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The Selkirk Record

THURSDAY, MAY 4, 2023

VOLUME 14 EDITION 18

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Remembering MMIWG2S

RECORD PHOTO SUBMITTED

Ahead of Red Dress Day, May 5, students at East Selkirk Middle School paid tribute to murdered and missing Indigenous women, girls, and two-spirit people through an art exhibit that they created at the school. See more photos inside.

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PRICES IN EFFECT: THURSDAY, MAY 4 - WEDNESDAY, MAY 10, 2023

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Community members honoured



RECORD PHOTOS SUBMITTED AND BY DOUG LITTLE PHOTOGRAPHY

Many members of our community were honoured with a Queen Elizabeth II Platinum Jubilee Medal recently. The honourees received their metals for their significant contributions and achievements throughout Manitoba. Our local honourees include: Jean Oliver, Brett Mitchell, David Bjornson, Ruth Christie, Brady Bobrowich, Pauline Martyniw, Orval Marshall, Murray Sinclair, James Bear, Debbie Fiebelkorn, Michael Switsun, Shelley Hart, and Joe Potenza.

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Big DOLLAR

Caring for our Watershed winners from LSRCSS and Lockport School

By Katelyn Boulanger

Two local groups made it as finalists in the Caring for Our Watershed 2023 competition. Ava Fernandes, Olari Wachukwu, and Emma Weiss took home sixth place for their Planting Hope project and Courtney Soltys took home the second place spot for her I Beg your Garden project.

"The Caring for our Watersheds program asks students in grades seven to 12 to submit a proposal that answers the question, 'What can you do to help improve your watershed?' Students must research their local watershed identify a concern and then draft a written proposal containing one realistic sustainable solution," said Megan Allen, program coordinator for the Manitoba Caring for our Watersheds competition.

This competition is sponsored by Nutrien and started in Alberta in 2007. Three years later the competition came to Manitoba and students from Lord Selkirk Regional Comprehensive Secondary School (LSRCSS) have been participating for most of that time.

"There's a wide variety of different proposals that students have come up with over the years. It doesn't have to be a huge change just as long as it's something that does contribute to improving the watershed in some way," said LSRCSS teacher Magda Kuber.

After submitting their proposals, Soltys from LSRCSS and Fernandes,

Wachukwu, and Weiss from Lockport School then presented their projects to a panel of judges in the finals.

The students found out about their wins on April 22 an especially significant day as it is also Earth Day.

Soltys's project I Beg your Garden is a project that aims to reduce the trash pollutants from our shopping. The idea is that if people grow their own food in their own gardens then the food doesn't come with plastic packaging or any ties or bands.

"My project is creating small home gardening kits to provide to people in Selkirk, to be able to help reduce some of the plastic waste coming from things from the store so that people can feel good about what they're eating because it comes from their own backyard," said Soltys.

The kits will have a three item tool set, six packages of vegetable seeds, one package of native wildflower seeds to attract pollinators, biodegradable peat plant pots, and instructions.

Along with winning cash prizes, both teams will have their projects funded.

Soltys plans to set up an Instagram page once she receives her funding in order to distribute kits and then is also hoping to distribute them at a local Earth Day celebration next year.

She encourages other students to give the Caring for our Watersheds competition a go in the future.

"I had a lot of fun with it, although it is a lot of work to have to do all the research and then the oral presentation afterwards. But, it is



RECORD PHOTOS BY KATELYN BOULANGER

Above: Courtney Soltys taking home her prize at the competition. Below: Ava Fernandes, Olari Wachukwu, and Emma Weiss with some of the plants they plan to grow.



a great opportunity to get your idea out into the world and have it funded. I think that more students should know about it because this is my first time hearing about it and I would have done it maybe last year if I had the chance," said Soltys.

The group of three from Lockport School also had fun creating their

Planting Hope project. The idea behind their effort is that they are planning to use and expand the garden space at their school and then plant it with edible plants.

"We're going to donate the food that we grow to the Selkirk Food Bank, and then keep a little bit of it for the Home Ec. classroom to teach people how to use the healthy foods," said Fernandez.

Because this project will take place over the summer the group will be going back to school regularly to maintain the garden.

"We're going to be growing tomatoes, potatoes and carrots, which are our main three but we're also growing herbs and different flowers," said Weiss.

So far they have already started to plant some of their vegetables in small pots inside their classroom and then they will transfer them outside when it's warm enough outside.

The group also encourages other students to participate in this competition in the future.

"Put in your application, just to see if you could think of an idea that will actually help the watershed and even the community too," said Wachukwu.

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Ways to be safer after contamination leads to hospitalizations

Local clean up to take place on May 11

By Katelyn Boulanger

After recent reports of contaminated substances causing people to end up in the hospital in The Pas, local Manitoba Harm Reduction Network, Network Coordinator in Selkirk Tristan Dreilich hopes to spread information about safety measures that could reduce the risk of something like this happening again.

“When we talk about contaminated drugs, typically we’re referring to what is commonly known as the illicit drug supply. Those are drugs that are largely unregulated or obtained in fashions that would work around regulation. Drugs that have been criminalized often. And so, when we say tainted, what we really mean is, folks don’t have, either the ability or the knowledge, of what’s in their substances because there is no oversight,” said Dreilich.

He explains the situation as similar to what happened with alcohol when prohibition was in effect. At that time, people were being harmed by ingesting moonshine or bathtub gin because it was being made in an unregulated way meaning that the product wasn’t always created properly or to the same strength. Now that alcohol is regulated it’s labelled in a way that allows residents to know exactly what is in a bottle they purchase.

“Often, what’s been happening lately is that fentanyl is being introduced into drugs that people wouldn’t expect,” said Dreilich.

Xylazine is also making its way into the drug supply, according to what Dreilich is hearing. Unlike fentanyl, which is responsive to naloxone, xylazine is not and has other properties that increase risks when mixed with substances.

In the recent incident in The Pas, reports indicate that MDMA also known as ecstasy or Molly was contaminated.

“For the most part, it would be odd to introduce something like fentanyl to it, but that’s what’s happened. There’s probably a variety of reasons for that but what happens then

is folks purchase MDMA expecting to consume only MDMA. When you introduce fentanyl to the mix there’s both a lack of tolerance and a lack of knowledge around the fentanyl. So, an overdose becomes a very quick reality,” explained Dreilich

He recommends that residents check out www.safersites.ca which issues drug alerts when new substances are suspected of being contaminated.

“Manitoba is currently not keeping great data, or at least releasing great data on the overdose death rates in Manitoba but we know from past years that those figures are climbing. So, there’s increasing evidence that both the supply of substances is becoming more risky and that our response to those risky supplies needs to be even more comprehensive, and we’re not meeting the need right now is what I would say,” said Dreilich.

Though the situation is troubling, there are ways that those who are taking substances can use practises to try to avoid these types of poisonings.

“This is exactly what Harm Reduction asks, is, ‘What can we do to keep people safe?’ There’re some very core things that folks can do if they’re engaging in substance use. We have to recognize that folks are not going to stop using substances, often, just because there’s a risk out there,” said Dreilich.

His first tip is to not use substances alone and to stagger use if possible. This way if something does go wrong there is someone there who can contact an ambulance and administer help right away.

Dreilich says that the knowledge that he’s sharing comes from the people who use substances also called peers by the MHRN.

“The folks who have been criminalized and kind of marginalized, because of the drugs they use, have always had to rely on each other to keep each other safe. So, I’m sharing outwardly some of the knowledge that that we benefit from, from them,” he said.

He also recommends carrying naloxone kits which can reverse some but not all drug poisonings or overdoses.

“If folks aren’t trained in Naloxone, or need access to Naloxone, that’s something that the Network helps out with. I offer that training for free,” said Dreilich.

He also says that people can start low and slow with substances so that if they have an adverse reaction the hope is that they are not too far into a dangerous position.

Finally, there are some options for testing substances to ensure that the substance is what it is meant to be.

“We have fentanyl testing strips, for example, that we offer for free here at the MHRN and that’s able to tell folks yes or no if fentanyl is present in their substance. There are some more robust drug checking tests that can be done. They take a little bit more time. [And it goes] all the way

to being able to ship your substances off through getyourdrugstested.com. They can do a full exam to tell you exactly what is in that substance,” said Dreilich.

As for people that don’t use substances but want to support harm reduction in our community Dreilich suggests listening to the peers in our community. He says that they are experts in their experiences from how policy changes affect them, to the harms of an unsafe drug supply, to unstable housing.

“If we don’t involve them from the start, the whole thing is not going to turn out the way we want it to,” he said.

There will also be a Harm Reduction Community Clean Up hosted by the MHRN at 1 p.m. on May 11 at the Selkirk Friendship Centre.

This clean-up is open to all residents in the community and clean-up equipment will be provided.

After the clean up the participants will regroup at the Friendship Centre

Continued on page 7

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HTS gets treaty land acknowledgement



RECORD PHOTOS BY KATELYN BOULANGER

Happy Thought School is taking their treaty land acknowledgement a step further. Instead of only stating their acknowledgement during announcements, they wanted to have it somewhere everyone at the school regardless of the time of day can see. "When they come in, in the morning, its acknowledgement that we are right on Treaty One territory," said Jennifer Cyr, grade 3 teacher at Happy Thought School.

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Selkirk Home Hardware brings back Fighting Cancer of all Colours

Fundraiser supports CancerCare Manitoba

By Katelyn Boulanger

Selkirk's Home Hardware is giving people a fun way to give to CancerCare Manitoba through their three-week Fighting Cancer of All Colours event. This event started as a way to have a safe fundraiser at the beginning of the pandemic and has continued every year since.

"We decided that we were going to start up doing a CancerCare fundraiser for a couple of reasons. We had a lot of staff that have been affected by cancer, whether it was directly them or family members and there were so many different kinds that we realized that just one [wouldn't represent everyone]. There's just so many [types of cancer and] cancer as a whole, affects so many people that we decided that that's what we were going to do," said Krystal Laferriere, Fighting Cancer of all Colours event coordinator.

They also realized that with so many fundraising events having to be cancelled when pandemic restrictions were in place organizations like CancerCare Manitoba needed a way that people could support them safely.

Because the event was such a great success, they decided to turn it into an annual fundraiser.

"We've really enjoyed doing this. The community has been showing us such great support. We figured this is a really worthwhile cause. Not just our staff, but our customers and everybody have shown so much support to us and given us such great stories and sad stories over the years of what they've had to deal with. This

is something near and dear to our hearts," said Laferriere.

For the next three weeks at Home Hardware, you can donate to CancerCare and with a minimum donation you will be entered into a draw for a cedar adirondack chair which is on display at the store.

"It's \$2 [minimum donation] for the raffle draw. Any cash donations is greatly appreciated even sponsorship from other businesses would be wonderful.

Residents can also purchase CancerCare t-shirts, tank tops and lanyards during this time and an online donation page is available for those who prefer to donate digitally.

Then on May 13, in the Selkirk Home Hardware parking lot, there will be an outdoor celebration. Danny's Whole Hog's food truck will be there from 11 a.m. to 2 p.m. and \$1 from every meal sold will go to CancerCare. There will also be a kid's draw and the adirondack chair raffle will be drawn at about 3 p.m.

Since so many people are affected by cancer in their lifetime, Laferriere feels this is a great way to support our community.

"Everybody's affected by cancer in some way or form, whether it's directly or indirectly, whether it's skin cancer, bone cancer, breast cancer, the problem is we still have cancer.



RECORD PHOTO BY BRETT MITCHELL

Selkirk's Home Hardware is once again hosting their Fighting Cancer of all Colours event.

It's not going to go away unless we all work together to find a cure and if you look back from now, even 10 years back, we have come a long way," she said

Laferriere is glad to be able to support an organization that does so much in our province.

"All the money goes towards the CancerCare, Manitoba Foundation. They put the money towards research and development, and patient care. They do tremendous work over there," she said.

She invites anyone in our community that is interested to take part in the next three weeks and come down to the event on May 13.

"We're helping our generation and the next generation and at the end of the day that's what matters, right?" said Laferriere.

To donate to this fundraiser online visit: https://support.cancercarefdn.mb.ca/site/TR/communityevents/General?px=1673664&pg=personal&fr_id=1783

> HARM REDUCTION, FROM PG. 5

and information and services will be available including naloxone training, medicine teachings, and refreshments.

Dreilich asks that residents give him a heads up if they are planning to attend the clean-up event so that he has enough clean-up equipment on hand for all also if you have any questions about harm reduction resources in our community contact him at tristan@mhrn.ca or call 204-785-7501.

"We're going to have some fun. It's going to be an accessible way to learn about harm reduction. It's a great way to contribute to [our community] and it's a great way to just get a little bit of information around safety for all in Selkirk," said Dreilich.

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Comments must be received by May 26, 2023.





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RCMP seize weapons from vehicle on Main St.

Submitted by Manitoba RCMP

On April 29, at approximately 3:20 a.m., Selkirk RCMP were on patrol on Main Street in Selkirk when an officer noticed a black SUV with five occupants driving at night with no lights on. A traffic stop was initiated by the officer. When the officer went to present the written warning for not having the lights on, the officer noticed open alcohol in the vehicle, and at that time, a search was initiated.

A search of the vehicle revealed a sawed off rifle and pepper spray.

The driver of the vehicle, a 40-year-old female from Selkirk, received the written warning in relation to the lights. A rear passenger, 38, from Selkirk, was taken into custody and charged with Possession of Firearm Contrary to Order x3 and Unauthorized Possession of a Firearm. He remains in custody.

The investigation continues.



Seized weapons.

RECORD PHOTO SUBMITTED

Welcome for tea



RECORD PHOTO BY BRETT MITCHELL

St. Clements Mapleton Anglican Church welcomes all to its Parish Mother's Day Tea and Bake Sale. On May 13 from 11 a.m. to 2:30 p.m., refreshments and treats will be sold alongside a 50/50 draw and silent auction. Join the fun at the parish hall at 1178 River Rd.



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TROUBLE WITH PAPER DELIVERY?

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

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Sisters of Holy Rock performance helps raise funds for Gordon Howard Centre

They have a bad habit of fundraising for good causes

By Katelyn Boulanger

The Sisters of Holy Rock is a group of performers that aim to entertain and uplift your spirits with their shows which they put on to support groups in Manitoba. On May 12 they will take to the stage in Selkirk to support the Gordon Howard Centre which is a community meeting place for many local groups.

"Generally speaking, we dress up as nuns and we put on a 90-minute show with popular music and little skits and jokes. We are hired by people that want to raise money for various organizations and charities and we bring all of our own equipment and sound equipment, risers, a whole stage setup, and all of the technical equipment, and we costume ourselves," said Roberta McLean, Sisters of Holy Rock director.

The group started in 1992 when their founder, Carole Stone, who was the music director at Grey Street United Church decided to do a skit with her fellow church members to raise money for the church.

"They came up with this idea. The church choir dressed up as nuns and did an hour-long show based on the movie, Sister Act. There were quiet nuns and crazy nuns. They put this show on and it was so successful that other churches started to phone Carole, and asked her if they would do their show at their church to help them raise money. It just kind of spread from there," said McLean.

The performance in Selkirk will take place at 7:30 p.m. at the Lord Selkirk Regional Comprehensive Secondary School theatre.

Even if you've seen the group before McLean says that you'll enjoy a repeat performance as every show is a little different since they have a vast repertoire and different performers do the solo pieces.

McLean says that the group has con-



tinued to perform all of these years because it's great fun for everyone involved.

"Learning the songs and singing together. It's just such a win-win situation. We enjoy getting together and creating new shows and songs and the audiences enjoy it so much. Also, people who book us get to raise funds in a very easy way, because all they need to do is find a venue and print and sell tickets and we bring the rest," she said.

The group has been described as sacred, silly, and hilarious but McLean says that not all of the songs are sacred as they incorporate many different popular songs into their shows for audience members to enjoy.

"If you want to just come out and enjoy an evening, forget the troubles of the world and just sit back and relax and have a 90-minute laugh fest, [this is a great opportunity for you]. You can be touched by music that's

more meaningful, and yet have lots of laughs from the light-hearted pieces of the show. It's just kind of a well-rounded evening of entertainment," said McLean.

Tickets can be purchased for \$25 and are available at the Gordon Howard Centre. Call 204-785-2092 for more information.

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Cycling with Sarah offers group rides for women 55+

East St. Paul, Birds Hill included on routes

By Kaitlin Vitt

A new cycling group has the goal of helping older women become more comfortable riding their bikes.

"Maybe they only ride around their neighbourhood. They don't feel comfortable maybe getting out onto a trail by themselves. Maybe they think they're too slow," said group leader Sarah Gravelle-MacKenzie. "It's identifying and looking at the barriers that senior women face to cycle."

The new group is called Cycling with Sarah. Through this, Gravelle-MacKenzie will offer group rides for women 55 and older. Some of the rides will take place in East St. Paul and Birds Hill.

"There's nothing better than getting on your bike," said 68-year-old Gravelle-MacKenzie. "It's so good for us as we get older because it's easy on our joints. And there are just so many health benefits — social, mental health, cognitive — it's sort of the perfect exercise for senior women."

Gravelle-MacKenzie is launching Cycling with Sarah after becoming an ambassador for Liv Cycling, a cycling brand dedicated to women. The group is supported by Bikes and Beyond in Winnipeg.

Cycling with Sarah will officially launch with an event at Bikes and Beyond on May 10, starting at 1 p.m. There will be door prizes and in-store promotions, and people can bring their bikes in for a mechanic to check it to make sure it's ready to ride.

At the event, Gravelle-MacKenzie will give more details about the upcoming rides, and registration for Cy-

cling with Sarah will open on May 11.

The group rides will be on a first-come, first-served basis. There will also be three trial rides over the summer for women interested in trying out Cycling with Sarah before committing to a group ride. Monthly group rides will take place on Thursdays starting in June.

Cycling with Sarah is free to join, but those successful in getting a spot on a group ride must purchase a general non-racing membership from the Manitoba Cycling Association (MCA) for \$65 plus taxes and fees. This provides insurance and allows the cyclist to participate in the social rides that the MCA puts on.

A maximum of six will be in each group. Rose McDonald will be the ride sweep, the cyclist at the back who ensures everyone stays riding together.

Gravelle-MacKenzie said she's hoping to attract beginner and intermediate riders. People don't need a particular kind of bicycle to join, as long as their bike is in good working order.

The rides will be about 45 minutes to an hour to start, which equals about 15 to 20 kilometres.

"The pace will be a social pace. It's not going to be a fast, hard pace," Gravelle-MacKenzie said. "It's just to build women's confidence and get them back to just the simple joy of riding a bike."

The group will also stay on bike trails with hard-packed gravel rather than rough paths.

"I'm trying to eliminate any barriers for women," she said. "I want people



RECORD PHOTO SUBMITTED

Sarah Gravelle-MacKenzie started cycling six years ago and now is leading group rides through Cycling with Sarah.

to feel comfortable coming out."

Through Cycling with Sarah, Gravelle-MacKenzie also plans to run bike maintenance workshops out of Bikes and Beyond to teach basic skills, such as checking tire pressure, lubricating a bike chain and adjusting your seat.

Gravelle-MacKenzie said she'd like to find someone interested in leading rides in Selkirk as part of Cycling with Sarah to further expand the program's reach. She would coordinate the rides, complete administration work and be available to come out to Selkirk to help set up the rides.

While cycling is a big part of her life now, Gravelle-MacKenzie only got into it six years ago when she retired. Before she started cycling, she'd heard people talk about the "runner's high," a concept she didn't understand at the time. But now, she says that's what cycling offers her.

"I feel so strong. I feel so positive," she said. "I can feel stressed out and things are weighing on me, and I'll jump on my bike, and I'll go off for three hours, four hours on my bike, and when I come back, I sort of resolve what was weighing on my mind, and I just feel ready to conquer the world again."

Within a year of starting to cycle, she was riding 30 to 40 kilometres at a time, working her way up to 70 to

80 kilometres and eventually 100 kilometres.

"I could not believe I had [rode 100 kilometres]," she said. "I just sort of plugged along and slowly got better and could go further, and it just sort of took hold, and I had goals I wanted to reach, so I just want to share that passion with women."

Gravelle-MacKenzie has arthritis and wears a knee brace, something she says illustrates how approachable cycling can be and something that can help her relate to other older riders.

"It's become such a passion. I didn't expect it to become such a positive thing in my life," she said. "My fitness and everything has improved."

Gravelle-MacKenzie shares about her cycling journey on her Instagram page @cyclingwithsarah. People interested in attending the Cycling with Sarah launch event, or those who can't make it but would like more information about the group, can email her at cyclingwithsarah@gmail.com.

"I know how I felt when I was trying to find a group, and I couldn't find a group. I want to be that group for women who want to try it without the pressure of having to have a certain ability or a certain type of bike," Gravelle-MacKenzie said. "I want people to start where they are and to grow and develop and have fun."

An advertisement for a scenic flight tour. The top half features the text "Scenic Flight Tour" in large, bold, red letters. Below this, a group of five women are smiling and posing in front of a small white aircraft with the registration "C-GHXS". They are holding up framed photos of scenic landscapes. A red banner at the bottom left of the image displays "\$119 FOR A 3 PERSON FLIGHT TOUR Book Today!". The bottom right corner features the "LS AIRWAYS FLIGHT ACADEMY" logo. At the very bottom, a yellow banner contains the text "LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402".

MMIWG2S remembered at ESMS



RECORD PHOTOS SUBMITTED

The grade eight students at East Selkirk Middle School put their drawing skills to the test. As part of their portrait unit final assignment in Mrs. Procyshyn's class, they were given the photo of a murdered or missing Indigenous woman, girl or two-spirit person. They drew that person and also wrote a paragraph about what happened to them. The final works of art create an impressive and impactful display alongside a red dress which is a MMIWG2S symbol of remembrance.

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Timeline tips: Factors to consider when planning your wedding day timeline

The notion that “timing is everything” is applicable in many situations, perhaps none more so than on a couple’s wedding day. Many couples spend months, if not years, planning their weddings in the hopes that all that hard work will ultimately result in a day they will cherish forever.

The sheer volume of things to do on a wedding day can make couples feel overwhelmed. Those feelings can be overcome by emphasizing timing on the day of the wedding. Wedding day timelines will differ depending on variables that are unique to each couple’s wedding, but the following are some factors to consider as couples organize the big day.

- **Venue(s):** The schedule couples adhere to on their wedding day will be greatly affected by their choice of venue. Does the venue have somewhere on premises for the couple and their party to get ready? Are the ceremony and reception being held at the same venue? Before creating a timeline, consider the location of the ceremony and reception venue(s) and the accommodations each provides. Getting to and from multiple facilities won’t be an issue if couples choose a multipurpose venue where they can get ready, tie the knot and dance the night away all in one place. Couples who will be moving from venue to venue throughout the day must build the time it takes them and their party to get about into their timelines.

- **Wedding party:** The size of the wedding party also bears consideration when planning a wedding day timeline. Large parties will require more time to get ready, and that should be factored into couples’ timelines. Large



parties also may be harder to corral and transport from place to place, so couples should build some extra time into their timelines to account for that. Small wedding parties can be easier to manage, so couples with small parties may be able to begin their timelines a little later in the day than those with large wedding parties.

- **Weather:** Weather is the most unpredictable variable couples need to plan for on their wedding days. As the wedding day approaches, couples can monitor the day’s forecast and then make any necessary changes to account for inclement weather. Getting around in a rainstorm will likely take longer than moving about on a sunny day, so some minor tweaks to the timeline may be necessary if storms or another type of inclement weather is in the forecast.

Couples can access wedding day timeline templates on various websites. But it’s important that couples remember that their weddings are unique, so online guidelines might not be realistic. A careful consideration of a handful of variables specific to couples’ weddings can help them craft timelines that make their big day go smoothly.

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Brennan a finalist for CJHL Top Forward Award

By the CJHL

The Canadian Junior Hockey League announced Monday the finalists for its Top Forward Award in recognition for their efforts during the course of the 2022-23 campaign.

Selkirk Steelers' forward Lucas Brennan made that prestigious list.

The 18-year-old second-year forward from Winnipeg enjoyed a breakout season with Selkirk, recording 41 goals and adding 43 assists to lead the league in scoring with a 1.58 points-per-game average. This achievement earned him the Mike Ridley Trophy as the MJHL's Top Scorer in 2022-23.

In November, Brennan announced his commitment to play NCAA Division I hockey for the Bemidji State University Beavers.

This season, Brennan was also named the MJHL's Most Valuable Player, First Team All-Star and was

an MJHL star of the week three times and MJHL player of the month once.

Brennan was named to both the MJHL Top Prospects Showcase in November and was selected to play for Team MJHL at the MJHL-SJHL Showcase in January.

The other finalists included Aiden Fink, Brooks Bandits (AJHL), Olivier Columbe, Edmundston Blizzard (MHL), Tyler Fukakusa, Toronto Jr. Canadiens (OJHL), and Kian Bell, Battlefords North Stars (SJHL).

Earning honourable mention for the CJHL Top Forward Award in 2022-23 were:

Sean James, Smiths Falls Bears (CCHL); Anthony Di Cesare, Cobras de Terrebonne (LHJAAAQ); Nicolas Pigeon, Timmins Rock (NOJHL) and Ryder McMillen, Wisconsin Lumberjacks (SIJHL).

The finalists were determined



PHOTO SUBMITTED

Selkirk Steelers' forward Lucas Brennan was named a finalist for the CJHL Top Forward Award this past Monday.

through a voting process completed by the CJHL's nine-member leagues, for their respective efforts during the course of the regular season.

Selkirk Receiving 2023 Green Team Program funding

Submitted by Manitoba PC Caucus

MLA Alan Lagimodiere is pleased to announce \$99,677.55 for community projects as part of the provincial government's Green Team funding. Our government is pleased to promote youth employment across our entire province over the course of the upcoming summer season. The projects in our community are part of a total \$9.6 million to support the Green Team program this year.

"I'm thrilled that these funds will provide program support to so many local projects in our community," said MLA Lagimodiere. "Our government is always pleased to support important initiatives like the Green Team."

The organizations receiving funds are:

- City of Selkirk (comm beautification-grounds) is receiving \$7,585.60
- Red River North Tourism Assoc. is receiving \$9,625.50
- Selkirk Community Renewal Corp. is receiving \$10,402.65
- City of Selkirk (events preparation) is receiving \$2,840.40
- City of Selkirk (graffiti removal) is receiving \$2,600.55
- City of Selkirk (recreation) is receiving \$11,772.00
- Marine Museum of Manitoba is receiving \$17,680.50
- St. Andrews Community Club is receiving \$16,802.55
- Clandeboye Community Club is receiving \$4,792.55
- Little Britain Community Club is receiving \$2,500.00
- St. Andrews Heritage Centre is

receiving \$5,562.55

- Selkirk Friendship Centre is receiving \$5,012.70
- Petersfield Community Club is receiving \$2,500.00

The Green Team program will strengthen our communities, while also helping to grow our economy. This year, the program will fund 744 projects across the province and employ 2500 youth. These projects will promote green spaces, projects and tourism in the region, while also providing jobs and economic development in the area.

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Cormier named a finalist for the CJHL Top Rookie Award

By Brian Bowman

The Canadian Junior Hockey League announced last Wednesday the names of the five players that have been selected finalists for its Top Rookie Award in the 2022-23 campaign.

One of those players was Selkirk Steelers' forward Carter Cormier.

"It's definitely an honour. It definitely looks good on our organization as well because I definitely could not have done it without my teammates, even my coaches, for sure," said Cormier last Friday evening. "It's been really exciting and I'm glad that I'm a finalist for it."

Cormier broke on to the scene in the MJHL this past season in a big way, finishing second in rookie scoring with 19 goals and 33 assists in 45 games.

"It was definitely very surreal," he said. "I definitely could not have done it without (my linemates Lucas Brennan and Tyson Smith) and also my whole team. We gelled really good as a team. It was a good year, that's for sure."

Cormier was traded to Selkirk from the AJHL's Brooks Bandits on Oct. 13 and he started playing on a line with Brennan and Smith around mid-November.

"Once we kind of got back from the Christmas break that's when me, Smith, and Brennan really started to click and build chemistry and do good things for our team," Cormier said.

Cormier was the only rookie to score more than a point per game (1.16). For his performance this season, Cormier was named the Kim Davis Award winner as the MJHL's Rookie of the Year and was voted an MJHL Rookie Team All-Star.

Cormier was also named an MJHL star of the week twice and was selected as the MJHL's rookie of the month in November, January and February.

In January, Cormier was selected to play for Team MJHL at the MJHL-SJHL Showcase.

Cormier, who just turned 19, really enjoyed his first year in Selkirk playing for the Steelers.

"I love Selkirk and it was definitely a great fit for me," he said. "I love my coaches and my teammates. It was a very fun year."

The other finalists for the CJHL Top Rookie Award are Hudson Malinoski, (F) Brooks Bandits (AJHL), Luke Posthumous, (F) Nepean Raiders (CCHL), Riley Patterson, (F) North York Rang-



RECORD PHOTO RYAN SAWATZKY

Selkirk Steelers' forward Carter Cormier was named as one of five finalists for the Canadian Junior Hockey League's Top Rookie Award for the 2022-23 season.

ers (OJHL), and Riley Ashe, (F) Mel-fort Mustangs (SJHL).

Each of the finalists were determined through a voting process completed by the CJHL's nine-member leagues, for their respective efforts during the course of the regular season.

Earning honourable mention status for the CJHL Top Rookie Award in

2022-23 were as follows:

Maxime Gervais, (F) Panthères de St-Jérôme (LHJAAAQ); Ben Mercer, (F) Pictou County Weeks Crushers (MHL); Kylvie Ellis, (D) Greater Sud-bury Cubs (NOJHL) and Max Leduc, (F) Kam River Fighting Walleye (SI-JHL).

Fishermen Hand out 2022-23 awards

Staff

The Selkirk Jr. B Fishermen handed out their season-ending awards for the past season last week.

Here are the winners:

Jordan Donald (Top Scorer), Owen Derewianchuk, Brendon Hocaluk, and Ray Hefferman (Top Playoff Performer), Matt Brooks and Kasen Andrushko (Most Improved Player), Zach Parkinson (McMillan Family Scholastic Award), Owen Derewian-



RECORD PHOTO BRETT MITCHELL

The Selkirk Fishermen handed out season-ending awards to players last week. Pictured, left to right, Josh Poponick, Tyndall Fontaine, Zach Parkinson, Owen Derewianchuk, Chris Poponick, Cale Jonski, Brendon Hocaluk, Tyler Gerein and Mikey Singleton.

chuk and Brendon Hocaluk (Wayne Fey Memorial Leadership, Ability and Sportsmanship), Ray Hefferman and Cale Jonski (Carl Makara Memorial Top Defenceman), Seth Delaronde, Xander Delaronde, Carter Courchene (Mark Hendry Memorial Rookie of

the Year), Matt Wagner

(Fred Epps Memorial Manager's Award Team Dedication - On & Off Ice),

Malis Family Coach's Award Kyle Follhoffer (Inspirational Leadership and Ability), Owen Derewianchuk

and Brendon Hocaluk (Hard Hat Player of the Game Award), Zach Parkinson (Blood & Guts Award Trainers Award), and Zach Parkinson, Cale Jonski, Owen Derewianchuk, Brendon Hocaluk (Graduating Players).

Cheer competition to show athleticism, passion and energy

By Emma McGill

The excitement is building up in Selkirk as the Cheer Manitoba Provincials are set to take place this coming Saturday, May 6. With a kick off at 10 a.m., the city will be buzzing with energy and enthusiasm throughout the day.

Get ready to witness an incredible variety of cheerleading performances that showcase both individual skill and team coordination. From high-flying stunts to perfectly synchronized dance moves these athletes are sure to leave you in awe.

With athletes ranging from ages five to over thirty and 58 routines to showcase, the cheerleading communities of Manitoba and neighbouring provinces will receive their spotlight this weekend through a schedule filled with routines of pom (performance cheer), scholastic cheer, and all-star cheer.

Cheerleading as a competitive sport, rather than something on the sidelines, has gained traction and popularity in recent years thanks to shows like Netflix's "Cheer" and the work of Cheer Manitoba. The sport may even be a part of the Olympic games in the future.

Twelve out of the 58 routines are brought to the provincials by Legacy Cheerleading, a program run out of Winnipeg. Rosser's Molly Beachell, a U12 level 2 member of the club, is looking forward very excitedly to competing this Saturday. Ten-year-old Beachell is currently in her second year of cheer, having discovered her love for it when a friend of hers



Beachell was proud of her team's score. They Hit Zero meaning a perfect routine with no deductions.

brought her to a "come try cheer day." In cheer, Molly finds the components of both dance and gymnastics that she loves. She has developed close friendships with her teammates and really enjoys stunting and tumbling. "I like everything about it," she says.

Beachell's team of ten girls will showcase their three minute routine which features components of tumbling, stunting, and dance. They prepare by practising together for a total of five and a half hours a week, learning their stunts and routines and then pulling it all together to practise in a "full out," which is a rehearsal of the full routine accompanied by music. They begin in September and then



Imperials

RECORD PHOTOS SUBMITTED

Molly Beachell, back row left, and the Imperials Legacy team will be competing at the provincial cheerleading competition this weekend in Selkirk.

practise their full routines in December for the competitions that start in January. The team recently travelled to Edmonton this year for one of these competitions.

"Sometimes we mess up a lot at practice, but when we're in front of a crowd we always do very good," said Beachell.

Another program, Vision Cheer Company based in Headingley, is bringing four teams to provincials, those of which include cheer members London Sherry and Lexi Schutz. The judging panel will judge the teams using comparison scoring, prioritising rankings over a numerical score, based on the Cheer Canada

score sheet. They judge each component based on the difficulty of their routine in comparison to others in their category.

Provincials will be hosted at the Selkirk Recreation Complex (180 Easton Drive). Doors open at 9 a.m. The spectator fee is \$15 but free for children five and under. The event will have free parking, a fully stocked canteen, and an array of vendors including Total Spirit, Bows by Char, Shining Expressions, and more. It's highly recommended that spectators bring cash for candy grams and 50/50. For those unable to attend in person, there will be a livestream available to view on Cheer Manitoba's Youtube channel.

Locals lead Junior Bisons Gold to 16U volleyball title

By Brian Bowman

The Junior Bisons Gold did not lose a game at the 16U provincial volleyball championship in Niverville on April 22-23.

The result was a provincial title.

The Junior Bisons Gold capped off a stellar run with an impressive 2-0 (25-22, 25-12) victory over the Providence Pilots in the championship game in Niverville.

The Bisons' team included local players Danika Jakabek, a middle, and Brooklyn Grobb-Prins, a left side. Both are very talented and played key roles in the win.

"It was really exciting. I was very happy because we lost one of our best players, she hurt her ankle, and we still pushed through and won," said Grobb-Prins.

Jakabek said it felt pretty good to win a provincial championship.

"I had never won a provincial title in volleyball so it felt nice to actually win it this year," she said.

Winning that first set by just three points was a key to the victory.

"It was really important because usually the team

that wins the first set, it's pretty hard for the other team to come back and win in the second," said Jakabek. "It was important that we won that first set to get a bit of an edge on them."

That first set was an entertaining one.

"Those are the most exciting sets to play," said Grobb-Prins. "I think it gets us prepared for the rest of the game."

The Junior Bisons Gold did a great job keeping their composure while playing against Providence in their home gym.

"It was nerve-wracking but our whole bench was really loud and we competed with the crowd really well," Grobb-Prins said.

The Junior Bisons Gold will now play in the top pool at the nationals in Calgary from May 10-14.

Jakabek feels her team has a lot of potential to be competitive at nationals.

"I'm really looking forward to it," added Grobb-Prins, noting she played at nationals a year ago. "It's a big step up (in quality of play but) I think if we're all playing our best game then we'll have a chance at winning."



RECORD PHOTO SUBMITTED

Danika Jakabek, left, and Brooklyn Grobb-Prins won the provincial 16U volleyball championship with their Junior Bisons Gold team.

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MISCELLANEOUS

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

WANTED

WANTED: Buying estates, contents of homes, farms, barns, sheds, garages, etc. Buying most anything old & interesting! TEXT/PHONE: 204-918-1607. Junkies Estate, Salvage, Antiques & Oddities.

WANTED

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.

Looking for a fairly new complete set of scuba equipment with either wet or dry suit. Call Arnie at 204-641-2210.

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EXECUTIVE DIRECTOR - FULL TIME

With a commitment to excellence in providing value to its 175+ membership through a portfolio of products and services, Selkirk Biz, the area Chamber of Commerce since 1901, has established itself as a community ambassador, strong resource and voice for the business community. Selkirk Biz is seeking an individual for the role of Executive Director in accomplishing the goals set by the organization in the areas of developing and marketing member programs and services while growing revenue and enhancing member loyalty through a solid value proposition.

The Candidate:

Under the direction of the President, this individual will be responsible primarily for day to day office operations as well as fulfilling goals, priorities and objectives set out by the Board of Director. The ideal candidate has a strong commitment to customer service and to teamwork.

Polished and professional in appearance and communications, the Executive Director oversees planning of events and promotions, resources and programs, and maintains a high level of professionalism when dealing with stakeholder relations and the public. The successful candidate must have the following qualifications:

- Related experience would be an asset
- Proficient in Microsoft Office, Outlook and other computer software and keyboarding
- Commitment to education • Extremely organized • Professional, reliable and trustworthy
- Can work with little or no direction • Ability to take initiative

This full time position is 35 hours per week, Monday to Friday, and compensation is relevant to experience. Anticipated start date is May 15, 2023 Please forward your resume and cover letter via email by May 12 at 12:00 pm to:

Mr. Brett Mitchell, President, Selkirk Biz
info@selkirkbiz.ca bigandcolourful@mts.net

We thank you for your interest and application however only successful applicants will be contacted for an interview



Appointments to the RM of West St. Paul Board of Revision

The Rural Municipality of West St. Paul is seeking three individuals to serve on its Board of Revision for a three-year term beginning in 2023.

Appointments will be made with a view to engage knowledgeable, professional, managerial and other persons who have an understanding of assessment in residential and/or commercial applications.

Canadian citizens who are entitled to vote in Manitoba Municipal elections are eligible to apply.

The 2023 Board of Revision is scheduled for Wednesday, November 1, 2023 at 5:00pm to deal with the 2024 Realty, Business, Personal Properties Rolls, and the Added Taxes.

Application forms may be obtained from the RM of West St. Paul Municipal Office or online at www.weststpaul.com.

Applications must be received by the undersigned no later than May 18, 2023.

Lainie Shaw, ACAO
RM of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3
admin@weststpaul.com



TENDER 2023-01

2023 PAVEMENT REPAIRS PROJECT

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for the 2023 Pavement Repairs Project.

Specifications and Tender packages including submission documents are available online at www.weststpaul.com.

Sealed submissions clearly marked "Tender 2023-01 - 2023 Pavement Repairs Project" will be received by the undersigned at the address below until 12:00 noon on May 18, 2023. Late submissions will not be accepted.

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

All inquiries related to the Tender should be directed to Rick Friesen, Public Works Manager by e-mail rfriesen@weststpaul.com or by phone 204-334-0092.

Ms. Lainie Shaw, ACAO
Rural Municipality of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3

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Call 204-785-1618 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.

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908

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Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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McSherry Auctions
12 Patterson Dr., Stonewall, MB
Online Timed Auctions @ iCollector.com
Trad. In-Person Auction
Springfield, MB - May 7
Estate & Moving
Featuring 2 Semi Loads of Lumber & Tools
Closes May 10 @ 7:00PM
Estate & Moving
Closes May 17 @ 7:00PM
Booking On Site Spring Auctions
McSherryAuction.com
204-467-1858
Consignors Welcome!



VENDORS WANTED
We are looking for vendors for our Retail Store and Outdoor Markets beginning June 10 - Sept. 24. Please see us on Facebook. For more information contact Tracey.thecozyfox@gmail.com
637 Morris Ave. Selkirk, MB.

LIVESTOCK
2 year old & yearling Red Angus bulls for sale. Will semen test. Call 204-383-5802.

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.

NOTICES
SPRING HIRING???
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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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

UPCOMING EVENTS
Cluck & Quack Poultry Club Auction. Poultry & small animals auction on Saturday, May 6, 12 noon. Springfield Curling Club in Dugald, MB. For further vendor information contact Danica Mutchler, email danimonica@hotmail.com or phone/text 1-204-770-3857.

St. Clements Mapleton Anglican Church Parish Mothers Day Tea and Bake Sale. Parish Hall, 1178 River Rd. St. Andrews, MB on Saturday, May 13, 2023, 11 a.m. - 2:30 p.m. Tea, coffee, sandwiches, dainties, bake sale, 50/50 draw, silent auction. Admission donations accepted at the door.

Cloverdale United Church service on May 14 & 18 at 10:30 a.m., Millie Lewis officiating. June 4th - Harmony band; whist every Friday at 12 noon, ending May 26th. Nonie 204-482-5359.

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www.batteryman.ca

Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:

Student Activity Assistants: Various Locations in the IERHA

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please see: <https://selfservice.ierha.ca/> and search under: "Direct Support" and scroll to find: **Student Activity Assistant** for the complete job posting.
(Competition number: MMF LTC 376/23)

Please apply on-line at <https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Tuesday May 16, 2023 at 11:59 pm.

Official Notice to Control Noxious Weeds
SELKIRK WEED CONTROL DISTRICT
City of Selkirk, Town of Winnipeg Beach, R.M. of St. Andrews, R.M. of St. Clements

As indicated in the Noxious Weeds Act of Manitoba, (S.3(1)) a person must destroy or control Noxious Weeds that are on land that the person owns or occupies. All residential, commercial, agricultural, and public lands are subject to this Act.

If weeds are not destroyed or controlled as per the laws and regulations of the Act, particularly on SUBDIVIDED but not fully developed land (S.20(1)), and on certain vacant or unoccupied land (S.19(4)), the Weed Control District may enter upon the land and destroy or control Noxious Weeds without further notice. The cost of weed control will be charged to the property owner through the tax rolls (S.27(1)). The Weed Inspector will make systematic inspections and will enforce the provisions of the Act. Noxious Weeds discovered to be present on the forementioned lands after May 26, 2023 will be destroyed or controlled by mowing, cultivating, or application of herbicide.

Each Municipality reserves the right to levy a service fee on the affected property's tax roll in addition to the cost of weed control incurred by the Weed District.

Reports of Noxious Weeds as well as information on weed identification and methods of control is available through the Selkirk Weed Control District Office:
630 Sophia Street, Selkirk, MB, R1A 2K1
Phone: 204-785-3638, E-mail: slkweed@gmail.com

EMPLOYMENT OPPORTUNITY

CLASS 1 DRIVER WANTED
Enjoy applying Dust Control to various locations around Beautiful Manitoba. Full time seasonal. Excellent work environment!
Please send resume to grant@fordistributors.com or call 204-785-2180

SUMMER JOBS!

RED RIVER NORTH TOURISM
ST. ANDREWS - SELKIRK - ST. CLEMENTS

LOOKING FOR SOMETHING DIFFERENT THIS SUMMER?

Interested in History? Tourism? Event planning? Small business?
Red River North Tourism might be right for you!

Go to www.redrivernorthtourism.com for details.

SALES CAREER OPPORTUNITY

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

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WEEKLY NEWS

get inspired

> MEAL IDEAS



Sweetpotato Summer Rolls

Peel sweetpotatoes and cut into 1-centimeter thick strips.

In skillet, heat olive oil. Fry sweetpotato strips 3-4 minutes, turning occasionally; sprinkle with sesame seeds, deglaze with maple syrup and boil down briefly. Season with salt and pepper, to taste, and let cool.

Wash celery and red pepper; cut into strips.

Mix peanut butter with water, cream and soy sauce.

Let rice paper sheets swell according to package instructions.

Spread strips of sweetpotato, celery and red pepper on top half of one sheet rice paper. Drizzle with sauce. Fold lower half over strips then edges.

Repeat with remaining rice paper sheets and ingredients. Sprinkle summer rolls with chopped peanuts. Serve with remaining sauce.

Recipe courtesy of the North Carolina Sweetpotato Commission
Servings: 4

2 1/2 cups North Carolina Sweetpotatoes

2 tablespoons olive oil

2 teaspoons sesame seeds

3 tablespoons maple syrup

salt, to taste

coarse pepper, to taste

4 celery sticks

1 red pepper

2 tablespoons creamy peanut butter

1/3 cup hot water

1/4 cup soy cooking cream

1 tablespoon soy sauce

12 sheets rice paper (22-centimeter diameter)

2 tablespoons chopped, roasted peanuts



High-Protein Pumpkin Pancakes

Recipe courtesy of Steph Grasso on behalf of Orgain

2 cups oats

1/2 cup cottage cheese

1/3 cup pumpkin

2 scoops Orgain unsweetened plant-based protein powder

1 teaspoon vanilla extract

2 egg whites

nonstick cooking spray

berries, for topping (optional)

bananas, for topping (optional)

nut butter, for topping (optional)

syrup, for topping (optional)

In bowl, use blender to blend oats, cottage cheese, pumpkin, protein powder, vanilla and egg whites.

Spray pan over medium heat with nonstick cooking spray.

Use 1/3 cup measuring cup to scoop batter into hot pan one scoop at a time.

Flip pancake once pan-side is lightly browned. Remove from pan once both sides are cooked. Repeat with remaining batter.

Stack pancakes and top with berries, bananas, nut butter and syrup, if desired.



Frozen Veggie Side Dish

1/2 bag (14 ounces) frozen white pearl onions

1 box (8 ounces) frozen quartered artichoke hearts

1 box (10 ounces) frozen chopped spinach

salt, to taste

pepper, to taste

1/2 cup frozen sweet peas

1/4 cup heavy whipping cream (optional)

1/4 cup 2% plain Greek yogurt

1/4 cup grated Parmesan cheese

Prepare frozen white pearl onions, artichoke hearts and spinach according to package instructions.

In pan over medium heat, saute onions and artichoke hearts until tender. Season with salt and pepper, to taste.

Add spinach, frozen sweet peas, heavy whipping cream, Greek yogurt and Parmesan cheese. Mix until cheese is melted, and peas are soft.

Serve with protein and grain of choice, if desired.

BINGO

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Please Call 204-785-1618

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Pour en savoir plus:

www.lafpfm.ca/hippy
hippy@lafpfm.ca

1-888-666-8108 ext.218

Todd

250-864-3521

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF HOWARD ZIRK, late of the City of Selkirk, in the Province of Manitoba, deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 183 Main St., Selkirk, MB, R1A 1R5, on or before the 3rd day of June 2023.

DATED at the City of Selkirk, in Manitoba, this 24th day of April 2023.

PKF LAWYERS-Selkirk MB office
Adam Kelso, solicitor for the Executor

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF EDWIN RANKIN LAYTON, late of the Village of Grand Marais, in the Province of Manitoba, deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 183 Main St., Selkirk, MB, R1A 1R5, on or before the 3rd day of June 2023.

DATED at the City of Selkirk, in Manitoba, this 24th day of April 2023.

PKF LAWYERS-Selkirk MB office
Adam Kelso, solicitor for the Administratrix

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EMPLOYMENT OPPORTUNITY

Charisons Turkey Hatchery is currently hiring for GENERAL LABOURER positions.

- Full time and part-time positions available with a competitive compensation and benefits package, including health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.

Announcements

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Today - Call 785-1618



ANNOUNCEMENT

IN MEMORIAM



In Memory of
Glen Pruden

March 20, 1960 - April 30, 2022

The world changes from year to year,
our lives from day to day,
But the love and memory of you
shall never pass away.

Rest in peace brother and uncle.

-Love Cindy, Nigel and family
Marten, Pat and family

Don't forget your loved ones passed with a special message of remembrance

Call 204-785-1618

ANNOUNCEMENT

IN MEMORIAM



Dennis Walker 'Big Joe'
August 24, 1963 - May 4, 2019

You held my hand when I was small,
You caught me when I fell;
The hero of my childhood,
And of latter years as well.
Every time I think of you,
My heart just fills with pride;
And though I'll always miss you, Dad,
I know you're by my side.
In laughter and in sorrow,
In sunshine and in rain;
I know you're watching over me,
Until we meet again.

Always Loved,
Forever Missed,
Never Forgotten.

-Love,
Danny, Amy, Koral, Dennis,
Kaylyn and Paisley

OBITUARY

Leonard George Arthur Railton



Leonard George Arthur Railton passed away on April 26, 2023, at the age of 51 years old after a hard fought battle with ALS.

Beloved son of Leonard A.K. (late of 2010) and mom Carole Railton. Predeceased by grandparents A.K. and Frances Railton, George and Kristine Stamm, Norm and Betty (Lee) Burzuik.

Survived by sister Donna Campbell, her husband Cory and their children Valerie and Cameron whom Len adored. Len is also survived by the best uncles, aunts, cousins, great neighbours, and his "Conc" family, his work mates.

His job as a Health Care Aide for almost 30 years was a perfect fit for him. When Len had days off, he enjoyed yard work, gardening, and maintaining a koi pond. He would spend time at his sister and brother-in-law's cabin and with the family at Lake Winnipeg. He went camping at Banff, and once took a trip to see the Stanley Cup. Len lived his life to the fullest through showing kindness and helpfulness to others.

Many thanks to Adult Emergency HSC and the caring, thorough, remarkable staff at the MICU of HSC. Thanks to doctors Marcus Blouw, Shawn Thomas, Andrew Dyck for guiding Len and family. Thanks 7th floor staff at Deer Lodge and especially Riverview Health Centre where Len lived this past year. Riverview was so accommodating to Len and his family in every way.

Our sincere thanks to St. Clements Fire Dept. for holding a pancake breakfast fundraiser for ALS. To Angela at ALS for her help, support and providing equipment as needed. To Concordia coworkers for support with fundraising for a GoFundMe start up that provided additional support. This helped purchase equipment, medications, devices, transportation, supplies and a needed ramp built at our house by Josh G., his wife and family in one long day.

Len had a "Live" funeral in 2021 when Covid was amongst us. Mawejje of St. Clements kindly officiated.

Cremation will take place according to Len's wishes with his ashes spread where Len has specified. Len lived a quiet, full, purposeful life and we're glad we were part of it.

You can remember me and only that I've gone,
or you can cherish my memory and let it live on.
You can shed tears that I am gone,
Or you can smile because I lived.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



CELEBRATION OF LIFE



Mickey Gordon
1955 - 2022

His Celebration of Life on May 12, 2023 at the Selkirk Friendship Centre, 425 Eveline St. at 12:00 - 2:00.

CELEBRATION OF LIFE



Delphine Paine (Parks)

Our sweet beloved mom, grandmother, great-grandmother, sister, auntie, and friend Delphine Paine passed away January 16, 2023.

Please join us for a Celebration of Life on Saturday, May 13, 2023, 1:00 p.m. at Gilbart Funeral Home.

INTERMENT

Gary Hudson

The family of the late Gary Hudson of Matlock, invite you to a service of interment at Robinson Spur Cemetery, Pike Road, Matlock, Manitoba, 2 p.m. on Friday, May 19, 2023. Reception at St. Bartholomew Anglican Church 291 Churchill Road, Winnipeg Beach.

OBITUARY

Lawrence John Oig (John)



John departed for his eternal destination on April 23, 2023, with Diamond Gracie by his side.

John was predeceased by his soul mate and wife June, who left on her journey on February 9, 2022. June's departure left John with a broken heart. He has now joined his soul mate for eternity. He will also join his family and friends that went before him, mother Jean, father Bill, brothers Jimmy and Howard, grandparents Lawrence and Margret Smith, father-in-law Mel Bedard and sister-in-law Marilyn Bedard, niece Desi Walker along with many other family and friends.

John leaves behind his sister Susan, brother Doug along with his nieces Pam, Laura, Sheena, nephews James, JR and Clayton, sister-in-law Debbie and stepsisters Rain, Stacy, Billy and Bobby, mother-in-law Beatrice Bedard, brother-in-law Paul Bedard,

sisters-in-law Marie (Ernest) Walker, Linda (Robert) Hermanson.

In his younger years John spent a lot of time with his grandparents at their Taylor Avenue home enjoying the pets and goodies granny and grandpa would have. John in his teen years was always surrounded by his rowdy friends that liked to have fun and skip school. Once John met June she became the center of his life along with their pets. They were married on May 13, 1994.

John and June worked together at the Two Timers Thrift Shop and met a lot of new friends. They always had stories and laughs to share. Together they lived a full life surrounded by their fur babies and family. They enjoyed each other's company and shared many stories and laughs together. When you were with John and June together you could feel the love and friendship they had for each other. John was a little rough on the edges but had a heart of gold always willing to help, offer a handshake or a hug and was so proud of his family especially his nieces and nephews. His niece Pam made him a special beaded hat that he was so proud of and wore it with pride. Sheena, Kingsley and Brooklyn were always there to help their Uncle John and will miss him.

The family would like to thank the RCMP and Emergency Medical Responders for their support and professionalism during a difficult time. Thank you to Marie, Booteum and Bedard family for always being there to help John when his health was failing and he needed support. Your kindness and caring in providing John with comfort will always be appreciated. We also thank Gilbart's Funeral Home for their service and compassionate care.

Cremation has taken place and a celebration of John's life will be held on his 64th birthday, May 4, 2023 at 1:00 p.m. at Gilbart's Funeral Home, Selkirk. A burial will take place at the Old Stone Church after the service.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements *Selkirk Record*

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

OBITUARY



Rose Lillian Victoria Wills

Peacefully, on Wednesday, April 12, 2023, Rose Lillian Victoria Wills, aged 95 years, passed away at St. Boniface Hospital.

Rose was born in London, England on January 16, 1928 to William and Adelaide Elkins. She was predeceased by the love of her life and husband, William (Bill) Wills, and her sisters Babe and Dolly, and brother George.

Rose's love and laughter will be deeply missed by her children Stephen (Kath), Nigel (Cindy), Richard (Shelley), Paul, and sister Marian. She was a proud grandmother to Jennifer (Kyle), Victoria (Mike), Michael (Angela), Brenda (Adrian), Sean (Lindsay), Matthew (Vicky), Kaleigh (Richard), Stacey (Scott), Tamara, and Tyla (Andrew), and great-grandmother to Brody, Bailey, Mikhaila, Makayla, Will, Weston, Valentina, Avianna, Ethan, Wyatt, Tegan, Bexley, and Rowan. Rose is also survived by many beloved nieces,

nephews and great nieces and nephews.

Rose and her loving husband Bill moved to Selkirk in 1957 with their three young sons at the time to start a new life and to pursue new opportunities and careers. Rose worked as a social worker at the Selkirk Mental Health Centre for many years until her retirement in 1987, and was well regarded for her ability to connect with patients and their families. Following retirement, she further pursued her love of travel and adventure with Bill and then with her good friends from Middlechurch on the Red. She was a staunch supporter of continuous learning and was always willing to try new things. Rose was a supportive wife, mother, grandmother and great-grandmother, always encouraging her family to follow their interests and taking an interest herself. She was an avid reader and the family champion of Scrabble with an unmatched vocabulary. She was a bright light in the lives of many and we will all miss her great sense of humour, warmth, kindness, and contagious laugh.

In keeping with her wishes, cremation has taken place and a memorial service will be held on Sunday, May 7, 2023, at 4:00 p.m. in the Gilbert Funeral Home, Selkirk, MB. The service will be livestreamed via the link in her obituary at www.gilbartfuneralhome.com.

Memorial donations in Rose's name may be made to the Canadian Mental Health Association (CMHA) Manitoba and Winnipeg, 930 Portage Avenue, Winnipeg MB R3G 0P8 (<https://mbwpg.cmha.ca/connect/donate/>).

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Marquita Mclvor

On Tuesday, April 25, 2023 at the Selkirk Regional Health Centre, Marquita Dorothy Mclvor (nee Riley) aged 90 years of Selkirk, Manitoba, beloved wife of the late Duncan Gordon Ross Mclvor (Bud) passed away.

Marquita was predeceased by her husband Bud in 2005, parents Viola and Wilfred Riley, brothers Howard and Lewis Riley and sister Lynne Dupont.

She is survived by her sister Yvonne Good; children Mary Lynne Fabas (Marc), Duncan Mclvor (Theon), Patti Vandenbossche (Darcy), Cathryn Mclvor; and grandchildren Caleigh, Keera, Alexa, Eva, Jenna, Naomi, Liam and many nieces and nephews.

Marquita was born in Chicago, Illinois, USA on March 30, 1933 and grew up on the Riley farm near Stonewall, Manitoba.

Mom attended Teachers College in Winnipeg and started her first teaching job in Bissett, Manitoba where she met Bud. In 1963 they moved to Mclvor Lane north of Selkirk (Breezy Point).

Mom was a very busy wife and mother. She sewed the kid's clothes, made the best homemade bread ever, loved her flower garden canning/pickling, running kids to highland dancing, sports and piano lessons. All the while, finishing her teaching degree and teaching part time. She taught at many locations in the Lord Selkirk School Division.

Mom and Dad loved dancing and travelled with their camper to many old-time dances in Manitoba. They were members of the Bissett and Area Historical Society and Hydro-X, where many long-lasting friendships were enjoyed. Mom was an active member of the Selkirk United Church, PEO Chapter G and loved curling, quilting and playing bridge.

After Dad's passing, mom travelled to many places including: Hawaii, Europe, East Coast (USA) and a special mother/daughter Alaskan cruise.

Mom was a social person and relished all her friendships. Even in her later years as a resident of Tudor House she made friends and her company was enjoyed by many.

In keeping with her wishes, cremation has taken place and a celebration of life will be held on Wednesday, May 3, 2023 at 1:00 p.m. in the Selkirk United Church, 202 McLean Ave, Selkirk, MB.

Family would like to thank the staff at Selkirk Regional Health Centre, Dr. Paradoski, Dr. Demsas and staff at Tudor House for their compassionate care.

In lieu of flowers, donations may be made to the Alzheimer's Society of Manitoba and The Manitoba Lung Association.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Brent Jeffery Hewitt

Brent Jeffery Hewitt, beloved husband of Theresa Hewitt, passed away on April 23, 2023, at the age of 70.

He was predeceased by his parents, Nell and Fred, his sister-in-law Mary and close cousins.

Brent was a devoted husband to Theresa, loving step father to Ted (Lisa), and proud "Grampa Brent" to Allyson and T.J. Brent also leaves to mourn his brothers Patrick and Gerry (Carol), his niece Lisa and nephews Darren and Ryan. He had a special bond with his Aunt Josie and enjoyed time with all of his extended family.

Brent was very proud to have been born in Flin Flon, MB. He had a full life, pursuing his careers and passions. His favourite and most cherished accomplishment was realizing his lifelong dream of becoming a pilot, flying in the Northwestern Ontario wilderness. Brent loved music and was a gifted guitarist. Although he was

humble about it, he was incredibly talented, inspiring both Ted and TJ to play.

Brent had a keen interest in World War II history and was the very proud son of a veteran. He loved discussions with friends who shared that interest but especially his treasured visits with veteran Orville Marshall, who shared his memories of real experiences in Italy.

Brent was a storyteller at heart, and he had a gift for making people laugh. He was a master of the pun. He was incredibly social and had a knack for making friends anywhere he went. He especially enjoyed his Selkirk outings, where he had the opportunity to catch up with old and new friends. Theresa wanted to mention the many friendships that Brent truly cherished including with his brothers, cousins and their partners, neighbours, fellow pilots and their ladies, coworkers from Carte, members of Selkirk Army and Navy and the Legion, school buddies, fellow musicians and friends from Flin Flon and Selkirk. You all meant so much to Brent.

Brent will be remembered for his sense of humour, his ability to maintain his friendships over the years, and unwavering love for Theresa.

In lieu of flowers, please make a donation to honour him to the Winnipeg Humane Society or a charity that works to preserve wild life or nature.

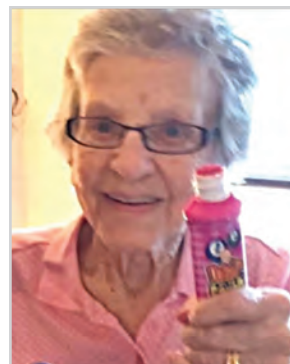
A memorial service will be held at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Virginia Barbara Coumont

It is with joy and sadness we announce the passing of our mom, grandma and great-grandma Virginia Barbara Coumont on April 25, 2023 in the comfort of her home with her daughter by her side holding her tight. The joy we have from this day, Mom is pain free and reunited with Dad and her beloved Grace.

Mom was born on November 15, 1937 to John and Rose Lamb. December 1951, at the age of 14 Mom's dad was tragically killed in a car accident. October 1953 Mom was blessed with a step-dad, Walter Kulchyski. Mom lived in Manitoba most of her life and had two sisters and two brothers.

In 1962, Mom and Dad (Alfred Coumont) entered a courtship and they were wed on February 09, 1963.

Mom's early years she was a hairdresser and worked in housekeeping at the old Selkirk General Hospital. Mom then operated a day care out of her home, which fulfilled her heart greatly. Many children were loved to the moon and back. Each child calling her Auntie Virgie and our dad Uncle Alfie.

Mom was an amazing cook, to list a few favorites were mashed potatoes, meatballs, cabbage rolls, pancakes, borscht and chicken breast.

Mom enjoyed bingo and the casino, which she made an endless amount of friends. Mom loved all types of gatherings (as long as they were not on a bingo night). Once Mom knew a gathering was to take place, out came a pen and paper and a menu list completed. Mom had an amazing sense of humor. She loved to prank/scare people, from hiding in weird spaces, wearing Halloween masks or a rubber creature of some kind.

Mom will lovingly be remembered by her daughter Brenda (Tim), sons Perry (Dana) and Robert (Lorraine); grandchildren Scott (Jordyn), Ashley, Alyssa, Cale (Emily), Cheyenne and Ryan; great-granddaughter Rayne; sister Pat (Mick), brother Bill (Lorraine) and sister-in-law Shirley. Mom also leaves to cherish her memory, many nieces, nephews, cousins and friends.

Mom was predeceased by her husband Alfred, Mom, Dad(s), sister Lois (Brian) and brother Brian. When Mom married Dad she gained a combined total of 28 brother/sisters-in-law. Mom was the last of this generation.

We the family would like to thank Dr. Speer for her constant care for our mom, Rexall Drugs, Selkirk and Pine Falls Home Care team; nurses Lisa, Janis and Laura, IERHA. Most of all, Mom's two angels, Mary and Janelle. You ladies went above and beyond to keep mom happy and safe.

As per mom's wishes, there will be no service. Cremation has taken place and a private family service to be held at a later date.

In lieu of flowers a donation to the Winnipeg Humane Society would be greatly appreciated.

Mom, to sum it up you were amazing. Rest easy, your job is done. Hardworking hands at rest.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY



Thomas Thorsteinn Oliver
Born: March 20, 1939

On Thursday April 27th, 2023 at the age of 84, Tom passed away peacefully at the Boissevain Health Centre.

Tom was born in Lundar, MB and moved to Selkirk, MB in 1950 where he raised his family and had a successful 40 year career with MTS. He was very involved with sports and enjoyed coaching hockey and baseball. His passions included watching both the Toronto Maple Leafs and Blue Jays, he also enjoyed the odd trip to the casino. He moved to Boissevain in 1999 and spent the rest of his life there.

Tom was predeceased by his parents Norman and Sigga as well as his brother Doug and George.

He is survived by his former wife Marian; sons Darcy and Doug (Vicky); grandsons Tyler (Kaylee), Mitchell, Ryan and great-

grandchildren Everly and Taya. Tom is also survived by siblings Cliff (Isabel), Norma (Jeff), Jim (Dorothy) and sister-in-law Jean.

Tom was cremated as per his request and a private graveside service will be held at a later date.

Our family would like to express our sincere gratitude towards Dr. Nell and the nursing staff at the Boissevain Health Centre for providing compassionate care throughout Tom's entire stay.

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OBITUARY



James Paul Eramchuk
May 21, 1945 - April 20, 2023

It is with great sadness that we announce the passing of our wonderful husband, father, grandfather, and friend.

Left with beautiful memories are his wife, Karen; son Paul (Michelle) Eramchuk, daughter Lisa (Shawn) Trudeau; grandchildren Avery (Kevin) Kash, Soren Eramchuk, Adam and Rebecca Trudeau; sisters Audrey (Wally) Hunchak and Veronica (Rod) Nickerson; as well as numerous friends and relatives.

Predeceased by his parents Paul and Eva Eramchuk, brother Dennis Eramchuk and in-laws Clayton and Betty Griffith.

Jim spent his childhood on the family farm in Rosedale, where he made many lifelong friendships. He was raised in a Ukrainian household and developed a strong work ethic and a generous, hospitable nature.

At 17, Jim left home to train and work as an electrician for CN. In 1967 he found himself on a blind date with a beautiful nurse from Melita. That was the beginning of their love story. Karen was welcomed with open arms into the Eramchuk family. This was the first time she experienced the Ukrainian family dinner. Jim and Karen married at the Rosedale Church in 1969 and settled in Selkirk.

Jim had a passion for sports, playing hockey, baseball, and curling. He saw the opportunity to combine his athletic background and a business. In 1971 he took a risk and opened Keystone Sporting Goods. Serving Selkirk and surrounding areas, Jim put in the work to build Keystone into the success it is today.

Soon after starting the business, Jim and Karen decided to start a family. Paul was born in 1972, followed by Lisa in 1974. Jim was a wonderful father, coaching and supporting his children. The family enjoyed camping and spending time with their friends, all of them raising their children together.

Jim and Karen fell in love with the Netley Creek area. They bought a cabin to spend their summers at. Jim loved being near the water, driving the boat while his kids waterski, and fishing with his friends. In 1995, they decided to build a home and live there permanently. It was an entertainment oasis. So many wonderful memories at their home on the water.

With growing kids came a growing family. Lisa and Shawn married, followed by Paul and Michelle. The family did not only grow by two, as Jim and Karen stretched their Sunday dinner table and hospitality to include the entire extended families as well.

Grandpa was by far Jim's favourite role. With the arrival of Avery, Adam, Soren, and Rebecca, followed by Kevin through marriage, as well as several "bonus" grandchildren from all over the world. Jim was a proud grandpa, attending all his grandchildren's activities - academic, artistic, and athletic. He taught them so many lessons that they will carry with them through their lives. He taught them how to nurture a garden, how to golf and fish. He loved playing card games and yard games with them. Every one of his grandchildren knows how to make a proper Caesar.

Jim retired in 2010, passing the baton onto his teammates. He was very proud of the business he had built, as well as all the friendships he made through the store.

Jim and Karen made the difficult decision to sell their home on the creek and move to Kiwanis on the Red in 2021. The decision turned out to be a wonderful one, as they were welcomed into an amazing community. Jim was quickly recruited by the foreman and enjoyed many hours working as Curly's apprentice. Together they worked hard beautifying the grounds and gardens.

Jim and Karen remained as active as ever after retirement, travelling and spending time with their cherished lifelong friends.

Through thick and thin, good times and difficult, Jim relied heavily on his beloved wife as they navigated the waters together. Karen truly was Jim's rock. Their marriage was strong and their love eternal.

A special thanks for the wonderful care at CancerCare Manitoba, and at the Selkirk Community Cancer Program.

A memorial service will be held in the Gilbert Funeral Chapel, Selkirk on Saturday, May 20th at 11:00 a.m. The service will be livestreamed via the link in his obituary on Gilbert's website. A reception will follow for family and friends.

In lieu of flowers, donations can be made to CancerCare Manitoba.

Condolences may be left on Jim's tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Janice Marilyn Kreviazuk

Peacefully, on April 26, 2023, Janice passed away at the age of 81 at the Selkirk Hospital.

She leaves to cherish her memory her daughters Shelly and Cheryl; her grandchildren Christopher (Marnie), Jamie-Lynn (Taylor) and Mandy (Sean) and her great-grandchildren Summer and Savannah, Theo and Raegan.

In keeping with her wishes, cremation has taken place. A celebration of Janice's life will be held on Monday, May 8, 2023 at 7:00 p.m. at the Kingdom Hall of Jehovah Witnesses at 3760 Andrews Road in East St. Paul, MB (Just north of Birds Hill, MB).

You will always be loved, never forgotten and forever missed.

OBITUARY



Larry Peterson

Suddenly and unexpectedly on Monday, April 24, 2023, Larry Peterson, passed away.

Larry was predeceased by his parents John and Rosella; infant sister Doreen; brothers Howard, David and Ken; nephews and nieces Kim, Barret, Les and Trevor Peterson.

Left to cherish his memory are his brother Eric and sister Linda (Lorne Webb) and numerous nieces and nephews whom he loved and cherished.

Larry was born and raised in Selkirk, he spent much of his time with his many friends in Selkirk and Petersfield. He majored in Auto Body and worked in many shops in Selkirk. He was an excellent auto body mechanic and took pride in the work he did.

He never had children, but loved all little ones, especially his special nieces. He loved going for coffee each day, met many

special people at Roxi's, Riverboat and A&W.

He will be sadly missed by us all.

We will meet again in heaven Larry.

Rest in Peace.

In lieu of flowers donations can be made to a charity of your choice.

For God so loved the world he gave his only son that whosoever believeth in Him shall not perish, but have everlasting life John 3:16.

A graveside service will be held on Friday, May 5, 2023 at the St. Clement's Cemetery at 3:00 p.m. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Frank Leo Paquette

September 24, 1933 – January 2, 2023

Frank passed away peacefully on Monday, January 2, 2023 after experiencing a brain aneurysm on December 27, 2022.

He is predeceased by his wife Janet (Rykyta), life partner, Irene (Cadger), sisters Dorothy and Josephine and his brother Edward and survived by his sisters Frances and Elizabeth (Betty), sister-in-law Jennifer, his children Susan, Bill, Bruce, Thomas (Doris), Michael (Jacqueline), grandchildren Kai and Katelyn (Kelsey), Courtney (Graham) and Morgan (Mariam), Matthew (Tara), Tyler, Evan (Emiley), MacKenzie, Johnathan and great-grandchildren Luca, Emilia and Matteo and his best buddy for the past 15 years Carol-Ann.

Frank was born in Winnipeg on September 24, 1933, to Joseph and Anne Paquette. He lived in Sargent Park and upon graduation

from Sargent Park High School started working for the Manitoba Telephone System (MTS) where he met his wife, Janet (Rykyta). Janet and Frank married in 1955, and started their family in 1957 in River Heights.

Frank was a member of the Kiewel's White Seals/Manitoba Clothing Senior A Men's Fastball Team from 1959-1964. The team was considered to be one of the province's best from the 1950's to the 1960's. As the Kiewel's White Seals they won the Winnipeg Senior A Men's Fastball League and was inducted into the Manitoba Softball Hall of Fame in 2004.

Frank and Janet moved to Fort Rouge in 1959 and Frank became involved in the Lord Roberts Community Centre coaching baseball to many of the children in the area.

He was a member of the Fort Rouge Curling Club and was President from 1984-1985.

Frank realized his dream of living in the country at the lake when he built a cabin in Blueberry Ridge at Grand Marais. He helped all of the neighbours whenever he could: shovelling snow, cutting grass, killing raccoons and other rodents.

Frank touched a lot of people's lives. He lived a long and healthy life and he will be missed by family, friends, colleagues and people in the communities in which he lived.

Funeral will be held at 2:00 p.m. on Thursday, May 4, 2023 at Chapel Lawn Funeral Home: 4000 Portage Avenue, Winnipeg, Manitoba, R3K 1W3. A short interment service will follow at the Assumption Roman Catholic Cemetery graveside followed by a reception at Chapel Lawn Funeral Home.

The Fort Rouge Curling Club will be making a charitable donation in his name to the Heart and Stroke Foundation.

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2020, 2021, 2022



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SHOW HOME OPEN! FEATURE OF THE WEEK!


















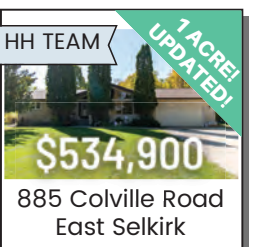
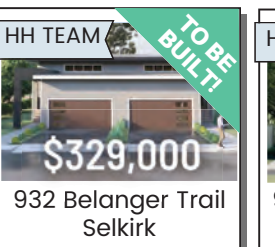
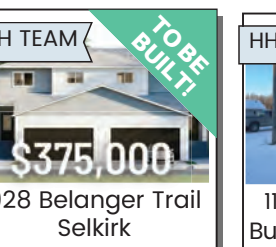
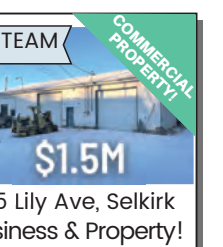

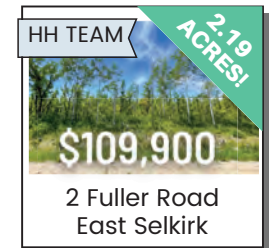
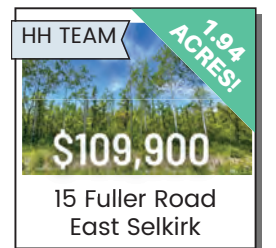


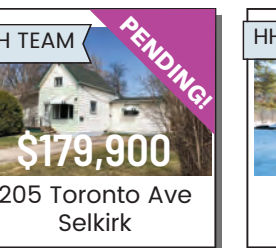

756 SCHMID ROAD, PETERSFIELD | \$455,900

OPEN HOUSE SATURDAY, MAY 6TH FROM 2-4 PM! PRICE REDUCED!
 Creek Life for Golf Fanatics & Outdoor Enthusiasts! 1120 SqFt Bungalow on unique 5.7 acre property right on the creek, adjacent to Netley Creek Golf Course! If your dream has been to live on the creek OR right next to a golf course, now is your chance for the best of both worlds! Spacious open concept main layout w/new high quality flooring, 3 bedrooms, 4pc bath & convenient main floor laundry/mudroom w/sink. Fully finished bsmt w/rec space, den, 4th bedroom (window not egress), 3pc bath & tons of storage. Updates: flooring, countertops, main bath, soffits, shingles, C-air, attic re-ins to R50, windows, doors, fence & well. Oversized 2DT grg (2020) w/100A service. Whether you are an active family, retiring or anything in between this home & property are the perfect fit. Excellent fishing, kayaking, snowmobiling, X-C skiing, all in the wonderful Petersfield community. Close to beaches, amenities & high rated schools.






EVERY WEDS & SUNDAY FROM 1 - 4 PM!
 801 VAUGHAN AVE, SELKIRK | \$499,900

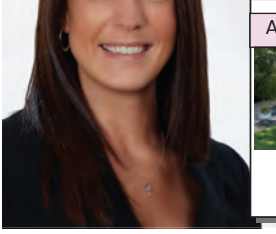
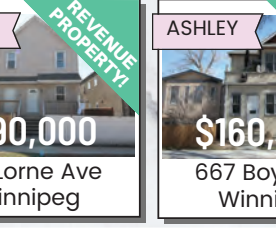
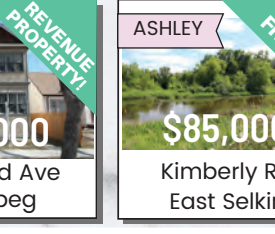
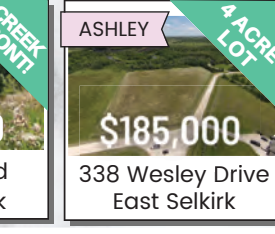


						
						

ASHLEY DOUGLAS REALTOR® Contact me for all of your Real Estate needs! 204.485.4051 ashley.douglas@century21.ca



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