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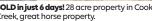














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**RECORD PHOTOS BY LIGIA BRAIDOTTI** 

Happy Thought School students participated in a parade on May 8 to show their love to their teachers. See more photos on page 14.

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# Opinion: Happy 150th anniversary Manitoba

By Ligia Braidotti

Manitobans celebrated the 150th year Manitoba became the fifth Canadian province.

While I was thinking about writing this editorial, I did some research to deepen my understanding of how Manitoba has contributed to Canada.

In my research I found out that Manitoba was the first and only province to enter Confederation under the Indigenous leadership of Métis leader Louis Riel. His leadership was essential to launch the Red River resistance and form a provisional government that represented the rights of Métis and all others who called Manitoba home.

The easternmost of the Prairie Provinces, Manitoba is a traditional territory for several First Nations people Ojibwa, Cree, Dene, Sioux, Mandan and Assiniboine, and other tribes that entered the area to trade through the land trails currently known as the Whiteshell Provincial Park and the Winnipeg River.

The European fur traders arrived in Manitoba in the late 17th century and the French set up trading post forts in

Years later, Lord Selkirk was the first



**RECORD PHOTO BY LIGIA BRAIDOTTI** 

Selkirk Record's editor and reporter Ligia Braidotti is grateful for the beautiful Manitoba sky.

to establish colony in Manitoba, in what was known to be Rupert's Land of Assiniboia, or the Red River Colony.

Manitoba became a Canadian province in 1870, after Britain transferred Rupert's Land and the North-Western Territory to the newly formed country of Canada. The country then became responsible for the settlement of Aboriginal title to the lands and entered into treaties with several First Na-

Over the years, Manitoba diversified its economy, which was heavily based on farming of grains, cattle, and hay.

The Canadian Encyclopedia calls Manitoba the "keystone province located in the heart of Canada."

In more recent times, the ethnic composition of Manitoba became even more diversified. Manitobans trace their ancestries to British, German, Aboriginal, Ukrainian, and French. With the growth of immigration, there are also a large group of people who identify as Polish, Dutch, Filipino, Russian, Icelandic, and Mennonites.

As an immigrant to this province myself, I have felt a great privilege in living here for the past six years. It was here where I found my passion for journalism and have been encouraged to work to my full potential. Everyday, I am grateful for the beautiful sunny sky that I had only seen in this province. The sun shines every single day, even when the temperatures are below freezing (I come from a place where the lowest temperature is between plus 5C and 0C). Even with the harsh cold winters, summer comes every year to reenergize us for the next season.

I have gained much knowledge with the diversity that we find here in Manitoba, especially with the First Nations people. I am amazed by their resiliency and their eagerness to keep their traditions and not let anything or anyone take that away from them.

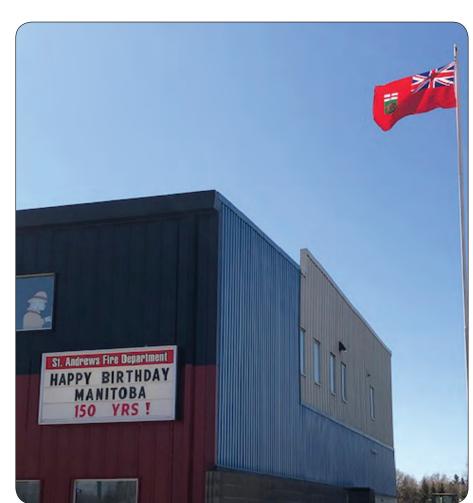
I am beyond grateful to have the opportunity to witness such a milestone for this province and was looking forward to the celebrations scheduled for this summer (my favourite season of the year). Unfortunately, this virus arrived unannounced and many of our plans had to be changed so suddenly, but I'm glad that the Manitoba 150 committee has decided to postpone the events to 2021. Even with this disease, I have seen many of the province's residents sacrifice their weddings, socials, celebrations, and

more, for the benefit of the entire community. Thanks to everyone's efforts, Manitoba hasn't suffered as much with the outcomes of this pandemic as other places have.

These are only a few examples of the things which I am grateful for living in this province. What are you grateful for? We would love to hear from you!

Email us at news@selkirkrecord.ca and share your story with us.

# **Beloved home**



RECORD PHOTO SUBMITTED

The St. Andrews Fire Department paid homage to Manitoba's anniversary on May 12.



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Dan Scramstad stars in production

# while social distancing

#### By Katelyn Boulanger

Let Go from The Deed's 2016 album Late O'Clock now has a video to go along with it's rock lyrics staring front man and former Selkirkian, Dan Scramstand. The video, which was completely filmed while maintaining social distance was release on April

"The video was kind of a late release because some of the contents of the video and the coins are from different parts of the world and I misplaced the coins at one point when the video was supposed to be shot. I lost them in my house and I ended up finding them two years later. The song kind of makes sense with what's going on today and I thought that we would shoot it and re-release it and that's what we did," said Scramstad.

He feels that the lyrics really resonate with how he's feeling towards the changes that people have had to make to stay safe in lieu of Covid-19.

"We shot the whole thing while

social distancing. It's just me in the video and the song makes reference to wanting to be alone and getting away from society. It's about closing up and sort of letting go of stuff and that's kind of what it's about. I wrote it well before any of this happened and I never expected it to line up that was but it just sort of does," said Scrams-

The video was shot with the help of videographer Jason Fame and the coins that spurred on the start of it were from all over the world because Scramstad didn't want it to feel like they were from one individual location to make the video more inclusive.

"A friend gifted me those coins a few years ago and I found them because I was at home isolated cleaning my house. I was going through an old drawer and [cleaning it out] and I found the coins and I thought I have to continue shooting this thing. They were an integral part of the video because they were supposed to be in the



**RECORD PHOTOS SUBMITTED** 

The Deeds front man Dan Scramstad starred in a music video filmed while social distancing for their 2016 song Let Go.

beginning," said Scramstad.

Like the coins that seemed to be found at the right moment, the song is about letting things go so that they can come back.

"The whole concept of the song is about letting things go and having things come back to you just like the old saying, 'If you love something let it go,'. It comes from that and so, if you watch the video everything is coming back rather than leaving so that's kind of the concept behind it and it's about leaving behind things in life that you have no control over and it applies to everybody," said Scramstad.

The band does not have any tour dates in the future but Scramstad is hopeful that he will be able to break out as a solo performer in the future.

"I will probably be breaking out with a solo career after this but again

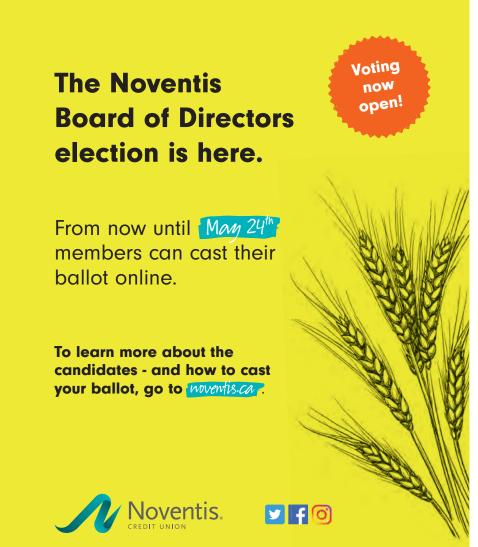


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everything is at a halt right now," said Scramstad.

The new music video is available for viewing at youtube.com/ watch?v=WE3F2AXgSgI. To follow The Deeds check out their website at thedeedsband.com or facebook page facebook.com/theofficialdeedsband/



# Yoga classes to keep you active at home

### Glow Fitness is not letting mandated closures stop their classes

#### By Katelyn Boulanger

Glow Fitness for Women is offering residents the opportunity to participate in yoga classes available online so that everyone has the chance to participate.

"What we're doing is we're basically using our own teachers and they're teaching from their own homes. Some of our teachers have set up a space in their own home and they are teaching some of our regular and signature classes but just from their homes instead. We're offering this to our members and also other people in the community, you don't have to be a member to sign up anybody can," says Katie Hartle, owner of Glow Fitness for Women.

These classes are offered both streamed live and posted for later viewing so that more people can participate in whichever way makes them feel the most comfortable.

"We kind of wanted to do offer the best of both worlds so we're doing it in a private Facebook group for those that want to be there live. We tell them

what time it is and to tune in them and they can comment under the video and the teacher will respond and so will other members so there's that whole community and then what we also do is after the live has finished we upload that to a private YouTube channel and then our other members can watch it because not everybody's on Facebook and not everybody wants to do it live too," said Hartle.

She wanted to make sure to ensure flexibility with the options that they provide, so that regardless of what residents are adapting to in their lives, they have the best chance of being able to incorporate it into their sched-

Classes offered run from 20 to 45 minutes and can include yin and guided breath yoga ,yoga for back, neck and shoulders, full moon flow and let go yoga, relaxing hatha yoga, core and restore yoga, morning yoga, bedtime yoga, quick yoga strength workouts and yoga to align your chakras depending on the day of the week.

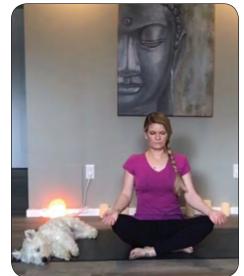
"No matter where you're at in your

practice say you stopped practicing yoga a little while ago or you're brand new to yoga we always offer modifications for whatever level your practice is at. We'll offer a harder suggestion to challenge you or an easier option for those that are mobility impared or whatever your circumstances are," said Andrea Gertner and instructor teaching Glow Fitness's online yoga classes.

Gertner believes that it's very important to stay active at this point and as long as you are following social distancing guidelines. She says you can still do yoga, go outside for a walk, run or jog and that any way to move your body is important to get good endorphins so that you can also get mental health benefits.

Karen Pearson who's been taking yoga classes at Glow Fitness for over a year and keeping a yoga practice for about 15 years has continued to keep up with Glow's online classes.

"It was a bit of a bit of an adjustment because I'm not in the studio with the teachers and I miss that. It's a lot more relaxing in the studio my basement isn't quite the same and figuring out the videos is a little bit of adjust-



ment. Other than that it didn't take too much adjusting," said Pearson.

She believes that this experience will add to her practice giving her more appreciation going into future classes.

"I think that I'll be grateful to just go to the studio [when it opens] to do it because now I haven't been able to do it in close to two months now. I think it will help me not take it for granted when I'm there," said Pearson.

Continued on page 6

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**RECORD PHOTO SUBMITTED** 

Andrea Gertner, the instructor teaching Glow Fitness' online yoga classes demonstrates poses for students.



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Allana Sawatzky

# Teaching music in a pandemic

LSRCSS teacher on how he's teaching music outside of the classroom

By Katelyn Boulanger

Michael Brandon, the band teacher at Lord Selkirk Regional Comprehensive Secondary School, has been adjusting how he teaches his music classes, embracing new technology, and making sure that mental health is a priority as students approach two months since being in the classroom.

"It's a pretty steep learning curve. Everything is different. It's quite a struggle to know how to manage time, for us, and for the kids. It's hard to know how much is too much to give and what is not enough. We're pretty connected with our kids in the music program so we sent and email to them in the very beginning when we were just using email, check in emails, [asking] how is everybody, how are we doing," said Brandon.

From feedback from these emails, he found that many of his students were overwhelmed by the change they were facing and altered his teaching efforts to include an increased focus on mental health in addition to the curriculum he is teaching.

"Wellness Wednesday is my attempt to address [mental health] in the classroom so I try to continue, once a week, by making a short video about their wellness. I have to have a meditation practise on my own which comes and

goes so I share those strategies," said Brandon.

These videos often also include elements that focus on stress management, staying connected, and normalizing some of their emotional responses.

"When they hear me say, 'I'm stressed too. I'm lonely too,' that's normal. They [can get] so anxious that they think there's something wrong with them but really being anxious about the uncertainty is a very normal response. So Wellness Wednesday is an attempt to support them and it's not about the content [of their lessons],, separate from the content, but in my mind it's as important and sometimes more important," said Brandon.

He also sends his Wellness Wednesday videos to the parents of students and encourages the whole family to participate in them together.

Brandon also is having to learn to teach his band classes, which often include students playing together, to students that can no longer come together to make music.

"Band is a live performing art and what do you do on your own? There's some things that we've got the kids set up with to use their instruments on their own. One of them is a really great web based platform called Smart Music," said Brandon.

Smart Music is an online music learning that allows students to listen to music as if they are performing with other musicians around them and then record their playing and submit it as an assignment. This service is normally subscription based but in response to Covid-19 has allowed schools to use it in their classrooms without charge.

Working from home has also given Brandon the chance to focus more time on non-performance outcomes.

"Now when we're away it's good for them to reflect on what is the role of music in my life, what impact does music have on me as I grow and change and how do I value it, and, because it's absent now, how do I value it now, or more, or better because it's been taken away from me temporarily," said Brandon.

He does, however, hear from students who are very much missing the time that they used to spend in band

"It's a way to express yourself especially when you're young and don't have the words. The words to articulate how you are feeling. Sometimes you can play it and sometimes that piece of music that is kind of solemn can kind of sit right in the right place at the right time. These kids are expressing to me that they're missing it so much and they didn't know what it meant," said Brandon.

### > YOGA AT HOME, FROM PG. 5

The classes can be signed up for on the Glow Fitness website where there is the option to provide a donation of your choice but the class is free for those interested.

"When we created this online program of course we wanted to support our teachers and of course we want to support our business as well so that we can open the door when we are allowed to again but we do understand that these are strange times and a lot of people are going to be affected by this whether that's through losing their jobs or reduced hours or other business owners who are struggling so we didn't want to set a price on the program we just wanted to make it affordable for everyone," said Hartle.

She encourages all residents to give these classes a shot.

"It's a nice way to pay what you want and meet our teachers and try our signature class formats and styles so that in the future when we do open up again you'll have had the opportunity to try it out in your own space on your own time and that might give you the chance to decide whether you want to join us when we do open the gym again," said Hartle.

Learn more by visiting their website at glowfitnessforwomen.ca or contacting Glow Fitness at theglowteam@ glowfitnessforwomen.ca

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news@selkirkrecord.ca Twitter: @LigiaBraidotti

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# **Staying closed for safety**

Interlake Lymph Clinic's Nancy Roswell on the pressures small businesses are being put under

#### By Katelyn Boulanger

After a week of accepting clients Nancy Roswell owner of the Interlake Lymph Clinic has decided to close up shop once more to ensure the safety of her clients in the community.

"It was for safety and precautions. I don't feel that there is enough in place to keep a barrier between me and my clients and I know for hospital staff they are running short for PPE and it's really hard for what I do to create enough of a barrier. It's hands on skin on skin contact and even though I was wearing gloves for my treatments I still felt that I didn't have proper PPE. At this point I didn't feel like I was protecting people's families and my family enough," said Roswell.

Roswell is a registered massage therapist but also has qualifica-

tions as a certified lymphedema therapist, which allows her to help those with the condition when her business is open.

"For massage therapy, I do deep tissue rehabilitation treatment. I focus on chronic injuries that affect people in their work or their daily living activities. The difference between deep tissue as oppose to relaxation massage is that I'm qualified to treat conditions such as a strain or a sprain or something that you would go possibly to a physiotherapist of a chiropractor for... The lymphedema therapy is treating a condition that there is no cure for. It's a therapy where I drain the fluid out of the affected limb or limbs because it could be both. It's a kind of soft and gentle technique with specific [ways] to do it because you

have to treat and area that's affected but you can't treat it in the area that's affected so you have to move the fluid to healthier areas," said Roswell.

When she was open for the brief period after the provincial government allowed businesses that provide massage therapy to open she took many precautions to ensure patron's safety including wearing masks and gloves but ultimately didn't want to put clients at risk.

"What I put in place for the couple of days that I was working was that everyone came in individually. I made sure that there was a half hour between clients so that I could thoroughly disinfect the whole waiting area, everything that you would touch or walk by. I cleaned the walls, the handles, the switches, the floors, and the bathroom repeatedly throughout the day. Clients signed a COVID-19 consent form to check yes or no as to whether they had symptoms, had traveled, and basically just to prescreen everybody," said Roswell.

She feels that the provincial government's announcement has put small business owners like her in a tough position as far as making the decision to open.

"For the government to allow us to

reopen with restrictions it's hard because now we have to get all of these cleaning supplies and masks and gloves which are hard to get and my association is saying that I should be wearing aprons or disposable gowns but where am I going to access that when I know that hospital staff are very limited," said Roswell.

Small businesses may also struggle because they cannot qualify for assistance programs.

"You're going to see a lot of businesses struggling. For me I don't have the ability to apply for the business relief fund because I don't have \$50,000 in payroll which is where you can get the small loan for. For businesses that can qualify for that they should be OK, but for businesses [who can't], it's just going to cause a lot of stress," said Roswell.

She says that she will feel more confident returning if there isn't another spike in Covid-19 cases in the next few weeks.

"I felt concerned I felt that it was too premature. Some [businesses] could probably be reopened but for massage therapy I felt that it was just a little too soon. I know a lot of other therapists have returned to work and that's their choice and the clients choice but for me I made the choice to stay closed for a little bit longer. For the government to open in phases I think was really smart. You can't do it all at once," said Roswell.

She says that clients have been understanding about her business not being open for the time being.

"I don't want to be a part of people having to go for isolation because they came for a treatment. I'd rather shut everything down and see how our province does in the next few weeks," said Roswell.

# Helping out in times of need



**RECORD PHOTO SUBMITTED** 

Snak Shak owner Shawna Witko (left) donated \$600 worth of cheese to Selkirk Food Bank, received by volunteer Dianne Stolar. They received the wrong cheese order from their supplier and decided to help the food bank.

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# Local student wins \$100,000 scholarship

# Grade 12 student Grafton Hopkins won prestigious Schulich Leader Scholarship

#### By Katelyn Boulanger

LSRCSS student Grafton Hopkins was selected to win a \$100,000 Schulich Leader Scholarship to study engineering at the University of Alberta.

"He's very inquisitive. He's always asking questions about things. He's very diligent in his work and just a great all around student," said Kevin Lopuck who was Hopkins's grade 11 history teacher.

Schulich Leader Scholarships are given out to students in Canada that are entering STEM programs as part of their post-secondary education. This scholarship is meant to recognize future leaders giving them time to focus on their studies as well as research projects, extracurricular activities, and entrepreneurial venture. This year, because of the disruption caused by Covid-19, they have given out 100 scholarships, 50 more than in previous years.

"I found out by phone call. It was a phone call and I was sitting at home and I was very excited," said Hopkins.

He will be attending the University of Alberta's engineering program and hopes in his second year to specialize in mechanical engineering.

"I've always been a mechanically inclined person. From a young age, I was always working out in the shop doing things with cars and off-road vehicles and watching my dad. As I got older I started designing my own off-road conversion kits and buying my own cars that I could work on and fix," said Hopkins.

He says that chemistry and physics classes with Miss Rapko and Mr. Wiebe, as well as calculus classes with Miss Black, also influenced his decision to go into engineering.

"The way that I see our world going with autonomous driving and electric vehicles, I find that very fascinating and I have a strong interest in it. I would hope one day that I would be working for an autonomous driving company or a electric vehicle company, for example Tesla, or even companies now that are working on developing all electric vehicles because I think it's definitely the way our economy is turning and I want to be a part of that," said Hopkins.

Environmental sustainability has been a focus for Hopkins throughout his education as he took the initiative to ask Lopuck to attend an environmental conference in Winnipeg as well as take part in other extracurricular activities such as student council, school hockey, participating in math contests, and taking part in Selkirk's breakfast program, a morning hockey program, as one of the coaches.

For now he's focused on completing his high school education and going to university next year.

"I'm really curious about university life and what the classes are like. I know it will be tough but I do enjoy challenges and am looking forward to that. I'm also looking forward to meeting some people out there and making some friends at the university," said Hopkins.

He encourages other students to also apply to any scholarship that they feel they are the right fit for.

"I would say that it's important that you apply because it may seem like everyone is applying for the scholarship and you might not get it but the only way that you'll find out is if you apply," said Hopkins.

Lopuck is hopeful for Hopkin's fu-



**RECORD PHOTO SUBMITTED** 

Grafton Hopkins who won a 2020 Schulich Leader Scholarship.

ture

"I'm very curious to see where Grafton goes. He's such a good kid that I'm sure that he's going to go on and do wonderful things. I do hope that

whatever he does do he keeps up with [something] that keeps sustainability in mind and making this world a better place," said Lopuck.

# Stay strong a little while more



#### RECORD PHOTO BY BRETT MITCHELL

On May 6, Daerwood School organized a parade in Selkirk where staff drove around the community greeting neighbours. Pictured above in the first three vehicles: Kris Friesen, principal, Natasha Bostrom, school secretary, and Shianne Adel-Quinn, educational assistant.



# Superheroes of cleanliness. RM gives prize to foreille.

RM gives prize to families and individuals cleaning community

#### By Ligia Braidotti

Two members of Emterra were dressed up in Captain America and Deadpool costumes last week, picking up garbage from curbisdes.

George Anderson and Jamie Weisz's actions have inspired the municipality to encourage residents to tackle garbage around their communities - all while still practising social distancing. Remember to keep six feet or two metres away from anyone that doesn't live in your household.

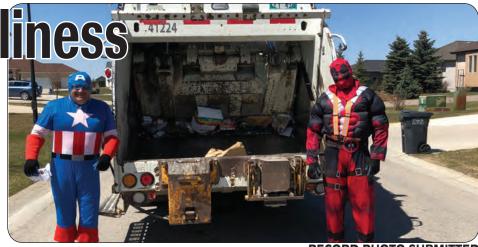
Municipal staff will be out on May 18th during the Wonderful West St. Paul Community Clean Up looking for garbage superheroes and if they

see you and your family, you could win a prize.

In addition, The RM will have its Green Team out this spring and summer cutting grass and picking up litter, and the Emterra superheroes will be back next week and every week.

"We encourage residents to help keep West St. Paul beautiful by picking up garbage on your own properties, in municipal ditches, parks and along our roads and trails," the RM said in a release.

West St. Paul has nine parks, open green space and more than 12 kilometres of trails for walking, said Mayor Cheryl Christian.



RECORD PHOTO SUBMITTED

Jamie Weisz (left) and George Anderson (right) from Emterra were cleaning the community's curbsides last week dressed up in superhe-

"Every spring, with the melting snow, we see a lot of litter blown into our ditches, parks and private properties," she said.

Resident Dan Magas contacted the RM and praised the men and their efforts.

"Kudos to Emterra. They were dressed up as Captain America and Deadpool today. Kids loved it," Magas said in an email.

The RM is also encouraging residents to have fun while helping their community to stay clean. People are welcome to dress up as superheroes.

For more information, go to www. youtube.com/watch?v=E9lejWiI\_10&f eature=youtu.be

Bags with litter can be left at the end of driveways for pickup and at parks and on trails, garbage bags can be left for collection by municipal staff.

# Young and thankful



**RECORD PHOTO SUBMITTED** 

Siblings Jase, 9 and Jewel Vitt, 6, completed colouring their "Thank you to our frontline heros" poster and put them up on the windows of the Interlake Cremation and Memorial Services on Main St.



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**Manitoba** 

# Staying safe on two wheels is MPI's message for May

By Becca Myskiw

May is Motorcycle Safety Awareness Month, and local riders are reminding everyone to be mindful.

In a news release, Manitoba Public Insurance (MPI) said motorcycle fatalities doubled last year. Eight motorcyclists were killed on the road in 2019, compared to the average four.

"Mutual respect on our roadways is paramount if we're going to see a reduction in fatality numbers," said MPI's vice-president of Employee and Community Engagement, Satvir Jatana.

Dave Boisvert said he's hyper-aware on his motorcycle, always watching the other vehicle's movements.

He said it's common for vehicles to cut him off, turn right in front of him, and to text and drive. Being the smaller vehicle on the roadway, Boisvert said people don't always see him, so he has to be defensive.

"That doesn't mean speeding," he said. "But not following other people. I want a clear road ahead of me."

MPI has a few ways drivers can be safer around motorcyclists on the highway: look twice when changing lanes, check blind spots, watch the motorcyclist's body language in case you miss their signal, and maintain a following distance of at least four seconds.

Other vehicles aren't the only thing motorcyclists have to watch out for.

Alvin Johnson from Arborg hit a deer on his motorcycle in 2006. He was on his way home from having coffee in town. The grass along the highway was tall, and as he was doing 100 km/hr, a deer jumped out from the thick grass, and he t-boned it.

Johnson let go of his bike as he made contact — he said that's what saved him. He got out of the accident with a broken wrist, bad road rash, and a fear.

"I'm lucky to be alive," he said. "I think my guardian angel was watching over me."

The helmet he now has as a keepsake also saved Johnson that day. He has a helmet exemption but is still adamant on wearing it.

"It's deadly otherwise," said the 62-year-old.

Johnson and Boisvert both wear gear on their motorcycles, something MPI recommends. Now, Johnson also said he tends to drive slower at night or in the morning and he's always panning his surroundings.

A motorcycle, he said, is about one third the size of a car, making the motorcyclists vulnerable on the road. Though he's had a run-in with wildlife, Johnson said texting and driving is just as big an issue.

"You can be as careful as you can be and be the most experienced in the world, but if someone pulls out in front of you or cuts you off," said Johnson, trailing off nervously.

For Motorcycle Safety Awareness Month, MPI reminds drivers to think of motorcyclists as pedestrians or cyclists — they all have a right to the road.



RECORD PHOTOS SUBMITTED Dave Boisvert is always hyper-aware when he is riding on his motorcycle.



> BY BRUCE HENLEY, FORMER MAYOR OF WEST ST. PAUL

On April 2, 2020, the Selkirk Record printed a one-page story submitted by the RM of West St. Paul. As I and many others read the story titled "Open process defines Riversprings new subdivision," it was understood that the story was written by the RM.

We all expect that our Mayor, Council, and Chief Administrative Officer are providing residents and readers with accurate information that can be supported by facts. In the article, Mayor Christian goes into detail explaining the Riversprings application process that was voted on by WSP

Council.

Elected officials receive and review applications and participate in public hearings where they engage with those who may support, oppose, or are looking for more information. Elected officials then vote after carefully listening to all comments, reviewing all information, asking questions, obtaining clarification or making suggestions regarding the application. From all appearances, that was done. Ultimately the residents will have the ability to communicate their thoughts to those on council after the matter

is approved or denied or at the next election in October 2022.

The reason for my letter is strictly related to the comments that were included in the "submitted article" and attributed to the Chief Administrative Officer, Brent Olynyk. The comments were as follows:

• Olynyk said he's been impressed with council's willingness to engage the public to achieve compromise, he said Winnipeg, West St. Paul, and the entire Capital region are experiencing significant growth. "It's important to acknowledge the changes this council

has brought in with respect to development. They've asked developers to host informal open houses and create dialogue. Previously that did not happen."

"Our council members as well have met with residents to hear their concerns; it's resulted in the developer listening and changing the original plan. This new council is creating community with all stake holders truly engaged."

The noted quotes are concerning and simply not accurate or true, having been the Mayor of West St. Paul from October 2010 until October 2018, I can advise that the councils I led as Mayor were fully engaged with the public, requesting Council - Staff, developers and other stakeholders to become engaged with the community to hold open houses, information sessions as well as the public hearings that are required under the Planning Act on various matters.





# Dear Premier Pallister,

We are writing today in recognition of front line heroes and to alert you to the very real risks to vulnerable Manitobans.

Front-line staff who are providing essential, intimate, personal, challenging care to our most vulnerable population earn just over minimum wage. Each day, these staff leave the safety of their homes, risking their own personal safety out of sheer dedication and commitment. At their wage, employees could easily opt for the Federal CERB program without much, if any loss to their income. Recently Ontario increased Direct Support wages by \$4 an hour and Manitoba Direct Support staff are asking why they are not also being recognized as essential.

We are very concerned about the stability of the workforce currently supporting roughly 7000 of our most vulnerable **citizens**. We have been advocating for years - actually decades, for staff who care for people with disabilities to be treated as the professional and skilled staff we expect them to be. This global pandemic clearly points to the groups of staff within our province who are essential and who cannot easily be replaced. **Now is the time to step** up and show support for the immense responsibility they shoulder 24 hours a day, seven days a week.

Earning less than people at a grocery store down the street and certainly less than other essential workers is embarrassing, it's disrespectful and puts a fine point on how little our community and our government values people with disabilities.

Every day that you are not addressing this issue is putting people with disabilities at risk. Please implement hero pay of \$5/hour to address this need to ensure that people with disabilities have consistent and trained staff working through this pandemic to ensure the health, well-being and quality of life of thousands of Manitobans.

Sincerely,

Abilities Manitoba, Alliance of Direct Support Professionals, Barrier Free Manitoba, Community Living Manitoba, Disability Matters Vote, Family Advocacy Network, Inclusion Winnipeg, People First of Manitoba







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#EssentialToUs

# Local farmers affected by closed meat packing plants in Alberta

By Becca Myskiw

A closed Cargill meat plant 1,290 km from Bonnie McRae and Wayne Oliver's farm has cost them more than a paycheque.

The couple's farm is by Marquette where they raise 200 head of shorthorned Angus cattle each year from calves to heifers and steers in a "finishing" program. These animals have a good meat texture with a good amount of marbling.

McRae laid it out easily: at around eight months old, the calves go into a backgrounding program where they're fed grain, corn, straw, and mineral for around seven months. Then, they get put on a different feed ration for about five months and are "finished" anywhere between 19 to 30 months old — each animal is differ-

McRae and Oliver don't use antibiotics or hormones in their cattle.

The finishing program fattens the cattle up, so they have enough meat on them when it comes time to sell.

That's where COVID-19 became a problem for McRae and Oliver. They sold a load of cattle in January, February, and March of this year as prices steadily dropped because of the pandemic. Come April, though, Cargill Proteins in High River, Alta. wouldn't take new loads because of the backlog.

Cargill Proteins in Alberta processes 4,500 head of cattle per day. When a plant worker died of Coronavirus, the plant closed for two weeks, meaning roughly 63,000 head of cattle were left sitting at home.

Sixty of those belong to McRae and Oliver.

"All those cattle that should've been gone in March or April...now we're sitting on them," said McRae. "Everything now is an expense."

McRae and Oliver keep enough feed each year for the cattle they know they'll have on the farm.

According to a University of Nebraska-Lincoln report, the average cow consumes 24 lbs a day. So far, they've had the extra cattle for roughly 45 days, meaning McRae and Oliver have already had to feed an extra 64,800 lbs of food.

"It's a dire kind of situation right now because we don't have a lot of extra feed," said McRae.

She said they're waiting to see what summer brings. Weather is everything. Bad weather means a bad harvest and mucky pens that require extra straw and maintenance, or a lack of feed and bedding for their animals.

They've started selling the animals they had to keep home to friends and families, though. They go to an abattoir in Winkler, Banman Meats, to get inspected and processed, then the meat is butchered in Elm Creek at Penn-West Meats.

Banman Meats and Penn-West Meats are provincially inspected, meaning the meat from the animals McRae and Oliver are selling is grocery store-grade meat.

McRae said she hopes more people will buy meat from them or other local cattle farmers, but she knows finding the freezer space and money for a full animal can be tough. The upside, she said, is that much meat lasts a long time — and the buyers get to pick the cuts they want. McRae has had a few people offer to take a full animal and then have shared it between three or four families.

She reminds people to keep in mind that when buying a whole animal, you buy everything. The cow comes at roughly 950 lbs, which includes the animal's bones and extra fat that don't come with the cut and wrapped meat.

McRae said losing the bones takes off at least 200 lbs right away. There are also three expenses when purchasing a whole animal — the cost to the farmer, the abattoir, and the butcher. The average price per pound



**RECORD PHOTO BY BECCA MYSKIW** 

McRae, left, and Oliver carry on farming the way McRae's dad did.



**RECORD PHOTO BY BONNIE MCRAE** McRae and Oliver have 200 Angus short-horned head of cattle.

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changes depending on the cost from butcher to butcher.

Though Cargill Proteins in High River opened again on May 4, McRae said it won't change anything for their situation because of the backlog.

"Everything is a hardship now," she

said."It all depends on what summer

If anyone is interested in purchasing an animal from McRae and Oliver, you can call or text McRae at 204-383-0059.

### > HENLEY SAYS, FROM PG. 11

Prior to this application, the land in question had an open house 2016 with the Lombard North Group who was the firm that assisted in creating the request for proposal for the land sale on behalf of the Sisters of St. Benedict's.

Red River Planning District and the RM also held several open houses regarding this area on the overall community Development Plan 2014 -2018, the Middlechurch Secondary Plan and the Middlechurch North Secondary Plan.

Other notable open houses and /or public hearings held by the previous Council include:

- Wastewater and individual wastewater Local Improvement Districts. Introduced and completed multiple open houses and follow up public hearings 2014 -2018
- Introducing and completing pressurized-safe, secure potable water at two open houses and a public hearing 2015 - 2018.
- "Trails of West St. Paul Development" West St Paul's first fully serviced development introduced to the community through open houses by Terracon / Waterside Developers at Sunova Center 2017 followed by a public hearing.
- Riverdale West now referred to as the "Meadowlands", three open house events at Sunova Centre 2017 with attendance in excess of 350 during the initial and follow up open houses, followed by a public hearing.
- Seven Oak School Division Fleet Maintenance / Agricultural learning facility. Open house events at WSP school 2017, attendance in excess of 200 followed by public hearings.
- Kings Christian School, two open houses at Sunova Centre 2018 with approximate 200 in attendance.
- Tennis Manitoba approached WSP council (2017- 2018) to gauge interest and explore developing a Memorandum of Understanding to have Tennis Manitoba build a nationally recognized tennis training centre at WSP Sunova Centre site. In 2017, Tennis Manitoba hosted two information session at Sunova Centre during Canada Day and in August 2018 events where over 1000 people were in attendance.

These events were well advertised in local newspapers, municipal websites, Facebook, email blasts from the RM email data base (which has over 1200 email addresses) and posted on community mailbox sites. They were well attended and provided opportunities for public engagement exit surveys and public comment sheets. Many of these projects and others have made their way through the planning process. Some are complete, some have moved forward, and others have not proceeded or are in a holding pattern. It should be noted that the Selkirk Record, the Selkirk Journal and The Times newspapers attended many of these events and carried stories and pictures in their publications.

The municipality, applicant or stakeholder always had sign in sheets upon entry for individuals to register, leave their contact information and comments. I can personally state that CAO Olynyk and Mayor Christian (who was a councillor at the time) attended these events as did all members of the 2014-2018 council, including myself and Councillors Parag, Hindemith and Campbell. Supplementary documentation to support that these events occurred include, CAO reports to Council, Council member reports and individual indemnities filed by councillors and approved by CAO Olvnvk. Current council members Link, Klieber and Bushetti also attended many of these events and signed in on the registration forms with Coun. Link having near perfect attendance.

Past and present members of councils who have served will tell you it's a steep learning curve with many difficult decisions to be made; decisions that will be supported or frowned upon by the community. My advice to residents is to continue asking questions and reach out to those who may have knowledge on the matter. Often a little digging will confirm facts

I would like to say good luck to the current council. The RM of West St. Paul is in very good shape, undergoing a boom with a permanent solution for waste water, safe potable water, healthy reserves, commercial, industrial and residential development, newer facilities built also include the Sunova Centre, Public works building and Fire Hall. We and other council members who have served previously have worked very hard to establish good working relationships with residents and both the federal and provincial governments.

These efforts have set the stage for the current Council to succeed because of the hard work of the Council's and administrations who served before them. These efforts have allowed WSP to be well positioned and resilient for stable growth and opportunity as our community and others work through the uncertainty of the many economic and social challenges ahead.

Please, in the name of promised transparent, open communication, ensure you are providing the community and others with facts and not misleading statements in your communications.

# Home

### 3 reasons to collect rainwater

Rainwater can be used for many things, from watering your garden to washing your clothes and flushing your toilets. Here are three benefits of collecting it.

1. It's free. Once your collection system is in place, you'll pay nothing for the water you gather.

2. It reduces run-off. During heavy rainstorms, the water that goes into your cisterns or barrels won't go into the ground, thereby reducing the risk of flooding and land erosion.

3. It can be used at any time. Many areas restrict the amount of municipal water you can use during draughts and particularly dry times of the year. However, you can use your collected rainwater whenever you want.

If you'd like to start collecting rainwater, there are many ways to do so. You can simply use barrels placed under a spout or employ more sophisticated techniques involving underground pipes and purification systems.





# **Spreading love at Happy Thought**







**RECORD PHOTOS BY LIGIA BRAIDOTTI** 

Happy Thought School organized a reverse parade for staff and students on May 8. Families were invited to the school to drive the parade route while staff, maintaining social distancing, lined both sides of the road. The theme was Be Kind HTS! and the staff wore either HTS gear or pink "Be Kind" shirts.











# Vikings go virtual for Islendingadagurinn to outwit COVID

By Patricia Barrett

The ever-adaptable Vikings will be wielding social media rather than sword and shield this August to outwit COVID-caused physical distancing rules.

COVID may have canned major summer festivals across Manitoba, but organizers of Islending-adagurinn, which is celebrating its 131st year, are pressing on with a never-before-tried virtual festival with an aptly named theme, Icelandic at Home/Heima er Best.

Although there won't be any live crowds soaking up the Gimli Viking vibe this August, the festival's virtual presence just may open the door to people who normally wouldn't be able to travel to Gimli.

"We can still celebrate our Icelandic culture and heritage and provide people with the experience, but it will be different from what it normally is," said Icelandic Festival of Manitoba (IFM) president Jenna Boholij last week. "And maybe people who weren't able to attend past festivals in person will be able to connect to us virtually this year. It does have a positive side."

The festival has primarily been free with a few fee-paid events (e.g., races), said Boholij, and this year will be no different. Organizers will be offering events via platforms such as Facebook, Instagram and YouTube, as well as on the IFM website.

Events planned to date include the one-mile (1.6 kilometres) race, the 3.1-mile (5 kilometres) race and the 10-mile (16 kilometres) race. Competitors will be able to jog along to an app that will record their time.

"You log into the app and you'll be given a set



RECORD IMAGE COURTESY OF ICELANDIC FESTIVAL OF MANITOBA

The 131st Islendingadagurinn Festival will be held virtually on the August long weekend.

timeframe, probably a two-week window, where you can complete the route. If someone from Iceland, for example, wants to do our run this year they'll be able to," said Boholij. "And then you submit your times. We'll announce the winners of the races on the long weekend and we'll get your medal to you."

Boholij said they're working on possibly offering a video on Icelandic knitting to showcase a variety of Icelandic wool and different patterns. She herself has "a million pairs of mitts and sweaters" her aunt made for her to deal with "bone-chilling weather."

Organizers are still in the process of figuring out whether and how they can offer much-loved festival favourites, the Viking village and Viking battle re-enactments.

"Our issue, of course, is not being able to host anything in person and not being able to follow social distancing rules. That makes it hard for the Vikings to interact," she said. "We're kicking around some ideas now. Vikings are a key part of our festival and we'd love to have a cameo by them."

Taking on the job of festival president for the first time has not been easy for Boholij. She didn't envisage that the 131st celebration would occur during a pandemic year, and there are no "models" or "best practice guidelines" on how to hold a festival virtually, she said. But she's undeterred and has had great support from the IFM board.

"It's been challenging. We're finding out how to do this as we go," she said. "Our board has been so supportive and no one said we should cancel. We were all willing right away to make this work."

Boholij said she's hoping to release the final schedule of events on June 17, which is Jon Sigurdsson Day, Iceland's historic day marking its independence from Denmark.

The virtual festival will occur on the August long weekend, but Boholij said it may not be a full fourday run.

For more information or to register for the festival's newsletters, visit www.icelandicfestival.com

# **COVID** cuts corn markets

By Evan Matthews

An overview of the 2020 farming season suggests farmers will plant many of the same crops as other years, but Manitoba farmers will see a serious cut to the price of corn.

Craig Riese runs a 5,500-acre farming operation in the Selkirk/Lockport/St. Andrews area sprawling from Lockport to Clandeboye, and said because the North American ethanol industry is completely shut down due to COVID-19, the 2020 corn market for is bleak for producers.

"Corn acres will be down in Manitoba this year. You won't see nearly as much of it. We've lost a lot of demand," said Riese, adding the reason isn't strictly related to ethanol.

"There is also uncertainty in the livestock markets, but specifically in the hog markets. We don't know how much demand there is going to be for feed, six to eight months from right now, so corn markets have been trending down since COVID started," he said.

As a result, rather than designate 900 acres to corn as he normally does, Riese estimates he'll farm about 700

acres of corn this year.

Of his 5,500-acre operation, Riese said he farms a variety of crops including wheat, oats, corn, soybeans and canola, and will be farming more wheat and more oats than usual this year to make up for less demand for corn.

"We don't generally vary the crops we grow very often. We'll vary the quantity of each crop from year to year, the acreages, but not by significant amounts typically," said Riese.

"A crop like corn is much riskier crop to grow, it's more capital-intensive, and so if the return isn't there then the risk isn't worth taking.

"We'll just cut back some of our acres by about 20 per cent, and utilize those acres with something we have a little more confidence in," he said.

Farmers throughout the food production industry had been hearing rumours about a fertilizer shortage in 2020, as in fall of 2019, most farmers were unable to get fertilizer spread on their fields in time.

However, large scale farming operations such as Riese's have been proactive in getting fertilizer on-farm, he said, as farmers had been aware for some time there could be a potential fertilizer shortage.

"Logistics will likely play a big part in whether or not there is a shortage," said Riese.

"There will be days I think—literally, a day here or a day there—where logistically, it may be hard for some of the dealers just based on the sheer amount of volume being moved.

"I don't foresee huge problems with it, but I think it's more a matter of trucking logistics," he said.

Because larger operations have been proactive, it's resulted in many fertilizer retailers' current belief that there won't be a shortage at all, according to Terraco's Fertilizer and Operations Manager Cory Trumbla.

With large scale operations already supplied on-farm, Trumbla said fertilizer should be available to suffice smaller operations.

Spring 2020 hasn't seen significant moisture, and Riese said conditions continue to improve. But everything this spring is tied to fall 2019, he said.

"People called it the harvest from hell. There is no doubt we had a difficult harvest," said Riese, noting his farm ended up in a situation better than most. "Things were extremely wet, and we froze up extremely wet. The remnants from that in a lot of fields, you know, means there are ruts from combines during unfavourable conditions, and even still some crop out this Spring.

"We're still dealing with the aftermath of last year's harvest, cleaning that up, and then getting this year's crop put in," he said.

While it's been dry in 2020 and that's a reason to be thankful, Riese said in an ideal (farming) world, things would to warm up a bit more to expedite the process, as farmers have not put a seed in the ground yet this Spring.

As for predicting a 2020 harvest, Riese said he isn't touching that one.

"You predict the weather and I'll tell you how optimistic I am," said Riese.

"We are completely at the mercy of Mother Nature. We can lose everything in two days with the wrong weather. Who can tell, especially nowadays with more variability in our weather from year to year?

"While you have to be optimistic, predicting this year's harvest before we've put a seed in the ground, there is just no way to have any kind of clue what we're dealing with yet."

# Pair of former Steelers headed south to continue hockey careers

By Brian Bowman

The Minot State University Beavers lost a lot of offence when leading scorer Johl Swedlo graduated.

But they are hoping that Carter Barlev can fill that void.

"We are ecstatic to add Carter to our lineup next season," said Beavers' head coach Wade Regier on the school's website."He has proven to be one of the elite forwards in the MJHL for the greater part of three seasons. After the graduation of our leading scorer Johl Swedlo, it was important for us to find someone with this type of offensive pedigree. We got this, in adding Barley."

The Beavers are expecting big things from the former Selkirk Steelers' fan favourite and Portage Terrier.

"If he uses his size and his hockey IQ to the best of his ability, he has a chance to be an elite player in the ACHA," Regier said. "As a former captain, another big plus is his leadership. We expect him to be a future leader in our locker room as well."

Barley is eager to become a key player with the Beavers in his first season.

"I want to go in there and get good minutes and that's what (Wade) told me," Barley said. "I obviously have to prove myself as a good player that can put up a lot of points. I'm really looking forward to going there and showcasing myself as the guy that can put the puck into the net.'

Barley is also really looking forward



**RECORD PHOTOS SUBMITTED** Selkirk Steeler Riley Portner has committed Gustavus Adolphus College next season.

to his new life south of the border."

"I'm very excited," said the St. Andrews' product last week." I know they have a great program over there...and there's a lot of Winnipeg guys there that play on that team. I'm really looking forward to going down south."

There were many reasons that Barley chose Minot.

"It's close to home, a three-hour drive, a lot of guys I know are there, and they have one (heck) of a team there," he explained. "Also, the pricing they had was very cheap compared to every other school that was talking to

Barley's season ended abruptly



Andrews Carter Barley a former Selkirk Steeler and Portage Terrier, has committed to play hockey and attend school at Minot State University.

when the MJHL shut down in March due to the coronavirus. Making that even more difficult was the fact it was Barley's final season of junior hockey and his Terriers were set to host the Centennial Cup, the National Championship for Canadian Junior "A" hockey.

"It was very tough," Barley said. "Portage was a really good team for the run we were having. It sucks that we couldn't prove ourselves that we were the team that was going to win it. It sucks, but at the same point, I'm off to my next journey with Minot."

It was weird wearing the green Portage jersey after playing 204 regularseason games with Selkirk. Barley scored six goals and had 17 points in 23 games with the Terriers.

"It was very different," Barley admitted. "I played three years in Selkirk and I was always wearing the black and red. It was funny, one of my first games with Portage, I actually played in Selkirk. It was totally different being on the other side of the (ice) playing against all the guys I played with. It was hard but Portage was very welcoming. They really helped me gel in there, all of the guys were great as well, and the coaching staff is one of the best in the (MJHL). It was very easy to go to Portage and they let me play my game."

Meanwhile, another former Steelers' forward, Riley Portner, has committed to attend school and play hockey with the Gustavus Adolphus College Golden Gusties, located in St. Peter,

Portner, an American, tallied seven goals and had 14 points in 53 games with the Steelers this past season.

In league news, it was sadly announced that Portage's longtime trainer/equipment manager Geno Romanow has passed away.

Mr. Romanow started with the Terriers as their equipment manager in the late 1970s. He was a fantastic individual who formed countless relationships with the Portage players over the years.

He will be greatly missed.

# MJBL eager to start their season

By Brian Bowman

In a normal year, the Manitoba Junior Baseball League would be in full swing right now.

But, unfortunately, 2020 has been anything but normal.

Like all other sporting leagues across Canada, the MJBL is on pause to start its season.

The league is eagerly waiting to hear when they can throw out the first pitch to start the season.

"We do operate somewhat independently but we share and are insured by Baseball Manitoba so we follow the same guidelines," said league president Jamie Bettens last week. "We wouldn't want to do anything to be different from anybody else. We follow the guidelines and we have had league executive meetings over the past couple of months talking about contingency plans and different schedules, (like) how many games will we play?"

With Baseball Canada eliminating western and national championships

in 2020, the MJBL has the flexibility of extending its season.

The MJBL usually begins its season in May and the playoffs wrap up in late July or early August.

Last season, clubs in the seventeam league played 24 regular-season games. That will most likely change, however, this season with Winnipeg South rejoining the league.

Eight teams playing each other three times for a 21-game schedule, said Bettens, is the most likely scenario.

"Our players are still at the age where they have to work and make money for university or college or just to make a living," Bettens said. "So, for us to play on back-to-back multiple days, it's hard for the players to do that, both physically and kind of mentally."

Adding Winnipeg South back to the fold is great news. Bettens, like many people, would love to see that number increase in the future.

"I think there's an opportunity for the league to expand throughout the province and have some sort of divisional alignment where you play closer to your geographical area a little more often," he said. "And then you travel outside of the division to play somebody a little bit further on a select few times. Similar to what other major leagues do."

One of the newer teams in the league is the Interlake Blue Jays. They have been a very nice addition to the league.

"Interlake is one of the storied franchises in the league," Bettens said. "They have always put a competitive team on the field. Adam Kirk and his executive group have always done a good job in finding volunteers and keeping that field in one of the best (conditions) in the province year after year. Interlake is one of our shining franchises in the league and we don't think that will change anytime soon."

The parity amongst teams in the league has been good in recent years. The level of play is also very strong.

"It seems to be improving over the

past few years," Bettens noted. "Some of the guys here are going to U.S. colleges and coming back and staying in the league as opposed to travelling out west to play for the summer. We still lose some of the top-end talent but we have more and more kids going away to college and there's more and more opportunities for those kids coming back. When each team is blessed with two, three, four college players, the level of play picks up."

Another thing the MJBL should be very proud of is the fact that their league is open to female players. Interlake, for example, welcomed Garson's Brittney Langlais to its team last

"We're hopeful to see Britt and many other female players that are ready for the next step in their (baseball) careers to come to our junior league," Bettens said."We were the first league in the country to open it up to female players so they can hone their craft in an attempt to make the national program. That's something I'm very proud of - that we are offering that opportunity to females."

### **Brown Sugar Bundt Cake**

Recipe courtesy of "Browned Butter Blondie" on behalf of C&H Prep time: 15 minutes Cook time: 50 minutes Nonstick cooking spray 2 cups all-purpose flour, spooned and leveled

1 teaspoon baking powder 1/2 teaspoon baking soda

1 teaspoon kosher salt

10 tablespoons unsalted butter, at room temperature

13/4 cups packed C&H Golden Brown Sugar

1/4 cup C&H Granulated Sugar 2 large eggs, at room temperature

1 1/2 teaspoons vanilla

1 cup full-fat Greek yogurt

C&H Confectioners' Sugar, for dusting Heat oven to 350 F.

Grease 10-cup bundt pan with nonstick cooking spray. Set aside.

In medium bowl, whisk flour, baking

powder, baking soda and salt. In bowl of stand mixer fitted with paddle attachment, beat butter, brown sugar and granulated sugar until light and fluffy. Add eggs, one at a time, mixing well after each addition. Add vanilla and mix on low speed.

With mixer on low, add flour mixture in three additions, alternating with yogurt. Begin and end with flour mixture. Mix until just combined.

Pour batter into prepared bundt pan and use offset spatula to level batter. Bake 50-55 minutes, or until cake is golden brown and toothpick inserted in center of cake comes out clean. If cake browns too quickly while baking, cover with foil after 35 minutes.

Remove from oven and cool on baking rack 20 minutes. Invert pan onto baking rack and gently tap bottom of pan to release cake.

Cool completely before dusting with confectioners' sugar.

### Dear Money Lady,

I am going stir crazy being isolated at home and have had lots of

time to review my finances. I started using the Cash Tracker from your book – it is a good way to budget, especially nowadays. I am in my 40's, on my own, and have now finally decided it's about time I start planning for my retirement but I have a lot of debt. Any ideas on how to start?

Jamie

#### Thank you so much Jamie!

It is good to hear that you are budgeting your income and expenses. This is the first step to building wealth. The Coronavirus pandemic has given us all time to think, provided a forced slow-down, and a "pre-retirement" wakeup call. Its not hard to see why most of us have a lot of debt these days and it is good that you are reviewing your finances to plan to eliminate it. We have all become desensitized to taking on more and more when it comes to consumer debt. Look at all the advertising that we see day-today. We are constantly inundated with social media ads and the many home improvement shows on TV that entice us to want more, spend more and get into more debt.

You are right to start planning for your future and the Cash Tracker will get you thinking about budgeting your expenses. You could also consider using the current economic situation to capture a lower rate on a new loan or mortgage. If you plan to do this, always ensure you keep the amortization on a new mortgage the same as the years that you have left until retirement. Banks often default to putting a new mortgage at a 25 or 30 year amortization. This is only good for the bank, not the borrower. Your amortization should always match the

number of years you have until retirement. So if you are 40 and you plan to retire at 60, then the amortization should not exceed 20 years. If that means you have to pay a little more and get a little uncomfortable, than so be it. Just think how

uncomfortable it will be when you are retired and making a fraction of what you make now but still making a mortgage or debt payment.

Askthe Money Lady.ca

You have the time to make things right and those that are in their 40s and 50s should be seriously planning for their inevitable hard stop to working. Remember it is you that is going to get yourself to retirement debt-free and comfortable - not anyone else. If today you are living paycheck to paycheck and don't have enough every month then you know you have to make a change – whatever that is. Go back to school to get a better job, go in a different direction with your business, change your career, reduce your spending, review your budget, begin saving; whatever it is, you must do it now. Never underestimate your income potential and your ability to earn - some say it is the fastest way for you to create wealth.

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, Author of the best-selling book "How to Retire Debt Free & Wealthy" and a new book **Don't Panic - How** to Manage your Finances and Financial Anxieties During and After the Coronavirus" available at all bookstores across Canada. you have a money question, please email on website: www.askthemoneylady.ca

### **Orange Eggs Benedict**

Serves: 6 Orange Hollandaise:

2 egg yolks

1 orange, juice only

1/2 teaspoon kosher salt

1/2 cup unsalted butter, melted water

1 tablespoon white vinegar

6 eggs

1/2 cup butter, softened 6 French baguette slices, 3/4-inch thick

6 thick slices ham

1/2 cup orange marmalade orange zest, for garnish

To make Orange Hollandaise: In small bowl, add egg yolks, orange juice and

salt. Blend until combined. Gradually add melted butter into egg mixture while blending. Set aside.

In skillet, add water halfway up sides. Add vinegar. Bring to simmer. Break eggs into water to poach. Cook 3-4 minutes until whites are cooked through and yolks are still runny. Using slotted spoon, remove eggs and drain on paper towels.

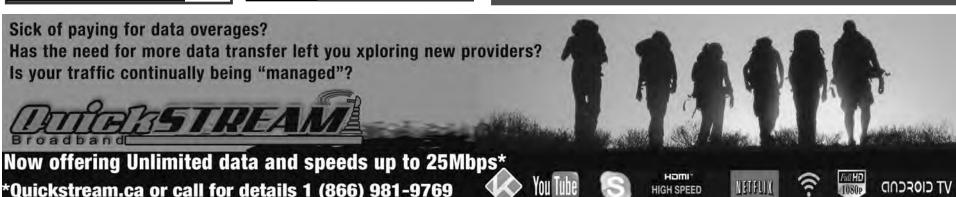
Spread butter on one side of bread slices. Place bread in skillet and cook until golden brown. Add ham to same skillet and cook until browned on both

To assemble, spread bread slices with orange marmalade. Top each with one slice cooked ham and one poached egg. Pour hollandaise over eggs and garnish with orange zest.





Do you have a Health or Wellness Business? **Call Michelle at** 204-785-1618 to advertise



# Classifieds

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

#### METAL RECYCLING

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

#### **SCRAP METAL**

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand Phone Alf at 204-461-1649.

#### **CAMPERS-TRAILERS**

2006 Forest River, 28 ft., bunk beds, new flooring & tires. Very nice shape. Dry weight 6,200 lbs. Priced at \$8.500. Call 204-485-0143 for more info.

For sale - 2015 "Cougar" fifth wheel travel trailer, 2 slides, very good condition. Please call 204-785-2992 - leave message & we will return your

#### OFFICE/RETAIL SPACE FOR RENT

Office or retail space for rent. 750 sq./ft., across from Safeway on Main St. \$1,000/mo GST. Includes utilities and A/C. Immediate occupancy. Phone 204-785-0105.

**Flvers** 

**Brochures** 

**Stickers** 

Window

**Decals** 

#### APARTMENT FOR RENT

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

#### HOUSE FOR SALE

Country living-approx. 1140 sq. ft. home located on 5.43 acres. 3 bdrms, 1 bath main floor. Basement parfinished with tially bath - plumbed for shower. Electric furnace, new well fall/2019. Outbuildings large barn 25ft. x 42ft. with hay loft, detached garage 24ft. x 30ft. Conveniently located between Selkirk and Stonewall on 67 Hwy. Only 20 minutes from Wpg. Priced at \$349,000 obo. Phone 204-482-4917 or 204-482-7351 for more

#### **PROPERTY FOR SALE**

Prairie Lake Lodge, 5 lots, immediate possession. 100' frontage x 125'. Ready for RV/ cottage. Six waterfront lots available soon. Hydro included. David, 204-773-6819, Gerald, 204-773-0380.

**Everything you need to** 

promote your business

Social tickets

Door hangers

Estimate sheets

Envelopes

Invoices

#### MISCELLANEOUS

BN never used; still in box, bendable gooseneck table or desk STUDY LAMP, EWO \$15; Sunbeam 2-slice TOASTER. ECIEWO. \$15; BNCIEC pr. sz. 9 Men's WORK BOOTS/ SAFETY SHOES w/ laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVER-COAT fits a men's sz. XL. well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

Is your business opening up again? Getting ready to re-open? Let people know! It pays to advertise. Use this window of opportunity to get your message out quickly to the public. The blanket classifieds reach 340,000 Manitoba readers weekly. For as little as \$189 + GST, get your important messaging out! Business changes, the need for staff, items for sale in a hurry, cancellations. People are relying on this information even more to stay informed in your area and across the province during COVID-19. Keep the people of Manitoba in the loop. The 41 weekly community newspapers can help. Call us at 204-467-5836 to book or email classified@ mcna.com for details. MCNA 204-947-1691. www.mcna.com

> Please support SHOP LOCAL

#### MISCELLANEOUS

Trailers. truckbeds & tires. Full repair & safeties. Vehicle parts, tires & wheels. Vehicle & trailer parts & batteries. Sales, Financing & Leasing. Kaldeck Truck & Trailer Inc. Hwy #1, MacGregor, MB. 1-888-685-3127. www.kaldecktrailers.

#### JEWELRY REPAIR

Jewelry Arts Studio, 365 - A Eveline St. Selkirk, call or text 204-345-9451. Jewelry/watch repairs, goldsmith on site. Necklace/chain repair \$14.97 +, stone setting and ring sizing \$40 +, watch repairs and watch batteries \$12. Pearl restringing. appraisals.

#### PERSONAL

Semi retired male 68, early riser, seeking compatible retired female 55-65ish for companionship and road travel, exploring Canada and the U.S. Enjoying the campgrounds and beaches wherever we go. Text 204-481-1277.

Lawnmower (fell out of truck) on Hwys #9 & #4 on Friday, May 1st. call 204-785-

LOST

#### **NOTICES**

St. Clements Church Altar Guild. Thanks to all for buying draw tickets. Winners are: Terri Jablonski, Cindy Hoogervorst, Liz Strongland, Jennifer Konowalchuk, Malcona Rosser & Kathy Freeman.

Urgent Press Release &/Media Advisories. The news never stops. and neither do we! We are assisting organizations. businesses. and the public in getting their messaging out about important news, changing operations, cancellations, etc. Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna. com. We are here to help you.



#### HIP/KNEE Replacement?

Other medical conditions causing
TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for \$2,500 yearly tax credit and \$20,000 Lump sum refund.

Take advantage of this offer.

Apply NOW; quickest refund Nationwide!

Expert Help: 204-453-5372

ROCK LAKE HEALTH DISTRICT

#### RN/RPN/LPN

Rock Lake Hospital Crystal City, MB

0.8 D/N Permanent RN Rock Lake Personal Care Home and Prairie View Lodge Pilot Mound, MB 1.0 Full Time D/N RN/RPN or LPN Permanent 12 h rotation Contact: Alison Fijala CEO

southernhealth ca

204-873-2132 ext 3, 1

#### **BATTERIES FOR EVERYTHING!**

#### 50, 000 BATTERIES **IN STOCK**

\*Auto \*Farm \*Marine \*Construction \*ATV \*Motorcycle \*Golf Carts \*Rechargeables \*Tools \*Phones \*Computers \*Solar Systems & design \* Everything Else

#### THE BATTERY MAN

1390 St. James St., WPG 1-877-775-8271

www.batteryman.ca

#### **AURORA** 1648 SqFt RTM Showhome

3 Bedrooms (ensuite), Maple Kitchen, Quartz Countertops, Walk-in Pantry, Island, James Hardie Siding, Huron Tripane Windows

Pictures available

giesbrechthomes.ca

or phone 204-346-3231

#### HEALTH

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

#### **SHOP LOCAL** SUPPORT OUR **LOCAL BUSINESSES**



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- GET SEEN by over 340,000 Manitoba Homes! Create instant top of
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- The ads blanket the province and run in MCNA's 41 Manitoba newspapers
- Very cost effective means of getting your message out to the widest possible

Contact this newspaper NOW or MCNA at **204.947.1691** or email classified@mcna.com

www.mcna.com

#### LIVESTOCK

Black and red Angus purebred yearling bulls for sale. Will deliver. Semen tested. Phone 204-383-5802 or 204-383-0100.

Rainbow Trout Fingerlings for private pond stocking. Available now. For more information call 204-322-5558 or email: info@watersongfarms.

#### FEED & SEED

Forage seed for sale: organic & conventional: Sweet Clover. Red Clover, Alfalfa, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

Selkirk Record

Call 785-1618



#### GoPro Hero 5

Black with 3 GoPro batteries and charging hub and micro SD card. and Go Pro Hero session with micro SD card and charger

Phone or text for more details 204-513-5611



#### **DJI Mavic Pro**

with 2 batteries, micro SD card, extra propellers and pelican hard case.

Phone or text for more details 204-513-5611

#### Cameras & Lenses

**Numerous Canon cameras** Canon Rebel XS, Canon Rebel XS1, Canon Rebel SL1.

Various lenses 18-55, 55-150, 75-200.

#### **OFFERS**

Phone or text for more details 204-513-5611

### **Employment Opportunity**

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

**Activity Assistant:** 

IERHA MMF 665/20 (Location to be determined)

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

Please refer to complete job posting in Careers at www.ierha.ca Please apply on-line at www.ierha.ca or fax (204) 785-4736, stating competition number on resume Deadline for submissions is Thursday, May 21, 2020 at 4:00 pm.



Interlake-Eastern Regional Health Authority



Business cards Letterhead

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**Posters** 

Memo pads

Presentation

**Folders** 

Post cards

# Classifieds

# Sellsink Regard

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



New listing, Matlock \$215,000. Spotless 980 sf, 2 br, gas OFP, f/a heat & c/air, gar/wkshp

8.26 acres. 1200 sf bng w/ fin

hemt 4 hr 2 hath AT/2 gar

dream shop, Ashern \$289,900

New listing, 9929 Hwy. 8. 155 acres, 1532 sf hm, 5 brs, HWF's, bsmt, 32 x 48 shop

\$289,900

JIM BOULTON

204-485-2446

Riverfront lot, near Lower Fort Garry, 4.3 treed, possible

sub-divide, residential zoning

15 Dandellen Drive, Waterfront,

Spectacular 4 bdr, 3 bath, decks, dock, garage \$459,000

South St Vital, Riverfront,

2822sf bungalow on 10 park like acres, loads of indoor

MICHAEL JUBA

204-588-7967

Waterfront St. Vital!

2822sf/10.6 Acres / 550ft Riverfront, Attch Grge, Dtched 4 Car Grge!

SOLD! St. Andrews 1950sf Renovated Home 52 Acres Hobby Farm off Hwy 9! \$475K!

2013 3bedroom home 2 bath on 32 Acres off Hwy 12! Treed /Private \$305K!

CINDY LITTLE

204-979-3364

703 Alverstone, Wpg 1190sf, 2 st, 2bed/2bath. Full fin bsmt. Dbl gar, fenced yd. \$186,000

Rare 2nd flr 3-br 2-bth corner unit with river view. Pool, gym. Close to U of M. \$169,900



#### Michael Smederovac 05/27/1940 - 05/09/2020

It is with great sadness we announce that on May 9th, 2020, at the age of 79 Michael Smederovac died peacefully in his sleep. He will forever be missed by his life partner and wife of 49 years, Margaret. Mike also leaves behind numerous nieces and nephews; his brother Doug (Donna); sister Mary (John); sisters-in-law Mary

and Merla; cousins Mickey (Sharon), Eddy (Judy), Tommy. Mike dedicated 35.5 years of his life working at the Rolling Mill and he retired July of 1995. Mike enjoyed his many years puttering around his yard in Camp Morton, golfing, and his love for his dogs. Mike will be missed by many people.

133 Calder Road

\$179,500

Private 4.93 acre building lot,

with subdivision potential. Treed yard site,

and open area. Paved Road

Frontier

Realty

Cremation has taken place, and no service will be held.

#### **ANNOUNCEMENT** IN MEMORIAM



Joe Smederovac November 7, 1938 - May 13, 2018

We miss your smile, Your joking ways, We miss the things You used to say. And when old times We do recall, It's when we miss you Most of all

-Love forever, Myrla

#### **ARRORG** GIMLI. **SELKIRK** 204-376-3400 204-642-8501 204-482-5806 **OInterlake** Our Realtors are here to serve and support you during these challenging times: as we have www.interlake.mb.ca since 1962, and as we will continue to be. DAYNA & CALVIN **FLLEN WYKA** INGRID BENNETT

Just Listed, North of Arborg, acreage with gorgeous 1450 sq. ft. mobile home, workshop. New Listing: Private 5 acres.

open concept mobile, garage, workshop, a must see.

Lakeview property, stunning year round home, nothing to do but move in. call for details.

#### KATHY MARKS 204-642-8501

Gimli-Fully serviced vacant lot Perfect location for your new home-\$39,500

Thinking of selling? For local information, call the realtors that live, work and play in the area!

#### JOHN WISHNOWSKI 204-642-8501

Winnipeg Beach cottage in good location. Furniture & appliances included. Just \$59,000

Gimli sign company. Seller may be open to selling the bldg separately. For both \$225,000

Riverton Home. Newer roof & siding. Concrete fndtion. Great fishing/boating nearby. \$69,900

#### **CHRIS NEUFELD** 204-641-1727

GIMLI – 3 Bdrm on 2 park like acres. Full fin. Basement. In-floor heat in gar. Woodstove.

GIMLI CONDO – 2 Bdrm. Lower level. Low taxes, fees, tons of amenities.

GIMLI - Newer 3 bdrm. 2 bath on huge lot. In town Reduced 314,900

#### LUDA KOZLOVA DAVE HUMNISKI 204-997-7756

204-642-8501 l-br+den condo located on 4th fl of modern newer building in Exchange District. \$249,900 80 Nicklaus Dr. Sandy Hook Golf Course. Over 1700 S.F. Absolutely gorgeous! \$347K.

7th Ave Sandy Hook. Triple lot. Solid Cabin & Bunkhouse between Juniper Ln & Boundary Rd with access to both. \$114,900

> PRICE REDUCED. 105080 #8. 5+ acres w/house & shop. \$199K.

TOWNHOME CONDOompletely reno inc kitchen, bathrms, hardwd firing, windows, drs. \$249,900

SANDY HOOK COTTAGE-2 bdr plus sunrm. Quaint & cozy. Fenced yard, deck. furnished. \$82,500

RAILS END BLDG LOTcorner pie lot on quiet cul de sac. Nat gas, town sewer, hydro. \$29,900

#### LAURENCE HUMNISKI 204-642-8501

118 Park Wpg. Beach Yr. round home/cabin steps from the lake and tennis 4 bdrms, \$169,000

103081 Trevino Trail Well maintained home at Sandy Hook G.C. 3 hdrms /1.5 haths \$298,000

Lakefront Sandy Hook Great views througout, patio door to the lake in MBR \$285,000

#### JASMIN THEOBALD 204-642-8501

res, 2000SF, 3+BR, possible side by side, LB \$80k, call for info

Matlock, 3BR, 100x150 lot, HW floors, 1/2 bsmt, newer windows, insul. SR, LP \$138k

#### CRYSTAL LINE 204-232-6200

451 BIRCH STREET ARBORG 1270 sq.ft. 3 Bed 2.5 bath home on desirable street \$289,000.

10 ACRES NW OF ARBORG 1380 sq.ft. 2 bed 1 bath home w/large shop and storage \$188,000.

SPRUCE BAY ROAD ARNES 1270 sg.ft. 3 bed 1 bath hm on 2.89 acs w/shop call to view \$264,900.

> Curious about market conditions? Let us help create a strategy ersonalized to your needs

Interlake Real Estate is pleased to announce we will be utilizing 360° 3D Interactive Tours to market our properties. This will allow us to provide the highest level of safety for our sellers, our buyers and our Realtors.



**Stig Rensfelt** FRI. CMR. CRA

Call or text

**Barb Linklater** 

204-482-5492





# Announcements Selkink Regard

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#### **Donna Gail Mackay** (nee Jardine)

Peacefully entered into the loving arms of her Lord and Saviour Jesus Christ at 7:48 p.m. on Friday, May 1, 2020 at the Gimli Community Health Center, Gimli, MB, Donna Gail Mackay of Petersfield, MB, aged 78 years.

Donna leaves to cherish her memory, her husband of 56 years John Douglas Mackay; children John (Michelle) Mackay, Dawn (Timothy) Plett, and Kevin (Lynette) Mackay; six grandsons lan, Orrin, Ryan, Tyler (Alyssa), Malcolm, Michael (Robyn). She is also survived by her brothers Murray (Alvina) Jardine and Garth (Diana) Jardine; sisters-in-law Florence Skwarek, Margaret Palmer, Agnes (Lawrence) Moore, as well as numerous nieces and nephews.

She was predeceased by her brother Douglas in 1975, father Victor in 1976 and mother Anne in 1996.

Pallbearers will be Tyler Mackay, Malcolm Mackay, Michael Mackay, Ryan Plett, Timothy Plett and David Boehmer.

Donna was born on July 18, 1941 in Matlock, MB, She had beautiful wavy red hair. As a child she attended Whytewold Beach School. Her first job was as a telephone operator in Winnipeg Beach. After graduating from the Scientific Marvel Beauty School in Winnipeg, she opened her own salon in Matlock.

She married John, the love of her life on December 21, 1963 and soon became the bookkeeper for John D. Mackay Roofing. Donna took great pleasure in making a home for her family. She gardened, preserved and canned "the fruit of her labor". She had a "green thumb" and planted a large beautiful flower garden, using large flat rocks she and John collected from the fields to make a 4 tier, oval garden. She had a witty sense of humor and loved to entertain guests with fantastic cooking (especially perogies!) and many memorable laughs. Donna had a special love for the elderly and helped many through visits, grocery trips, doctor appointments, etc.

Special thanks to the wonderful nurses and staff at the Gimli Hospital for your care and compassion for Donna during her seven week stay. Special thanks also to Pastor Laurie Barth for words of

Viewing took place on the evening of Thursday, May 7 at the Gilbart Funeral Chapel, Selkirk. MB. A private family interment will be held at a later date at the Dunara Cemetery, Petersfield, MB. A memorial service will be held once gathering restrictions are lifted.

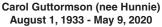
Thank you mom for being the best wife and mother we could ever have. We will miss you dearly and always carry the precious memories you gave us in our hearts. We love you!

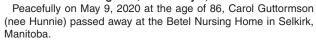
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



#### **OBITUARY**





She was predeceased by her husband Fred in February, 2003. Carol leaves behind her five children Roy (Sharlene), Doug (Connie), Arlene (Larry), Carl (Sherry) and Cheryl (Doug). Her 10 grandchildren Keith, Nikki and Alex, Lindsay, Mandy and Eric. Shannon and Tyler, Michael and Shantel have many wonderful memories of visiting Amma and Afi at the farm. Their children, Carol's great-grandchildren Emaly, Rhianna, Royce, Ava, Arielle, Reid, Owen, Linden, Xachery, Xayden, Perrin and Lily will now come to know Lang Amma through family stories and photos.

Carol was born on August 1, 1933 in Poplar Park, Manitoba, the

only child of Anna Hunnie. Mom spent much of her childhood in the care of Baba Hunnie where she learned to master the art of pyrogy making. Mom married Fred on March 20,1952 and their eldest son Roy was born a year later. They ran the A & G General Store in Libau for a few years then moved to Atikokan, Ontario where the rest of the clan was born. In 1961 they moved back to Libau and purchased the family farm where they hosted many gatherings and happy meals with friends and family. Mom worked for many years as a Home Care worker and forged many friendships through her hard work and dedication to helping the elderly and the ill. Mom had a wonderful voice and loved to sing. Her pyrogy's were some of the best ever made and many a visitor was treated to a generous helping. Her declining health over the last 10 years or so saw her leave the family farm for an apartment in Selkirk and finally to the Betel Nursing Home.

A special thank you to Mom's friend and loving companion Monica Dzisiak, who spent so much time with Mom. Monica always brought a ray of sunshine and love to Mom's world. Also a huge thank you to all caregivers at Betel for the loving care they provided to Mom.

In lieu of flowers, a contribution to the Alzheimer' Society of Manitoba, 10-120 Donald St. Wpg, Mb R3C 4G2 or a charity of your choice would be greatly appreciated.

Due to the situation with Covid 19, a private family gathering will be held at a later date. Hvildu vel Mamma og Amma, elsku alltaf.

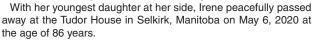
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



#### **OBITUARY**

#### Irene Angela Bullen (nee Aird) September 10, 1933 - May 6, 2020



Irene was born in Winnipeg, the third of four children, and grew up living on Balmoral Street and then Victor Street in the West End of Winnipeg. Growing up she spent most of her summers on her aunt's farms in Treherne and Notre Dame de Lourdes. She attended Daniel McIntrye Collegiate and switched for her final year to graduate from St. Mary's Academy in 1952. Irene then entered nursing school at the old Grace Hospital but left to marry Norman Bullen on October 24, 1953. They began their married life in Transcona, moved to Carman in 1960 when Norman started Carman Radio and TV, and moved to St. Andrews when Norman began working in Winnipeg in 1972.

In 1982 Norman started Norm's Electronics and Irene became the bookkeeper for the business. Irene also worked at local polling stations for several elections in varying capacities.

With six children, Irene was very busy at home. In 1961 she learned to curl. This was the beginning of a lifelong recreational pursuit that she was able to actively participate in until 2013. Irene was always an active volunteer, helping out wherever she could. She was involved in St. John's Anglican Church in Carman, Selkirk Brownies and Girl Guides, the Mapleton 4-H Club, Selkirk Ladies afternoon curling and then later Senior Ladies Curling for many years. She was very proud to receive her 25-year pin from the Selkirk Curling Club. In summer, Irene loved to work in her flower gardens and every Saturday would be off to the garage sales to find treasures. Throughout her life, Irene was an avid reader and

enjoyed books by Canadian authors, listening to CBC radio, sewing, crafts, knitting and crocheting. She was also a passionate sports enthusiast, loudly cheering for the Blue Bombers and the Winnipeg

Irene loved dogs and in the late 1960's started Ireman's Kennels to breed CKC registered Boston Terriers. In the late 1980's and early 1990's Irene and Norman spent several years travelling on the dog show circuit where their Bull Terrier, named Luther, won several Canadian and American championships.

Irene loved to travel and, along with Norman, toured Germany and Switzerland; England; Hawaii; Ireland; and cruised the Eastern Caribbean. In 1981 she was able to travel to South Korea and China. Seeing the Great Wall of China was a real highlight.

Family was all important to Irene. When their children began settling around the country, Irene and Norman would travel each summer to visit in their motorhome. Throughout the years they travelled the country from BC to Nova Scotia.

Although her last seven years were filled with health challenges, her positive outlook, sense of humour and strong spirit kept her going. She was able to stay in the family home with the support of her family. Interlake RHA Home Care and staff from Comforts of Home Care. Irene moved to Tudor House on August 8, 2017 and her bright smile along with her quick response to any question asked made her quite the character.

The family would like to thank the dedicated staff at Tudor House, especially Connie, Stacy, Jolene, and her special friends Olive and Val, and the Comforts of Home Care support workers, especially Heather, Relene, Kathy and Tina.

She will be greatly missed by her husband of 66 years, Norman; her children, son Bruce and grandchildren Jennifer, Tyler (Jessica and great-grandchildren Emma and Addison), Kristen and their mother Linda; daughter Pat; son Donald; son Gordon (Olga) and grandchildren Walter and Oliver; daughter Linda (Guy Morin) and grandchildren Kate and Garret; daughter Sandra (Roland Schneider) and grandchildren Marcus, Xavier, Maggie and Signe. Irene is also survived by her brother-in-law Bob Bullen and sisters-in-law Margaret Lussier, Nan Suche and Teri Aird. Irene was predeceased by her parents Don and Angela Aird; sister Cathy Fasano and brothers Ron and Jack.

Cremation has taken place. A celebration of Irene's life will take place at a later date.

Donations in Irene's memory can be made to Crohn's and Colitis Canada.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



### James (Jimmy) Langlois

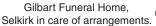
It is with great sadness that we announce the passing of our brother Jimmy on May 6th, 2020 at the Selkirk Regional Health Centre.

He leaves to cherish his memory brothers William, Richard (Barbara), David, and Elwin (Rayne); sisters Lucille (Doug), Carol, Karen (Edward), and Sharon (Brad). Jimmy was predeceased by his parents William and

A private funeral was held with interment at St. Clement's Cemetery.

The family would like to thank the staff at Inclusion Selkirk, Selkirk Regional Health Centre for the great care of Jimmy.

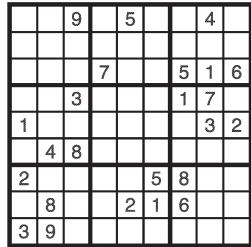
Condolences may be left on his tribute wall at www.gilbartfuneralhome.







# take a break



Fun By The Numbers

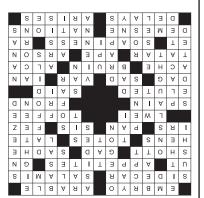
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put vour sudoku savvy to the test!

#### 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!

L	S	L	9	8	7	G	6	3
3	G	9	1	2	6	۷	8	$\overline{\nu}$
$\forall$	6	8	G	L	З	_	9	2
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2	ε	abla	۷	6	8	9	G	ŀ
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9	ŀ	G	6	7	Z	2	3	8
6	8	2	3	ļ	9	$\forall$	L	G
۷	$\forall$	Э	8	G	2	6	ļ	9

Sudoku Answer



**Crossword Answer** 

# CROSSWOR

#### **CLUES ACROSS**

- 1. Seed part
- 7. Productive
- 13. Popular cocktail
- 14. Sausages
- 16. Western state
- 17. Natural desires
- 19. Defunct British automaker
- 20. Early media tycoon
- 22. Move from one place to another
- 23. Letter of Semitic abjads
- 25. Female birds
- 26. Umbrella brand
- 28. Delinguent
- 29. Tax collector
- 30. Cooking tool
- 31. Female sibling
- 33. Flat-topped hat 34. Angolan currency
- 36. Boardwalk candy
- 38. European nation
- 40. Leaflike part of palm
- 41. Removed with solvent
- 43. Uttered words
- 44. Unfashionable person
- 45. Disappointed
- 47. Controversial device in soccer
- 48. 007's creator
- 51. Pain
- 53. UCLA mascot
- 55. Razorbill
- 56. Turkic people
- 58. Mimic
- 59. Crime involving fire
- 60. And, Latin
- 61. A saponaceous quality
- 64. Dorm employee
- 65. Estate lands
- 67. States
- 69. They slow you down
- 70. Gets up

#### **CLUES DOWN**

1. One or the other

2. Doc

25

29

44

51

60

65

- 3. Songs have them
- 4. Record of payment (abbr.)
- 5. Speak endlessly
- 6. American state
- 7. Digressions
- 8. Tell on
- 9. Brews
- 10. Belongs to the bottom layer
- 11. American cigarette brand
- 12. Legal voting age in US
- 13. Dish
- 15. Expelled air from the nose
- 18. Body art
- 21. Fierce, destructive act
- 24. Bear bright yellow flowers
- 26. Japanese delicacy
- 27. Get off your feet
- 30. Male organs in some invertebrates

**HYDRO** 

32. , so good

- 35. Cleverness
- 37. Protest yacht
- 38. Anesthetized
- 39. Mollified
- 42. Touch lightly
- 43. Diego, Francisco, Anselmo
- 46. Some windows have them
- 47. National capital 49. Squirrels like them
- 50. Grandmothers
- 52. Painter's tool
- 54. News organization
- and thesis: musical term 55.
- **57. Famed activist Parks**
- 59. Spumante (Italian wine)
- 62. A number or amount not specified
- 63. Body part
- 66. Of I
- 68. Old English

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