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THURSDAY, MAY 12, 2022

VOLUME 13 EDITION 19 *Slava Ukraini!*

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Students giving back

RECORD PHOTO BY KATELYN BOULANGER

St. Andrews students learned that giving back to our community isn't just for adults. They volunteered their recess and lunch time so that they could create 12 tie blankets which were donated to Nova House. See story on page 3.

> everything you need to know in your locally owned and operated community newspaper

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>THIS WEEK'S DAILY SPECIALS Gaffer's Restaurant & Lounge DELIVERY & PICK UP Phone: 204-757-2350 Lockport, MB www.gaffers.net Sunday-Tuesday-Wednesday 12 noon to 10pm Thursday-Friday-Saturday 12 noon to 12 midnight</p>	<p>RIB NIGHT Buy One Rib Dinner and get</p> <p>50% OFF</p> <p>your 2nd Rib Dinner</p>	<p>OUR FAMOUS CRISPY WINGS</p> <p>\$8.99/lb Any Flavour</p>	<p>DATE NIGHT Fettuccine Alfredo for 2 with Garlic Toast, Caesar Salad, Dessert for 2 and a bottle of Red or White Wine</p> <p>\$59 To go only</p>	<p>STEAK & LOBSTER 7 oz Striploin AAA with 5-6 oz Nova Scotia Lobster Tail</p> <p>\$39⁹⁵</p>	<p>FAMILY DINNER FOR 5 Roast Herbed Pork Loin or Chicken Parmesan (min. 4 hr. pre-order)</p> <p>\$60</p>
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St. Andrews School donates blankets to Nova House

Grade 4 students give their time to give to local shelter

By Katelyn Boulanger

The Grade 4 students at St. Andrews School learned that there are many ways to give back to their community and all are valuable. This week they gave 12 handmade fleece tie blankets to Nova House the area's local domestic/family violence shelter.

"I was looking for something that would help students grow and have a better understanding of the programs, the facilities that are in our community. And then, how could they make a difference. Because often we look at ways that adults can support so I wanted the kids to see, it's not about age, it's not about ability," said Gina Doyle, primary learning support teacher at St. Andrews School.

In addition, she says the kids learned about compassion, generosity, supporting others, and that we can give to somebody else without expecting something in return while also developing a skill.

The project is called Tied with Kindness and is sponsored by the Selkirk District and Community Foundation.

"I picked the name of the project Tied with Kindness because we were going to be hand measuring, hand cutting, hand-tying these blankets, and they were giving kindness to somebody else," said Doyle.

She says that Nova House was chosen as the organization that the kids were going to give the blankets to because often when people go to a shelter they don't have a lot of items with them.

They explained to the students that a blanket would be a nice thing to donate to a place like Nova House because it's the kind of item that makes people feel safe, comfortable and cared for which resonated with the students who could relate it to their

own favourite blankets or cuddly toys.

The kids didn't have to participate as it was left up to them as a volunteer opportunity but over 25 kids chose to give up time during their lunch hours and their recesses so that they could help make the blankets.

"I think they also built new friendships and were able to connect with [their] peer group, and just have some fun and laugh and see that this is a way you can make a difference and then really feel that warmth you get inside when you're giving back to somebody else. They're super excited, and felt really empowered," said Doyle.

On May 4 Jola Hnatiuk the Outreach Coordinator from Nova House came to the school and gave a presentation to both grade 4 classes to teach them a little more about Nova House and to accept their generous blanket donation.

She explained that "Once we present a blanket to a child or a family, it's theirs to take home with them and keep forever. So, they'll remember it as a gift that they got."

Hnatiuk said that with these blankets she will make sure to tell every family that gets one that they were from students at St. Andrews School.

Emma from St. Andrews School was one of the children who participated. She wanted to be part of the project because "I like fabric and it sounds like fun. And I wanted to donate to people."

Her classmate Cleo said that her favourite part of making the blankets was using the runner to measure the length of the ties.

Grade 4 student Edana said that her favourite part of the project was mak-



RECORD PHOTO BY KATELYN BOULANGER

Some of the blankets that were donated to Nova House by the St. Andrews School grade 4 students.

ing something that she knew was going to help other people.

Archer said that he hopes that the people that get the blankets feel safe and that they find the blanket useful.

Because of the success of this year's project Doyle says that she hopes to continue to have St. Andrews School students make more blankets for Nova House next year.

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BIG DOLLAR





Nova House hosts annual Community Wellness Day May 19

By Katelyn Boulanger

Nova House is once again hosting its annual Community Wellness Day where residents can learn about local wellness resources that they may not know about in our community.

The event will take place on May 19 from 10 a.m. to 3 p.m. at the Selkirk United Church.

This day focuses on many aspects of wellness not just being physically well. Over 20 organizations will be at the event to people get in touch with all aspects of wellness including mental health, self-care and spiritual health resources.

Some of the organizations that will be there will be people from the mobile crisis unit, people from the local

school division, Survivor's Hope, a person doing Henna art, and nail painting.

"Often people that live in the community don't even realize that these agencies and resources do exist," said Jola Hnatiuk, the outreach coordinator for Nova House.

The public health outreach van will also be in attendance outside of the event space.

Some other fun activities will be the prizes. There will be a silent auction at the event.

Nova House is hosting this Wellness Day as they have for over 15 years. They are a domestic/family violence shelter in Selkirk that serves the entire Interlake area and parts of Eastern

Manitoba. They provide emergency accommodations for people leaving domestic and family violence situations with their women's shelter but also can direct anyone who comes to them in similar situations to resources and accommodations that would be right for them. They also provide counselling and additional resources in the community that are open to all residents even if they are not staying with them.

The event is free to attend and open to all members of the community.

Nova House is asking that if possible residents register for the event in advance so that they can have an idea of how many people may be there for the light lunch. This is unlike last year when residents were asked to register because only a certain amount of people were allowed to attend the event at a time due to COVID-19 restrictions. This year Nova House is still aware that COVID-19 is something that we are living with and so is providing supplies to make people feel comfortable.

"We are going to have masks available. But it's, of course, not mandated so we can't force people [to wear

them]. We will encourage people," said Hnatiuk.

She thinks that people may not always prioritize all aspects of wellness in their lives and that this event is a great way people can learn about resources that are open to them.

"I think people forget to take care of themselves because we live in such a busy world where we're taking care of others. And [wellness] is really important, even if it's reminding yourself five minutes a day that you're worth it," said Hnatiuk.

She encourages anyone who might be interested in coming to the event to register and drop by.

"Just take the time to get to know what's available in your community. You may not be able to use the resource right now, but you might be able to help someone else," said Hnatiuk.

To register for the event call Hnatiuk at 204-485-1711 or email outreach@novahouse.ca.

To learn more about Nova House check out their website at novahouse.ca.

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Let Women Lead wants update of municipal act

Worries over interpretation of municipal act result in group asking for clarification by province

By Katelyn Boulanger

A recent group of Manitobans, who are calling themselves Let Women Lead, have created a petition and are asking residents to sign to get the provincial government to revise the municipal act in order to clarify the role of head of council.

Group members say that the group was formed over concerns after a judge ruled last year that a mayor could have their mayoral duties removed by a municipal bylaw. The particular case that was looked at in court involved local mayor Joy Sul whose council voted to take away her mayoral duties at a council meeting on Dec. 16, 2019. In addition to Sul, former Teulon mayor Debbie Kozyra and Municipality of Armstrong's reeve Susan Smerchanski have had similar by-laws passed in their municipalities though circumstances in each case are unique.

"The core factor here is that this is an affront to democracy. Women happen to be the trend right now but it can happen to anybody," said group member Lois Wales.

The way that municipal council voting works in Manitoba is that residents vote for councillors by ward but head of council is voted on by all members of the municipality. As per the municipal act, the head of council has duties similar to those of a councillor but also additional duties such as chairing council meetings. The concern with the recent ruling is that members of council who vote to remove or reassign duties from a head of council would be contravening the will of the people from all over the municipality who voted that person in with the intention that they would fill that particular position.

"We are looking to encourage women to become more involved in lead-

ership roles. In order to do that, we need to remove these barriers. The municipal act is notorious for its multiple interpretations and has been over the years and this is just another glaring example of how just a few words can make a huge difference to a community. So, we need the province to eliminate these loopholes that enable these sorts of things to happen, that are so destructive to communities," group member Cindy Kellendonk.

Wales and Kellendonk say that Let Women Lead is primarily comprised of women in leadership roles like former counsellors, board members, academics and lawyers. Despite this, they say that this is not just a women's

issue because even though the use of bylaws to reassign head of council duties has only been used against women leaders so far, it could happen to any mayor.

"Reeve Smerchanski and Mayor Sul were elected in 2018 by the electorate. So, it was up to the electorate in 2022, to decide if they liked what they did [or] they didn't like what they did, or they want to elect somebody else," said Wales.

People who are interested in learning more about this issue can go to the group's website where you can print out a copy of the petition to sign. There are instructions

on the website to guide those wanting to be involved.

"I think that if we value our democracy, we see in the news, all over the world, democracy has been challenged, and we've seen the consequences of when democracy has been hit. So, I think more than ever, it's important that people recognize how important democracy is to them," said Kellendonk.

For a more detailed history of what has occurred in Manitoba as well as to find the petition visit <https://letwomenlead.ca/>.

"WE ARE LOOKING TO ENCOURAGE WOMEN TO BECOME MORE INVOLVED IN LEADERSHIP ROLES. IN ORDER TO DO THAT, WE NEED TO REMOVE THESE BARRIERS."

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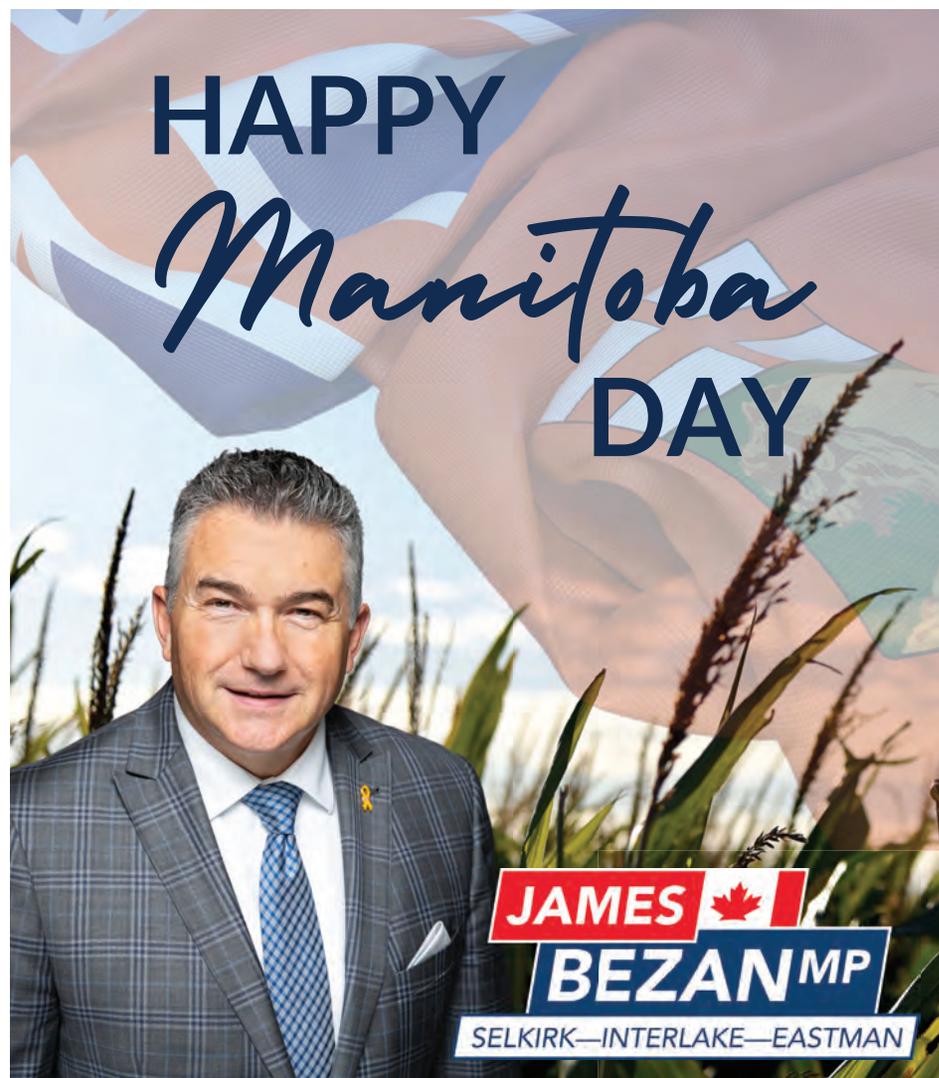
Way to go Alexa!



PHOTO SUBMITTED

The City of Selkirk recently celebrated Alexa Scott's 12th place finish in the women's 1000-metre speedskating competition in the Olympics. Pictured: Alexa Scott receiving a certificate from Selkirk mayor Larry Johannson.

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Walk for Alzheimers June 3 in Selkirk

Lace up to help fund dementia care in our community

By Katelyn Boulanger

A dementia diagnosis will likely be a life-changing event for both the person with dementia but also the people around them.

The Alzheimer Society of Manitoba provides services not just for those with dementia but also for their caregivers. Because they have to raise 85 per cent of the funds for the services that they provide, they rely on donations to continue to provide their services to people in our community.

One way that you can help them continue to make the lives of people with dementia and their families easier right here in Selkirk is to participate in the Walk for Alzheimers which will take place on June 3 at the Gordon Howard Centre.

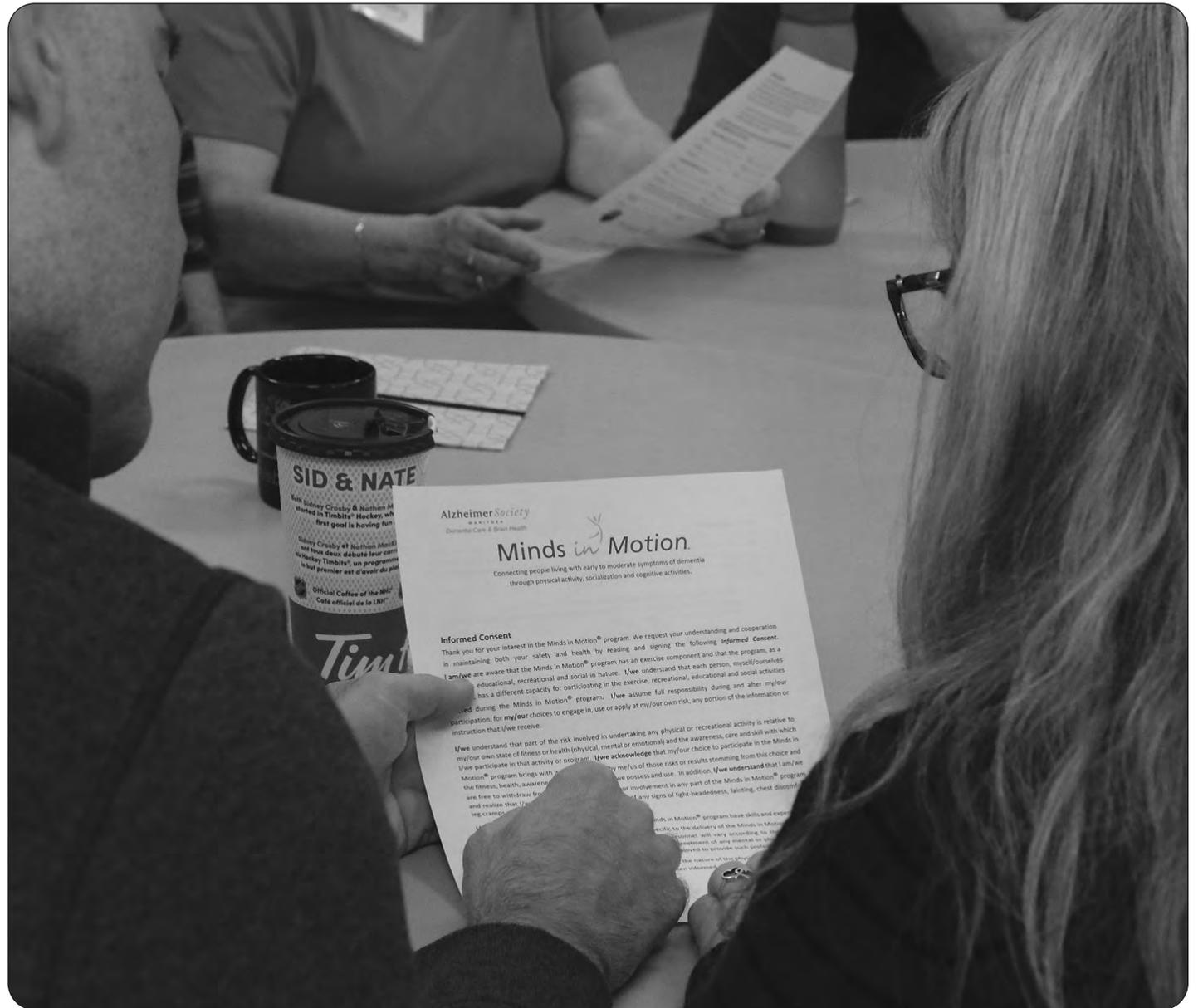
“The Walk for Alzheimers is a time where we come together. The past two years, it’s been largely virtual but it’s time to come together to show our support and raise funds for those living with dementia and their care partners,” said Samantha Holland, the Interlake/Eastern Regional Coordinator for the Alzheimer Society of Manitoba.

The Walk for Alzheimers is the Alzheimer Society of Manitoba’s biggest fundraising event of the year and will once again be able to happen in person, however, virtual options are available for people that are not yet wanting to attend in-person events.

The funds raised from the walk will support local services such as the Minds in Motion program which is a 12-week program that sees seniors with dementia getting together to complete activities that keep their minds active.

The Alzheimer Society of Manitoba also has many support groups that it continued to support throughout COVID-19 and will continue to support with more in-person options now. These support groups can be for those with dementia but also for those caring for someone with dementia. A recent group that was created was their ambiguous loss group which helps caregivers who though they still have the person with dementia physically, may have lost some of the mental or emotional connection they once had.

They also, of course, have information sessions that support people with dementia and their caregivers such as those that discuss finances and dis-



RECORD FILE PHOTO BY LINDSEY ENNS

Participants read about the Minds in Motion program at Selkirk’s Gordon Howard Centre during one of the program’s sessions prior to the COVID-19 pandemic.

cussions that people may not know will be helpful to have.

“We’ve definitely haven’t slowed down at all. And it’s, it’s just been it’s been really good to be able to keep that going strong,” said Holland.

All of these resources help to make sure that people with dementia and their caregivers feel supported and are able to continue to be part of our communities.

“People with dementia and their care partners can often feel very disconnected when there’s that diagnosis or when there’re those changes. We want to be that first point of contact for them. We want to be that person they can call when they’re having a difficult day to ask questions, or just to vent and be that support so that they don’t feel so alone. Because, you know, the journey is a difficult one, it can be very unpredictable at times,” said Holland.

It’s also not an uncommon journey for people to have to make with 300

people in the Selkirk area and 23,000 people in the province living with a dementia diagnosis. Because of this, Holland encourages people to become a part of the Walk for Alzheimers.

“If they have questions or want to learn more about the walk, they can head over to our website. There’s a nice big link as soon as you get there for our walk page,” said Holland.

Selkirk’s walk will take place starting at the Gordon Howard Centre at 1 p.m. on June 3 and residents can sign up as individuals or as a team.

To sign up for this event you can

go to the Alzheimer Society of Manitoba’s website or contact Holland at 204-268-4752.

Residents can also make a donation to the Alzheimer Society of Manitoba through their webpage at alzheimer.mb.ca.



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get informed

NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

MBParks advises checking conditions before visiting

Flooding may delay opening in some areas

Submitted by the Manitoba Government

Manitoba Environment, Climate and Parks is advising all provincial park visitors to carefully check and continue to monitor conditions before heading to provincial parks this spring.

Some campgrounds may have delayed opening dates due to the late arrival of spring and some provincial parks are experiencing overland flooding, causing some road and trail

closures.

Manitoba Parks staff is closely monitoring this evolving situation and assessing conditions daily. A list of campground closures and service reductions will be kept updated at www.manitobaparks.com.

Reservation holders and seasonal campers will be contacted if their campsite is affected by a closure. Services such as drinking water and washrooms may also be limited or reduced in some areas as a result of late spring conditions which are delaying the seasonal setup and operation of water lines. Campers are advised to plan accordingly for potential service reductions and pack adequate drink-

ing water.

Some trails in Whiteshell Provincial Park are also closed due to overland flooding. Trail closures and advisories are available at www.manitobaparks.com.

Park visitors are asked to report any significant trail flooding or maintenance concerns to the local park district office.

Park visitors should also check www.manitoba511.ca for road closures and potential detours before travelling to parks.

Disaster financial assistance announced

By Ashleigh Viveiros

The Manitoba government has launched an assistance program for individuals and municipalities impacted by this spring's flooding.

"As we continue to assess, we are anticipating that costs related to the spring flood may exceed more than \$10 million," Transportation and Infrastructure Minister Doyle Pivniuk said at a press conference Monday.

This includes damages to municipal infrastructure, private residences, farms, small businesses, and provincial infrastructure, Pivniuk said, noting they will have to wait for the floodwaters to recede before final assessments can be made.

Whatever the final total ends up being, it's clear the road to repairing it all will be costly; the 2022 Disaster Financial Assistance (DFA) is meant to help offset some of those costs.

"We recognize the tremendous efforts Manitobans and their communities have put into disaster response and recovery this spring," said Johanna Botha, head of Manitoba's Emergency Management Organization.

"The DFA program provides finan-

cial assistance for certain losses when a widespread natural disaster, like the one we are currently facing, strikes and creates an unreasonable financial burden. Spring flooding and rain in certain parts of the province this year certainly qualifies.

"This program will ensure that non-insurable losses ... basic damages to basic and essential property, response costs, and infrastructure damage are covered to help alleviate the burden so many of our residents, municipalities, non-profits, small business, and farmers have felt this spring."

Manitobans are encouraged to check with their insurance providers to review their policy coverage before applying for DFA. Insurable costs, such as sewer backup, are not covered by DFA. Some Manitobans may have also purchased overland flood insurance, which means those covered costs will also not be eligible for DFA funds.

For more information about eligibility or to apply, visit www.manitoba.ca/emo/dfa or email dfa@gov.mb.ca.

Money for road repairs

Also on Monday, Premier Heather

Stefanson announced \$15 million for a one-time grant program to provide municipalities with financial support for road reconstruction, rehabilitation and preservation projects.

"Manitoba municipalities are facing significant road infrastructure challenges as a result of this year's extraordinary weather conditions," Stefanson said in a statement. "Above-average precipitation and colder-than-average temperatures have caused a substantial increase in the number and severity of potholes on roads throughout the province, and inflation and supply chain issues have also added to this challenge."

As part of this grant program, the province will distribute \$15 million to Manitoba's 137 municipalities on a per-capita basis, with the City of Winnipeg to receive nearly \$9 million of the total.

"We are pleased to offer this extra support to reduce the financial burden on the City of Winnipeg and all municipalities during these unique times," Stefanson said.



> CONTACT US

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**View the Selkirk Record online at
selkirkrecord.ca**

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

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Everyone welcome to participate in 55+ Games

Games aim to be inclusive of all groups of people who may want to be part of provincial event

By Katelyn Boulanger

The Manitoba 55+ Games will be taking place in Selkirk on June 7, 8 and 9, and with many activities to choose from they aim to create an inclusive atmosphere that allows as many 55+ people from all over the province to participate as possible.

"I think it's really important looking at Selkirk as the host for the games, to showcase what we do best, which is being inclusive. We've got a really diverse population and we certainly have both historically, present, and future Indigenous, especially Métis representation and demographics, as well as newcomers and folks who identify differently than the stereotypical Manitoban. It's really time for us to start the games up again after this pause by really demonstrating that. So, I'm hoping [we] will really show that flavour and that flair when we host them this year," said Nancy Mueller, 55+ Games host committee public relations co-chair.

There are many ways that the group is trying to add inclusivity but one of the ways that people may not realize is possible for a sporting event like this is to include accessible options for people of differing physical abilities.

There will of course be some activities where participants must be more physically active like the pickleball competition but they have included events like a 3 km predicted walk/run event. This event sees residents travelling at their own speed to see who can complete a 3 km loop in the time closest to what they predict they will complete it in before the race started. Of course, for an event like this electronics that help people keep time like running watches are not allowed. For those that want a bit of a shorter walk, there is also a similar event called the 1 km Nordic Pole Predicted Time Walk which is also a predicted time walk but allows walkers to use poles.

Another event that might also work for people who prefer less physically active hobbies or are just particularly artistically inclined is the Arts and Crafts event.

"I'm hoping we can really showcase



Pickleball players at the Selkirk Community Church.

RECORD PHOTO BY KATELYN BOULANGER

arts and crafts and I'm really hoping we'll get some beautiful beading that I've seen in our community. There's quilting, there are knitters, there's woodworking, there are folks that do pottery, and then we've got so many fine artists. So, I'm really hoping we'll get a diverse amount of our arts and crafts on display," said Mueller.

The event facilities, of course, are also all completely accessible for residents.

Another aspect of the games that the 55+ Games host committee wanted to make sure was inclusive was to make sure that there were activities that includes representation from our local Indigenous and Métis communities.

One way that they are doing this is by changing up the usual Variety Night and giving it a local flair as a Bannock and Jammin' Night. The event will have bannock from the Selkirk Friendship Centre. There is

also Métis music as well as traditional dancers planned for the games.

Another area where the host committee wanted to be as inclusive as possible while still holding an in-person event was to create an environment where people feel COVID-19 safety is taken seriously.

"We're going to hold them as safely as we can. Everyone has to be immunized to participate in our games and we will be making sure of that when they register. We're going to be really encouraging masks, except when you're physically performing the sport," said Mueller.

Unfortunately, this also means that they have chosen to put some events like cribbage on hold this time around because they are played in closer groups where it would be very difficult for participants to physical distance.

Mueller hopes that all people who

are over 55 feel like they can be a part of the games in any way that they choose to participate.

"I hope anyone who thinks that they'd like to get out and do something just explores it and calls the Gordon Howard Centre if they want to hear more about it," said Mueller.

Registration for the games needs to be done by May 13, or by May 20 for slo-pitch, so there is no time to wait if you want to participate. Visit www.activeagingmb.ca to sign up.

For those who haven't yet reached 55 or don't want to compete but would like to be part of the games they still are looking for volunteers for the event. Just call the Gordon Howard Centre at 204-785-2092 to learn more.

In addition to the Active Aging Manitoba website, the latest info from the games is their Facebook page at <https://www.facebook.com/selkirk55games>.

Discover Owls and current owl conservation in Manitoba

Protecting Manitoba's owl population presentation on May 7

By Emma Honeybun

The warmer weather of a late spring in Manitoba, finally creeping across the plains, brings a large array of sounds that the winter had once chased away. Mornings are gentle and loud, accompanied by the earlier sunlight.

Debatable, one of the most welcoming morning sounds, and one of the most telling of spring, are the calls of birds. Geese, ravens, songbirds, creating big nests of small twigs and abandoned scraps from the freshly uncovered ground.

In contrast to that, though, older nests will be scouted by owls. They don't create their own new nests for the season, they fix up empty ones and repurpose them.

According to James Duncan of Discover Owls, the owl population in Manitoba has not been extremely affected by the long winter and late spring. The Great Gray Owl, the province's official bird, hasn't shown a steady incline or decline; the numbers staying in a steady straight line.

Discover Owls hasn't begun to monitor the nesting season this year, but a later spring can bring up some challenges, Duncan said.

"And we also know that from some of that work, that you know, late winter, late this year, can affect that particular breeding season, because the animals might nest late," Duncan explained. "One of the consequences is that the young are in the nest or close to it when all the mosquitoes and black flies hatch. Because normally, they're way up in the trees quite covered with feathers before that happens. So the black flies and mosquitoes can actually quite severely impact the survival of chicks in the nest if they're late."

According to Duncan, there's a variety of ways people can help protect Manitoba's owls at home, like avoiding rat poisons, planting safe bushes and gardens on their property, and being educated on the different types of owls living or nesting in their area.

An even more up-close strategy are owl surveys. This concept in particular was originally created by Duncan and his wife, Peggy, in 1991, and has since been used across Canada. Those interested can volunteer online.

The surveys are meant to catalogue how many owls are present in one



RECORD PHOTOS BY JAMES DUNCAN

James and Patsy Duncan banding a Northern a Hawk Owl.

area during a period of time. One gets into their car, drives for a couple minutes, stops, gets outside and listens for owls, notes, and repeats.

It's an easy yet effective way to keep track of the owl population in a specific area. The differences in how many owls someone is hearing and where those differences are is helpful with figuring out how the birds are doing year by year.

There's also the important, personal element of getting people out and up-close.

"Because the reality is, if 50 people around the world read a scientific publication of mine in a journal, I consider that to be successful, but kind of lacks the conservation punch," Duncan said. "You need to make people care about animals and wildlife. And that's where getting them directly involved is really important."

Discover Owls is a long-standing conservation, research and education organization. Duncan compared those three values to a stool with three legs; the absence of one of the three sends the whole thing stumbling. Each gets the same amount of attention.

Discover Owls often do owl talks and presentations for private or public educational events. They most commonly visit high schools, but have also done retirement homes, community arenas, and more. Funds from owl talks go towards Discover Owls research and owl conservation.

They've been affiliated with the World Owl Conferences, the next being held in Wisconsin, USA, and Dun-



Rusty Long-eared Owl during a recent owl talk with Discover Owls at Riding Mountain National Park.

can has a variety of links and research papers publicly available on the Discover Owls website.

Duncan and Discover Owls did an owl presentation at Oak Hammock Marsh on May 7. They sometimes donate these presentations to organizations to help conservation efforts.

According to the official bird checklist, Oak Hammock Marsh is home to ten different species of owl, including the endangered burrowing owl.

For more information, visit dis-

coverowls.ca, or the official Facebook page: <https://www.facebook.com/discoverowls.ca/>

Or for more on Oak Hammock Marsh and spring events, visit oakhammockmarsh.ca

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LSRCSS students bring environmental projects to life

By Iris Dyck

Selkirk's watershed area is getting some help thanks to three students who placed in a province-wide contest last week.

Olivia Johnson, Jerzy Halas, and Jenna Lavallee are students at Lord Selkirk Regional Comprehensive Secondary School (LSRCSS). Their individual projects ranked in the top ten in the annual Caring for Our Watersheds (CFOW) contest last week.

"I was very excited. I definitely didn't expect that it was going to make it that far," said Halas.

CFOW is an annual competition where students identify and research an environmental concern in their watershed district. They submit a written proposal outlining an achievable plan on how to fix the problem. The top ten entries prepare an oral presentation for a panel of judges and get funding to carry out their projects.

"That's really the whole goal of this competition... it's not like, 'Oh, who's gonna win?' but it's actually putting these proposals into action," said Magda Kuber, biology teacher at LSRCSS.

Kuber has been working with students on CFOW projects since 2009.

She loves seeing the creative side as her classes come up with.

"It just makes you really proud of where we're headed in the future," she said.

Students can draw inspiration for the projects from anywhere. For Lavallee, it was her part-time job at a local grocery store, where she regularly had to throw away bakery items with damaged packaging. The food inside was still perfectly edible, so she created "Food for All," a plan to donate it to her school's breakfast program.

"It's honestly kind of disgusting how much food we throw out because it's just not healthy for anybody," Lavallee said.

She adds food production often uses harmful pesticides and chemicals, and cutting down on food waste is one way to keep them out of the watershed.

Halas's entry, "Project Yellow," involves giving seeds to students to grow pollinator-friendly plants. She had seen many groups advocating for healthy environments for bees and other insects.

"Without them, the human race would probably starve and the vital species of plants in our watershed



RECORD PHOTO SUBMITTED BY MAGDA KUBER

The finalists in the annual Caring for Our Watersheds contest receive their prize money at Oak Hammock Marsh on April 30.

will probably die," she said.

Johnson's project "Let's Bike!" encourages students to use active transportation. She noticed LSRCSS didn't have bike racks, and that many students were driving to school.

"It just kind of struck me like, oh, we should try to get this, try to get more students to bike," she said, adding that air pollutants can also make their way into water sources.

Johnson, Halas, Lavallee, and the other finalists pitched their proposals to a panel over ZOOM. Then, in a live event at Oak Hammock Marsh on April 30, judges distributed prize money according to the students' final ranking. All finalists will have the cost to implement their project covered by Nutrien Ltd., a Canadian fertilizer company that sponsored the

contest.

"It was really rewarding to know that I like made it that far, and that I might be able to actually implement this project," said Johnson.

The students are in the process of contacting businesses and organizations to move their projects forward. Kuber is thrilled that out of 250 submissions province-wide, three of her students made it to the top 10. But she says the real reward is watching them put their work into action.

"I think it's really important because it kind of opens up the students' eyes to recognize that they can make a difference, not only in their watershed, but in their communities," said Kuber. "And, you know, just with that little bit of effort, they can achieve great things."



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Celebrating the Marine Museum of Manitoba and the S.S. Keenora

The Marine Museum of Manitoba gears up for a season full of special events

By Autumn Fehr

On the 15th of August 1972, a passenger and freight vessel, the S.S. Keenora, was sitting in water, rotting away, risking losing its history.

A week later, 20 citizens from Selkirk purchased the S.S. Keenora through a bank loan, and it became incorporated as the flagship of the museum.

This August, the Marine Museum of Manitoba celebrates 50 years since its incorporation as a business and 125 years of the ship that started it all, the S.S. Keenora.

Since the initial purchase of the S. S. Keenora, the museum has taken in five other ship donations: the C. G. S. Bradbury, the Chickama II, the Lady Canadian, the Peguis II, and Joe Simpson.

The museum manager, Shaylene Nordal, has been a part of the museum, seeing its changes and telling the stories of the ships for almost three decades.

"All of them had different duties on the lake, which adds to the story," said Nordal.

Nordal started as a tour guide with the museum out of high school 28 years ago.

"This year to be part of two big anniversaries, it's crazy," said Nordal.

This season, the museum has planned a series of special events to celebrate this milestone with the City of Selkirk.

Their main anniversary event is a 50/50 draw, which will kick off on the grand opening day of the museum, the 21st of May.

The museum hopes to raise \$50,000, where half of the proceeds will go towards restoring the S.S. Keenora for its 125th anniversary.

The draw will be held at the beginning of November this year.

"We call it the 50/50/50 because it's our 50th anniversary 50/50," said Nordal.

Restoration is a part of the upkeep of the ships and is a process that is ongoing to keep them in good condition

while keeping their integrity.

Other daily upkeep for the ships would involve projects such as replacing deck boards and restoring exterior ship doors.

Larger projects, such as the funds raised from the 50/50 for the restoration and painting of the exterior of the S.S. Keenora, are done on rotation as it is more costly and time-consuming.

Nordal says that the museum follows strict guidelines in the restoration process to ensure everything stays the same as the original ship that once sailed on the waters of Lake Winnipeg.

"You want to keep the history there; seeing it is so important to Selkirk, and you want the visitors to see those details," said Nordal.

The museum is a big part of Selkirk's history and the people that live there, as the city was founded and built around the water.

Nordal says that the Marine Museum of Manitoba is a key draw to the city because the communities surrounding the lake all had their connections to Selkirk, as goods were sent from the city to go up North.

"Many of the residents have a tie to marine life on Lake Winnipeg rather it be you had a family member who worked on the ships or who fished on the lake. It all ties in. That is a big part of Selkirk's history," said Nordal.

Since the S.S. Keenora is responsible for the start-up of the museum, this summer, there will be a special limited ticket event to celebrate its 125th anniversary.

In July, the museum will host an evening of live entertainment with an authentic Keenora meal reflecting the food on a day excursion or weekend trip on the lake.

Nordal says it will be an experience that takes you back in history.

"It is history that we have to keep alive to let our future generations know where it all started," said Nordal.



RECORD PHOTO BY BRETT MITCHELL

Shaylene Nordal on the S.S. Keenora - the flagship of the Marine Museum of Manitoba. The museum was founded almost 50 years ago.

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COVID outbreaks in PCHs; ER closures; April COVID data

By Patricia Barrett

Manitoba's health-care system continues to grapple with new COVID-19 infections each week, and long-term care homes and a critical shortage of nursing staff and physicians are compounding the stress on the system.

A number of COVID outbreaks were experienced in personal care homes in the Interlake-Eastern Regional Health Authority.

-A COVID outbreak was declared on May 2 at the Red River Place PCH in Selkirk. As of May 7, it was ongoing.

-A COVID outbreak at the maple south unit of Tudor House was declared on April 27 and ended on May 2.

-A COVID outbreak at the Arborg PCH was declared over on May 5, said a spokesperson for the IERHA.

-IERHA emergency room data for hospitals across the region show the continuation of temporary ER closures because of physician unavailability. Communities such as Arborg are down to two doctors - one runs his own clinic and another works at the hospital-based clinic - who take turns working at the ER.

-Although recent data on new COVID infections released by the provincial government - based on scaled-

back PCR testing that does not reflect the true extent of COVID infections - show a decline, COVID patients continue to need hospital and ICU care and people die from the virus every week.

For the period April 24 to April 30, there were 1,042 new lab-confirmed COVID infections, according to the provincial government's weekly respiratory surveillance report on COVID. There were 185 new hospital admissions for people with COVID, of whom 12 were admitted to the ICU. Fourteen more Manitobans died of the virus that week.

For the period April 17-23, the government reported 1,436 new lab-confirmed COVID cases, 200 new hospital admissions, of which 12 cases required admission to intensive care, and 13 more deaths.

For the period April 10-16, there were 1,190 lab-confirmed COVID infections, 206 new hospital admissions, of which 22 required intensive care, and 12 more deaths from the virus.

For the period April 3 - April 9, there were 1,694 new lab-confirmed COVID cases, 177 new hospital admissions, of which 19 cases required care in the ICU, and five deaths.

May 1 - 15		Doctor availability in emergency depts.									
		Ashern	Eriksdale	Arborg	Gimli	Selkirk	Stonewall	Pine Falls	Pinawa	Beausejour	Teulon
Day of the month		Shifts start at 9 a.m. and end at 9 a.m. the next day	Shifts start at 9 a.m. and end at 9 a.m. the next day	Shifts start at 9 a.m. and end at 9 a.m. the next day	Shifts start at 9 a.m. and end at 9 a.m. the next day	Shifts start at 8 a.m. and end at 8 a.m. the next day	Shifts start at 9 a.m. and end at 9 a.m. the next day	Shifts start at 8 a.m. and end at 8 a.m. the next day	Shifts start at 8 a.m. and end at 8 a.m. the next day	Shifts start at 8 a.m. and end at 8 a.m. the next day	Shifts start at 8 a.m. and end at 8 a.m. the next day
Sun.	1	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available 8 a.m. to 8 p.m.	No doctor available
Mon.	2	Doctor available	No doctor available	Doctor available 3 pm - 3 am	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available 8 a.m. to 8 p.m.	Doctor available 8 a.m. to 8 am	No doctor available
Tues.	3	Doctor available	No doctor available								
Wed.	4	Doctor available	Doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available
Thurs.	5	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available
Fri.	6	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available
Sat.	7	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available 8 a.m. to 8 p.m.	Doctor available	No doctor available
Sun.	8	Doctor available	No doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available	No doctor available
Mon.	9	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available 8 a.m. to 8 p.m.	Doctor available 8 a.m. to 8 am	No doctor available
Tues.	10	Doctor available	No doctor available								
Wed.	11	Doctor available	Doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available
Thurs.	12	Doctor available	No doctor available	Doctor available 3 pm - 3 am	Doctor available	No doctor available					
Fri.	13	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available
Sat.	14	Doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available

IERHA

ER closures in the IERHA from May 1 to May 15.

Over most of the month of April, a total of 5,362 people were granted a restricted PCR test and tested positive for COVID, 768 people required hospitalization for the virus and 44 Manitobans died.

The backlog of surgical and diagnostic procedures has now reached 169,198, according to Doctors Manitoba.

Municipal election registration opens across Manitoba

By Nicole Brownlee

Municipal politics is often overlooked as minor issues compared to provincial and federal governments, but municipal decisions impact residents daily.

Municipalities rely on dedicated leaders to help regulate how communities look, operate and interact with surrounding areas.

"Councillors and heads of councils, we're the boots on the ground in direct connection to the residents of our municipality and the province," said Kam Blight, president of the Association of Manitoba Municipalities.

"We're responsible for providing many essential services that Manitobans depend on."

Registration to lead municipalities is opening across Manitoba.

The majority of Manitoba towns opened their registration for mayor and reeve positions on May 1, with a deadline of Sept. 20. Councillor candidate registration opens almost two months later on June 30 and closes on Sept. 20.

In Victoria Beach, Winnipeg Beach and Dunnottar, mayor and reeve candidates' registration opened on Feb. 1 and is open until June 16. Councillor candidates were able to register starting on March 31, but their deadline to register is June 16.

Ideal candidates have a variety of qualities and experiences, said Blight, but what matters most is their motivation to join council.

"It's individuals who want to do what's best for their municipality as a whole," he said.

"It comes down to the person that wants to do this for the right reasons."

Any Canadian citizen who is a resident of Manitoba, has owned property in the municipality or LUD for at least six months and is over 18 years old can run for municipal office.

Members of council serve four-year terms, which start at 12 p.m. on Oct. 27 for all municipalities except for Victoria Beach, Winnipeg Beach and Dunnottar, which start on July 23.

Continued on page 15



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Demand for allergy medication on the rise

Local pharmacist discusses possible connection between allergies and stress

Submitted by Carolyn Capell, pharmacist and owner of Shoppers Drug Mart in Selkirk.

Most Canadians can't wait for spring to arrive, however those suffering from allergies may feel differently. While green grass and blooming flowers are lovely to see, they also mark the start of allergy season for many in Selkirk and area.

The past two years have been challenging – a Statistics Canada survey from 2021 says one in four Canadians say they experience high levels of stress most days and nearly half say their stress levels have worsened since the pandemic started. Demand for over-the-counter allergy medication in Canada has increased by 14 per cent over the past two years, showing the persistent stress of the pandemic may be having an impact on allergies.

Studies have found that stress hormones can ramp up the already exaggerated immune system response to allergens, causing allergy symptoms to flare up more frequently and se-

verely. While pharmacists may not be able to take your stress away, they can help you pick the right medication for your unique symptoms to help you make it through allergy season.

Seasonal allergy triggers, symptoms and the degree of severity may be different from person to person. The best way to manage allergies is to consult with your local pharmacist and get ahead of your symptoms. Your pharmacist can work with you to better understand what's causing your allergies and assess your symptoms to recommend the best treatment options for you.

To help you get through allergy season, here are some tried-and-true tips for allergy sufferers in our community:

1. Check the pollen forecast. Pollen levels may change daily and can impact allergy symptoms. Try to limit outdoor time on warm, windy days, and make sure you're protecting yourself against allergens.

2. A little extra cleaning goes a long

way. In the spring, summer and fall, we carry a lot of pollen into the home with us. Showering after being outside, washing your bedding more frequently and keeping windows closed will help minimize allergens. Your pets can also track pollen into the house, so remember to give Rover a good wash down, too.

3. You may be taking the wrong allergy medication for your allergens. Different allergens respond to different medications. A pharmacist can guide you through the various op-

tions and recommend the best one based on your symptoms. With 49 per cent of adults ages 18-39, and 48 per cent of adults ages 40-54 feeling more comfortable speaking with a pharmacist about seasonal allergies than with a doctor, it's useful to note that pharmacists in Manitoba can write prescriptions for allergic rhinitis.

For more information on seasonal allergies and how you can get through them, speak with your local pharmacist.

> MUNICIPAL ELECTION, FROM PG. 14

Working on council is time consuming and entails talking about a wide range of issues that may make some candidates uncomfortable, so Blight urges anyone interested in pursuing a position keep an open mind.

"It can be a very difficult position to be in at times, but it's also very rewarding."

Blight said one of his favourite aspects of joining council is having the opportunity to meet and

work with interesting and diverse people.

"You're just one voice around that council table," said Blight, reeve of the RM of Portage la Prairie.

"I really encourage people to make sure they're good listeners, and be willing to hear other people's thoughts."

For more information about running for municipal office, visit amm.mb.ca/issues/2022elections/.

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Local musical talent releases first studio album

By Emma Honeybun

Local musical talent from East Selkirk, Morgan Grace Ginther, is set to release her first studio CD at the end of the month.

Morgan Grace has been playing the fiddle for 11 years. She has grown up with home grown music all around her.

She isn't new to shows or performances, but this recording process was her first. The album has ten songs, and will be released on May 28.

"It definitely wasn't what I expected," she said. "I was kind of told that it would be like a long process. And a lot of recording for each thing. But it went fairly quickly for us."

She said that it only took going through the songs a couple times, and was fast moving.

Ginther played with Tom Dutiaume during the recording process. He played all of the back up music with a number of different instruments; mandolin, bass and guitar.

The release date will be hyped with a live, concert event at the Canadian Museum of Human Rights in the city of Winnipeg. It will feature a group of seven guests alongside Ginther and Dutiaume; including Brandi Vezina and The Wrigley Brothers.

Ginther said that there's a lot of feelings around the event, but she's look-



RECORD PHOTO SUBMITTED

Promotional banner highlighting the guests at Morgan Grace Ginther's CD release on May 28.

ing forward to playing all of the new songs from the CD.

"I'm excited to have it and to be able to play," she said.

Ginther has a website that features more information, events, and videos, and a Facebook page where she regularly shares her music and live-streams jam sessions.

Alongside her music, she and her father, Keith Ginther, run a program called Fiddles For Life. The purpose

of which being to give fiddles, purchased through crowd-sourced donations, to those who need one.

It's very community based. What makes it stand out is that they're not asking for large donations for each individual fiddle, Keith Ginther explained, but smaller donations of around ten dollars from a large number of people. According to the website, they're able to purchase one or two fiddles a year this way.

Tickets are required to attend the release event. As of May 3, there aren't many left, but they can be purchased through email at morgang_7@outlook.net

You can also keep up with Ginther at <https://www.facebook.com/Morgan-Grace-Music-1504740282895131/> <https://www.morgangracemusic.net>

Denture trouble?... It's likely that your bite is off!

BY BROCK VANDOR, DENTURIST

"The sure sign for denture trouble and therefore the first thing we check when a patient comes in to see us, is their bite. Essentially, the bite is the way the upper and lower teeth come together to chew; and if it's not proper, then that person will be battling with denture problems forever.

These are the 3 signs that your bite just isn't right:

1. A Mouthful-Patients say, "It feels like marbles in my mouth."
2. Loose & Painful- The dentures clack and slide around from being uneven from side-to-side.
3. They just feel "not right"- Patients often can't quite describe it, but they constantly feel like something is simply "Off"

What to do?

Sometimes the answer is simple, especially if the denture

was never quite right, and maybe all the 'fine-tuning' wasn't done for the proper bite. Often patients will come in with this issue and we can fix it up quickly by carefully doing some bite refinements. Patients notice the difference instantly!

When someone has had dentures for years, which started off good but now the teeth are worn down and ill-fitting (especially the lower), then usually the best route is to make a new set of dentures. However, it's very important not to make a new set that is so different and foreign feeling from the old set. We want to make them a similar shape and size so they feel comfortable, but with new sharp teeth that BITE together correctly. Making a new denture that is similar to what your old one used to be like is most often the best way to go. We have many patients who come in and say "Your Dad made me these dentures 20 years ago and they

are great, the top one still fits good. I hate to part with them but they're wearing out. Can you make me a new set like my old ones?" The answer is yes!

Perhaps a little more than fine tuning is needed but not quite a new one, sometimes we can correct the bite with relining or changing some teeth on the denture. As well, what is becoming very popular is that patients will go with dental implants to secure that lower denture down so it doesn't float around anymore, allowing them to eat the foods they want and no longer be embarrassed of loose teeth and all that comes with it.

As always, the first step is a free consultation with myself (Brock) or Matthew where we can sit down, check that bite and go over all your options and find a solution that suits you. Call today, we're here to get your bite right!

Thanks for reading. - Brock Vandor D.D., MBA



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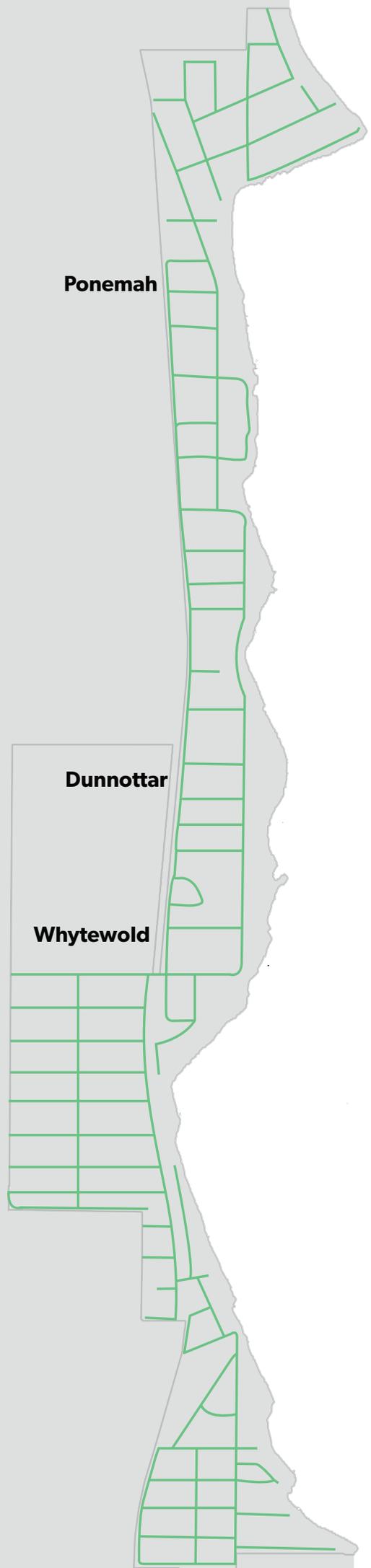
Karen is so glad she came to see Vandor and is beaming with her new smile.

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Free choir day planned for youth and adults

By Jennifer McFee

Music lovers will be singing a happy tune thanks to an upcoming Interlake choir event.

On Saturday, May 14, the Interlake Choir Day provides an opportunity for a free day of choral singing for youth and adults.

For organizer Kendra Obach, it's both exciting and a little daunting to be planning an in-person event after such a long stretch.

"We are so ready to be singing together again and sharing musical experiences with singers from across the Interlake," she said.

"We also want to ensure that everyone feels safe and that we are taking appropriate precautions, including masks, distancing and sanitizing. The prospect of meeting new people, seeing old friends and singing together feels truly adventurous."

The Interlake Choir Day is simply an event when singers are invited to spend an afternoon making music together, she added.

"This is a kickstart to rebuild the Interlake Youth Choir program, which we hope will be back in full swing this fall," she said.

"There are two awesome guest con-



PHOTO SUBMITTED

The Interlake Choral Association is hosting a free day of choral singing for youth and adults on May 14 in Selkirk.

ductors coming to lead the afternoon. We have hosted Interlake Adult Choir Day in the past. This year, we are including a youth choir in the event."

The youth choir, conducted by Sonya Williams, is open to Interlake youth in grades 9 to 12. The adult choir will feature Dr. Catherine Robbins as the conductor.

"You don't need to be a strong or confident singer to come experience the day. We are hoping this will be a safe way to try group singing — again or for the first time — and anyone is welcome," Obach said.

"The afternoon will be mostly singing time, with each group rehearsing a few songs with their conductor. Then the two groups will meet and share the songs they have learned in the afternoon. There's no big concert event, but it's still a chance to showcase the hard work."

Even for those without experience, Obach encourage them to give it a try.

"Interlake Choir Day is awesome because it is a one-day-only commitment and anyone is welcome. We're starting to rebuild singing safely in the area while singers get to learn from new conductors and have a fun day of singing together," she said.

"The Interlake Choral Association is offering this as a free event to encourage singers to come out; however, we are encouraging donations to the Interlake Youth Choir."

The May 14 event will take place at Happy Thought School in East Selkirk with a rehearsal from noon to 4 p.m. followed by a performance exchange from 4 to 4:30 p.m.

To register or for more information, email iychoir@gmail.com.

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Municipalities to receive \$15 million to support road repairs

Submitted by the Manitoba government

To recognize the impact of recent severe weather on Manitoba's roads and highway infrastructure, the province is investing \$15 million in a one-time grant program that will provide municipalities with financial support for road reconstruction, rehabilitation and preservation projects, Premier Heather Stefanson announced Monday.

"Manitoba municipalities are facing significant road infrastructure challenges as a result of this year's extraordinary weather conditions," said Stefanson. "Above-average precipitation and colder-than-average temperatures have caused a substantial increase in the number and severity of potholes on roads throughout the province, and inflation and supply chain issues have also added to this challenge. In addition to our Budget 2022 investments in highways and municipalities, we are pleased to offer this extra support to reduce the financial burden on the City of Winnipeg and all municipalities during these unique times."

As part of this grant program, the province will distribute \$15 million to Manitoba's 137 municipalities on a per-capita basis, with the City of Winnipeg to receive nearly \$9 million of the total, the premier noted.

"After one of the snowiest winters on record and a freeze/thaw cycle that is finally letting up in May, Winnipeggers are now facing a pothole season like no other," said Mayor Brian Bowman, City of Winnipeg. "With a forecasted shortfall of over \$56 million in the City of Winnipeg budget as a result of pandemic impacts, this is a welcome funding announcement from the Province of Manitoba to help with the pothole issues being felt across the province. This funding would build on another historic road construction season in Winnipeg of \$164.7 million."

Municipalities will be granted the funding for costs related to road infrastructure improvements, including accessing repair materials and addressing workforce shortages, the premier added.

"The Association of Manitoba Municipalities (AMM) commends the Province of Manitoba for investing \$15 million to help support municipal infrastructure repairs," said Kam Blight, president, AMM. "As municipal roads connect local communities and support economic growth, these additional dollars help underscore the importance of long-term predictable funding to properly maintain and protect municipal infrastructure



RECORD PHOTO BY LANA MEIER

The provincial government announced \$15 million in a one-time grant program to support municipalities with road reconstruction, rehabilitation and preservation.

within our communities."

The funding is in addition to any disaster assistance municipalities could receive due to excessive flooding. Full details of this grant will be made available to municipalities in the coming weeks.

"The funds the government of Manitoba is making available immediately are sorely needed by municipalities throughout Manitoba to address the extraordinary issues with roads and streets this spring," said Chris Lorenc, president, Manitoba Heavy Construction Association. "The Manitoba government's recognition of this as emergency assistance is a sign a bigger conversation regarding long-term solutions is needed to help municipalities regularly maintain infrastructure."

The grant is equivalent to a five per cent increase to the comprehensive operating and infrastructure funding support municipalities receive annually through Manitoba's basket funding model, the Strategic Municipal Investment Fund.

"Our government is committed to working collaboratively with municipalities to build and maintain safe and reliable streets, which contribute to healthy and vibrant communities," said Stefanson. "This basket funding model reduces red tape and allows municipalities the flexibility to set priorities based on their communities' needs."

The premier noted Budget 2022

supports the government's three-year \$1.5-billion commitment to enhance the safety and connectivity of Manitoba's highway network with more than \$578 million allocated to highway projects this year alone. Additionally, Budget 2022 provides \$313 million in funding to municipalities to ensure they have the support they need to invest in what matters most to their communities, said Stefanson.

For more information on municipal grant funding, visit manitoba.ca/mr/mfpp.

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> MEAL IDEAS



Strawberry Walnut Hand Pies

wrap and refrigerate 1 hour.
To make filling: In food processor, pulse strawberries and lemon juice until slightly chunky.

Transfer to saucepan and gradually whisk in cornstarch until dissolved. Stir in sugar.

Heat over low heat until sugar dissolves, about 3 minutes. Turn heat off and stir in chopped walnuts. Transfer mixture to small bowl; refrigerate.

To assemble hand pies: Remove one dough disc from refrigerator. Lightly flour work surface and rolling pin. Roll out dough into large rectangle. Slice dough into six 4-by-2-inch rectangles. Place on parchment paper-lined baking sheet.

In bowl, mix water and egg. Brush perimeter of dough rectangles with egg wash. Place 1 tablespoon filling on center of dough.

Roll out second dough disc, creating six rectangles of dough. Place on top of jam and crimp edges with fork to seal. Freeze hand pies 20 minutes.

Preheat oven to 375 F.
Trim uneven edges of dough with sharp knife and brush tops and sides with egg wash.

Bake 20-24 minutes until golden brown around edges. Cool at room temperature 5 minutes on baking sheet then transfer to wire cooling rack until completely cooled.

To make frosting: In bowl, whisk sugar, milk and beetroot powder until thick but smooth. Drizzle frosting over hand pies and top with chopped walnuts. Cool 15 minutes, or until frosting is set.

- Dough:**
1/4 cup California walnuts
1 1/4 cups all-purpose flour
1 teaspoon cane sugar
1/4 teaspoon salt
7 tablespoons cold unsalted butter, cubed
4-5 tablespoons ice cold water
1 egg, beaten
- Strawberry Walnut Filling:**
1 cup strawberries, tops removed, halved
1 tablespoon fresh lemon juice
1 teaspoon cornstarch
2 tablespoons cane sugar
1/3 cup finely chopped California walnuts
- Frosting:**
1/2 cup powdered sugar
2 tablespoons 2% milk
1/2 teaspoon beetroot powder
2 tablespoons finely chopped California walnuts
- To make dough: In food processor, pulse walnuts until fine and evenly ground. Add flour, sugar and salt to ground walnuts; pulse to combine. Add cubed butter; pulse until butter is in small pieces. Add cold water 1 tablespoon at a time, pulsing while adding, until dough starts sticking together.
- Transfer dough to clean surface; shape into two 4-inch discs. Wrap with plastic

May is Mental Health month

Now with spring upon us, we all feel the positive effects of sunshine and spring. The change in season can benefit us physically, relationally, but also emotionally and within our mental health. Higher Vitamin D and longer days tend to make us feel more energized, which can lead to us feeling lighter in mood. Time outdoors helps to reset internal rhythms and systems and gives us better sleep at night. For those of us who enjoy gardening during this season, there are benefits there, too. Did you know that there are natural antidepressants found in soil? It's true! In all these ways and more, spring can be a wonderful time of refreshment as we step into summer. With that being said, spring and summer can nevertheless be difficult times in mental health, just as any other time of year.

This month is Mental Health Awareness Month and we at Stonewall Counselling Center feel more than ever that it is important to find a mental health practitioner who you can trust and where you feel supported in your healing process. You may be experiencing stress, anxiety, fear, sadness, and loneliness. Stonewall Counselling Center is a collaborative team of professionals with comprehensive knowledge in evidence-based care, and we are here to help you and listen to you. Erica Hildebrand and Damaris Bredin are professional counsellors at the center, and each bring their own unique set of skills, strength, and wisdom to their practice. We mutually share the importance of care for individuals who are suffering from mental health challenges. We each have a strong understanding of ethical and



PHOTO SUBMITTED
Damaris Bredin, left, and Erica Hildebrand.

confidential issues, an ability to form a therapeutic connection with our clients and are well versed in recognizing treatment strategies designed to create positive changes for those we work with. Most importantly we desire to partner with you to help you feel unstuck while working through barriers allowing you to achieve your potential. We believe that everyone has the resources and inner strength to heal and overcome adverse experiences with the right help.

Erica Hildebrand is the founder of Stonewall Counselling Center and her vision for SCC is to create a space in the Interlake area to help those who are struggling in their mental health and who are seeking help within their own community. We are located at 405 3rd Ave South in Stonewall. Please find more about us on our website: www.stonewallcounselingcenter.com.

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Antique tractors get the spotlight at Arborg event

By Nicole Brownlee

The Arborg and District Multicultural Heritage Village is putting a twist on a classic event, showcasing restored tractors from the 20th century.

Joe Stoyanowski was familiar with car shows because his family collected vintage cars like a 1955 Studebaker and two Chevy trucks from 1985 and 1955 and wanted to create a similar event that would be more accessible for community members.

"We know that a lot of people in the area have their tractors fixed up or older tractors that they're still using in the fields, and there has to be something for them," said Stoyanowski.

"Farmers are the main group for the area."

The Heritage Village hosted the first Tractor Trek in 2019.

The tradition would have continued in 2020 and 2021, but the event was delayed because of the COVID-19 pandemic.

Anyone who owns a tractor without a cab from the 1970s or earlier can enter the 2022 Tractor Trek, set for May 28 and at 8 a.m.

Spectators can enjoy breakfast at the Heritage Village while participants register for events.

The trek will start at 10 a.m., and riders will tour the town of Arborg and



The 2022 Tractor Trek is set for May 28.

compete in a scavenger hunt.

"They'll drive to town and drive past all the main residences, the seniors' residences, the hospital and that," said Stoyanowski, a volunteer at the Heritage Village.

Following the route around town, participants will play games like an egg and spoon race, balancing challenges and a chain pull on their tractors at the Heritage Village.

"There's an egg where the hitch is, and they have to back up to it without breaking the egg," said Stoyanowski, explaining another featured game.

Walter Hamm said the games and obstacles organized at the 2019 Tractor Trek stand out in his memory.

"They were hilarious," said Hamm. "There was one where they had to



RECORD PHOTOS SUBMITTED BY JOE STOYANOWSKI

Antique tractors will tour Arborg on May 28 before heading to the Arborg and District Multicultural Heritage Village to compete in games.

push a barrel with their front tire. That was very interesting."

Hamm had attended tractor pulls throughout Manitoba but thought the Heritage Village's Tractor Trek was a great way to display old tractors without straining them.

"There are quite a few antique tractors in this area, and they really have no way of showing them off," said Hamm.

Volunteers are also offering tours of the Heritage Village for visitors throughout the day.

Six prizes will be handed out at the end of the Tractor Trek to award oldest tractor, best restored tractor and other notable favourites.

In 2019, the event attracted around a dozen displayed tractors, but Stoyanowski thinks there will be a larger response this year.

"I hope there's a good turnout because it's a neat thing to see," he said. "It all depends on seeding."

For updates, visit the Arborg and District Multicultural Heritage Village Facebook page.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U13 Fishermen win city championship

Staff

The Lord Selkirk Fishermen U13 boys' hockey team proved that it's not how you start the season but rather how you finish it.

Selkirk soundly defeated the Royals Black 6-1 to win the A3U13A city championship at the Sam Southern Arena in Winnipeg back on March 18.

The Fishermen won the best-of-five series in four games.

Selkirk started off slow but improved tremendously over the course of the season and then peaked in the playoffs.

"We started off the season 2-4 and that (Royals) team beat us 12-2 and

then they beat us again 5-3 and then they beat us 2-1 and then they beat us again in the first game of the final," said Fishermen head coach Derek Robertson. "So they beat us four games in a row and then we won three in a row."

The Fishermen were a "middle of the pack" team in the playoffs but really picked up their game when it counted.

The team practiced a lot and the defence got much better over the course of the season, said Robertson.

Robertson estimated about half of the team will move up to an older age level for next season.



RECORD PHOTO SUBMITTED

The Selkirk Fishermen defeated the Royals to win the city championship on March 18 at the Sam Southern Arena. Pictured, head coach Derek Robertson, assistant coach James Gulash, assistant coach Chris Smoley, assistant coach Clint Hartwell, Sawyer Yarych, Jaylah Peterson, Cora Baptiste, Devon Cooper, Antwan Courchene-Hope, Jordan Fulton, Larson Gulash, Xavier Smoley, Ethan Dewar, Traycen Owen, Tyler Hartwell, Mark Stroppa, Matteo Colavito, Tyson Yates, Orion Carter, and Connor Surzshyn-ruud.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson earns fourth GSOC women's title with Champions Cup win

From Grand Slam of Curling

Kerri Einarson capped off the Pinty's Grand Slam of Curling season by capturing her fourth career women's title in the series.

Einarson and her Gimli rink defeated Eun-Ji Gim's team from South Korea 10-6 during the KIOTI Tractor Champions Cup women's final Sunday at the Olds Sportsplex.

The team of Einarson, third Val Sweeting, second Shannon Birchard and lead Briane Meilleur earned \$25,000 from the \$210,000 combined prize purse.

While the end of the Olympic cycle has signaled a flurry of lineup changes, Team Einarson will remain intact for next season, and for good reasons as they also claimed two Princess Auto Players' Championship titles plus three consecutive Canadian women's championships during their four years together.

"It definitely wasn't easy starting off, that's for sure," Einarson said while reflecting on the quadrennial. "We've put in a lot of work on and off the ice. My teammates have done a lot. They've been through a lot of physical and been through a lot of mental work. We work hard at the game and we're always looking to get better and better."

Although Team Einarson posted a 3-2 record through pool play, a poor draw-to-the-button shootout score dropped them into a tiebreaker scenario against Team Eun-Jung Kim of South Korea. Einarson clipped Kim 7-4 to qualify for the playoffs then ousted Ottawa's Team Rachel Homan 5-3 in the quarter-finals and Sweden's Team Anna Hasselborg 6-4 in the semifinals during a marathon three-draw Saturday with elimination on the line.

"It feels pretty amazing, especially to end the season on a win," Einarson said. "We played so well all week. We had a couple losses, back-to-back losses, but we never let that get us down. On Saturday, we really battled out there, played three games and I'm beat."

It might have been the closest draw-to-the-button shootout for the hammer to start a final as Team Gim landed just 0.7 cm away from the pinhole but Team Einarson edged them out finishing 0.1 cm from the dot. That proved to be crucial as Einarson drew for two in the opening end.

"Hammer is so important and that draw to the button is crucial," Einarson said. "You can tell by how it threw us in a tiebreaker. We just battled through it and it's tough to keep a lead, that's for sure. We've been there before."

Einarson drew to the button once more in the second and Gim followed the out-turn path, however, her shooter ran heavy to give up a steal and slip behind 3-0.

Gim, playing in her first GSOC final, was able to get back into it in the third end with a bump for two points to close the gap down to 3-2.

Einarson broke the game open in the fourth end. Gim crashed on her own guard and Einarson capitalized big time with a draw to score four to make it 7-2.

The game was far from over though. Gim pulled off the high-pressure in-off shot to the button to score her single point while facing six counters and the intrigue continued into the sixth end. Einarson let Team Gim off of the hook and was light on her last while facing three counters. Although Birchard and Meilleur were on it from the start, they were unable to drag it



RECORD PHOTO FROM GRAND SLAM OF CURLING

Kerri Einarson's Gimli rink defeated Eun-Ji Gim's team from South Korea 10-6 in the KIOTI Tractor Champions Cup women's final Sunday at the Olds Sportsplex.

far enough into the four-foot circle to give up a steal of two that cut the deficit in half 7-5.

Gim closed within one in the seventh as Einarson's slash double attempt to score two missed the back counter to concede another stolen point.

"Team Gim played really well," Einarson said. "They started off a little shaky at first but then in the last half of the game they put some pressure on us. Just came short on a draw but we just squeaked it out."

Einarson looked more like herself in the final frame making a routine double takeout on her first skip stone to sit two stones and lower some of the tension. Gim drew for shot rock into the four-foot circle mostly buried — keyword being mostly as Einarson was still able to punch it out and add three points for insurance.

"We're very gritty and resilient," Einarson said. "We just never give

up. We just keep making shots and putting pressure on our opponents. I'm very proud of my teammates and they definitely make my job easy."

The team of Gim, third Min-Ji Kim, second Su-Jin Kim and lead Ye-Eun Seol picked up \$15,000 from the purse for finishing runners-up.

Earlier, Brad Gushue and his crew from St. John's, N.L., upended Kevin Koe's Calgary club 8-5 in the men's final. Gushue captured his 13th career GSOC men's championship and 12th with second Brett Gallant, who now departs the team to play with Brendan Bottcher.

The 2022-23 Pinty's Grand Slam of Curling campaign kicks off with the Boost National, Oct. 4-9, at Memorial Gardens in North Bay, Ont.

Full-event passes are now available for all six events for next season, visit theGrandSlamOfCurling.com/tickets for more information.

West St. Paul rink competes at nationals

To see more photos of your favourite Interlake Athletes

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Staff

West St. Paul's curling rink of Ryan Ostrowsky, Jack Steski, Luke Robins and Logan Strand finished with a 3-6 record at the 2022 Canadian Under-18 Boys Curling Championship in Oakville, Ont.

Ostrowsky posted wins over Prince Edward Island (5-4 and 6-5) and Newfoundland and Labrador (9-1).

West St. Paul's losses came against Saskatchewan No. 1 (6-2), Northern Ontario No. 2 (7-4), New Brunswick No. 1 (5-3), Nova Scotia No. 2 (10-3), Alberta No. 1 (7-6) and Newfoundland and Labrador No. 1 (4-3).

Saskatchewan No.1s Matthew Drewitz defeated Nova Scotia No. 2s Nick Mosher 5-4 in the final.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Three local players recognized at WHSHL awards banquet

By Brian Bowman

Three local players were recognized at last week's Winnipeg High School Hockey League's awards banquet.

The Selkirk Royals' Nathan Burzynski was crowned the co-winner of the Platinum Promotions Division scoring title and was also named the most improved player.

Burzynski had a great season, scoring 20 goals and collecting 41 points in 24 regular-season games.

"It was pretty awesome going from five points (in 2019-20) to being a league leader," said Burzynski, whose Junior "A" rights are held by the MJHL's Winnipeg Blues.

Burzynski felt he could have done even better this past season and also thought the Royals underachieved.

Still, he said he had a great time play-

ing high school hockey for Selkirk.

The Royals selected Devon Whiteside as the team's winner of the Travis Price Scholarship. That award is voted upon by teammates for a player's hard work and dedication to the team.

"Obviously, it's a huge honour to win that award," said Whiteside, who had eight goals and 20 points during the regular season. "For the team, it wasn't an easy decision, especially with the group that we had. Being recognized by them, there are no words to explain it."

Royals' head coach Michael Buffie had high praise for his two graduating players.

"What is most impressive about Nathan's season this year is how he stepped up when we needed him to.

He recorded many game tying and game-winning goals, including the game tying and game-winning goal in the final regular-season game against Miles Mac to clinch a first-round bye," Buffie said in an email.

"Devon Whiteside is the type of player that leaves it all on the ice. Respected by his teammates, opponents, officials and teachers. Devon is the type of player you look at when you talk about playing the game the right way. He plays a hard-working, clean brand of hockey. All of his teammates want to play with him because he does all the little things right. Devon is also a high-achieving student as well as he brings that hard-working attitude to the classroom."

Meanwhile, St. Andrews' Colson Smith was selected by his Garden

City Fighting Gophers' teammates for their pick for the Travis Price Scholarship.

"I was pretty excited to hear my name get called on and going up on stage was a really good experience for me," said Smith, a Grade 11 student-athlete. "It shows that (my teammates) have trust in my leadership and that they think I deserved (the scholarship)."

Smith scored five goals and had 22 points in 19 regular-season games. He added four goals and two assists in four playoff games.

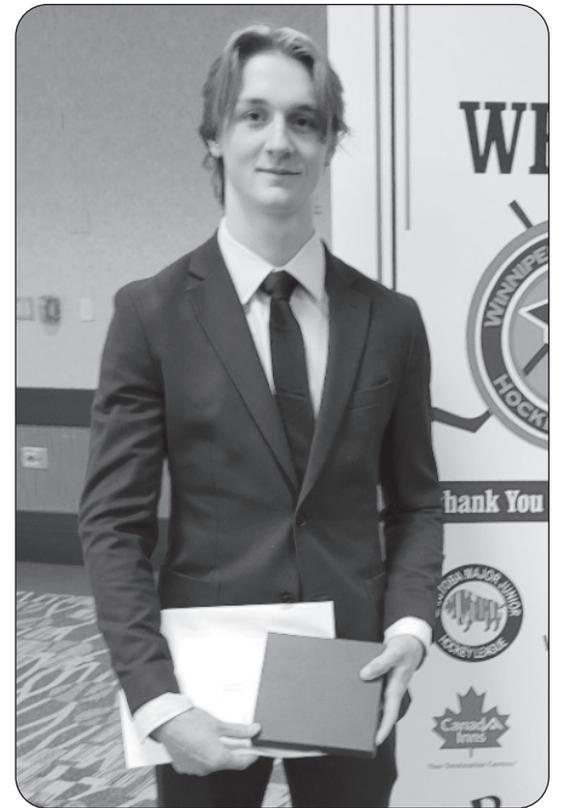
"I played on a pretty good line the whole year which helped," Smith said. "I didn't find the back of the net some games but I would get a couple of assists."



RECORD PHOTOS SUBMITTED
St. Andrews' Colson Smith, right, was chosen as Garden City's Travis Price Scholarship award winner.



The Selkirk Royals' Nathan Burzynski was crowned the co-winner of the Platinum Promotions Division's scoring title and was crowned the Most Improved Player.



Devon Whiteside was named the Selkirk Royals' Travis Price Award winner which is voted upon by his teammates for his hard work and dedication to the team.

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> GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Amounts of time
- Some put it on steak (abbr.)
- Sign language
- Sowed on the ground
5. A ship's place at a wharf
- Tags
- Everyone has one
- N. African capital
- Midgame (abbr.)
- Change as needed
- Functioning as a consonant
- 10 Point a finger at
- 12 Large, burrowing rodent
14. Raises the stakes
16. Measure of illumination
18. Cast out
19. One who is staid
20. A word used for emphasis
22. Military missions
23. Wet with rain
25. Selling at specially reduced prices
26. Word element meaning ear
27. ___ student,
28. Blood relation
30. Make into leather
31. One billionth of a second (abbr.)
33. Containing salt
35. A seat
37. A type of fine pottery
38. You're caught red-___!
40. "Heat" director Michael
41. Expression of creative skill
42. Title of respect
44. Crony
45. Payroll experts
48. Actress Remini
50. Famed consumer advocate
52. Indigenous Thai person
53. Fitzgerald and Baker are two
55. Cooking tool
56. Decorate a cake with frosting
57. The seventh note of a major scale
58. Transfer from private to state ownership
63. A set of five
65. Removes
66. Foolish persons
67. Lower parts of a wall

CLUES DOWN

- Old EU money

			1	2	3	4		5	6	7	8	9				
	10	11							12					13		
	14							15						16	17	
18								19			20			21		
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26							27				28			29	30	
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53							54			55					56	
57							58			59				60	61	62
							63	64						65		
														66		
														67		

2. Some put it on steak (abbr.)
3. Sign language
35. Swiss cottage
36. Cleft lip
4. Sowed on the ground
39. Loud, unpleasant noise
5. Tags
40. Disfigure
6. Everyone has one
43. Kayakers traverse them
7. Arguments
44. Authored
8. N. African capital
46. Small freshwater fishes
9. Midgame (abbr.)
47. Macabre poet
10. Change as needed
49. Carthaginian statesman
11. Functioning as a consonant
51. Principle underlying the universe
12. Large, burrowing rodent
54. Common Japanese surname
13. An island in the north Atlantic
55. The bill in a restaurant
14. Raises the stakes
56. Small constellation
15. Carpenter's tool
57. The seventh note of a major scale
16. Measure of illumination
58. Transfer from private to state ownership
17. Small football player
18. Ghosts say it
19. One who is staid
20. A word used for emphasis
21. Explain through logic
22. Military missions
23. Having ten
24. Criticize
25. Selling at specially reduced prices
26. Word element meaning ear
27. Arms of the sea
27. ___ student,
28. Blood relation
29. Belonging to a bottom layer
30. Make into leather
31. One billionth of a second (abbr.)
32. ___ Caesar, comedian
33. Containing salt
34. Licensed health care pro
35. A seat
37. A type of fine pottery
38. You're caught red-___!
40. "Heat" director Michael
41. Expression of creative skill
42. Title of respect
44. Crony
45. Payroll experts
48. Actress Remini
50. Famed consumer advocate
52. Indigenous Thai person
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57. The seventh note of a major scale
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63. A set of five
65. Removes
66. Foolish persons
67. Lower parts of a wall

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GARAGE SALE

Red River Churches Refugee Team - Garage Sale. Clearing out our current stock of household furniture, utensils and small appliances. Friday, May 13, 3:00 to 8:00 PM, and Saturday, May 14, 9:00 AM to 2:00 PM. Location: 66 Eveline Street, Selkirk.

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HELP WANTED

The Window Factory located at 605 Mercy St., Selkirk is now hiring installer assistants. Please apply in person to the office Monday - Friday. Valid driver's licence required for installer assistant.

Wanted reliable student or graduate for Countryjohns Portable Toilets, \$16 - \$18/hr. Must be able to lift, load, service and deliver poly toilets. Must be able to back up trailers and operate vacuum pump (will train). Please email your resume to: countryjohns@shaw.ca

Super 7 Service in Teulon is looking for full and part time cashier help. Must be available to work some evenings and weekends. Call 204-886-3777 or email resume to: 7service@mts.net

Busy Auto Shop, FT position - Oil Change & Tire Tech. Must be physically fit. Wage according to experience. Will train. Apply at Petersfield Garage 204-738-2552.

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews. 204-338-4292.

HELP WANTED

Looking for a computer and cell phone geek (expert). Please call 204-485-6929.

Searle Greenhouses Ltd. in East Selkirk, MB is looking for 5 ton delivery drivers for immediate start. It can be a fairly physically demanding job which requires loading and unloading carts of plants at the greenhouse and Home Depot Stores. Must be available to work weekends. Must be able to lift 50-100lbs. Starting wage is \$16/hr. Please email resume to employment@searlegreenhouses.com

Health Care Aide - Full time un-certified health care aid. No formal training is required. We provide on the job training for the right candidate. Must be able to cook, clean, do light house keeping, also assist client with bathing and dressing. Day, evening and night shifts available, call for details. Drop resume in person at 230 Manitoba Ave. Selkirk or email Bonded Health Services at Reception@bondedhealth.ca

HELP WANTED

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Competition number: IERHA 936/22
Please refer to complete job posting at: <https://selfservice.ierha.ca> and search under "View All" and scroll to : Student Maintenance Assistants.

Deadline for submissions is Tuesday, May 17, 2022 at 11:59 pm.



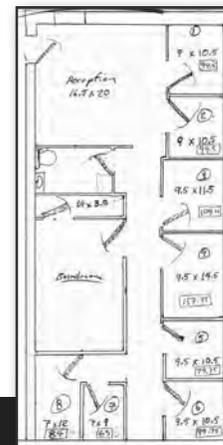
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For information please contact: BIG Real Estate 204-485-0010

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LIVE FARM AUCTION SALE

For Marlene & the late Bob Wuskynyk Dallas, MB

Saturday, May 21st, 2022 at 11:00 a.m.

Sale Site: Go through Peguis First Nation to the Dallas Store – follow PR #224 to PR #412, follow #412 for 1.5 km North, turn West for 4.1 km to Red Rose Hall sign, turn North for 4.9 km, turn West for 0.5 km (watch for signs)

Machinery & Equipment: Hesston 100-90 DT Tractor, w/3 pt, Cab, Dual hyd, pto, grapple, loader, 18.4 x 34 rear tires, 14.9 x 24 front, FWA – not working (ser #D6M4774MAAOH); Case Int 5250A, triple hyd; cab, Allied 795 bucket & grapple, 18.4 x 38 rear, 14.9 x 24 front (like new tires); 6T-590 1989164C1 (ser #X52130543X); Case Int. Baler RBX 563, good cond, pickup, belts; Case Int. 8830 Haybine, 14ft, (ser #8830 CFH0101430); Allied bale stoker; IHC breaking plow; 3 bottom plow on steel; 12ft Shurflex; Int. R160; MFL Waterlod separator; McCormick-Deering Threshing machine, 22” cyl; MF Drill, 13ft, seed & fertilizer attach, on rubber; 10ft Deep tiller; Cockshutt 535 Combine; 100 bu side slip Wagon; Westfield Auger 36x6, 9hp, w/B&S motor; Rock-omatic 546, pto (ser #OM513976); Douglas 7.5 ft Swath roller; J.D. 14T Baler; J.D. 37 Sickle mower; 894 Side delivery rake; J.D. 24T & 14 T Balers(needs work & 1 for parts); Versatile 400 15ft, hydrostatic, oper, (needs work); 28ft Cultivator w/Ajax harrows; D7 Caterpillar w/10ft blade (needs work); J.D Side delivery rake (LR223960); 10ft Hutchmaster, RP series 79 (ser #10-1170); White 253 Disc, on rubber

Vehicles & Trailers: 2010 Dodge Ram 2500 Power wagon, dark red, 5.7 hemi, comes w/mag wheels (Custom “Ballistic off road” 18” rims) factory winch w/operating controls, sunroof, 128,514 km, complete power wagon package, custom seat & backseat cooler, beverage cooler, short box, set up for gooseneck w/plug on cab wall, bed protected w/LineX spray, some damage to tailgate (ser #3D7TT2CT8AG182281); 1952 Dodge truck; D66-52, 64,000 mi, 2 spd axle, pto (ser #D4002610A); Stock trailer, 5x16, metal, wooden floor, needs work; Ford F600 w/metal box & hoist, 4 spd od, 49447 mi; 1996 Dodge 1500, red, (VIN #1B7HC16Y4TJ198383); 1979 Dodge Power wagon, w/o (VIN #W14JF98189426); 1985 Dodge Ram Charger, 2 tone brown/black (VIN #1B4GW12T0FS603971); 1972 Chrysler Newport Royal, 2 dr hardtop, 400 auto (ser 3CL23M2C234011); 2008 Jeep Cherokee, 369,264 km

Shop & Tools: Furney Model C5 Welder; Cutting torches & gauges; Strong arm grinder; Annex stove; Inferno stove; Wisconsin 16 hp portable Welder; Honda Generator, 9.6 kw; Stair climber mover; Portable air compressor; Tool cart on wheels; Railway jack; Ryobe 10” table saw; Booster pack; (2) Floor jacks; Yardworks 6.5hp mower; Husquvarna push mower

Yard & Miscellaneous: Elec wood splitter; Craftsman 22 hp lawnmower; Yard wagon; Yard sprayer; (3) Water backpacks; 4 bales twine; 70 gal slip tank w/pump; 3 rolls barb wire; Various scrap iron; Winch for D7; (2) School buses; Polaris Colt; McCullough Boat, trailer, Evinrude 40hp motor, fiberglass, model 13 Sport, (DOT: 113314); Cream cans; Horse rake & mower

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For more info: Call Buddy

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**deadline is
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NOTICES

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NOTICE TO CREDITORS

In the matter of the Estate of **ALVIN DAVID McKAY**, late of Winnipeg Beach, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Shelley Colquhoun, PO Box 381, Station Main, Selkirk, Manitoba on or before the 1st day of July, 2022. Dated at Winnipeg, Manitoba, this 3rd day of May 2022. Shelley Colquhoun, Estate Administrator PO Box 381, Station Main Selkirk, Manitoba, R1A 2B3

IN THE MATTER OF: The Estate of Joan Alice Butler, late of the City of Selkirk, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, ROC 2Z0 on or before the 8th day of June, 2022. DATED at Stonewall, Manitoba this 5th day of May, 2022. **GRANTHAM LAW OFFICES** Solicitor for the Executors

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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 23, 2022 will be destroyed or controlled by mowing, cultivating, or application of herbicide.

Each Municipality reserves the right to levy a service fee on the weedy property’s tax roll in addition to the cost of weed control.

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: silkweed@gmail.com



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RM OF EAST ST. PAUL ZONING BY-LAW 2009-04 FILE NO. BL2022-02 PUBLIC HEARING

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

We are Listening.

Public Hearing
Tuesday, May 24, 2022
7:15 PM
Council Chambers
3021 Birds Hill Rd.
East Selkirk, MB
MASKS RECOMMENDED

What is BL2022-02 about?
The amendment application is to:
a) Include a new zone in the Zoning By-Law ("LMU" Low Rise Mixed Use).
b) Rezone the subject land from "R1-17" Single Housing Dwelling Zone to "LMU" Low Rise Mixed Use Zone.

2461, 2463 & 2481 Henderson Hwy
(Roll # 20400, 20430 & 15900)

There will be an option for in person or virtual.
For those that wish to attend virtually please contact the RM of East St. Paul office at 204-668-8112 by 4:00pm on May 20, 2022 to register.

For more information please contact the Red River Planning District.
Red River Planning District Mon-Fri*
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm
*excludes all statutory holidays
*NOTE: Property owners are responsible for notifying "Tenants"

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Website: www.redriverplanning.com

R.M. OF WEST ST. PAUL ZONING BY-LAW 2/99P ZONING BY-LAW AMENDMENT 2022-05 "P" PUBLIC HEARING

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

We are Listening.

Public Hearing
Thursday, June 9, 2022
6:00 PM
online only

What is BL 2022-05 "P" about?
This application proposes to make changes to the Zoning By-law. These changes are summarized as:

- Updating antiquated references.
- Including new site and building design related requirements.
- Updating signage requirements.
- Updating definitions.
- Including a new zone.

Please note: The changes do not involve rezoning any property.

The RM Council Chamber is closed to the public due to COVID-19. Meetings will be available live through YouTube. The link will be provided at www.weststpaul.com. We request the public email info@weststpaul.com by 2pm the day of the meeting to register to speak; or to register as for, against, or for information.

For more information please contact the Red River Planning District.
Red River Planning District Mon-Fri*
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm
*excludes all statutory holidays
*NOTE: Property owners are responsible for notifying "Tenants"

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ANNOUNCEMENT

IN MEMORIAM



In Memory of my parents
Ben Orvis
 May 2, 1917 - May 28, 2002
Eileen Orvis (Irvine)
 September 14, 1928 - May 13, 1992
 Always missed.
 -With loving memories, Blaine and Denise

ANNOUNCEMENT

CARD OF THANKS

A HUGE HEARTFELT THANK YOU to the fantastic hardworking Netley Colony, the guys from the RM of St. Andrews Public Works, and our wonderful family, friends and neighbours who worked so hard and long making sandbags and building dikes around both our home and our nieces home next door which saved us from flooding. Also thank you to the gracious family members and neighbours for their generous gifts of food and drinks to feed our working crew. Special thank you to the people who stayed up all night pumping water and repairing the dikes. Everyones caring, hard work, prayers and emotional support will forever be a reminder to us of how special each and everyone of you are to us. We are forever grateful. God bless you all.

-Dale and Caroline Nuspl
 and Roberta Geall

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ANNOUNCEMENT

IN MEMORIAM



Brandy Laverne Lenton (Swain)
 October 15, 1974 - May 08, 2010
 Remembering you is easy,
 I do it everyday.
 Missing you is the hardest part,
 That never goes away.
 Behind my smiles are many tears,
 For a daughter and best friend,
 That I loved so dear.
 My heart still aches,
 As I whisper low,
 God Bless you dear Daughter,
 I miss you so.
 Remembering you always,
 Forever loved.

-Lots of love "Hun"
 Love Mom xoxoxo
 The Gates of Memory will never close

ANNOUNCEMENT

IN MEMORIAM



Mike Smederovac
 May 27, 1940 - May 9, 2020
 Forever Young
 Gone but not forgotten
 -Love Maggie and family

ANNOUNCEMENT

IN MEMORIAM



Trevor Dale Peterson
 October 11, 1977 - May 14, 2021
 Missing You Always

You never said I'm leaving,
 You never said goodbye;
 You were gone before I knew it,
 And only God knows why.
 In life I loved you dearly,
 In death I love you still;
 In my heart I hold a place,
 That only you can fill.
 It broke my heart to lose you,
 But you didn't go alone;
 A part of me went with you,
 The day God took you home.
 Always in my heart and missed everyday
 -Love Mom
 Sharon McDonald

ANNOUNCEMENT

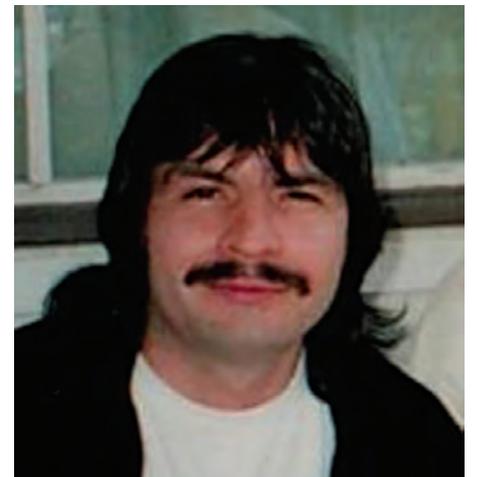
IN MEMORIAM



In Loving Memory of our nephew
Trevor Peterson
 who passed away May 14, 2021
 A special person, special face,
 Someone we love and can't replace.
 Never selfish, always kind,
 These are the memories he left behind.
 Always in our hearts.
 -Love, Auntie Bea and Uncle Ron

ANNOUNCEMENT

IN MEMORIAM



Uncle Trevor Peterson
 October 11, 1977 - May 14, 2021
 If tears could build a stairway,
 And memories were a lane;
 We would walk right up to heaven,
 And bring you home again.
 -Love niece Shantell and
 nephews James and Kenny

ANNOUNCEMENT

IN MEMORIAM



Lee Orest William Scott
 In loving memory of
Lee Scott
 who passed away May 11, 2021
 We thought of you today,
 But that is nothing new;
 We thought about you yesterday,
 And days before that too.
 We think of you in silence,
 We often speak your name;
 All we have are memories,
 And your picture in a frame.
 Your memory is our keepsake,
 With which we'll never part;
 God has you in His keeping,
 We have you in our heart.
 -Forever remembered by Mom, Dad,
 Ashlyn, Emily, Parker, Matthew, Brittany,
 Hannah and Nannie

ANNOUNCEMENT

IN MEMORIAM

Bill O'Neill
 October 11, 1932 - May 13, 2020
 In our hearts you hold a place
 No one else can fill.
 It broke our hearts to lose you,
 But you did not go alone,
 As part of us went with you
 The day God took you home.
 The special years will not return
 When we were all together,
 But with the love within our hearts
 You will be with us forever.
 You are missed by so many friends and family
 -Clara and all my family

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OBITUARY



Gerald Ronald Zoppa

Gerald passed away on Saturday, February 5, 2022 at Riverview Health Centre at the age of 85 years.

To celebrate and honor Gerald's life, the family is holding a Service of Remembrance on Thursday, May 12, 2022 at the Masonic Memorial Centre, 420 Corydon Avenue, Winnipeg, Manitoba at 1:00 p.m. with a reception to follow.

In lieu of flowers or gifts, please donate to the Shrine Transportation Fund at the Shrine House on Wilkes Avenue.

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OBITUARY



Madeline Elsie Pruden

Peacefully, on Wednesday, May 4, 2022 at the Tudor Personal Care Home, Madeline Pruden, aged 96 years of Selkirk, Manitoba passed away.

The family would like to thank the staff of Tudor House for their excellent care over her later years.

In keeping with her wishes a private family graveside service will be held.

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



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Bruce Ronald Mantle December 31, 1932 – April 22, 2022

Suddenly on Friday, April 22, 2022, on a work related trip, Bruce passed away.

He is survived by his partner Richard Buck; brothers Lou and Roy Mantle and sister Mary Louise in Ontario.

He was predeceased by parents Llewellyn and Ivy Mantle and sister Ruby MacMillan and brothers Carman and Lee Mantle.

Bruce was born in Melbourne, Ontario and moved to Winnipeg in the sixties. Bruce was a true "Jack-of-all-Trades". He and Richard formed a company called TechPro and with their combined knowledge of metal work, woodwork, leatherwork, electrical, computer and musical expertise they, for the past 50 years, installed, serviced and maintained Pipe Organs in churches in Northwest Ontario, Manitoba and Saskatchewan.

A memorial service will be held in Selkirk, Manitoba at the Selkirk United Church, Sunday, May 15 at 3:00 p.m. and at a later date, interment in Dutton, Ontario. The service will be livestreamed via a link in his obituary at www.gilbartfuneralhome.com.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Gary Wayne Bear February 27, 1960 - May 3, 2022

It is with great sadness we announce the passing of Gary Wayne Bear of Scantebury, MB on May 3, 2022 at the age of 62.

Gary was predeceased by his father William Bear, his brother Craig Bear, his sister Cynthia at infancy, grandparents Harriet and Colin Bear and Catherine and John Folster.

Gary will be lovingly remembered by his children Dennis (Kayla), Shian, Rachelle and his dog Duke, his beloved granddaughter Adeline, his mother Rose (Ken), his brother Raymond (Fran), niece Cindy (Isaac), along with numerous family members, co-workers and friends.

Gary loved to keep busy whether it be fishing, hunting, helping the community, working or spending time with his granddaughter. He truly was a jack of all trades he could build a house or fix a car,

if he couldn't fix it he would always find a way. He was a long-standing member of the B.O.N. Fire Department in Scantebury, MB. Gary was always known for helping anyone in need and would give you the shirt off his back.

We love and miss you Dad, Mushum

A private family ceremony has already taken place as per Gary's wishes with cremation to follow.

In lieu of flowers please donate to any animal shelter in Gary's name.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Glen Pruden March 20, 1960 – April 30, 2022

It is with heavy hearts that we announce the passing of Glen Pruden, age 62 of Selkirk.

Leaving to mourn his passing are his daughter Jennifer (Brody); granddaughters Clara and Brielle; sister Cindy (Nigel); brother Martin (Pat) and numerous nephews, nieces, cousins and friends.

Glen, aka Tea-Bag, was born in Selkirk, MB on March 20, 1960. He grew up in Lockport, MB on the avenue where he made many lifelong friends and memories.

Glen had various jobs over the years from working at the hospital to driving taxi. He made friends wherever he went. He was so easy going, kind hearted, with a great sense of humour, contagious laugh and a heart of gold.

It was not hard to love him.

In 2013 Glen became a grampa and then again in 2015. His granddaughters were truly the light of his life. The way he interacted with them was heart warming to watch. Playing with them, always joking around, and of course some playful teasing. He took so much pride in this role. At the end of every phone call he would say "give my girls a kiss and tell them grampa loves them" I will continue to tell them that always.

Cremation has taken place and at Glen's request there will not be a formal funeral service. He will be interred at the St. Andrew's on the Red Anglican Cemetery.

You are in my thoughts every day and that's how it will always be, you may be up in heaven now but you will always be with me.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Mary Kozoway

Peacefully on May 4th, 2022, Mary passed away at the age of 97 years.

Mary will be sadly missed by her children Dennis (Sandra) and Tammie (Larry) Burbella and grandchildren Bradley (Celia), Michael (Kayla), Laura, Curtis (Candace) and great-grandchild, Lyra.

Mary was born in Hazeldell, Saskatchewan on July 17th, 1924.

She was predeceased by her husband, John, in 2003, her parents and six brothers and four sisters.

She is survived by her brother Walter and sister Olga.

Mary grew up in Hazeldell, Saskatchewan. She married John in 1951 and then settled in the Lockport area. Mary and John were active in the Ukrainian Catholic parish in Rossdale and the Army and Navy in Selkirk. She enjoyed flowers, gardening, making perogies at the church and in earlier years, catering. Her love for her family was her greatest pride and joy. Her grandchildren were very special to her and she would talk about them and their accomplishments often. She had a special place in her heart for her great grandchild, Lyra, who always made "Great Baba" smile.

Funeral Mass was celebrated on Monday, May 9th, at 11:00 a.m. at St. Mary's Ukrainian Catholic Church, 530 Donald Rd, Lockport. Interment followed at the parish cemetery.

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

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FEATURE OF THE WEEK!
60 ARNHOLD ST, GULL LAKE



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F E A T U R E D P R O P E R T I E S

<p>HH TEAM NEW!</p> <p>\$627,800</p> <p>60 Arnhold Street Gull Lake</p>	<p>HH TEAM NEW!</p> <p>\$269,900</p> <p>41 Inkster Blvd Scotia Heights, Wpg</p>	<p>HH TEAM NEW!</p> <p>\$269,900</p> <p>184 Harbison Ave W Elmwood, Wpg</p>	<p>HH TEAM NEW!</p> <p>\$425,000</p> <p>284 Lake Ave Lac Du Bonnet</p>	<p>HH TEAM NEW! PRICE!</p> <p>\$254,900</p> <p>204 Rosser Ave Selkirk</p>
<p>ASHLEY LEASE FOR LESS!</p> <p>\$900/MO</p> <p>101-250 Manitoba Ave 650 SQFT + Washrooms</p>	<p>HH TEAM 80 ACRES!</p> <p>\$389,900</p> <p>113142 Rd 13E Fraserwood</p>	<p>HH TEAM 4 BEDROOMS!</p> <p>\$239,900</p> <p>515 Toronto Ave, Selkirk</p>	<p>HH TEAM PENDING!</p> <p>\$474,900</p> <p>3 Thoma Drive Lockport</p>	<p>HH TEAM PENDING!</p> <p>\$264,900</p> <p>543 Stanley Ave Selkirk</p>
<p>HH TEAM PENDING!</p> <p>\$229,900</p> <p>434 Manitoba Ave Selkirk</p>	<p>HH TEAM PENDING!</p> <p>\$575,000</p> <p>82101 St Peters Rd St Clements</p>	<p>HH TEAM PENDING!</p> <p>\$110,000</p> <p>508 Clandeboye Ave Selkirk</p>	<p>HH TEAM PENDING!</p> <p>\$147,500</p> <p>82012 2 Mile Road St Clements</p>	<p>HH TEAM SOLD!</p> <p>\$399,000</p> <p>128 Lipton St - DUPLEX! Wolseley, Wpg</p>

Did someone say... INVENTORY?!

Yes! That's right! Over the past couple of weeks we have noticed a SURGE of new listings like we haven't seen in 2 years! This is very exciting for discouraged buyers who have had little to no options for homes. It's a fantastic time to buy, especially if you are still locked into your lower interest rate for a few more weeks or months. Now the question is, are the prices going to go down? At this point, there has not been a significant drop in selling prices however, we have noticed some shifting in terms of homes not selling on offers date or selling for under list price.

-Betty Green



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