cao@rmofstclements.com.



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Big and Colourful Printing & Publishing is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

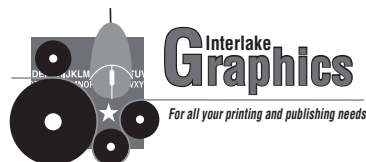
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net



CITY OF Selkirk

PUBLIC NOTICE

Regarding the 2023 Financial Plan

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

The Council Chambers
200 Eaton Avenue

Tuesday, April 25, 2023 at 7:00 pm
to present the 2023 Financial Plan

At the Public Hearing, Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the financial plan.

Seating at the public hearing is limited, and as such we ask that anyone planning to be in attendance please register in advance. Depending on the amount of people registered, there is a chance that we would change locations. If so, we would reach out by the email address provided upon registration.

Mask use is required inside the Civic Office. If attendees do not have a mask, one will be provided upon entry.

To view the financial plan and to register, please visit www.myselkirk.ca/financialplan2023. Those without access to online services are asked to call **CitizenSupport** at 204-785-4900.

Dated at the City of Selkirk this 3rd day of April, 2023, and issued pursuant to Section 162(2) of *The Municipal Act*.

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

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



E.F. Moon is a well-established Heavy Construction Company founded in 1962 and located in Portage la Prairie, MB.

We are currently seeking experienced, goal oriented individuals for employment in a number of areas: Class 1 & 3 Drivers, Foremen, Skilled Laborers, Sewer & Water Personnel, Directional Drill Personnel, Excavator, Dozer, Grader, Rock Truck, Loader, Vac Truck and Packer Operators.

We offer competitive wages, comprehensive benefits plan, safety training and a safe work environment.

Requirements are: Minimum class 5 driver's license, positive work attitude, reliable, able to work well with a team or alone, safety oriented, able to work extended hours.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage la Prairie, MB to fill out an application, apply online at www.efmoon.ca or email a resume to jackiek@efmoon.ca

UPCOMING EVENTS

Cloverdale United Church, April 9 Easter Service 10:30am, Reverend Ginny Coleman. April 23 10:30am, entertainment by Individuals of the Octavia Choir. All welcome. Nonie 204-482-5359.

HAY / STRAW

Large square bales of dairy quality alfafa. Large square bales of alfalfa/grass. Round bales of net wrapped grass hay. Round bales of silage wrapped alfalfa. Feed test results available. Contact Ken at 204-981-7593.

HEALTH

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

News Tips? call the Record 204-785-1618



www.interlake.mb.ca

ARBORG 204-376-3400 GIMLI 204-642-8501 SELKIRK 204-482-5806

The spring season has started! If you're thinking of buying or selling, we're here to help.

DAYNA CLARK
204-461-1347
Petersfield \$220's. Solid 962 sf bng w/full bsmt. Huge kit, 2 br, upgraded wndws. 1/3 acre

Fraserwood \$320's. 80 acres & a unique & spacious 10 yr old home! 3 br, 2 full bath & more

Inwood \$130's. Fab character, dbl lot w/garage. 1100 sf, 3 br, 2 full bath, many upgrades

MIKE JUBA
204-588-7967
Affordable living on Strathnaver, 3 bedroom newer flooring and windows \$184K!

East Selkirk Subdivision Opportunity 5.6 acres, with Home and Barn \$449k!

Waterfront on Henderson Hwy, water, sewer available, Beautiful Riverviews \$135K



17 Gooseberry - Grindstone - 896 sq.ft. 3 bed 1 bath 4 season Home/Cottage shows like new.
Ellen Wyka
204-376-3400

KATHY MARKS
204-642-8501



160 acres 3 bed 2 bath home. Full basement & garage. Outbuildings. Very Private. \$229,900
John Wishnowski
204-479-1208



2.33 Acres 10 mins. N. of Gimli. Driveway & Hydro in place. 49,900
Chris Neufeld
204-641-1727



9 Mallard Siglavik OPEN HOUSE
Apr. 15th, 1-3pm
Dave Humniski
204-642-8501



Coming soon 2 bdr home in Fraserwood on small acreage. Barn, garage. Freshly painted inside.
Ingrid Bennett
204-642-2089

SAMANTHA KING
204-229-7560

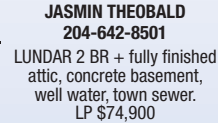
PAM ISFELD
204-641-5408



77 6th Avenue Gimli Yr. round home close to all amenities! Price reduced to \$199,000!
Laurence Humniski
204-642-8501



GRANT HJORLEIFSON
204-641-6400
Gorgeous lakefront 3 bdrm home/cottage in Pine Dock. Full Bsmnt. \$159,900



JASMIN THEOBALD
204-642-8501
LUNDAR 2 BR + fully finished attic, concrete basement, well water, town sewer. LP \$74,900



SANDY HOOK 3BR Lakefront, cathedral ceiling, European fireplace, hot tub incl. LP 399,000



CRYSTAL LINE
204-232-6200
Shorepointe @ Gimli 1280 sf. 3 bed, 1.5 bath townhouse w/private fenced yard & deck.

RM of Fisher - Hodsgon 393 Acres of land mix of cultivated, fenced as well as treed land

380 Birch St. Arborg 1300 sq.ft. 3 bed home large yard w/dbl det garage. Call for details.

Thinking of selling? For local information, call the realtors that live, work and play in the area! At Interlake Real Estate, we will always put YOUR BEST INTERESTS FIRST! Call us for unbiased advice and customer-focused service.

EMPLOYMENT OPPORTUNITY



CLASS 1 DRIVER WANTED

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We're Looking for New Listings!

CALL US TODAY & GET MOVING BEFORE SUMMER!

SELKIRK TRANSIT AUTHORITY
(Selkirk Transit and Selkirk Mobility)
will be holding their

Annual General Meeting

April 19th
2-3pm

200 Eaton Ave
in the Council Chambers



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 2023 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 any of the following: 2,4-D, Flumioxazin, Glyphosate, Picloram, Simazine, Bromoxynil, Chlorsulfuron, Propyzamide, Dicamba, Diflufenopyr, Saflufenacil, Imazapyr, Indaziflam, Mecoprop-P, Metsulfuron-methyl, MCPA, Iron (FeHEDTA), Aminopyralid, Aminocyclopyrachlor, triclopyr, Pyrooxasulfone, Ammonium Soap of Fatty Acids, and, Acetic Acid.
2. To control aquatic vegetation/algae in and around retention ponds and lagoons using Diquat ion.
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, Hasten, or LI700.

The projected dates of application will be from May 15 to October 15, 2023. Requests for property buffers must be registered annually. The public may send written submissions within 15 days of this publication of this notice to:

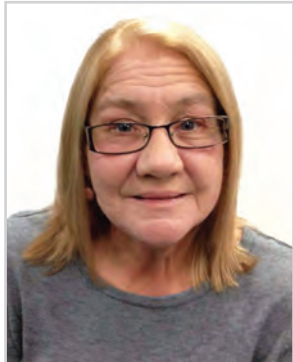
Environment and Climate
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg MB R3Y 0L6

The Selkirk Record

Announcements

Call 204-785-1618 or Email lucy@selkirkrecord.ca

OBITUARY



Debra Perrin (Debby)

November 13, 1957 - April 4, 2023

Peacefully, in the early morning of April 4, Debby Perrin (née Thorarinson), passed away in the presence of loved ones at age 65.

Debby leaves behind daughter Meghan, grandsons Kaiden and Koltyn, sister Marianne Boyer (Gordon), sister-in-law Loni Waterman, and her loving extended family of brothers and sisters-in-law, nephews, nieces, cousins and friends.

She joins in heaven, her daughter Melissa, sisters Sharon Fox and Maureen Goertzen, brother Dennis Zarvie, mother Eileen Zarvie and grandparents Arni and Anna Thorarinson.

Debby spent much of her early years on her grandparents' farm near Walkleyburg, Manitoba. After graduation from the Lord Selkirk Regional Comprehensive Secondary School, she studied nursing. She spent her working career as a psych nurse at the

Selkirk Mental Health Centre. After retirement, Debby worked as an instructor at CDI College; she particularly enjoyed working with the next generation of nurses in clinical training.

Family was the most important thing in Debby's life; she was fiercely devoted to her grandchildren, who knew her as mama. Debby was renowned for her Ukrainian dishes: perogies, perishke and holopchi. She was also a big sports fan, having a share in Jets seasons tickets, and enjoyed watching hockey and curling on TV.

Though small in stature, Debby had the heart of a lion. The latter part of her life presented various health challenges, all of which she faced with stoic determination.

In lieu of flowers, please consider a donation to the Winnipeg Jets Hockey Academy, or a charity of your choice.

Love you to the moon and back, Debby, till we meet again.

A memorial service was held on Tuesday, April 11, 2023 at 1:00 p.m. in the Gilbert Funeral Chapel, Selkirk, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

BIRTHDAY



Congratulations Mom on turning 80!!!

Kathleen Biloki

April 18th, 1943

-Love from Curtis, Alison (Chad), Cory (Michelle), your puppy Stryker and all your grandchildren

ANNOUNCEMENT

IN MEMORIAM



In memory of

Walter Michael Starodub

November 7, 1922 - April 14, 2005

Don't remember me with sadness,
Don't remember me with tears;
Remember all the laughter,
We've shared through the years.
Now I am contented,
That my life it was worthwhile;
Knowing that as I passed along the way,
I made somebody smile.
When you are walking down the street,
And you've got me on your mind;
I'm walking in your footsteps,
Only half a step behind.
So please don't be unhappy,
Just because I'm out of sight;
Remember that I'm with you,
Each morning, noon and night.

-Lovingly remembered by
your wife, Adeline,
children, grandchildren
and extended family

Don't Forget Your Loved Ones
WITH AN ANNOUNCEMENT IN THE
Selkirk Record
Call 204-785-1618 or
email lucy@selkirkrecord.ca

R.M. OF EAST ST. PAUL ZONING BY-LAW AMENDMENT ZBA 2023-04 SUBDIVISION APPLICATION S23-2988 COMBINED PUBLIC HEARING

We are Listening.

Public Hearing
Tuesday,
April 25, 2023
5:30 PM
Council Chambers
3021 Birds Hill Rd.
East St. Paul, MB

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



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

What is ZBA 2023-04 & S23-2988 about?

This applicant is seeking to rezone the subject property from the "R1-17" zone to "R1-8" zone and then subdivide the property into two (2) lots for future single-family development.



(2021 Burton Avenue – Roll # 84400)

For those that wish to attend virtually please contact the RM of East St. Paul office at (204) 668-8112 by 4:00 pm on April 25, 2023.

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

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

R.M. OF EAST ST. PAUL ZONING BY-LAW AMENDMENT ZBA 2023-03 PUBLIC HEARING

We are Listening.

Public Hearing
Tuesday,
April 25, 2023
5:30 PM
Council Chambers
3021 Birds Hill Rd.
East St. Paul, MB

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



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

What is ZBA 2023-03 about?

This applicant is seeking to rezone the subject property from the "RM" Multi-Family dwelling zone to "R1-8" single family dwelling for future single-family development.



(2018 Burton Avenue – Roll # 84700)

For those that wish to attend virtually please contact the RM of East St. Paul office at (204) 668-8112 by 4:00 pm on April 25, 2023.

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

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

Selkirk Record Announcements

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OBITUARY



Thelma Lorraine Calder

Peacefully, on Thursday, April 6, 2023 with her son by her side, Thelma Calder, aged 86 years of Selkirk, MB, passed away.

In keeping with her wishes, cremation has taken place and a celebration of her life will be held at a later date.

Full obituary to follow.

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



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Leona Louise (Hood) Doell June 22, 1944 - March 16, 2023

Leona's sisters Madeline, Beatrice (Ron), Mary and Sharon and brother Clarence are saddened to announce her passing at Pincher Creek Hospital, Pincher Creek, Alberta with complications from C.O.P.D.

Leona is survived by her sons Kevin and Sean (Sarah), grandchildren Coady (Alix), Ashley, Carson and Chase, special niece Kimberely (Pichor), Halvorson (Ron) and family of Cranbrook, B.C, special nephew Ken Cochrane who always phoned her and made her laugh. Also, many other family members and friends.

Leona was predeceased by her beloved husband Peter, daughter Debbie, daughter-in-law Denise, her parents Pat and Ruth Hood, brothers-in-law, nieces, nephews, in-laws and friends.

Leona was raised in Selkirk, attended school here. In 1963, she headed out west with a girlfriend, not sure what they were going to find, but they were up for adventure. They ended up in Taber, Alberta where she met Peter. The romance led to a marriage on April 24, 1965 at St. Clements Anglican Church, Mapleton. They lived in Taber, Alberta for a few years finally settling in Pincher Creek to raise their family.

Leona was a member of Pincher Creek Legion and volunteered her services over the years. She was also a great dart player.

Leona was a terrific cook, she was famous for her homemade buns, meatballs and pies. We are all going to miss her delicious dinners when we visited and miss our phone calls and visits.

A celebration of life was held in Pincher Creek on March 25, 2023.

Leona and Peter's ashes will be interred in the columbarium at St. Clements Churchyard at a later date.

Your memory will live forever Engraved within our hearts

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