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THURSDAY, MAY 9, 2024

VOLUME 15 EDITION 19

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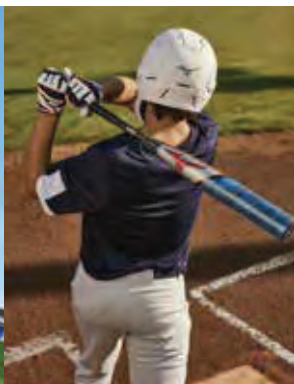
RECORD PHOTO BY KATELYN BOULANGER

In recognition of Red Dress Day, students at Lord Selkirk Regional Comprehensive Secondary School worked together to create a Faceless Dolls Project to honour the missing women, girls and two-spirited people who have been lost. Learn more inside.

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Survivor's Hope's SARAH program needs help from our community

Program helps with healing for sexual assault survivors

By Katelyn Boulanger

Survivor's Hope Crisis Centre is a resource that allows those in our community who have been affected by sexual assault and violence to access services. They offer a variety of programs but one of their programs in particular needs some help to keep going. SARAH a program that helps people heal, did not receive federal funding this year.

"SARAH is an acronym that stands for sexual assault, recovery and healing. It's an aspect of our work here at Survivor's Hope in providing support for those impacted by sexual violence through both our crisis program as well as our counselling program," said Coral Kendel, executive director of Survivor's Hope Crisis Centre.

The SARAH program luckily will not be leaving our community right away as an emergency grant from Manitoba Justice has helped them continue for now. This grant only partially funds the program's needs this year so they continue to need support.

Survivor's Hope provides crisis intervention and acute care services that they provide, this program directly helps people after they've experienced violence. There are a few different aspects of this program involving counselling as well as crisis support.

"In the counselling program of SARAH, we have 24/7 availability of advocates who can provide support to survivors of sexualized violence when they go to an Interlake Eastern area RCMP detachment to make a police report or a hospital emergency room to seek medical care after an experience of sexual assault. Those advocates will attend, they will sit with those individuals throughout the entirety of their stay and provide information to them about their different medical and legal options, provide emotional support, as well as advocacy with the other professionals involved in their care. That's a crucial piece to being able to provide comprehensive support to survivors

Continued on page 4

Survivor's Hope has created a go-fundme page and has been spreading the word in our community so that people can contribute to making sure that this valuable resource remains for those who need it.

SARAH is a unique program for Survivor's Hope, because unlike the preven-

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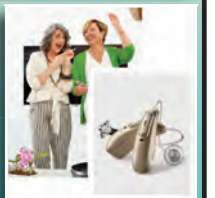


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Survivor's Hope is in need of help to continue funding their SARAH program.

> SARAH PROGRAM, FROM PG. 3

in the absence of sexual assault nurse examiners in our region. With our SARAH counselling program, anyone is able to access that program, who is 13 years of age and older, of any gender, who is impacted by sexual violence that perhaps they have experienced themselves, or perhaps a loved one experienced and they feel affected by supporting their loved one. Those counselling sessions are individual opportunities for folks to reprocess their feelings, learn new coping skills, and heal from that harm. They're done either in person in someone's community, by phone, or virtually. There're also support groups, healing groups, and drop-in groups that the SARAH counselling program offers as well. It's a vital opportunity for those who may have first had contact with us in our crisis program to have continued and follow up care. Also, for youth who we see in our school workshop program, if they've made disclosures, they can access a counsellor, as well as anyone from the general public who self-refers or is referred from another social service that they might be accessing," said Kendel.

She explained that this program has a huge impact on the way that Survivor's Hope functions because it works hand in hand with the support that is available from their other programs.

Kendel said that when they learned that SARAH was no longer going to receive federal funding it was nearly a very instant shutting down of services.

"We learned that federal funding for our SARAH counselling program

wasn't continuing on April 3, when funding had already lapsed as of March 31. So essentially, immediately, it was no longer funded. The initial reaction to that news was shock, and just devastation in knowing what this meant for individuals accessing our program, as well as those who would potentially need it in the future and to have such a huge gap develop in our region when it's already so under-resourced, leaving so many without vital opportunities to overcome harm," said Kendel.

This program is necessary in our region. According to Kendel, they see up to 100 people a year for long-term counselling as well as many people whom they speak to for a shorter amount of time or pass along to other resources thanks to their accessing the SARAH program.

"It is crucial to the care we're able to provide and in indirect ways, it influences so many more than the people that we sit down with because their family systems are now able to move forward from a better place because their family member is healthier now," she said.

Because of how much Survivor's Hope knew this program needed to continue in our community, they immediately flooded social media making our government aware of the need as well as crowdsourcing fundraising. This is how they received a \$25,000 grant from Manitoba Justice that will allow their program to run until at least this fall.

"[It was] an incredibly appreciated piece of stability that they provided and the community has stepped

Continued on page 5

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> SARAH PROGRAM, FROM PG. 4



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Residents can help contribute to the SARAH program to keep it going.

forward in momentous ways through donations and organizing independent fundraisers, and all those pieces put together has really been instrumental in ensuring that we're not disrupting care and further harming our participants by being unreliable support systems for them," said Kendel.

If you would like to support the continuation of this program in our community there are a few different options that you can give to the SARAH program.

"In the month of May, the Pinawa Foundation has their community project month, ongoing. If individuals would like to donate to Survivor's Hope they can contribute to Pinawa Foundation in our name, either by mail or by etransfer and those donations will be stretched 40 per cent," said Kendel.

Residents can also donate to the 'Help Save SARAH' campaign on gofundme at <https://gofund.me/7be2bbbed>. They also have a Canada Helps page where residents can

make one-time or monthly donations at <https://www.canadahelps.org/en/charities/survivors-hope-crisis-centre-inc/>. Survivor's Hope also takes donations on their own website as well as provides more information at <https://survivors-hope.ca/help-save-sarah/>. Finally, there is also an advocacy letter template on that same website.

To keep up with Survivor's Hope residents can follow their social media for updates.

Kendel would like to thank the residents who have helped them so far.

"Thank you to those who have already stepped forward with their immediate support, who raise their voices, who've made it apparent how much they are valuing the care available for survivors and believing and standing behind survivors, with how they're supporting our program. That is so appreciated and we thank those who have already made incredible efforts over the past month," said Kendel.

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Faceless Dolls Project honours MMIWG2S at LSRCSS

Project brings attention to MMIWG2S on Red Dress Day

By Katelyn Boulanger

Students at Lord Selkirk Regional Comprehensive Secondary School are recognizing the loss of murdered and missing Indigenous women, girls, and two-spirited people on Red Dress Day by making representations of the many people who have been lost throughout Canada.

"The faceless dolls represent missing and murdered Indigenous women and girls and two-spirit individuals who have gone missing over the years, whether they have been kid-

napped, or they've been murdered, or they've gone missing, and no one really knows where they are. The point of having no faces is because we don't know who some of these people are. And so, we're honouring them and hopefully bringing more awareness about this major issue in our community," said LSRCSS grade 10, 11 and 12 textile arts and design Teacher Caitlin Schick.

This project was started at LSRCSS in 2018.

"A couple of teachers started with making 1600 dolls and they had an exhibit, and they displayed all of them. [This time] we displayed all those dolls, in addition to the ones that we made this year. So, we have just upwards of 2000 out there," said Schick.

This project will be staying up in the school for the next few weeks and was up on Red Dress Day which took place on May 5.

"The textile arts class was really supportive. They were helping me with cutting out dolls and getting the kits ready so we could [have] kits for each of the classrooms that wanted to do the dolls," said Schick.

From there, about 20 different teachers incorporated the Faceless Dolls

Project into their curriculum teaching students in our region about MMIWG2S.

Schick explained that doing a project like this is important education for local students.

"Some of our students have relatives that have gone missing or people that they know, and I think this is such an important issue for us. I, myself, I just wanted to lift up the students and acknowledge this is something you're dealing with every day, and we don't talk about it and you're struggling with this trauma, if someone has gone missing and you're coming to school every day,



RECORD PHOTOS BY KATELYN BOULANGER

The above students created the material kits used by other high school classes to create the Faceless Dolls. Below: Some of the many dolls representing MMIWG2S.



and sometimes we don't talk about it. So, it was just bringing that to the forefront," she said.

When she taught her students about the project and what they were going to be doing, Schick said that they discussed who these people were.

"I just gave them the supplies and then had conversations about why are we doing this. And we wondered what kind of hair colour did they have? Do they have gray hair? Are they older? Are they children? What were they wearing? So, it was just re-

ally meaningful, and it gave [the students] time to reflect on the people that have gone missing. It was a really powerful thing for a lot of students and I was really happy that they got that time and space," she said.

Grade 11 Student Jordyn Recksiedler was part of the textiles class that made the kits for other classes. The textiles class students also made their own dolls.

"Me and my friends, we already

Continued on page 16

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Sail on down to the Rotary Club of Selkirk's annual Lobsterfest dinner

Biggest fundraiser of the year supports Rotary projects in our community

By Katelyn Boulanger

The Rotary Club of Selkirk is once again hosting its annual Lobsterfest Dinner. This dinner is the group's biggest fundraiser of the year and allows them to give back to our community in a big way.

"All proceeds from the dinner will be going to fund our \$100,000 commitment to the expansion of the Gaynor Family Regional Library's children's activity center. Much like last year, the reception starts at 5 p.m. with the dinner starting at 7 p.m.," said David Thorne, president of the Rotary Club of Selkirk.

The group is calling the event Lobsterfest 31 as it's the 31st year this event has taken place in our community and, like in previous years, the event will be hosted at the Selkirk Recreational Complex, on May 25.

Something that is different from previous years is that the Rotary Club is shaking it up. They are going to have this event be pirate-themed.

"Our goal is not only to put on a fabulous lobster dinner, like we've done for the last 30 years, but really to bring the community together to enjoy a night of fellowship, a night of singing, dancing, and just overall fun. We felt that if we had a theme, and we chose a pirate theme, that people would let their guard down a little bit and enjoy themselves and just be able to laugh. It's so important that our community can just laugh sometimes," said Thorne.

The fun isn't just for the volunteers though. Residents are also encouraged to dust off their hooks and tricorn hats.

"Our guests are encouraged to dress up as their favourite swashbuckler and there's actually going to be a prize for the best-dressed pirate, as well as the best table of pirates," he said.

Thorne also says that this year they are hoping to best their already phenomenal record for serving attendees.

"Last year we served 437 People in 57 minutes flat and it's our goal this year to beat that time," said Thorne.

There will also be the usual silent auction and 50/50 draw at the event for those who want to contribute a little bit more.

Supporting this event allows Rotarians to raise funds which they give right back to our community. This year's event is going to support the Rotary Club's commitment to raise \$100,000 for the Gaynor Regional Family Library's expansion but the

Rotary Club also supports the nutrition on the weekends program which since 2019 has served over 18,000 lunches in our community. They also have donated peace poles to our community, donated towards the creation of the Selkirk Skate Park and helped out in many other ways in our region.

As Rotarians know that inflation has been an issue in recent months, they also want to continue to have this event work in resident's budgets. Because of that, tickets are the same price as last year.

"We're keeping our price the same as last year at \$90. We didn't want to jack up our prices anymore and each guest will receive a \$30 tax receipt, which is included. But more than that, we've actually increased the size of the lobster this year to two pounds each and the steaks are going to be 14 ounces each. We wanted to give back to the community. We had a great year last year, but we want to ensure people have that full experience when they come to a rotary event," said Thorne.

The event has already seen strong ticket sales so residents are encour-



RECORD PHOTOS SUBMITTED

Photos from previous Lobsterfest events.



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aged to pick up their tickets sooner rather than later.

Residents can grab tickets by messaging the Rotary Club of Selkirk's Facebook page or emailing them at

rotaryclubofselkirkmanitoba@gmail.com. Tickets will be on sale until May 15 or until they sell out.

"Whether you're a long-time supporter, we've got many people in this community that have attended all 30 Lobsterfests which is amazing, or if you're curious about rotary and want to try it out. I really encourage everybody to join us," said Thorne.

Residents should keep up with the club's social media to learn about their upcoming fundraisers including their annual book sale which takes place in the fall.

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Call Katelyn Boulanger

Celebrating National Nursing Week May 6-12

By Jennifer McFee

It's National Nursing Week, which aims to recognize the contributions of nurses to individuals, communities and the future of health care.

This year, National Nursing Week runs from May 6 to 12 with the theme "Changing Lives. Shaping Tomorrow."

Newly graduated nurse Tayler Nickart looks forward to embarking on a career that will help change lives positively and shape the future.

Nickart graduated in February after completing her bachelor of nursing degree at Red River College Polytechnic. Soon after, she obtained her registered nurse license.

"I have always really been drawn to the medical field and the constant lifelong learning and diverse variety of jobs and paths the career provides. I loved the idea of being able to care for people in times of need to help them achieve good health outcomes and make a difference in their lives," she said.

"I also was a very clumsy kid who played many sports that made several visits to the hospital for various fractures, stitches and sprains. I have always admired and appreciated the compassionate and exceptional care of nurses I had that made me want to do the same work."

Nickart got a jump-start on her career journey as a nursing student in the Home for the Summer program at Selkirk Regional Health Centre (SRHC). This program offers summer employment opportunities for post-secondary students pursuing studies in nursing, pharmacy and allied health fields.

"I was very fortunate to be able to travel to several different long-term care facilities throughout the region and experience health-care settings in rural areas," she said.

"This position provided exceptional knowledge on many aspects of nursing — more than just direct patient

care, such as infection control, charting, developing therapeutic relationships with patients, assessing and analyzing patient safety and satisfaction of their care — along with shadowing nursing practice early on in my studies."

While she was studying, Nickart also held an undergraduate nursing employee position for about a year and a half on the surgical unit at SRHC. Undergraduate nurse employees work under the supervision of registered nurses or registered psychiatric nurses to gain experience and log working hours.

"I feel incredibly lucky to have had the opportunity to put my education to practise and strengthen my nursing skills and judgment prior to graduation," she said. "Clinical practice in nursing school is often limited with short rotations so you may not get to attempt all nursing skills."

As an undergraduate nursing employee, Nickart had the chance to hone her skills within an interdisciplinary health-care team, all while being supported by an experienced nurse.

"This employment gave me so much experience with a vast variety of patients — and being able to work alongside the health-care team was extremely rewarding," she said. "The staff on the SRHC surgery unit were beyond welcoming and supportive, and I am so lucky to have that opportunity prior to becoming a registered nurse."

In April, Nickart began employment as a registered nurse at SRHC's emergency department.

"I have really enjoyed the first month of my employment and getting to know the emergency team. I am most looking forward to take on the challenges of becoming an emergency RN and learning from the incredible nurses and staff that work at the SRHC facility. I feel grateful to be able to have grown so much in my nursing



PHOTO SUBMITTED

Newly graduated nurse Tayler Nickart began employment in April as a registered nurse at Selkirk Regional Health Centre's emergency department.

practice throughout my time working in Interlake-Eastern Regional Health Authority and to now be able to begin my career," she said.

"I have grown up and lived in the surrounding Selkirk area my entire life and am very much looking forward to being able to give back to the community that helped me to get to where I am today."

And for others who might be considering a career in nursing, Nickart offers some words of encouragement.

"It is incredibly rewarding to work with people in times of need and support them in any way you can, as well as care for their families and communities," she said. "Nursing is a career that will teach you so many things and you learn something new each day."



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Junior high fundraising program continues to give back years after

By Kaitlin Vitt

A fundraising initiative launched nearly 15 years ago at École Selkirk Junior High is still making an impact today.

Through the BOSS Guitar Works Program, students designed and built guitars that were signed by celebrities, including Slash, Randy Bachman and Bill Clinton, and auctioned off to raise money for charities with the tagline 'Built By Suns Signed By Stars'.

Last year, one of their guitars, signed by Ariel Walker, co-founder of the the Huntington Society, was auctioned off at the Huntington Society of Canada's 50th anniversary gala. The gala grossed more than \$200,000 in its fundraising efforts, including raising money for a Huntington Society of Canada Research Chair and specialized health care providers across Canada.

"It's such a touching feeling to know that people are donating their time, their energy, their efforts," Janice Quirt, communications specialist of the Huntington Society of Canada, said about the students' guitar program. "It's like a ripple effect."

Wayne Davies, the director of student teaching at the University of Winnipeg, was the principal at École Selkirk Junior High when the BOSS Guitar Works Program launched.

School shop teacher Kris Hancock started showing students how to make their own electric guitars. Around this time, the school went through a couple of difficult situations, including violence, and the school responded with various things to boost morale, including getting these guitars made by students signed by celebrities and auctioned off to raise money for charity.

"It was really cool because what we were doing was normalizing phil-

anthropic behaviour amongst kids," Davies said. "Now, some of those kids are in their later 20s ... and we know through connecting with some of them that they still think like that. They're still community-minded. They're the type of young people that we want to see grow up into becoming community leaders."

Davies wrote the book *The Guitar Principal: A Novel Intended to Entertain and Provoke*, a story inspired by the BOSS Guitar Works Program, an initiative he said was his favourite part of his career.

Quirt said the guitar program speaks to the grassroots movement of the Huntington Society of Canada, which was founded by Ralph and Ariel Walker.

"They started the society from their kitchen table because they saw that there was a need for people to connect, to have access to resources and information," Quirt said.

"On top of their full-time jobs, they just sat down and tried to bring people together, drove out the camper van with their kids to the East Coast, drove out West the next summer, really to bring people together and to offer that hope and to offer that information."

She said she sees this same spirit of doing good for others in the people involved in the guitar program.

"It's an amazing thing to do for people who you probably have never met but who are in need and you can make a difference," she said. "An effort like this really does have a far-reaching effect."

May marks Huntington Disease Awareness Month. Huntington's disease (HD) is a rare, hereditary disease.

"It affects people physically, mentally and emotionally. It's said to be like having elements of Parkinson's, ALS,



RECORD PHOTOS BY BRETT MITCHELL

Guitar program is still giving back. Pictured above: Kris Hancock, Scott Sampson and Wayne Davies

Alzheimer's and schizophrenia all at the same time," Quirt said. "There's no meaningful treatment right now, unfortunately, and there is no cure."

The Huntington Society of Canada has the aim of improving the quality

of life for those affected by the disease. The charity does this through offering support services, providing educational resources, investing in research and increasing awareness.



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Deadline for fence construction applications is June 14, 2024.

www.manitoba.ca/scap/resiliency/livestock.html

Local jukebox choir gears up for annual spring show

Carrie Schellenberg Wilson joins as new conductor of Octavia Women's Choir

By Kaitlin Vitt

Octavia Women's Choir is getting ready for its annual spring concert, a show the choir's conductor said is sure to be entertaining.

"It's not your typical choral performance," said Carrie Schellenberg Wilson, Octavia's conductor.

Octavia's spring show will be held May 31 at 7 p.m. and June 2 and 2 p.m. at Christ Church Selkirk. As of press date, only a few tickets remain for the first show, and the second is sold out. Tickets can be purchased by emailing octavialadieschoir@gmail.com.

Octavia puts on what are called jukebox musicals.

"We have in our midst one of the singers who is an excellent script-writer," Schellenberg Wilson said. "She manages to weave a story in amongst a bunch of songs, most of which would probably be familiar to most audiences, but they're sung in a choral setting, and so the story kind of brings all of the songs together."

In the spring show, a range of music will be featured, like jazz songs, music from the 30s and 40s, the Beach Boys as well as modern pop songs — anything that contributes to the theme of the story.

This spring show tells the story of a reunion of campers who went to a music camp together when they were kids.

"The story reminisces a little bit from their experiences of being at summer camp together, and then also hits on some of the themes that they've experienced in their adult life as they grew up and matured," Schellenberg Wilson said. "As you hear the script and

you hear the parts of the story, you can almost start to imagine what song comes next."

This is Schellenberg Wilson's first year as the choir's conductor. She became the conductor just before Christmas of 2023.

Schellenberg Wilson, who today lives with her family on a hobby farm in Libau, northeast of Selkirk, has been directing choirs since she was 16. She earned a degree in music education and was a high school music teacher for over a decade before becoming an accountant. She has also directed an auditioned musical group in Winnipeg.

While she's conducted musicals and operettas before, she hasn't worked in a setting like the one with Octavia, where the script comes from within the group.

"The artistic team is all from the choir themselves, and they're really brilliant, and they contribute so much to making the whole show feel like a show," said Schellenberg Wilson. "I'm just doing the music part. The performance is really all of the parts coming together."

Some of the members of Octavia have been in the group since its inception in 2012.

"They believe strongly in supporting each other, not just in their musical endeavours, but in life," Schellenberg Wilson said. "Singing in a choir is more than just the music. It's about the friendships and the sense of community, the sense of belonging that it provides."

In addition to the annual spring show, Octavia performs during the holidays in December and is available to perform at events, which people can book by emailing Octavia.

Octavia is a community group — Schellenberg Wilson says there's room for anybody. She said fall and January are good times to join the choir, and people can contact Octavia via email if they're interested in joining.



RECORD PHOTO SUBMITTED
Carrie Schellenberg Wilson, the conductor of Octavia Women's Choir, said the choir's upcoming show will be "not your typical choral performance."

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'Honouring Mothers Through Art' on show at Gwen Fox Gallery this month

Elaine Clerc, Darlene Marsch, Julia Penny and Marika Onufrijchuk Sokulski featured in this month's exhibit

By Katelyn Boulanger

This month at the Gwen Fox Gallery, the walls and plinths are lit up with a variety of colourful and bold pieces made by artists Elaine Clerc, Darlene Marsch, Julia Penny and Marika Onufrijchuk Sokulski. The show, which the artists are calling 'Honouring Mothers Through Art', is a wonderful stop on your May travels.

Elaine Clerc

Clerc describes her art as realistic and representational. Her paintings at the gallery this month are made with acrylics and include landscapes and cityscapes.

Her inspiration comes from the variety of places that she's lived.

"We've lived in three different provinces, Ontario, Saskatchewan, and now Manitoba. Each has its unique features. I take a lot of photos and paint from my photos then I started realizing that I liked the landscape, but I loved the way the shadows and the sun were shining on certain

parts of the landscape. That's what I wanted to portray in my paintings was the difference between light and shadow," said Clerc.

Because she is inspired by the light, Clerc's paintings often portray the world in the early morning or late afternoon when the light and shadow are stronger.

Her artistic journey started when she was young but it was in her 20s that she started to create more seriously.

"I always enjoyed art when I was a kid. In my early twenties, I met a girl who became a friend, and we got talking about art. I said 'I'd really like to get back into it again,' because I didn't do it through my high school years and she said, 'Well, I've been wondering the same thing.' So both of us found our teacher in Regina, Saskatchewan, where we lived and so we started taking group classes," explained Clerc.

She is now a member of several art groups and being from Winnipeg wanted to be part of the Gwen Fox



RECORD PHOTOS BY KATELYN BOULANGER

Gwen Fox Gallery's May show is themed, Honouring Mothers Through Art. Above: Elaine Clerc.

Gallery on the advice of a friend who invited her to check it out.

"It's a very friendly group of people and I always enjoy coming out here," she said.

Her best advice for new artists is to practice and that it's ok to use copy pieces that you like if your intention is to practice and learn.

"Copy paintings that you love and realize that if you are copying, it's for practice. I would also suggest at the same time taking courses in composition and value, which I think are the most important things," she said.

She encourages residents to come by and check out the Gwen Fox Gallery.

"[Our show] goes very well together and we have excellent people that hang the work and they're very savvy when it comes to complementing each painting by another painting which I think makes for a really good presentation," said Clerc.

Darlene Marsch

Marsch is a multi-media artist. She takes found objects and uses Pav-erpol, which is a hardener, to create sculptural pieces.

Her pieces this month include a beautiful life-sized heron, a pelican who's just caught its lunch, several



Darlene Marsch.

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If any one is interested in playing darts in the 2024-25 dart year we start up again in September.

Continued on page 13

Commemoration of the Battle of the Atlantic



RECORD PHOTOS BY KATELYN BOULANGER

The 77 RCSCC Daerwood held a Commemoration of the Battle of the Atlantic last weekend. Cadets read a roll call of ships lost at sea to honour those who lost their lives in the longest battle of the Second World War which began on Sept. 3 1939 and ended when the last of the U-Boats surrendered in 1945. During this battle, the Royal Canadian Navy suffered 1797 dead, 319 wounded and lost 24 warships. The Royal Canadian Air Force and the Canadian Army, serving in merchant ships, lost 380 personnel. The merchant navy lost 70 ships and approximately 1,600 people.



> GWEN FOX GALLERY, FROM PG. 11

depictions of people in lifelike positions and some pendants with textured centres.

Marsch explained that her inspiration sometimes just pops into her head and sometimes she starts working and what she thinks will be one thing turns into another.

"[I like] animals and people [and am inspired by] different ethnic groups and stuff like that. I try to be very mystical. Some people say it's kind of goth because it's very mysterious," she explained.

One of the ways that she makes her

pieces unique is by using found objects like hand-made crocheted doilies that she finds at second-hand stores.

"[My sailboat piece has a base that was] cut off from a tree a slab when we were cutting wood for firewood. I thought, "I don't want to throw this away." Well, sure enough, I needed a base for one of the pieces. Another one was the fairy. A friend of mine, she had this block of wood and she said I don't have anything to do with this but you probably would. Well, I made something with it. I don't throw anything away because something

will come out of it for inspiration," she said.

A St. Clements local, Masch says that her artistic journey started when she was just a kid and she was bored and her mother gave her pencil crayons to keep her busy.

"I just went from sketching to doing art at school and then drawing for the yearbook and also now I'm kind of getting into photography," she said.

She got into Paverpol work taking a class on the subject and it definitely stuck.

Marsch's best advice for starting artists is to come into the gallery and check it out.

"Talk to any of the artists, we're always coming around. There're workshops and stuff like that. Come and get involved," she said.

Julia Penny

Penny is a Winnipeg Beach area artist. She has a varied mix of realistic style work at the gallery this month which includes bold acrylic and oil paintings some sketching and a piece where she used white gel pen on a black background.

"I would describe [my work] as portraits. I do portraits. I love portraits even a tree to me is a portrait or even the landscape is a portrait," she explained.

She takes inspiration from the world around her and since her studio is surrounded by trees that is a strong part of her work.

"My environment really inspires it.

Continued on page 14



RECORD PHOTOS BY KATELYN BOULANGER

Julia Penny.

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> GWEN FOX GALLERY, FROM PG. 15

You can go for a walk, and see something that just absolutely hits you," she said.

Penny described the start of her journey into art as part of her childhood playing. She drew in her mother's books and her mother wanting her to move her creativity elsewhere gave her paper to use.

She's never stopped having chosen a career in the arts.

"I'm trained as a graphic designer. I've always been art-focused. Scratch a graphic designer and there's an artist underneath," she explained.

In addition to seeing her paintings at the gallery, residents will also be able to purchase her book *From All Walks of Life* which visually depicts the stories of Canadian immigrants.

Her advice for aspiring artists is to create every day.

"I think if you're an artist who wants to paint and draw you should be drawing every day," she explained.

She also hopes to see residents coming to the gallery to see the show this month.

"Everything's just so unique. I think we're all slightly different so [seeing the show] will bring a new perspective," said Penny.

Marika Onufrijchuk Sokulski

Sokulski's work is bright using a

unique style as well as vibrant colour to bring her gouache paintings to life.

"I work with a selection of water-based paints and I interpret the flora and fauna of nature using diminutive strokes of the brush. Diminutive strokes are somewhat akin, yet different from impressionist art. My palette is an extreme range of colour and the result is a textured surface," she explained.

Her art is inspired by the natural world and residents who stop by the gallery will notice that she has floral paintings as well as some unique and beautiful depictions of fish.

"I'm inspired by patterns in nature. When I see patterns on animals or patterns in the form of leaves or flowers, they inspire me," said Sokulski.

In addition to her work with diminutive strokes, Sokulski also has some pieces with a Ukrainian influence that brings together many cultural elements.

Art has been a part of her life for a long time and being an accomplished artist with paintings in the collections of the government of Manitoba, the Manitoba Arts Council, the Ukrainian Cultural and Educational Centre – Oseredok and the National Museum of Lviv, Ukraine she has a strong education in art to match her accomplishments.

"When I was younger I was always interested in painting. I started taking art lessons from my local art instructor who was not far from me. I took lessons and then I took art in school and then I took art at university, I was always inspired and always want-



RECORD PHOTOS BY KATELYN BOULANGER

Some of Marika Onufrijchuk Sokulski's paintings using diminutive strokes.



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ed to paint colours, forms and shapes," she said.

As a Winnipeg artist, Sokulski has continued to be part of the Gwen Fox Gallery because of the opportunities that it gives artists to be able to exhibit their work in our community through not just monthly exhibits but also their all-members shows.

She invites residents to stop by the Gwen Fox Gallery.

"It's a beautiful gallery that used to be a post office and now it's renovated. It's spacious and it's an excellent place," said Sokulski

The four artists will be at the gallery throughout the month but if residents want to they can check out the artists reception on May 11 from 1 to 3 p.m.

This month's Gwen Fox Gallery show will be up until June 1. Residents can visit the gallery for free anytime from Tuesday to Saturday from 11 a.m. to 4 p.m. They also are open until 8 p.m. on Thursdays.

CMHA releases new data on compassion for Mental Health Week

Despite 94% of Manitobans claiming to be compassionate, only 42% took action in the past year to alleviate hardship

By Staff

Canadians are often recognized globally for their compassion and kindness; however, new data may suggest otherwise. A recent study by the Canadian Mental Health Association (CMHA) found that while 94% of Manitobans claim to be compassionate, only 42% have taken active steps to alleviate hardship in the past year.

Compassion, defined as the practice of meeting suffering – whether our own or that of others – with kindness, is often confused with empathy. While empathy involves the sensing, feeling and understand-

ing of another's experience, compassion goes beyond empathy into the realm of taking action.

"Compassion is the emotional response to the struggles of others combined with a real, authentic desire to help lessen their suffering and respond with care," said Margaret Eaton, National CEO, of CMHA. "With

so much hardship going on in the world, compassion is needed now more than ever."

The survey conducted by Maru Public Opinion found that although the majority 69% of Manitobans say that when they see someone struggling,

Continued on page 16



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> MENTAL HEALTH WEEK, FROM PG. 15

they feel compelled to help, 65% admit feeling overwhelmed by the issues and unsure where to begin.

"We're seeing a lot of people wanting to be more compassionate, but not knowing how. The good news is that compassion is part of our human nature and can be learned and practiced," explained Eaton. "In fact, giving compassion, receiving compassion, and allowing ourselves to experience self-compassion are all very beneficial to our mental health."

Demonstrating compassion through caring actions and kindness can positively impact mood and help alleviate feelings of depression. This is because the act of "giving compassion" is closely connected to the release of oxytocin, a feel-good hormone.

Research also suggests that compas-

sion is contagious. Experiencing acts of compassion can encourage people to show compassion too, creating a domino effect.

"This Mental Health Week, we also recognize the acts of compassion our community mental health workers across the country offer day in, day out - providing services like mobile mental health crisis response, harm reduction services, housing, and so much more to millions of Canadians," continues Eaton.

Practicing compassion is fundamental to creating a more just and equitable society. It helps to establish trust, strengthen relationships, and cultivate a sense of community. In fact, 77% of Manitobans think Canada could be a more compassionate country by doing more to help those in need through social support programs and better laws/policies.

Marion Cooper, CEO, of CMHA

Manitoba and Winnipeg said "In a world where digital connections often overshadow human interactions, let us remember the transformative power of simple acts of kindness and compassion. As we embark on Mental Health Week 2024, let us reconnect to our humanity, fostering genuine connections with one another. These person-to-person interactions are not merely gestures; they are the threads that weave the fabric of our community, nurturing collective well-being and resilience. Together, through our kindness and compassion, we can create a more empathetic and supportive world for all."

The release of this data coincides with CMHA's 73rd Mental Health Week (May 6-12). This year's theme 'Healing through Compassion' explores how compassion connects us all. To learn more and get involved, visit www.mentalhealthweek.ca.

There will also be a local event for the CMHA Interlake-Eastern area during Mental Health Week. On May 10, there will be a Community Wellness Day for the public. CMHA

is bringing together many wonderful community resources to support information sharing with a range of interactive booths for all members of the community. Additionally, each hour they will highlight a resource where an individual can ask questions and hear about specific services in a one-hour information session. CMHA will provide wellness kits to the first 80 individuals through the door and there will be a scavenger hunt where residents will be encouraged to speak with each booth, once they complete the scavenger hunt, they will then be entered into a draw. The event runs from 10 a.m. to 3 p.m. at the Gordon Howard Centre. Booths include Selkirk Transit, Public Health Testing, Employment and Volunteer Information, CMHA Resources, IER-HA Mental Health Resources, paint a pixel for a community mural and free clothing items. There will also be mini-education sessions. Starting at 11 a.m. residents can learn about addiction resources for them and their loved ones, at 1 p.m. residents can learn about mindfulness strategies, and at 2 p.m. residents can look forward to a naloxone training session.

Learn more about the CMHA at <https://www.cmhaacrossmb.ca/interlake-eastern/>.

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> FACELESS DOLLS PROJECT, FROM PG. 6

knew about the missing and murdered Indigenous women [girls, and two-spirited people] so it was just nice to be part of something like that. It was nice to see that our school is doing something to actually bring light to it because this way people will see it and it's not just [learning] facts. It just shows the magnitude," said Recksiedler

The faceless dolls are now hanging all over the school, not just in the main display but throughout the high school spreading awareness.

Schick says that she hopes this project will continue every few years so that future students can also make a doll.

Ruby's Paradise launches new activities this weekend

By Autumn Fehr

Ruby's Paradise, a family-owned and operated golf course in Winnipeg Beach will open for the summer this weekend.

In 2022, owner Anjali Schludermann purchased the beautiful property, planting the seed to grow her dream.

"It started with the dream of providing a family-friendly venue as a safe place for young and old to have some good old-fashioned fun. With our family's love of golf, ice cream and hot dogs, Ruby's has become the place where we hang out and enjoy our favourite pastimes," said Schludermann.

At the time, Schludermann was looking to purchase a golf course with space to build, and the property caught her eye on her way to a viewing appointment for another property.

Schludermann said she turned around on the highway, took a picture of the sign, and immediately called the number – it was meant to be.

"This property reminds me of the

movie *Field of Dreams* because it is a beautiful place to grow my dream. It's an eat, work, play location for me, and those most important to me," said Schludermann.

The business was named after Schludermann's late Aunt Ruby to honour and thank her for being her biggest supporter throughout her life.

This Mother's Day weekend, on May 11 at 10 a.m., Ruby's Paradise will host its grand opening, along with the Winnipeg Beach Farmer's Market – the perfect spot to take your mom this weekend.

As a mom herself, Schludermann wanted to do something special for the moms in the community. Ruby's Paradise, in coordination with Winnipeg Beach Farmer's Market owner John Wheeler, will give away a single carnation to the first 100 women who stop by in honour of the special day.

This Mother's Day, families can stroll through the farmer's market for the first time this season, with Ruby's new hot dog cart making its first ap-

pearance. The cart will sell classic hot dogs, drinks, and other tasty treats.

On weekends throughout the summer, families will be able to enjoy the market that will feature fresh veggies, food, crafts, and entertainment.

Mini golf will also debut this year at Ruby's and will be open during certain hours, weather permitting. It will be located near the driving range, which will also open this month. Schludermann said mini golf isn't scheduled at Ruby's until July.

"It's not the full course we want to bring to the beach, but it is a start in the right direction," said Schludermann.

Prices will stay the same this season, and a card system will be in place. The eleventh bucket of balls for the driving range is always free, and taxes are always included.

With the expansion of new activities offered on location, Schludermann continues building on her dream and is excited about what's to come at Ruby's in the near future.



RECORD PHOTO SUBMITTED

The staff at Ruby's Paradise gear up to serve the community this season. Left to right, front row. Julia Consigleo, Maria Ksionzek, Anjali Schludermann, Pepi DelaCruz, Leana Good; back row, Steele Knight, Ian Jensen, Travis Friesen and Trevor Johnstone. Missing from the photo Adrian Brito.

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RECORD PHOTOS SUBMITTED

A Meet and Greet was held on April 24 at the Matlock Recreation Club to express gratitude for the grants received from the RM of St. Andrews, Access Credit Union and the Building Sustainable Community grant, which were used for recent renovations to the club. Westshore Community Foundation President, David Douglas presented Brenda-Lee Walker, President of the Matlock Rec Club with a cheque for \$4,000 towards the renovations. Among the notable guests were Councillor Tracy Slyker, Councillor Laurie Hunt, Mayor Joy Sul of R.M. of St Andrews, and MLA Richard Perchotte of Selkirk/RM of St Andrews. Absent from the photo was Nicole Skorupski, Managing Partner at Access Credit Union. Additionally, the MRC Executive and Board, along with several volunteers were also present.

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Fisher Branch retired nurse raising awareness of opioid crisis, substance use

By Patricia Barrett

A retired nurse from Fisher Branch is raising awareness of the opioid crisis in the Interlake and beyond in order to educate people about addiction issues and show substance users that there's hope for recovery.

Darcy Truthwaite worked as a nurse for 30 years, and in the last 16 months before she retired, she helped set up and run the Substance Use Disorder Clinic at the Percy E. Moore Hospital in Hodgson to help people who are desperate to deal with their addiction.

Since 2016, people dying from opioid toxicity in Canada has increased, said Truthwaite. And people need to know how addictive opioids are and how hard it is to get off them. That's why she's focusing on educating people about the drugs.

"I think a lot of my patients started using street drugs because they had no idea of the long-term effects of opioids," said Truthwaite. "Once they became addicted, they'd have horrific withdrawal symptoms and powerful cravings, and they had no idea this was going to happen to them."

To help raise awareness of how serious opioid addiction is and to educate people about where to get help, Truthwaite has been giving presentations to various communities in the Interlake. As president of her local Toastmasters in the Arts Club, she is well versed in speaking before audiences. She recently visited Fisher River Cree Nation and also presented in Jackhead First Nation and at the Jack-

head school. She has already given three presentations at Fisher Branch Collegiate to students in grades 9 to 12.

Truthwaite said there are around 200 different kinds of opioids. People are probably familiar with commonly prescribed opioids such as codeine, which is found in Tylenol 1, 2 and 3. Other opioids include oxycodone (e.g., Percocet), which became the poster child of addiction, morphine, heroin, hydromorphone, fentanyl and carfentanyl (carfentanil), which is used in veterinary medicine to tranquilize large animals such as elephants.

Opioids produce pleasant effects such as pain relief, euphoria and sedation, but they can also cause low blood pressure, loss of consciousness and suppression of breathing.

And with MRI imaging, Truthwaite said it's possible to see physical changes in the brains of people who use opioids. There is decline in white matter which can affect learning and decision-making, the processing of new information and adapting to new circumstances.

"It also affects the cerebral cortex, which is responsible for regulating emotional impulses and making rational decisions," she said. "Studies have shown that once addiction develops, voluntary control is reduced."

Truthwaite said all opioids can be made in illegal laboratories in Canada. Fentanyl and carfentanyl can be

used as "fillers" in other drugs because they're easy to get, cheap and make those other drugs stronger and more addictive.

If someone had a prescription for an opioid from their doctor and were then cut off, they may turn to drug dealers on the street.

Addiction usually starts by taking pills. When someone becomes tolerant to a certain level of the drug, they'll start to crush and snort the pills, said Truthwaite. Then they'll take it up a step by smoking it and eventually diluting and injecting it.

Once hooked, people suffer from physical and mental anguish as they crave the substances.

"It's horrible. I found obituaries of three people who were addicted, and I refer to these obituaries in my presentations," said Truthwaite. "One mentioned how addiction literally took over the life of one woman's daughter. The mother said, 'It consumed her life like a black hole and it had taken over her life. She frantically and relentlessly sought help. Nothing succeeded. Relapse always followed.' This shows how horrible addition is. It's been described as the worst flu ever [when people are withdrawing]. They'll have everything from bone and joint aches to muscle spasms and twitches, goosebumps all over their body, nausea, vomiting, diarrhea, and they'll feel restless, anxious and irritable."

She said it takes at least 10 to 20 days of withdrawal before these symptoms abate; that depends on how long someone's been taking opioids and how much they've been taking.

"It feels worse to come off opioids. A lot of my patients were on it for 10 years," said Truthwaite. "And they didn't know how to get help."

Thirty per cent of opioid overdoses are linked to suicide because they "don't know of any other way out," she said. She researched statistics showing the growing crisis in deaths from substance abuse.

Between January 2016 and March 2021, there were 22,828 deaths (Canadians) from opioid toxicity. And Indigenous peoples identify as being disproportionately harmed by opioids; opioid deaths occur three to seven times more frequently than in non-Indigenous people.

"A lot of deaths are being blamed on fentanyl and carfentanyl. And today there are other drugs being thrown in the mix like the Zombie drug xylazine," said Truthwaite.

Xylazine is an animal tranquilizer. It does not respond to naloxone, the drug that reverses opioid overdoses. Xylazine has been reported in B.C., Alberta and Ontario. Users can suffer blackout states and develop rotting flesh.

"One of the main things I want to get through to people is that when you buy drugs off the street, you never know what you're going to get," said Truthwaite. "I heard one report in the media of a fellow who snorted cocaine and suffered an opioid overdose - cocaine is not an opioid. It turns out the cocaine was laced with enough carfentanyl to kill eight elephants."

The Substance Use Disorder Clinic at the Percy E. Moore Hospital, a federal hospital, can treat people addicted to opioids on a walk-in basis. However, the clinic does prefer people to call ahead so they it can ensure there's a doctor available. In addition to medi-

Continued on page 28



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Fiddlers on the Loose visit Selkirk's Head Start



RECORD PHOTOS SUBMITTED
Students of the Selkirk Onashiwon Aboriginal Head Start Program were treated to quite a show earlier this week. Performers from the Manitoba Chamber Orchestra visited the program as part of the Fiddlers on the Loose spring tour. The students experienced an exciting blend of classical and traditional fiddle tunes.

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Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337

The Selkirk Record

get inspired

> MEAL IDEAS

Garlic-Parmesan Chicken Tenders with Green Beans and Honey Mustard Dip

Recipe courtesy of Albertsons

Total time: 30 minutes
Servings: 4

- 2 tablespoons extra-virgin olive oil, divided
- 1/4 cup mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon salt, divided
- 2/3 cup Parmesan cheese, shredded
- 1/2 cup panko breadcrumbs
- 1/2 teaspoon paprika
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 1/2 pounds green beans
- 1/2 cup honey mustard dressing



Preheat oven to 450 F. Coat baking sheet with 2 teaspoons oil.

In medium bowl, stir mayo, garlic powder and 1/2 teaspoon salt to combine.

In separate medium bowl, stir Parmesan, breadcrumbs and paprika to combine.

Pat chicken dry with paper towels and slice into 3/4-inch tenders. Add to bowl with mayo mixture and toss to coat.

Working in batches, dredge tenders in breadcrumb coating, pressing to adhere. Transfer to baking sheet.

Bake until tenders start to turn golden, about 10 minutes.

On clean cutting board, wash, dry and trim green beans. Set aside.

When chicken is golden, flip and bake until cooked through, 6-8 minutes. Remove from oven.

Preheat large skillet over medium-high heat. Add remaining oil and swirl to coat bottom. Add green

beans and remaining salt; cook, stirring occasionally, until tender-crisp, 4-5 minutes. Remove from heat.

Divide chicken tenders and green beans between plates. Serve with dressing for dipping.

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Evolution Dance year end recital



RECORD PHOTOS BY KATELYN BOULANGER

Evolution Dance Company in Selkirk hosted their annual recital on April 29 and 30. The talent of Selkirk and area dancers was on show as groups of all ages, including a special performance by their instructors, came to the stage. More photos on page 26.





sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Curling Canada introduces new stream to its scholarship program

By Lana Meier

Curling Canada is pleased to announce the addition of a new stream to its scholarship program, providing equal support for both upcoming champions and those who contribute to the sport's growth.

Increasing the number of curling scholarships equates to greater prospects for aspiring young curlers and future leaders. This is precisely why Curling Canada has decided to nearly double the amount of scholarship opportunities available to student-athletes this year.

Along with the For the Love of Curling scholarships, which have been given out each year since 2014 to talented young athletes, Curling Canada will be introducing a fresh set of

scholarships this year to assist aspiring leaders in their pursuit of higher education.

The Fran Todd All Heart Award, introduced two years prior, aims to support young curlers in developing inclusive initiatives and programming at their respective facilities. As it enters its third year, the award is evolving into a scholarship that will aid in furthering the education of aspiring leaders in the curling community.

"Many young curlers grow up with dreams and aspirations of reaching the podium. Others wish to use the values and qualities of fair play and sportsmanship they learned through curling to bring change to their communities. They are all leaders of the sport in their own rights and deserve

our support," said Brodie Bazinet, Curling Canada's philanthropic program manager. "This is a major opportunity for broader representation of young curlers across the country. Thanks to the generous support of donors, Curling Canada can now invest equally in our sport's future builders and champions."

The Curling Canada Scholarship Program now has two streams, with 10 scholarships to be awarded in each. The 20 scholarships are worth \$2,500 each, totalling a \$50,000 investment in the future of the sport this year.

There are 10 For the Love of Curling Scholarships for young curling student-athletes who best demonstrate athletic and academic prowess and strong community leadership. The

aim is to give talented young curlers the support they need to pursue their academic and curling dreams.

Ten Fran Todd All Heart Scholarships are open to curling student-athletes who exemplify a strong commitment to volunteerism and community leadership in using sports as a vehicle for positive societal change. This scholarship aims to recognize and assist empathetic young curlers in pursuing their academic and volunteer ambitions.

This year, The Governor General's Curling Club, an honorary society under the patronage of the Governor General of Canada since 1874, will award two scholarships. These schol-

Continued on page 28

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli's Einarson headlines first annual Chisasibi Curling Classic

By Kieran Reimer

Canada's elite Indigenous curlers faced off in the first edition of the Chisasibi Curling Classic last month.

The Cree Nation of Chisasibi, a village home to nearly 5,000 people on the west coast of Quebec, hosted 10 of the country's top curlers in the historic event.

Four-time Scotties champion and Gimli's own Kerri Einarson, along with Canadian curling greats Al Hackner, Carolyn McRorie, Kevin Koe, Jamie Koe, Kerry Galusha, Joe Wallingham, Patty Wallingham, Mike McCarville, and Colin Hodgson gathered in Montreal on April 17 before taking the two-hour charter flight northwest to Chisasibi.

Upon their arrival in Chisasibi, the curlers were greeted by many locals and given a grand tour around the village, followed by a traditional meal.

"We were pretty excited because we knew who all the curlers were," said Chisasibi recreation coordinator Roy Neacappo.

"We took them around, had goose over the fire, bannock and tea. Friday, they met the students at the school. We also took them to our local radio station and interviewed them throughout the day. We had a minibus for them to show them around the community."

The plan to bring the curlers to Chisasibi had been in the works since Fall 2023 when Hodgson, aside from curling, works for Classroom Champions. This national organization empowers children to thrive academically, socially, and emotionally through the mentorship of world-class athletes, reaching out to the 10 Indigenous curlers to see if they could come to teach the locals how to play and have a competitive match themselves.

In the week before the event, the village got to work in preparation. Students were taught floor curling in gym classes, while staff at the local hockey rink pebbled the ice to make two stunning curling sheets with a colourful medicine wheel button.

When it came time for the big game, many of the village's locals showed up to cheer on their new friends.

"A lot of people showed up to watch," said Einarson. "There were 10 of us curlers on the ice so we kind of rotated playing five on five. There were lots of great shots made and the ice was really well done so it was lots of fun."

Einarson's Team Sunset, including Hodgson, Joe Wallingham, Hackner, and McRorie, went on to claim a 7-5 victory through eight ends of play over Team Northern Lights' Kevin Koe, Jamie Koe, Galusha, Patty Wallingham, and McCarville in a tight contest to the end.

"We didn't think we would beat them because they were pretty stacked but we managed to pull it off," said Einarson. "It was so much fun. We all just really enjoyed the experience and had fun with it."

Throughout the rest of the trip, the curlers also had the opportunity to teach various curling clinics



EXPRESS PHOTOS SUBMITTED

Canada's top Indigenous curlers and Cree Nation of Chisasibi locals pose for a group photo following Team Sunset's 7-5 victory over Team Northern Lights in the first edition of the Chisasibi Curling Classic.



Kerri Einarson's (front row, left) team Sunset, including Colin Hodgson, Joe Wallingham, Al Hackner, and Carolyn McRorie, went on to claim a 7-5 victory through eight ends of play over Team Northern Lights' Kevin Koe, Jamie Koe, Kerry Galusha, Patty Wallingham and Mike McCarville in a tight contest to the end.

to students from the local schools and adults who wanted to try the sport.

They were divided into different groups: students aged 5 to 8, 9 to 14, 14 and up, and adults in the

evening.

Neacappo was happy to see how much everyone was invested in it and called it a success.

"The event was a lot of hard work putting it on, but it paid off," said Neacappo. "The reaction we got from the community was very positive. World-class athletes came to our community to put a little show on for us, so we were very excited about that."

The curlers have since left Chisasibi but remain in touch as they plan to host the second annual Chisasibi Curling Classic next year.

The rink plans to keep the curling sheets intact until June, with a community send-off event on the last day.

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The Selkirk Record

Manitoba's golf season in full swing

By Kieran Reimer

It's open season for golfers across Manitoba as a majority of the province's courses opened in the past couple weeks.

Larters at St. Andrews Golf & Country Club officially opened April 13, and general manager Geoff Kehler said the course is already in good shape.

"It wintered very well," said Kehler. "We have a couple of spots that are a little bit of winter kill but nothing like a lot of other courses in the province are facing."

Kehler added that they re-did their tee boxes at the end of last season and cut down some trees as well.

You can call them at 204-334-2107 or visit their website larters.com.

This season Larters features a new discounted golf special where golfers can get \$6 off their round on Monday's and Tuesday's.

"If people are looking for savings, that's our best deal," said Kehler.

Larters also joined Spark Golf, the largest network of 9-hole, social golf leagues across Canada and the United States, this season.

Spark Golf is designed for golfers of all skill levels looking to have fun while playing in a friendly competition.

Larters' Spark Golf rounds begin at 6 p.m. on Friday's and players can sign up as singles or groups for \$45 per green fee.

The Netley Creek Golf Course & RV Park has also been open since April 22, with its new RV park attached that offers stay-and-play packages.

Owner Jacqueline Grabinski said their Weekend Excursion package includes a two-night stay in their fully serviced RV park along with 18 holes of golf per day with power cart prices based on two golfers.

Netley Creek opened on May 4 last season, and Grabinski said the 18-hole par 72 course is already in good shape this season.

"Everything looks good," said Grabinski. "We've had a few busy days."

You can call the golf course at 204-738-4653 or visit their website netley-creekgolf.com for more information.

Selkirk Golf & Country Club is another course that opened earlier than usual on April 13.

This season, they are working on installing a new pump for their irrigation system and adding new fairway and green mowers to keep up with maintenance.

Michael Hill, general manager of Selkirk Golf & Country Club, said the 18-hole, par 72 course is in good shape, and they are already experiencing fully booked tee sheets.

"When the sun's been out, we've been sold out every day," said Hill. "The weekends have been extremely busy. It's off to a fast start."



RECORD PHOTO BY MICHAEL FROST

Selkirk Golf & Country Club opened on April 13. They will host the Maple Junior Tour PLYR Series from July 15-16.

Selkirk will once again be a stop on the Maple Junior Tour. They are set to host the MJT PLYR Series from July 15-16.

The tournament serves as a qualifier for the National Team Challenge, JNJG (Australia), and Champion of Champions. Registration is \$174. Golfers can sign up on maplejrt.com

For junior golfers aged 10 to 18, the course is also offering eight weeks of lessons with full membership and range use.

The package costs \$357 per junior golfer after tax.

To book a tee time call 204-482-2050 or visit their website selkirkgolfand-countryclub.com.

Victoria Beach Golf Club is still in preparation for the 2024 season.

The course is nestled along the shores of Lake Winnipeg and offers various 9-hole playing options.

The course is expected to open sometime in May.

For more information call 204-756-2435 or visit their website victoria-beach.ca/p/golf-course.

> SCHOLARSHIP, FROM PG. 26

ships are made possible by generous donations from members of the club.

Potential scholarship recipients will use the same application to apply for both scholarship streams. Applicants will write a personal essay reflecting on their vision for the future of curling in Canada and what influences they and their generation of curlers

can have on the development of the sport and the community.

Applicants must be 22 or younger as of Dec. 31. Students who have received the For the Love of Curling Scholarship are still eligible for the Fran Todd All Heart Scholarship.

The selection panel consists of Curling Canada staff, board members, former scholars and other leaders in the curling community, including: Nolan

Thiessen (Curling Canada CEO), Helen Radford (Curling Canada Manager, Youth Programs and NextGEN), Bobby Ray (Curling Canada Manager, Club Development), Brodie Bazinet (Curling Canada Manager, Philanthropic Program), Michael Szajewski (Curling Canada Board of Governors Chair), Jennifer Howard (Curling Canada Board of Governor), Donna Krotz (leadership representative), Wil Robertson (previous scholar), Sophie

Blades (previous scholar) and Wil Thurlow (Governor General's Curling Club).

The application must be submitted by June 9, at 11:59 p.m. ET, after which Curling Canada will reveal the chosen recipients in September of that year.

For more information and to apply, visit Curling Canada's Philanthropic website.

> RAISING AWARENESS, FROM PG. 22

cations used to help people get off opioids, the clinic provides counseling, social worker services, referrals and screening for HIV and hepatitis, which can be acquired through substance use by sharing paraphernalia such as straws or needles.

"When I retired, I was lucky to have Amanda Mann take over the clinic. She works as an addiction nurse and she's amazing. And they just hired another nurse, Tracy Sinclair," said Truthwaite. "There are five doctors

at Percy Moore that can prescribe a treatment for opioid use disorder."

The clinic, which opened in 2021, is provincially funded, she added, but it is not a RAAM (Rapid Access to Addictions Medicine) clinic like the one in Selkirk. It is also not a detox centre.

"For opioids, we have drugs that can stop the symptoms within 20 minutes. We mostly use suboxone, which stops the withdrawal symptoms and stops the cravings. But

we have to adjust the dose and it takes about three days to adjust it on an out-patient basis That's what the Percy Moore clinic focuses on," said Truthwaite. "But a lot of times, people are addicted to more than one substance. So we can stabilize them on suboxone then send them to rehab to get off the rest of the substances. Unfortunately, there's no medication for methamphetamine or cocaine. But there are medications for getting off alcohol."

Truthwaite said she became close to her patients when she was work-

ing at the clinic and is "very proud" of all of them.

"They did well on suboxone and started changing their lives," she said.

To contact the Substance Use Disorder Clinic at Percy E. Moore Hospital in Hodgson, call (204) 372-6906.

The clinic helps people 18 years and older. No referral is needed. The clinic does not treat people who need urgent medical attention for conditions such as psychosis, hallucinations and paranoia or who are at active risk of harm.

Classifieds



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METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stone-wall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

Buyer for all farm- yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

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FORAGE SEED FOR SALE: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

FIREWOOD

Birch, tamarack, ash, poplar, Pine and oak for sale. Call or text 204-904-8441.

ANTIQUE SALE

Don't miss the big annual Spring Junk Wag-on Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, May 11, 2024. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5.00 per person.

GARAGE SALES

Little Britain United Church Indoor Garage Sale, 5879 Hwy 9, Lockport, Friday, May 10, 4-8 p.m. & Saturday, May 11, 9-3.

APARTMENT FOR RENT

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

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PRIVATE SALE-BELAIR PROPERTIES - 1200 sq. ft. bungalow with assumable mtg. @ 2.25% (upon qualification). 2 bdrm. 1 bath, office/utility room, screen room; inc. washer, dryer, fridge, dishwasher, microwave, wall a/c, all window coverings (new glass top stove negotiable), well/holding tank-200 amp electrical, new triple pane patio doors, windows throughout. Corner lot 100X200, mature trees, 3 storage sheds. For more info. call 1-204-756-6698.

WANTED TO RENT

Mature couple, non smokers, no pets, looking for nice home to rent in Selkirk or Selkirk area for May 1st. Contact 204-648-4475.

HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

HELP WANTED

Galay Landscaping is currently conducting interviews for the position of landscape technician, foreman and labourer for the upcoming 2024 season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for advancement for those interested and able to learn. Class 5 license and own reliable transportation is required. Please send resume by email to: info@galaylandscaping.com No phone calls.

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The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
Please Call 204-785-1618



RURAL MUNICIPALITY OF WEST ST. PAUL PUBLIC NOTICE

REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2024-10 IN THE AREA KNOWN AS EVELYN AVENUE

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of *The Municipal Act* that the Council of the Rural Municipality of West St. Paul has scheduled a public hearing at the Access Centre located at 48 Holland Road, in the RM of West St. Paul on the 30th day of May, 2024 at 6:00pm. Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan By-Law No. 2024-10:

Installation of wastewater sewer pipes, including surface restoration in the area known as Evelyn Avenue in the RM of West St. Paul.

The cost of the project is \$585,090.00. The Municipality has secured 50% funding from the Manitoba Water Services Board up to \$342,060.38, estimated to be \$292,545.00 for the project.

The Municipality will allocate \$40,446.05 of one-time provincial funding from the Strategic Infrastructure Basket to the project.

The Municipality will allocate \$11,281.43 of interest the Municipality earned from the Manitoba Water Services Board advanced funds and the one-time provincial funding from the Strategic Infrastructure Basket to April 30, 2024.

Council is proposing that the Municipal costs of \$240,817.52 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 7.975% with an annual payment of \$24,482.18. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

Per Parcel Rate

- Cash option of \$26,757.50 per parcel, or
- Finance option of \$2,720.24 per parcel to be levied annually for 20 years.

A written objection may be filed with the Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on May 30, 2024. Council will hear any potential taxpayer who wishes to make representation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan By-Law No. 2024-10 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: www.weststpaul.com.

Dated at the Rural Municipality of West St. Paul this 9th day of May A.D. 2024, and issued pursuant to Section 318 of *The Municipal Act*.

Dave Wardrop, FCPA, CPA, P.Eng.
Chief Administrative Officer
RM of West St. Paul 204-338-0306 info@weststpaul.com

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 27, 2024 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



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RURAL MUNICIPALITY OF WEST ST. PAUL PUBLIC NOTICE

REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2024-12 IN THE AREAS KNOWN AS HIAWATHA AVENUE, MINNEHAHA AVENUE AND KENABEEK STREET

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of *The Municipal Act* that the Council of the Rural Municipality of West St. Paul has scheduled a public hearing at the Access Centre located at 48 Holland Road, in the RM of West St. Paul on the 30th day of May, 2024 at 6:00pm. Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan By-Law No. 2024-12:

Installation of wastewater sewer pipes, lift station and forcemain, including surface restoration in the areas known as Hiawatha Avenue, Minnehaha Avenue and Kenabeek Street, in the RM of West St. Paul.

The cost of the project is \$3,797,347.50. The Municipality has secured 50% funding from the Manitoba Water Services Board up to \$2,219,677.68, estimated to be \$1,898,673.75 for the project

The Municipality will allocate \$269,640.33 of one-time provincial funding from the Strategic Infrastructure Basket to the project.

The Municipality will contribute \$390,993.75 from the Sewer Reserve towards the installation cost of the Lift Station and Forcemain.

The Municipality will allocate \$75,209.52 of interest the Municipality earned from the Manitoba Water Services Board advanced funds and the one-time provincial funding from the Strategic Infrastructure Basket to April 30, 2024.

Council is proposing that the Municipal costs of \$1,162,830.15 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 7.975% with an annual payment of \$118,216.56. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

Per Parcel Rate

- Cash option of \$19,380.50 per parcel, or
- Finance option of \$1,970.28 per parcel to be levied annually for 20 years.

A written objection may be filed with the Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on May 30, 2024. Council will hear any potential taxpayer who wishes to make representation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan By-Law No. 2024-12 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: www.weststpaul.com.

Dated at the Rural Municipality of West St. Paul this 9th day of May A.D. 2024, and issued pursuant to Section 318 of *The Municipal Act*.

Dave Wardrop, FCPA, CPA, P.Eng.
Chief Administrative Officer
RM of West St. Paul 204-338-0306 info@weststpaul.com

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RURAL MUNICIPALITY OF WEST ST. PAUL PUBLIC NOTICE

REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2024-11 IN THE AREAS KNOWN AS NYE AVENUE AND BALDOCK STREET

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of *The Municipal Act* that the Council of the Rural Municipality of West St. Paul has scheduled a public hearing at the Access Centre located at 48 Holland Road, in the RM of West St. Paul on the 30th day of May, 2024 at 6:00pm. Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan By-Law No. 2024-11:

Installation of wastewater sewer pipes, including surface restoration in the areas known as Nye Avenue and Baldock Street in the RM of West St. Paul.

The cost of the project is \$1,775,317.50. The Municipality has secured 50% funding from the Manitoba Water Services Board up to \$1,037,901.48, estimated to be \$887,658.75 for the project

The Municipality will allocate \$202,230.25 of one-time provincial funding from the Strategic Infrastructure Basket to the project.

The Municipality will allocate \$56,407.14 of interest the Municipality earned from the Manitoba Water Services Board advanced funds and the one-time provincial funding from the Strategic Infrastructure Basket to April 30, 2024.

Council is proposing that the Municipal costs of \$629,021.36 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 7.975% with an annual payment of \$63,948.07. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

Per Parcel Rate

- Cash option of \$13,978.25 per parcel, or
- Finance option of \$1,421.07 per parcel to be levied annually for 20 years.

A written objection may be filed with the Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on May 30, 2024. Council will hear any potential taxpayer who wishes to make representation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan By-Law No. 2024-11 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: www.weststpaul.com.

Dated at the Rural Municipality of West St. Paul this 9th day of May A.D. 2024, and issued pursuant to Section 318 of *The Municipal Act*.

Dave Wardrop, FCPA, CPA, P.Eng.
Chief Administrative Officer
RM of West St. Paul 204-338-0306 info@weststpaul.com

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Industrial cleaning business for sale. Currently servicing established Canadian companies. Details available upon request. Ability to run business out of a small shop or large garage. Includes: Hot tanks x 3, Jib Cranes x 2, Press, and Welder. All specialty tools to be fully operational. Average sales over past 4 full years \$180K in annual sales + potential for more. Business has been operational for 15+ years. Please contact for more details and information. Asking \$155,000 for business. Please contact 431-337-0769.

MISCELLANEOUS

Farm wagon, \$350; 16' tandem trailer, \$4500; 8' trailer, \$1150; 50 24x30 patio bikes, \$499; air compressor 2 tanks, \$325; large air tank, \$150; parts cleaning tub, \$175. Call 204-482-2723.

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MISCELLANEOUS

For sale - A real buffalo skull. Asking \$500 or best offer. Please call or text 204-481-0369.

PET GROOMING

Professional one on one pet dog grooming for small and medium size dogs. Located in my West St. Paul home grooming shop. Nail trims also available. 204-293-6234.

UPCOMING EVENTS

St. Andrews Anglican Church invites you to High Tea, Saturday, May 25, sittings at 1 and 3 p.m. Location: Selkirk Community Arts Centre in Selkirk, MB. Tickets \$20, call 204-757-9332 or 204-339-3090.

Spring Market and Craft Sale. Saturday, May 11, 2024. 10 - 3. Holy Eucharist Hall 500 Pacific Ave Selkirk. Admission: Monetary donation to Selkirk Food Bank.

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Pesticide Application Program PUBLIC NOTICE is hereby given that Grand Pines Golf Course

intends to conduct the following Pesticide Control Program during 2024 from May 20 to November 15.

1. To control weeds, the Herbicides used will include:
Round-Up, Trillium and SureGuard.
2. To control diseases of turf, Fungicides will include:
Disarm, Segway, Instrata, Dedicate, Secure and Signature.
3. To control insects and pests, This will include:
Merit, Dragnet and Ramik Green.

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

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

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The Selkirk Record

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

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER. RIDE DAY - SATURDAY MAY 25, 2024, 10 a.m. start - Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge.

St. Clements Mapleton Anglican Church Parish Mothers Day Tea and Bake Sale. Parish Hall, 1178 River Rd. St. Andrews, MB on Saturday, May 11, 2024, 11:30 a.m. - 2:30 p.m. Tea, coffee, sandwiches, dainties, bake sale, 50/50 draw, silent auction. Admission donations accepted at the door.

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.

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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.

HIRING? NEED CLASS 1 DRIVERS or construction workers? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please Call 204-467-5836 MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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MANITOBA MÉTIS FEDERATION Now Hiring For: MULTIPLE POSITIONS

The MMF seeks to fill multiple positions within Métis Employment and Training Department located in St. Laurent, MB.

For a complete list of Skills and Qualifications, please visit: www.mmf.mb.ca.

We offer a comprehensive benefits package including: health, dental, vision, pension, and vacation.

Please submit your resume and cover letter, referencing the job posting number. Preference will be given to qualified Metis applicants and they are encouraged to self-identify on their cover letter.

MMF Human Resources Department
300-150 Henry Ave, Winnipeg, Manitoba R3B 0J7
Email to: jobs@mmf.mb.ca
Fax to (204) 947-1816



MANITOBA MÉTIS FEDERATION Now Hiring For: EMPLOYMENT AND TRAINING COUNSELLOR

The MMF seeks to fill one position within Métis Employment and Training Department located in Grand Marais, MB.

For a complete list of Skills and Qualifications, please visit: www.mmf.mb.ca.

We offer a comprehensive benefits package including: health, dental, vision, pension, and vacation.

Please submit your resume and cover letter, referencing the job posting number. Preference will be given to qualified Metis applicants and they are encouraged to self-identify on their cover letter.

MMF Human Resources Department
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Classifieds *Selkirk Record* Announcements

NOTICE TO CREDITORS

In the matter of the Estate of Beverlee M. Troy, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Morgan Supleve, Estates Officer, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 2nd day of June, 2024. Dated at Winnipeg, Manitoba, this 30th day of April, 2024. Jana Taylor Deputy Public Guardian and Trustee of Manitoba Administrator

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 stonewood elkranch@mymts.net

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ANNOUNCEMENT

PET IN MEMORIAM



In memory of
my Dear Departed Dar-Lynn
"Happy Mothers Day, everyone"
- Love Kne-knu

MEMORIAL SERVICE

William Donald Smyth
Bill the "NEWZMAN"
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A Memorial will be held
June 8th, 2024
at Garson Community Centennial Centre
from 2 p.m. to 4 p.m.



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OBITUARY

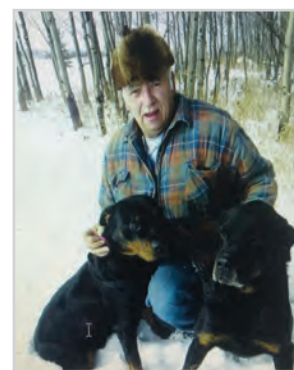
Richard Kenneth Pinder

On April 29th, 2024 Richard Kenneth Pinder passed away peacefully in his home at age 84, surrounded by family and close friends.

He is survived by his two children Kathy (Glen) and Ken (Alba); grandchildren Jared (Breanne), Sarina (Rhys), James (Velika), Doug (Shay), and Tabitha (Colby); great-grandchildren, Sheridan, Alexander, Ares, Rain, Luca and Morogh; also, nephews Shawn and Niall.

Richard was born in Winnipeg on February 17th, 1940 and was raised in Fort Garry. In 1973, he moved his family to Selkirk and the surrounding area where he made it his home for 51 years.

He was a man of many skills and passions. He cared deeply for animals and ran the Rottie Rescue for 16 years before health issues forced him to stop. He loved aviation, building, repairing and flying planes. He built his own home that he resided in for 35 years until he moved to be closer to his daughter.



He was an accomplished metal worker, and taught sheet metal as an instructor at Stony Mountain Institution and the Selkirk Training Centre in metalworks. Then he worked as a guard at Headingley Correctional Institution until his retirement at age 64.

Donations in Richard's honor can be made to the Humane Society or any animal rescue of your choice.

In keeping with his wishes, cremation has taken place and no formal service will be held.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Ed Fawcett

December 22, 1942 - April 29, 2024

Celebration of Life for Ed Fawcett will be held on Wednesday, May 15, 2024, 2:00 p.m. Gaffers Restaurant and Lounge, Lockport, Manitoba.

After a long hard battle with cancer Ed passed pain free at 6:08 a.m. April 29, 2024. Leaving his wife Phyllis; sons Jeff (Tanya), Tim; grandchildren Jared (Jayde), Taylor (Mitch) and Madisson; sisters Kathy (Dennis), Penny several nieces and nephews.

Ed was predeceased by his son Kevin (1968).

Ed and his family left Bolton, England in 1957 to work and live on Searle Farms in East Selkirk. Ed started his long lasting career in lumber, hardware and Fawcett Construction in the years that followed - retiring in 2016.



Ed and Phyllis enjoyed their many winter trips to Clearwater Bay Florida and Hawaii, Ed enjoyed being near the water, eventually having their new home on the water in Lockport.

Many weekends were spent with the Motocross Association. Ed started as a racer, to becoming a National Referee and Board Member of Canadian Motorcycle Assoc., followed for a few years as President of MMA.

Cherished memories were created with the riders and families of the motocross world from bochie balls around the pool in Melita, trips to attend motocross races and supercross, from Alberta, Manitoba, Ontario and several tracks in the USA.

Ed's pride and joy were his sons and grandchildren. Memories were made on family trips and sleep overs that will be remembered always.

Join us on an "Any Wednesday" - BOYS NIGHT TO RIDE" to share stories and memories of Ed. HEARTFUL THANK YOU to the doctors and nurses at the Selkirk Regional Health Centre, and Selkirk CancerCare for all the support and kindness that was given to us in the past four years.

REST IN PEACE " FAST EDDIE " YOU WILL BE MISSED

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COMBINED PUBLIC HEARING

We are
Listening.

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

What is Zoning By-law Amendment No. 2024-05 and Subdivision S24-3045 about?

The intent of this amendment is to rezone the subject properties from "RR-5" Rural Residential Zone (5-acre minimum lot area) to "RR-2" Rural Residential Zone (2-acre minimum lot area) in order to facilitate a future rural residential development. The associated subdivision S24-3045 will create thirteen (13) new lots ranging from 2 acres to 2.5 acres.



3609 AND 3689 Birds Hill Road (Roll Nos. 74900 and 74955)

For those that wish to attend virtually please contact the RM of East St. Paul office at (204) 668-8112 by 4:00 pm on May 28th, 2024.

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

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

**Public
Hearing**
Tuesday,
May 28th 2024
5:30 PM
Council Chambers
3021 Birds Hill Rd.
East St. Paul, MB

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OBITUARY

Czeslaw (Ches) Jan Smolinski

Peacefully, on Saturday, May 4, 2024 at his residence, Ches Smolinski, aged 78 years of Clandeboye, Manitoba, beloved husband of Diane, passed away. In keeping with his wishes, a private family graveside service will be held at a later date. Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

John Anthony Rozak III

On April 26, 2024 at the Selkirk Regional Health Centre, John Rozak, aged 69 years, passed away. In keeping with his wishes, cremation has taken place and he will be interred with his family at the Notre Dame Roman Catholic Cemetery. Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Elma Cheyne

January 17, 1930 - January 24, 2024



With great sadness, the family announces the peaceful passing of our beloved mother, grandmother, great-grandmother, and great-great-grandmother, and sister, Elma Cheyne at Red River Place in Selkirk, Manitoba.

Elma is survived by her daughters Leanne (Barry), Valdine (Al) and Joan and son David (Audrey); 10 beloved grandchildren, Lavon (Rick), Dean (Sarah) Trevor, Randi (Chris) Kevin, (Lindsay), Chelsey (Roman), Jordan (Crystal), Ashley (Nick), Denise, and Janine; 17 cherished great-grandchildren; two great-great-granddaughters, and nieces and nephews. She is survived by brothers, Leonard, Melvin, and Donald, and sister Arlene.

She was predeceased by her husband Charles, her parents Einar and Capitola Johnson of Riverton and all of Charlie's family and her brothers Lawrence and Clifford. She was also predeceased by her grandson Les, granddaughter, Carly and great-grandson Charles.

Elma was born at "Akri" along the banks of the Icelandic River in Riverton, she attended school in Riverton and worked at the local store. After Elma and Charlie were married in 1955, they lived in Winnipeg for a short time and then on the Cheyne family farm west of Teulon. They built and moved into their home in Teulon in 1958. She resided in Teulon until June 2018 when she moved to Selkirk.

Mom enjoyed old time dances, music, knitting, berry picking, playing cards, word search books and preserving everything Dad had harvested out of their large garden.

The family would like to thank the home care workers in Teulon and staff at Hunter Memorial Hospital. We would also like to thank the staff at Red River Place in Selkirk for their excellent care for the last 5 1/2 half years.

Cremation has taken place, and a private service will be held on Friday, May 10, 2024 at 1:30 p.m. at MacKenzie Funeral Chapel in Teulon. Interment to follow at Windsor Cemetery.

In lieu of flowers, donations may be made to a charity of one's choice.

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OBITUARY

Willard Stangl

November 1, 1942 - April 24, 2024



After a beautiful long life filled with love, laughter and happiness, Willard Stangl passed away on April 24, 2024 at the age of 81 years after a courageous battle with cancer that he fought so hard right to the very end.

Willard was predeceased by his parents Lorenz and Rose Stangl, and brother George Stangl.

Left behind to miss him forever, wife of 53 years Diane, Tricia (Steve) and Chad (April), grandchildren Faith, Tyler, Austin, Evan and Mason; and his three step-grandchildren Kristin, Teagan and Greg. Willard is survived by his sister Doris Bennett, Brother Albert Stangl, and numerous nieces and nephews.

Family was at the center of everything Willard stood for, and he was always the first one to help with anything his family needed no matter what it was. Dad and Mom's lifelong love of travel took them to many unique locations throughout the years: China, Amsterdam, Paris, St. Maartens, Hawaii, Cuba, and Jamaica just to name a few.

Thanks to all the doctors, nurses and HCA's at SRHC (Med 1 and Med 2) for the unbelievable care and compassion they gave Willard to the very end to ease his final journey. Thanks to Dr. Harlos at CancerCare Winnipeg and the team at CancerCare in Selkirk for everything they tried to save our dad and husband.

Per Willard's wishes, cremation has taken place and no service will take place. Please take a moment to remember Willard in your own way, in your own time.

We love you so much Dad, you've left a hole in our hearts that will never be filled. We will never say goodbye, instead "see you later Dad".

In lieu of flowers, donations may be made to CancerCare Manitoba to continue the fight against this life-altering disease.

Friends and family are invited to visit Willard's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

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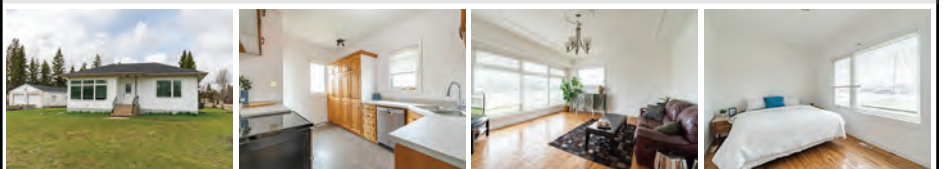
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77+ ACRES!

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\$219,900

SOLD!

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Selkirk
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Subdivision Opportunity

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SOLD!

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