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Red Dress Day

RECORD PHOTO BY KATELYN BOULANGER

Last weekend, residents in Selkirk gathered at Queens Park to walk to the Selkirk Bridge and tie ribbons in remembrance of Murdered and Missing Indigenous women, girls and two-spirit people who have been lost. See more photos inside. Pictured: Jeannie White Bird holding up one of the ribbons made in remembrance of a mother who went missing.

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The Manitoba Métis Federation officially opens new build in Selkirk

New downtown apartments completed with ribbon-cutting event

By Katelyn Boulanger

On April 30, the Manitoba Métis Federation (MMF) officially cut the ribbon on their mixed-use residential complex in Selkirk's downtown. The project's official sod turning took place in May of 2022 and in a little under three years the space has been completely transformed into a six-story structure with 49 new homes for the area's senior community.

Regional Administrator for the Interlake for MMF, as well as Chairman of Métis N4 Construction, Jack Park, spoke about the journey of this project.

"This was more than a project for our team. It was in our DNA to help

make this place rise up on the bank of the Red River and stand with Métis pride," said Park.

He had many people whom he thanked for their part in making this new housing project possible, and he was able to report that the housing is going to be a home for many community members.

"We know our citizens have waited a long time for this building. Just four months ago, after opening, we only have nine suites left," said Park.

MMF Minister Will Goodon came to the podium next to say a few words.

"Housing has been an important is-

Continued on page 4



RECORD PHOTOS BY KATELYN BOULANGER

The MMF held the official ribbon-cutting for their new property on Eveline St. in Selkirk

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BIG DOLLAR

Lemonade Stands for Hope return to Manitoba this summer

Join the movement to support Manitobans facing cancer

By Annaliese Meier

A Manitoba-made summer tradition is pouring back into communities with purpose.

Lemonade Stands for Hope returns July 18–20, and Manitobans are invited to host lemonade stands in support of those affected by cancer. Stands can also be set up anytime throughout the summer, making it easy for participants to choose a date that works best for them.

Organized by CancerCare Manitoba Foundation, the initiative raises vital funds for local cancer research, treatment, and essential emotional and physical support programs. But beyond fundraising, it fosters a strong sense of community connection and purpose.

By hosting a stand, participants help build awareness and show solidarity with friends, family, and neighbours touched by cancer. It's a meaningful opportunity for individuals, families, and community groups to come together, take action, and make a positive impact in a simple, hands-on way.

Setting up a stand is straightforward. After registering online, participants receive a free lemonade stand kit, complete with signage and supplies. Kits are available for pickup or can be mailed to those living more than 30 kilometres from Winnipeg.



PHOTO SUBMITTED

Lemonade Stands for Hope invites Manitobans of all ages to host stands this summer in support of local cancer care, research and support services.

Each cup poured contributes to a province-wide effort to improve cancer care and support services for Manitobans. It's a small gesture that carries lasting significance for those navigating a cancer diagnosis and for the wider community rallying behind them.

How to get started:

- Register your lemonade stand
- Pick up or request your free kit
- Choose a date, spread the word, and

Continued on page 13

> MMF RIBBON CUTTING, FROM PG. 3

sue. It's been an important issue since the MMF was founded. It was probably the number one issue at that time, in 1967. It continued to the 70s and 80s. We all know, in some of our communities, some of our families had to live in not the best conditions. The housing issue's been an issue before that, when we were known as the Road Allowance People, it was known before that when the houses at Ste. Madeline were burnt down, it was known before that when the Reign of Terror happened, when we were literally kicked out of our homes or chased away in the diaspora. So, this is a continuation again, as I said, of President Chartrand's vision to provide safe, affordable housing for our seniors," he said.

Goodon said that for the part that he played in this project, he is very proud and he thanked the many people who were involved in its completion.

"At the end of the day, it's our goal to provide our elders with a home where they will feel safe and comfortable. And I have no doubt in my mind that we have accomplished that today with this beautiful building. It's the least we can do to give back to those

who have given us so much," said Goodon.

MMF President David Chartrand also said a few words at the ribbon-cutting event, describing this project's completion as a dream come true.

He also wanted to welcome the building's new residents to their home.

"We want everybody to have a place that they're very comfortable in and where they can associate with their fellow elders and colleagues from around the province, and have a chance to (use). There's a meeting room, there's a fitness room—I'm sure all you will be using," he said.

Congratulating the MMF on this accomplishment at the ribbon cutting was Selkirk Mayor Larry Johannson, who also said a few words.

"As a proud MMF citizen and as a proud Mayor of the City of Selkirk, this project has everything, everything that just about makes my heart jump out of my chest," said Johannson.

After the speeches, residents took to Queens Park, where the official ribbon cutting took place with the new MMF building in the background.

"AT THE END OF THE DAY, IT'S OUR GOAL TO PROVIDE OUR ELDERS WITH A HOME WHERE THEY WILL FEEL SAFE AND COMFORTABLE."



MMF President David Chartrand



Selkirk Mayor Larry Johannson



Jack Park, Regional Administrator for the Interlake for MMF, as well as Chairman of Métis N4 Construction



MMF Minister Will Goodon

West St Paul Financial Plan lowers mill rate and talks new projects for 2025

By Katelyn Boulanger

Earlier this month, West St. Paul held its 2025 financial plan public hearing in order to give the community a general overview of the municipality's 2025 financial plan.

The meeting started with West St. Paul Mayor Peter Truijen welcoming residents to the public hearing.

"The financial plan today demonstrates the benefits of the growth that we have seen in our municipality in the past years," he said.

He then explained that the financial plan has already gone through many steps before the public hearing takes place.

"Where do we see West St Paul in the future? Our vision is a wonderful West St. Paul as the most desirable municipality in Manitoba to live, work and play," said Truijen.

He explained that part of what the municipality is accounting for in its budget decisions is also future growth. West St. Paul is a quickly growing municipality currently over 8,300 people, and the RM is projected to have a population of 10,000 to 15,000 in the next 15 years.

With that taken into account, Truijen said that he was happy to announce that the mill rate for the municipality is going to decrease this year from 7.715 to 6.629.

"Council is happy to present this budget with a decrease in the mill rate for the third year in a row. With this decrease, we will be able to maintain enhanced services and programs the municipality provides for our residents and businesses in West St. Paul. These are important priorities for council," he said.

He explained that this is possible be-

cause of the continued levies that the municipality is receiving from new developments.

In the year to year comparison that Truijen showed, he explained that they have achieved an 18.7 per cent decrease while their assessments have increased.

Truijen also said that though currently 84.2 per cent of revenue for the RM comes from residents, there is going to be a trend of that moving towards the 'other' category in their chart, as there is more business development going on in the RM, and with that, there will be a shift.

“Approving and monitoring the budget is one of our greatest responsibilities as council. We have a duty to ensure your tax dollars are managed carefully and transparently. This provides money to ensure that the needs of our residents are met with local services and programs, and this is how we implement the vision and goals of our municipality. Council sees community feedback as a key component of financial planning. We believe that the community should be involved as much as possible,” he said.

Truijen explained that your taxes at a municipal level go to key services in our community like fire protection, snow removal, garbage, yard waste and recycling collection, road maintenance, trails parks playgrounds, fields, skating rinks, public grass cutting, drainage, dust and weed control, mosquito control, children's, adult's, and seniors programming, Canada Day events, street lights, emergency services and handi-van services.

Truijen said that, like every year, there is a municipal portion and an education portion of your tax bill.

In West St. Paul's case, for every \$100,000 of portioned assessment, there is \$283.32 going towards the municipality and \$703.08 going towards education.

He said that, should you have questions about the education portion of your tax bill, you should reach out to the school division that your house is in, as the municipality isn't involved in that process.

Truijen said that with increased population comes increased costs.

Some notable increases from general operating budget expenses are an increase to legal expenses because of the municipality's upcoming municipal board appeals, an increase of staff benefits because of an increase in staff, because of the increase in population the RM has increased its complement at the fire department from 30 to 39 staff, there's an increase in public works staff and more which from what Truijen said seemed to be

largely related to the RM's increasing population.

"We are fortunate that we have a high level of professional employees with various degrees of knowledge and experience that have helped us to get to where we are today," said Truijen.

He then went on to show a slide that described the increase in number of houses in the RM. At the last census, the RM had 2,270 homes. As of Dec. 31, 2024, the RM has on its books 2,999 homes. Costs per home broken down by service indicate that \$366.24/year goes to fire protection services, \$81.69/year to snow clearing, \$306.07/year to garbage, recycling and yard waste, \$249.22/year to the Access Centre, and \$229.27/year to planning services.

“Once again, key capital projects for 2025 reflect what we have heard from residents in our community. The main

Continued on page 10

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Lightning-sparked fire spreads through Netley-Libau Marsh area

By E Antonio

A lightning strike ignited a wildfire in the Netley-Libau Marsh on Sunday evening, prompting an emergency response from multiple fire departments and provincial support.

The East Selkirk Fire Department was first on scene but was unable to access the marshland blaze with equipment. Crews monitored the situation overnight.

By Monday morning, the fire crossed into nearby grasslands and rapidly intensified. East Beaches and Carol fire departments were called in for mutual aid.

St. Clements chief administrative

officer Deepak Joshi said the fire was burning near roads 32 East and 91 North. Four property owners in the area were advised to evacuate their homes.

“We are actively monitoring the situation as it progresses, with water bombers on the way and helicopters from the Province of Manitoba on scene,” said Joshi on Monday.

He added that the fire poses a risk of spreading to the nearby Brokenhead and Scanterbury communities.

No injuries had been reported as of press time. The cause of the fire was confirmed to be lightning.



PHOTOS SUBMITTED AND BY BRETT MITCHELL

Flames burn through grassland after a lightning strike sparked a wildfire in the Netley-Libau Marsh on Sunday evening. Fire crews from East Selkirk, East Beaches and Carol responded, with water bombers and helicopters deployed Monday as the fire spread.



Advances in technology are making for overall better dentures

By Elisha Vador

About 6-months ago, if you would have asked me the better way to make dentures, I would have said analog (hand-made) is still the best way to go simply because of the artisan work involved in creating a custom unique smile that’s non-replicable. Overall, that information was based on my naive knowledge of denture fabrication and the advancements in technology. Yes, hand-made dentures can still be the best dentures you’ve ever had, but there’s something to say about digital (milled) dentures these days. After attending the largest dental and denture convention in North American back in February, purchasing digital denture equipment and software prior to that and using it for over 6-months now to fabricate dentures, well, I have noticed that the advancements in the technology and materials used for digital dentures is quickly becoming better all the time.

So, if you’re wondering, what is a digital denture? Digital simply means using computer software and equipment to scan the mouth and build the denture from the scan. The ongoing advancements in technology to improve the digital denture process had me saying ‘wow’ when I saw the Denturist using strokes of the computer mouse to shape and mould the gums of a patient’s denture to perfection. The software really does mimic the way one would create the denture by hand.

Both Brigitte and her mom Bella (featured in the photo) received new digitally made dentures from Vador Denture Centre and actually Brigitte is wearing an upper denture for the first time! She said, “I can actually smile big now without being self-conscious of the missing teeth and it fits like a glove. I’m very comfortable with it. I got the white teeth that I wanted.” For Bella, it had been 20 years since she last re-

placed her dentures. She explained that her mouth was caved in, but now the dentures fill her lips. They even took a few wrinkles away and are very natural-looking. A few other benefits of digital dentures are:

- A better fit.
- Stain-resistant.
- Stronger, more durable material with a 3-year warranty against breakage.
- If you lose a denture or the dog eats it, both scenario’s I’ve heard this week, then a replacement is half the cost because the digital scans are already in our computer software.

A digital denture is still a denture, so it is accepted by all insurance plans including the Canadian Dental Care Plan. Both Brigitte and Bella used their Canadian Dental Care Plan insurance towards their new digitally made dentures. We look forward to seeing you soon for your free denture consultation.



Bella and Bridgette pose with Denturist Brock (from left to right) at Vador Denture Centre after receiving their new digital dentures.

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Celebrate National Nursing Week from May 12 to 18

By Jennifer McFee

A career in nursing offers opportunities to make a difference in the lives of many.

For Jamie Boyer, she decided to pursue a career in nursing in order to turn a negative experience into a positive future.

"I had some experiences with health care that weren't very good, one in particular which resulted in the death of my father in part due to racism and stereotyping," shared Boyer, who is a member of Sagkeeng First Nation.

"This was a huge factor in choosing to pursue a career in health care as I wanted to make a difference in workplace culture and how my people are treated when they access care."

She launched her nursing career by going back to school as an adult learner through Red River College's Access program.

Over the years, she has provided nursing care in many different areas, including long-term care, acute care in medicine, the operating room, the emergency department, home care, primary care and public health.

It's a career with many opportunities to make a difference, including a transition to her current role as regional manager of Indigenous Health.

"I really loved bedside nursing — having a direct positive impact on the patients' health-care experience. I get to do that now in my role as manager through the creation of policies and procedures that support my people during their health-care journeys and also through the mentoring and leadership of the team I manage," she said.

"I am so grateful to be knowledgeable in the various areas of clinical practice as it allows me to see where Indigenous Health can make the most meaningful impact on plans of care and discharge planning."

The theme of the 2025 National Nursing Week is "The Power of Nurses to Transform Health," which strikes a positive chord with Boyer.

"Oh, I love this theme as this is the essence of the work we are doing in Indigenous Health with full support of Interlake-Eastern Regional Health Authority," she said.

"We want the medicine wheel to be incorporated into health care. Spiritual, emotional and mental health are just as equally important to a person's health and well-being — but for some reason, the overall health-care system places more importance on the physical aspect."

For those who might be considering a career in nursing, Boyer offers some wise words based on her own experience.

"Nursing can be such a rewarding career," she said. "Nurses touch the lives of everyone they care for — and that in itself is such a gift."

National Nursing Week runs from May 12 to 18 with the theme "The Power of Nurses to Transform Health." It's an ideal opportunity to recognize and celebrate the hard work and dedication of nurses in your community and beyond. Other noteworthy dates include Indigenous Nurses Day and International Nurses Day on May 12 as well Student Nurses Day on May 14.



PHOTO SUBMITTED

Jamie Boyer, regional manager of Indigenous Health for the Interlake-Eastern Regional Health Authority, turned personal tragedy into purpose by becoming a nurse and working to improve health-care experiences for Indigenous patients.

Community supports cancer fundraiser



RECORD PHOTO BY BRETT MITCHELL

Our community came together with Selkirk's Home Hardware to donate a whopping \$5,000 to the CancerCare Manitoba Foundation. This money was raised through their annual Fighting Cancer of All Colours fundraiser, which supports cancer research in Manitoba.



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Fires rage across Interlake amid severe dry conditions and widespread burn bans

Departments stretched thin during Emergency Preparedness Week, dry weather continues to create hazardous conditions

By Emma McGill

High winds, dry weather and early-season heat are fueling fire activity across Manitoba's Interlake region during Emergency Preparedness Week, pushing local fire departments to their limits and prompting full burn bans across multiple municipalities.

The RMs of St. Andrews, Rockwood and Woodlands have all issued burn bans prohibiting open-air fires, with the RM of St. Andrews also banning fireworks and motorized backcountry travel.

Jordan Nastiuk, director of municipal safety and head of the St. Andrews Fire Department, said several factors are contributing to the elevated fire risk, including high temperatures, lack of precipitation, and dry vegetation left over from last year.

"We can educate people by informing them of impacts caused by wildfires, some of those we are witnessing this season across the province," said Nastiuk. He cited home and infrastructure loss, evacuations, financial constraints and strain on local fire resources as some of the major consequences.

The Manitoba government issued a reminder on May 5 that wildfire season typically runs from April to October, and that the threat is especially high in spring when vegetation is dry

and easily ignited.

Nastiuk advised residents to take precautions around their properties to reduce fire risk:

- Keep tree lines, fields and yards clear of dead or dying vegetation.
- Trim and water shrubs and trees near buildings.
- Dispose of leaves, lumber and yard waste promptly.
- Regularly clear flower beds of dead plant matter.
- Do not extinguish cigars or cigarettes in potted plants, as potting soil and peat moss are flammable.
- Keep firewood stored away from homes or garages.

"The public has been great during the early stages of the ban," said Nastiuk. "We understand fire bans can be inconvenient and frustrating for some of them. The St. Andrews Fire Department appreciates the positive feedback and cooperation from our residents during this fire ban."

To the west, the Teulon Fire Department has responded to 14 calls in the past three weeks — nearly all of them grass fires. Dry conditions and strong winds have made those blazes especially difficult to control.

The South Interlake ATV Club has closed the Interlake Pioneer Trail to off-road vehicles, out of concern that backcountry traffic could accidentally spark new fires.

"We don't want anything to happen to all the communities and RMs in our area," said club chair Cam Goodman, noting that trail maintenance responsibilities factored into the club's decision to temporarily close the route.

As of May 9, the Manitoba Wildfire Service elevated Level 1 fire and travel restrictions to a full ban on motorized backcountry travel in affected areas. Provincial burn permits have also been cancelled.

Several First Nations communities

in the Interlake have also been hit hard. A large grass fire broke out at Lake Manitoba First Nation, while Peguis First Nation faced a significant wildfire that led to the destruction of multiple structures and the evacuation of hundreds of residents.

The fire ignited on May 4, amid hot, dry, and windy conditions that have heightened wildfire risks across the province. Flames swept through the southern part of the community, destroying at least one home and several garages and outbuildings. Approximately 350 residents were evacuated to Selkirk and Winnipeg due to heavy smoke and dangerous conditions, while another 60 chose to remain in the community despite the risks.

Doug Thomas, communications director for Peguis First Nation, described the harrowing experience: "From my vantage, it looked like my house was burning because the smoke was thick, so I thought for sure these houses were burning." He credited the swift response of water bombers for preventing further destruction.

Fire Chief Shaun Spence emphasized the collective effort in combatting the blaze: "We're out there battling this fire to save our homes, our community members' homes, and to make sure our communities are safe."

Chief Stan Bird announced that, with the fire under control, the state of emergency would be lifted, and residents could begin returning home. He noted that while some families could return immediately, assessments would continue to ensure safety for all.

Officials are urging residents to remain alert, follow all restrictions, and avoid any activity that could spark fire during this high-risk period.

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Interlake students make waves in watershed competition

By Jennifer McFee

A recent watershed-focused contest not only showcased students' environmental initiatives, it also showed that the world is in good hands with the next eco-minded generation.

On Saturday, April 26, the Top 10 finalists in the Caring for Our Watersheds contest gathered at the newly renovated Wetland Discovery Centre at Oak Hammock Marsh.

Delivered in Manitoba in partnership with Ducks Unlimited Canada and Nutrien, the program invites students from Grade 7-12 to submit a proposal to answer one important question: "What can you do to improve your watershed?"

As part of the competition, participants need to research their local watershed, identify an environmental concern and come up with a project proposal to implement a realistic solution.

In total, 439 students from 21 Manitoba schools submitted 304 proposals for this year's competition. The Interlake was well represented in the Top 10, with finalists coming from Gimli, Selkirk and Warren, as well as from Winnipeg.

Kiera Schutz, a Grade 11 student at Warren Collegiate, was surprised to hear the news that she ranked among the Top 10.

"I'm in an environmental science class and our teacher had all of the students participate in this project. You had to create a project that was beneficial to your watershed, so I came up with my project called The Greener Cleaner," she said.

"It's a project that plans to implement eco-friendly cleaning supplies in my school and in the elementary school in my town. That would be Warren high school and Warren Elementary."

After submitting her project proposal, Kiera received an email a few weeks later telling her that she made it to the Top 10 out of the 304 entries from across Manitoba.

"I was really excited about that. That entailed that I had to go to a gala and present my project in front of a panel of judges. I was really nervous. I was the last to present out of all 10," she said.

"During the presentation there was a time for questions from the judges. The judges let me know after my presentation that they really liked my responses to the questions and that they were really well thought out, so that was really nice to hear."

The four-person panel of community judges scored the students based on their environmental literacy, in-

novation, budget and inclusion of how their projects supports sustainable development goals. The judges' scores were then combined with the students' scores from the earlier round of judging. In total, \$12,000 was awarded with cash prizes for the students and matching prizes for their school starting with \$1,000 for first place. Nutrien, the contest sponsor, is also providing \$10,000 worth of funds to help contestants implement their projects.

To Kiera's surprise, the judges called her name as the second-place winner.

"It was really nerve-wracking, but once I was called, I was really excited," she said. "I get \$900 for myself, and my teacher gets \$900 for the environmental fund at our school. And a separate amount will be going towards my project to fund it."

First place went to students from Maples Met in Winnipeg for a project called Breathing Life into the Dead, which seeks to work with the City of Winnipeg to plant riparian plants around a storm pond and monitor the water quality.

Throughout the Interlake, other students also earned recognition for the environmental ideas.

From Lord Selkirk Regional Comprehensive Secondary School, Natalie got fourth place and \$700 for her project called Sustainable Flow: Redefining the Cycle, which focuses on educating students about more environmentally friendly period options.

Mackenzie got fifth place and \$600 for a project called Free with the Trees, which proposes to design a book to teach Grade 1 students about the importance of trees while also coordinating tree planting.

In addition, Lilja earned 8th place and \$400 for a project called Reduce, Reuse, Recycled Rubber, which aims to recycle rubber gloves used at grocery stores.

From Gimli High School, a group of students from an environmental club — Malakai, Vira, Beth and Liuba — ranked seventh and earned \$450 for their proposal called Project Zero: Bus-Loop Forest. This project proposes to plant trees in the bus loop.

Manitoba program co-ordinator Kandra Forbes expressed appreciation for the students' efforts in the Caring for Our Watersheds contest, which operates in Canada, the United States and Argentina.

"Every year it is amazing to see the passion these students have for their communities and their local environment. Many see the effects firsthand when they recreate at Lake Winnipeg, so they are inspired to make a



RECORD PHOTO SUBMITTED

Lord Selkirk Regional students Lilja, Mackenzie and Natalie were among the Top 10 finalists who presented their environmental proposals at the Caring for Our Watersheds contest held at Oak Hammock Marsh Wetland Discovery Centre in April.

change," she said.

"Giving the students a platform where they can have adults listen to their passion and ideas, as well as support their project financially, is key to building the next generation of leaders."

At the same time, Kiera expressed appreciation for teacher Amanda Dion encouraged the students to get involved.

"My teacher was super supportive," she said. "It was great to have her through the whole process."

And for Dion, she was filled with pride to watch her student excel with her idea.

"It was wonderful to watch Kiera mould her project into something

that was practical and will make a measurable difference for the environment," Dion said.

"It's always incredible when the students become passionate about making an impact in their community. I am so proud of her."



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"These things I have spoken to you, that in Me (Jesus Christ) you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

John 16:33

SDCF spring grants support 38 organizations with \$166,852

Submitted by Selkirk & District Community Foundation

What has become the Wildlife Rescue Network, started some 30 years ago when Shannon Kurbis found a baby squirrel in her yard and learned how to care for it. After saving the squirrel, she became the go-to animal saver in her neighbourhood.

And she's still doing it today, with the help of about a dozen dedicated volunteers who give money, drive to pick up injured animals and help care for them at their St. Andrews location.

A grant from the Selkirk & District Community Foundation's donor-advised Polinuk Family Fund will help the rescue purchase a storage shed where they can stockpile feed and do some rehabilitation work.

"We're a hundred per cent volunteer. We don't have any paid staff at all and that's why this grant has been a huge help because we don't even have enough volunteers to do fundraising," Kurbis said.

"We just don't have volunteers for that sort of thing. The majority of our stuff is funded by our volunteers, it's a small group of people, but they put up a lot of time and a lot of cash to help everything out."

It's a passion for Kurbis, who is recently retired but worked full-time on top of running the rescue for years. She said she treated the rescued animals much like children, doing feedings at night and dropping them off at her mom's during the day while she worked.

"It's important to me and there just aren't any places for these animals to go," she said, noting there is a rehab south of the city, but their intake is very specific.

"They're not taking any non-protected species, so no starlings, no sparrows, nothing like that. And that's sort of the majority of what comes in. It's easy to get 20, 30 sparrows dropped off like nothing, but they need to live too. Right?"

The volunteers' time is spent rescuing and to a large extent, counselling people on the do's and don'ts. Sadly, many of the small animals brought into the rescue don't need to be rescued, but interference by people who don't know any better leads them to the rescue.

Kurbis said a large majority of the babies that are brought to them should have been left alone. She says seeing baby birds on the ground, or baby rabbits alone doesn't mean they have been abandoned. The bird's parents are usually still around, and Kur-

bis's advice is to leave them alone and watch from a distance – inside your house preferably – and you'll likely see the parents coming back to feed the baby.

The Foundation's second Vital Signs report is set to come out this fall, and one of the sectors in it is the environment. Kurbis says climate change is affecting the bird population.

"We've been around long enough that we can see the effects of climate change, and the increased development of land going on, it's getting harder and harder, especially for the songbirds," she said.

"It's even more critical to keep doing this work now. Things have changed since I was young, we used to have barn swallows around all the time and now I haven't seen one around here in the last five years."

The grant to the rescue is one of 38 given out this spring. In total, the Foundation granted \$166,852.

Foundation Chair David Thorne says matching grants with community needs is important, and information gathered during the Vital Signs process provides valuable information.

"We have 10 sectors in the report and going forward we'll be able to use the information from the report and target areas that need the most support," Thorne said.

"But even now, we can see that the grants we are providing are meeting those needs. The environment is a concern and we're able to support organizations that are working in that sector. Food security is a big concern, and we're able to focus on that as well."

Selkirk's Knox Presbyterian Church received a grant, so it can provide a weekend meal at the Our Daily Bread Soup Kitchen once a month.

Vital Sign's Food Security and Access sector shows people in the region are concerned about not having enough money to buy food. Twenty-nine per cent say they worry that they'll run out of cash before the end of the month and won't be able to buy groceries.

Reverend Naggie Sterling is new to the church and when he learned that Knox was part of a group of churches that used to provide a weekend meal at the soup kitchen, he wanted to revive that ritual.

"Churches would come together and one church would take a week to offer the soup kitchen. The pandemic stopped that and we wanted to find ways and means to be supportive of the community, do community outreach. We want our outreach



RECORD PHOTO SUBMITTED

An SDCF grant is helping the Wildlife Rescue Network continue to do good work.

to be touching lives and meeting real and practical needs," Sterling said.

"It was done before and it is a present need."

Sterling said there's a men's group that meets for coffee and conversation every Friday and he challenged them to take on this project. They've accepted, and committed time and their own finances to make it happen. The church has put the soup kitchen meal in its budget as well.

He said they're thankful for the Foundation's grant.

"The men have committed a financial contribution, as has the church, but those contributions in themselves could not fund the soup kitchen."

Church members volunteer their time for the Saturday meal, which began on March 1. The first offering didn't go so well – only two people showed up – but Sterling and the volunteers have engaged with clients to determine what time of month is most beneficial for users of the service.

Now the meal is offered the third Saturday of the month. Doors open at 11 and coffee and cookies are served. Lunch is served from 11:30 a.m. to 1 p.m. More people showed up for the April meal and the next meal will be on May 17.

Watch for more grant announcements in the June community report, Community is Vital.

> WSP FIANNICAL PLAN, FROM PG. 5

strategies reflected with these capital items are safety, beautification, services and infrastructure," said Truijen.

The carryover projects from last

year are: the administration building project, surveillance cameras, public works building energy modelling, shelter and benches on the north side

of the Grassmere Walking Bridge, water reservoir expansion, the Access Centre gym basketball backboard replacement, business park sign, and the sign for the administration building.

New projects for this year include 34 projects. Some are tech upgrades, equipment upgrades, bike racks being added to neighbourhoods, trail sign upgrades, the recreation strategic plan, mailbox notice boards, sewer projects, speed reading signs, Willis Road reconstruction, a walking path/sidewalk down Kapelas east-west, and more.

"All together, there are 25 road renewals and maintenance projects for the RM costing an expenditure of \$2.1 million," said Truijen.

He explained that most of these were on public work's maintenance list this year, with the exception of Willis Rd. and Seiler Rd. which he said needed repairs.

Next up, Truijen discussed park projects.


"We will see a large investment in our Access Centre in 2025. This includes the completion of the trails around the ball diamond, the asphaltting of the parking pad by the rink, as well as some indoor improvements to the kitchen, board room, office, new gym equipment and storage," said Truijen.

He reminded residents that taxes are due on Sept. 29 this year by 4:30 p.m. and there are no exceptions. For online banking payments, he asked that residents allow for 5 days for funds to reach the RM.


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Remembering MMIWG2S on Red Dress Day



RECORD PHOTOS BY KATELYN BOULANGER

Over 30 people banded together at Selkirk's Queens Park last weekend in order to honour and bring awareness to the loss of too many Murdered and Missing Indigenous Women, Girls and Two-Spirit people in our country. To bring awareness to this crisis, which is not only a national issue but also affects people in all communities in our country, residents tied red ribbons to the Selkirk Bridge. This project was a collaboration between the Selkirk Friendship Centre, Selkirk's Métis Local, the City of Selkirk and the (MM)IWG Manitoba Coalition. The red ribbon project started in The Pas, according to Jeannie White Bird of the (MM)IWG Manitoba Coalition. She said, "The Red Ribbon is the visual cue of our Missing and Murdered Women, Girls and Two-Spirit people that each life, that each person that has been taken as a result of violence and murdered or gone missing, that person was loved and always has been loved and always will be loved. These numbers are not statistics. These are human beings. They are mothers, sisters, daughters, aunts, partners, relatives and community members. That's what the red ribbon is about."



It was a hip-hopping, toe tapping kind of night



RECORD PHOTOS BY KATELYN BOULANGER

Evolution Dance's dancers were on pointe last week as they wrapped up the 2024/25 season with their end of year recital. Dancers of all ages showed off their moves for a packed audience at Winnipeg's Centennial Concert Hall.



A generous donation



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Friendship Centre Daycare (SFCD) received a wonderful donation from the Selkirk Métis Slow Pitch League, who donated the proceeds from their 2024 season. This donation will fund the Centre's summer campground, which is a campsite that allows the children the opportunity to connect to nature and the community. As a screen-free, nature-based childcare program, these funds will support the philosophy of leave no child inside. Left to right: SFCD staff members Jennifer Fiddler, Leah Penhall, Lorie Fiddler and Selkirk Métis Slow-pitch Leaguers Brad Calder, Sandra Epp and Joe Sanderson as well as SFCD staff member Jennifer Wright.

> LEMONADE STANDS FOR HOPE, FROM PG. 4

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Steeped in love: Bloom's family business journey

MOTHER'S DAY FEATURE

THERE'S SOMETHING TIMELESS AND POWERFUL ABOUT A MOTHER'S LOVE — QUIET MOMENTS, WARM HUGS, ENDLESS SUPPORT AND TIRELESS CARE. ON MOTHER'S DAY, WE TAKE TIME TO HONOUR THE WOMEN WHO HELP SHAPE OUR LIVES IN COUNTLESS WAYS, OFFERING THEIR STRENGTH, WISDOM AND COMPASSION DAY AFTER DAY. WHETHER IT'S THROUGH GUIDING YOUNG HEARTS, CHEERING FROM THE SIDELINES OR SIMPLY BEING PRESENT, MOTHERS MAKE THE WORLD A BETTER PLACE — ONE LOVING MOMENT AT A TIME.

By E Antonio

For Michelle Bloom, pouring love into her family and her local business is no easy task — but it's



RECORD PHOTO SUBMITTED

Talia's husband Danton, Talia, Michelle, Phil, Sayda, Eden's husband Jess, Eden and Elijah.

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something she would never change.

Bloom, a mom of four, is the owner and founder of Three and Tea (formerly Three6T-ea) and Blyss Matcha, two franchises based in Selkirk. She said her three daughters — Sayda, 21, Eden, 23, and Talia, 25 — and her 15-year-old son Elijah shaped her into the person she is today.

"When my kids were little, the best — and sometimes hardest — part of being a mom was learning to put other people's needs ahead of my own," she said. "They taught me how to be selfless and love unconditionally. It was exciting to see life through their eyes as they discovered the world. It was like living it all over again."

She added that although her children are older and their relationship has shifted, she will forever be their mom. Bloom said she continues to see the world through their perspective.

"It's just that instead of dance recitals and bee stings, it's first jobs and heartbreaks," she said. "They still turn to me for advice, and now I can also turn to them."

Bloom said she was privileged to work alongside her daughters and husband, Phil, at Three and Tea, creating an even closer bond among them. She now works with her sister, Megan, at Blyss Matcha, along with several young adults from the community whom she considers family.

She said her family's commitment to the companies is what helped them thrive. Her next goal is to establish Blyss Matcha as a national brand while continuing to serve their grand selection of matcha products in Selkirk.

Although her daughters have moved on from Three and Tea to start families and careers of their own, Bloom said she hopes Elijah will one day carry on the family tradition and work at the store.

Everyone reunited on Mother's Day to celebrate each other, share a meal and play some games.

"Mother's Day is usually a joint celebration as we also celebrate my oldest daughter's birthday," Bloom said.

Talia was born on Mother's Day — making the holiday even more special.

"That was the best Mother's Day gift I ever received," Bloom said.



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SHOP OFTEN FOR BEST SELECTION

Efficiency Manitoba & Raven Outcomes partner to boost energy efficiency in first nations communities

New partnership anticipated to deliver up to \$18.9 million, with Brokenhead Ojibway Nation named as a key initial community partner & funding recipient

Submitted by Efficiency Manitoba and Raven Outcomes

Last week, Efficiency Manitoba and Raven Outcomes announced that they're engaging in a transformative new partnership aimed at advancing energy efficiency, improving housing, and creating meaningful job opportunities in First Nations communities. Under the partnership, Efficiency Manitoba will invest up to \$18.9 million through its Community Heat Pump Program by 2029 to fund energy efficiency measures including the installation of energy-efficient heat pumps and support community-led training and workforce development initiatives. Raven Outcomes will lead the investments, bring in additional private capital through its \$50-million Raven Indigenous Outcomes Fund, and work closely with communities to maximize impact and ensure lasting benefits.

At the announcement, Brokenhead Ojibway Nation was introduced as a key community partner in this new initiative. Efficiency Manitoba is contributing \$1.89 million to support Brokenhead Ojibway Nation through their newly created social enterprise, BON Energy, which will be used to pay for heat pump installations, other energy efficiency upgrades, and workforce training once complete. Raven Outcomes is providing an upfront investment of nearly \$7 million to the First Nation to carry out the work. These funds will be further bolstered by Canada Mortgage and Housing Corporation (CMHC). Together, the funding will enable the installation of 100 ground source heat pumps and support essential home upgrades aimed at improving energy efficiency and lowering utility costs. The investment will also create training opportunities in heat pump installation and maintenance for 12 community members — ensuring the skills and jobs generated by the project remain in the community.

The Brokenhead Ojibway Nation initiative represents a community-driven outcomes contract



RECORD PHOTOS SUBMITTED BY RAVEN OUTCOMES

Brokenhead Ojibway Nation Chief Gordon Bluesky, Colleen Kuruluk CEO of Efficiency MB, Jeff Cyr of Raven Outcomes, and the Mike Moyes, Minister of Environment and Climate Change at the announcement.

(CDOC) — an innovative investment model developed by Raven Outcomes. Through this approach, Indigenous communities define a priority challenge, such as energy efficiency or home retrofits, and government partners provide funding tied to measurable, outcomes-based results. Building on this model, Efficiency Manitoba and Raven Outcomes will continue their collaboration to deliver additional energy efficiency CDOCs across the province and continue to leverage other federal outcomes partnerships, such as with CMHC. As part of the expanded effort, the partners will issue a joint call for interest to First Nations communities interested in participating in the program.

Support for these installations also contributes to meeting the objectives of Manitoba's Affordable Home Energy Program, including lower energy costs for Manitoba families and reducing Manitoba's peak electric demand requirements. Several offers are available to Manitoba households, multi-unit residential building owners, and First Nation commu-

nities to help with the upfront cost of installing a ground source heat pump. Manitobans are encouraged to learn more about these offers at efficiencyMB.ca/affordable-home-energy.

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Is your home too noisy? Whether it's music from a bass-heavy sound system or dropped objects and heavy footfalls upstairs, excess noise can be stressful and frustrating. Do you want to minimize the auditory disruptions without doing extensive renovations that cost a fortune? Here are a few tips to make your home more soundproof.

1. Decorate with heavy textiles. The thicker the fabrics you choose to decorate a room, the more sounds can be absorbed and muted. Opt for a dense, soft rug, textured curtains or large cushions.

2. Apply caulking. You can make your home quieter by filling gaps with silicone sealant. Apply it around door frames and light switches, as well as any other cracks. Sealing up the walls and ceilings will help reduce noise resonance.

3. Move large items away from the walls. Pull your bed, sofa, washer, dryer and refrigerator away from the walls to minimize the transmission of vibrations. This is an effective way to minimize sleep disturbances caused by heavy walkers and loud appliances.

4. Call a professional. If your situation doesn't improve after making these changes, consider hiring a professional to soundproof your home. They may be able to install acoustic panels or place wool insulation in the walls or ceiling.

If you're renting, don't forget to consult your landlord before doing any structural work. Do you need help? Ask the professionals at your local home renovation or hardware store for advice.



SOLD 1036 NORTHUMBERLAND ROAD, WEST ST PAUL - \$749,900 - THIS GORGEOUS HOME IS SITUATED IN THE DESIRABLE WEST ST. PAUL. Just 3 minutes from the perimeter is this 6-bedroom, 2.5-bathroom home. Upon entering you are greeted with maple hardwood flooring, high ceilings and a spacious layout. Outside, enjoy a 1.4-acre lot with an above-ground pool and an 8-person hot tub. As well as a mature 80x40 garden, raised herb box, stone fire pit area and detached shed, ideal for summer activities. The triple attached garage provides ample space for your tools and toys.

SOLD 2073 CORONATION ROAD, EAST ST PAUL - \$599,900 THIS CHARMING HOME OFFERS A PEACEFUL COUNTRY SETTING IN EAST ST PAUL. This 1,404sq.ft home offers 3-bedrooms, 2-bathrooms and sits on a 2.5-acre lot. The home features elegant hardwood flooring throughout the main areas, while the brand new 35-year shingles and windows replaced in 2018 provide long-term peace of mind. The spacious lot offers plenty of room for outdoor activities, gardening or future expansion. Enjoy the tranquility of country living without sacrificing the convenience of being close to the city.

36 HAY AVENUE, ST ANDREWS - QTP 5/14. \$879,900 LOCATED IN THE HEART OF ST ANDREWS is this beautifully designed 1,802sq. ft home, with 4 bedrooms, and 3 bathrooms. This home offers the perfect blend of comfort and style. Step outside to an expansive private backyard, ideal for entertaining or relaxing. The double attached garage and workshop both feature in-floor heating, offering comfort and functionality year-round.

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3 space-saving tips for your kitchen counters

From meal prep to cooking implements and space-hogging appliances, is your kitchen looking cluttered and messy? One excellent way to regain control of your space is to give your counters a clean sweep. Try these three practical space-saving tips:

1. Install shelves and hooks
If you're in the habit of keeping a bowl of fruit, cooking oils or frequently used utensils on the kitchen counter, try moving them to an attractive wall shelf. For a touch of sophistication, why not install a row of hooks or a kitchen rack to hang your pots and pans? These touches will instantly give your kitchen a more upscale appearance and give your countertop more breathing room.



2. Switch to magnetic wall surfaces
A magnetic wall or well-placed backsplash—over the stove, for example—is an excellent storage option for your kitchen. Knives and other metal utensils will stick to it like magic,

as will metal spice jars. This simple solution will clear up your counter space in a flash.

3. Add new furniture pieces
Many home furnishing stores offer a wide selection of rolling serving carts or moveable kitchen islands. These furniture pieces provide additional workspace, as well as built-in shelving or bins to enhance your storage capacity. Why not take advantage of that versatility?



Follow these tips to gain extra counter space and enjoy a less stressful cooking experience. Talk to an interior designer in your area to find the right solutions for your kitchen.

Donations help feed Selkirk



RECORD PHOTO BY BRETT MITCHELL
Aaron's No Frills and Old Dutch teamed up with the Selkirk Steelers to fundraise for the Selkirk Food Bank and Our Daily Bread Soup Kitchen. The soup kitchen and food bank each received \$500 to support feeding people in Selkirk. Pictured: Steve from Old Dutch, Sig from the Selkirk Food Bank, Reed and Aaron from Aaron's No Frills and Barb and Bev from Our Daily Bread Soup Kitchen.

MPI to offer condensed Driver Z courses this summer

By Annaliese Meier
Manitoba Public Insurance (MPI) is giving more young drivers the chance to hit the road safely this summer by offering condensed versions of its Driver Z high school program in several communities.
The new five-week course format—available in select locations across Manitoba in July and August—will allow students to complete training in less than half the time of the regular 12-week program. The condensed offering is in response to high demand and is expected to expand access to the popular driver education initiative.
“We are able to offer this alternative in the summer months as students are off school and able to participate during the day,” said Maria Campos, MPI’s vice-president and chief customer and product officer. “This makes it possible to cover all the course content and ensure they have the necessary training to be safe drivers on our roadways.”
Driver Z combines online learning, virtual and in-person classroom instruction, and in-car driving lessons to equip students with the knowledge and skills to reduce risk and avoid collisions.
The summer version will include

two weeks of virtual classes followed by three weeks of in-car instruction. Students must attend all sessions with no exceptions, MPI said.
“Students will need to diligently complete the lessons, study for the Knowledge Test, and practice driving with their co-pilots to be successful,” Campos added.
Courses will be offered in the following locations:
July: Arborg, Beausejour, Brandon, Portage la Prairie, Steinbach, Winkler, Winnipeg
August: Brandon, Steinbach, The Pas, Winkler, Winnipeg
Registration opens May 28 at 8 a.m., with a full listing of courses to be published on MPI’s website May 23. Students are advised to visit an Autopac agent or MPI Service Centre ahead of time to become set up as a customer and purchase the Driver Z service, which will make phone or in-person registration faster.
“We have doubled our student capacity from last year and look forward to continuing to expand how many students we can accommodate,” said Campos. “We are hiring new driving instructors and introducing innovative ways to offer Driver Z to Manitobans, like this condensed summer program.”

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Local podiatrists creates new Bio-insole that help to correct foot issues

New footwear devices step up foot care game

By Katelyn Boulanger

Local Selkirk podiatrist Dr. Lorne Canvin is sharing a new leap forward in foot health with the creation of his new Bio-insole, which is a footwear device that, like custom orthotics, aims to correct foot issues, without the price tag that comes with custom devices.

Canvin is the owner of Canvin and Sons Footwear and has been a podiatrist in Selkirk for many years.

He started the journey which led to this invention with his education in podiatry and biomechanics.

"I've been practicing for over just over 30 years, and I trained in Edinburgh, in Scotland. I spent quite a few years over there going to school, but I'm from Selkirk originally," said Canvin.

After receiving his education, he came back to Canada and actually did some work with the Canadian Armed Forces.

"I designed some footwear for them, some military footwear. And then, I also developed an insole, which is this insole that I'm marketing right now," said Canvin.

He went from podiatrist to inventor when he realized that there really needed to be something less expensive than custom orthotics that could help people deal with foot issues that can lead to pain and affect the rest of their bodies if left

unchecked.

"I initially, as I said, I designed the insole first, and then when I was working with the military, I was (looking at) their footwear at the time, and this is going back into the 90s and early 2000s. They asked me to design some combat boots, which I did, and I incorporated this insole into those combat boots. It was a joint effort of the two things. I eventually designed safety footwear, which I had on the market a few years back, and now I'm reintroducing the insole as a standalone product," he explained.

Canvin's Bio-insole are not just the typical insole that you might pick up for comfort at the drugstore.

"It's an insole that provides five degrees of correction, which is sufficient for about 80 to 90 per cent of the general population," he said.

The technology behind the insoles has a few different components such as an anti-pronation device to supports the heel and arch providing correction and alignment for the foot, a metatarsal pad which provides additional padding for the forefoot, it reduces plantar pressure, and it also suspends painful areas of the foot to reduce things like heel spurs and metatarsal pain.

Canvin explained that he created these insoles so that they would be helpful to most people, but there are a few groups in particular who might benefit quite a bit from something like this.

"(It's good for) people that have foot pain, either plantar fasciitis pain, heel spur pain, metatarsal

pain or people who are walking a lot or standing a lot. (It helps) especially people who are standing a lot on hard surfaces like concrete. Diabetics (might benefit) to reduce the plantar pressure, and, especially diabetics with peripheral neuropathy, they help that too. (They help with) arthritic changes in the foot, and basically provide overall alignment to the whole of the foot, but not only the foot, but the whole lower limb. Overall, they change and may be able to improve your overall posture and get the biomechanics of the foot functioning properly as you're walking around, just like a custom orthotic does," said Canvin.

Part of the reason for Canvin's invention was also so that residents could have access to a device that might help with foot issues that was cheaper than custom orthotics. The price of the Bio-insole is \$59.99, and currently, they are available in men's sizes seven to sixteen with width options of 3E and 6E. Also, despite these being in men's sizes, Canvin says that they can also be used by women, though they will likely have to go down a couple of sizes from their usual women's shoe size. He also says that if it's a shoe that could fit an orthotic, it will probably also fit a Bio-insole.

Canvin also wants purchasers to know that the devices are designed to be more useful than the typical insoles that people grab from the drugstore.

"A lot of the stuff that you buy in the drugstore for 20 bucks or 30

Continued on next page

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Continued from previous page

bucks or whatever they might be, is just an arch support, but they don't do anything beyond that. Some of them might be a little bit more cushioning, but there's no correction per se in it that I can see as a podiatrist anyway, so that's one of the things that I've incorporated (into Bio-insole) is the correctional component," he said.

One user who's walked away with a positive experience is Robert Hamaberg.

"With previous insoles, I was still getting corns because I do a lot of walking. The only way to fix that would be to go to specialty shops, and they would put a different rubber bit on and glue it to the bottom of the insole, and it was supposed to take the pressure points and improve them somewhat. Now, unfortunately, that also raises the height of the insole and takes away

some of the other benefits of it. But with these insoles from Dr. Canvin, once you wear them, you've got to break in over the course of about a week because they do change your posture structure in a positive way, but I find that I feel the difference in pressure points just putting them on after about a week, rather than keeping hoping that it's going to work. He built them right into the insole, which to me is a great plus," said Hamaberg.

Hamaberg said that he would definitely recommend that residents check the Bio-insole out and has even purchased a pair for his own son-in-law to wear in his work boots.

If you'd like to give a pair of Bio-insole a try, you can order them from Amazon.ca or get them locally from Canvin at his business at 208 Main St. in Selkirk. You can also learn more about them by calling him at 204-485-2134.



RECORD PHOTO SUBMITTED
Dr. Canvin's Bio-insole are a local Selkirk invention that provides an insole that not only helps to cushion but also helps to correct foot issues.

May Awarenesses

- Ankylosing Spondylitis Awareness Month
- Bladder Cancer Awareness Month
- Borderline Personality Disorder Awareness Month
- Brain Tumour Awareness Month
- Celiac Disease Awareness Month
- Cystic Fibrosis Month
- Food Allergy (Anaphylaxis) Awareness Month
- GBS/CIDP Awareness Month
- Hemochromatosis Awareness Month
- Huntington Disease Awareness Month
- Hypertension Awareness Month
- Li-Fraumeni Syndrome/TP53 Awareness Month
- Lupus Awareness Month
- MedicAlert Month
- Melanoma and Skin Cancer Awareness Month
- MS Awareness Month
- National Physiotherapy Month
- Preeclampsia Awareness Month
- Sexual Violence Prevention Month
- Speech and Hearing Month
- Sun Awareness Month
- Vision Health Month
- National Physicians' Day – May 1*
- World AS Day – May 4*
- Check Your Skin Day – May 4
- Emergency Preparedness Week – May 4 to 10

- National Heart Failure Awareness Week – May 4 to 10
- National Hospice Palliative Care Week – May 4 to 10
- Naturopathic Medicine Week – May 4 to 10
- International Day of the Midwife – May 5*
- World Pulmonary Hypertension Day – May 5*
- Safety and Health Week – May 5 to 10
- Mental Health Week – May 5 to 11
- World Asthma Day – May 6
- National Child and Youth Mental Health Day – May 7*
- World Red Cross and Red Crescent Day – May 8*
- World Ovarian Cancer Day – May 8*
- World Lupus Day – May 10*
- Fibromyalgia Awareness Day – May 12*
- International Awareness Day for Chronic Immunological and Neurological Diseases – May 12*
- International Nurses Day – May 12*
- National Nursing Week – May 12 to 18
- Apraxia Awareness Day – May 14*
- World Hypertension Day – May 17*
- Safe Boating Awareness Week – May 17 to 23
- Global Porphyria Awareness Day – May 18
- Paramedic Services Week – May 18 to 24
- World IBD Day – May 19*
- World Schizophrenia and Psychosis Day – May 24*
- National Reflexology Day – May 27
- National Multiple Births Awareness Day – May 28*
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By Patricia Barrett

When it comes to potential romance, there can be something unsettling about digitally mediated dating websites and the power wielded by some users to convince people to let down their guard and push critical thinking to the wayside.

But groups of women dedicated to supporting and empowering other women who are using or have used online dating sites have sprung up across North America and beyond, including in Manitoba.

And if you're thinking of trying online dating – or you've already been there and are wondering how to do a quick fact-check of your partner or potential partner – you might want

to consider taking a how-to crash course via a new e-book launched last Wednesday by Brittany Isfeld, who created the online women-only group Are We Dating the Same Guy Manitoba.

Isfeld, a social media influencer with 47,000 followers on TikTok and actress who's appeared in films and series such as *Nobody 2*, *Wintertide*, *Almost Unsolved*, *In Plain Sight*, and *Cruise Ship Killers*, shares some personal heartbreak after navigating the tricky, unfiltered world of trying to find a partner using 21st-century technology, as well as the reason why she was compelled to create a supportive women-only forum, which is modelled on the first Same Guy group in New York City.

Isfeld lays out the dark side and the light side of online dating in her easy-to-read and engaging e-book or "survival guide" that's titled *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!*

The e-book features true-life stories of anonymized women who are or were members of the Manitoba group, warning signs of potentially bad dates and the rise of

a sisterhood dedicated to busting the baddies on online dating sites in order to keep other women safe.

The intersection of human attraction and modern technology definitely has a downside, said Isfeld, who lives in the RM of Gimli. It's easy to just "jump behind a screen" and say whatever you want.

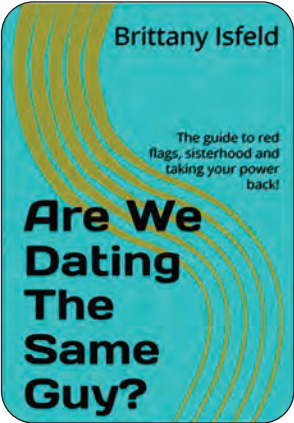
"Unfortunately, in the modern day of online dating anyone can be whoever they want to be. And it's hard to navigate. The world is your oyster when you're sitting behind a computer screen; it's very easy to fool people in to believing that they are who you want them to be. But stepping out from behind that screen can reveal someone a lot different from what they've portrayed online," said Isfeld, who juggles a busy schedule overseeing the Same Guy Manitoba group and a full-time job.

"Giving women a resource where they can call a guy out in the first stages of dating – is this even the person they're claiming to be? – I think makes it a lot easier for women and gives women a little more confidence. It also provides an extra layer of safe-

Continued on page 26



RECORD PHOTO COURTESY OF BRITTANY ISFELD. Brittany Isfeld launched an e-book titled *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!* on April 30. The book is a survival guide for women taking part in the unfiltered and unpredictable world of online dating.



Smile cookies



RECORD PHOTO BY BRETT MITCHELL
Tim Horton's Smile Cookies were a hit at the two locations in Selkirk. Combined, they raised \$15,994 and a total of \$22.6 million was raised nationally by this initiative, which supports charity and community groups across Canada. Pictured: Roy the Smile Cookie Maker at the Main Street Selkirk Tim Horton's Restaurant.

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Oak Hammock Marsh unveils new exhibits, event and conference centre

May 24 grand reopening features half-price admission, gifts for first 100 visitors

By E Antonio

Oak Hammock Marsh is ready for adventure with all-new exhibits, a reimagined café, a state-of-the-art theatre and a new conference and event centre.

The interpretive centre will reopen to the public on May 24 after closing for 18 months of renovations.

"It is going to be quite the fantastic experience," said Jacques Bourgeois, marketing and communications coordinator at Oak Hammock Marsh. "We have done a complete overhaul of everything. We completely wiped all the exhibits and had a blank canvas to start from."

The only remaining original feature is the entrance diorama, which received a major upgrade to include a day and night cycle and an ambient soundscape.

While the Harry J. Enns Wetland Discovery Centre at Oak Hammock Marsh was closed, staff offered limited school and outdoor programming. Education programs continued virtually or took place in the Willow Retreat, while outdoor trails and canoe and snowshoe rentals remained accessible to visitors.

As of April 28, full school program-

ming has resumed, and on May 24, Oak Hammock Marsh will celebrate its grand reopening.

Over the weekend, admission will be half price for all visitors, and the first 100 guests on Saturday will receive a special gift from the Oak Hammock Marsh gift shop.

"We look forward to welcoming people back to the centre," Bourgeois said.

The new interactive displays, multidimensional exhibits and a floor-to-ceiling species wall all aim to capture the natural beauty of the wetlands. The centre now also incorporates Indigenous Knowledge Systems, with Métis artist Justine Proulx painting Indigenous animal teachers throughout the space for visitors to discover.

"We are thrilled to showcase all the new things Oak Hammock Marsh has to offer," Bourgeois added.

In 2020, Oak Hammock Marsh received a \$1.5-million grant from the Manitoba government to renew its exhibits, on the condition that it raised an additional \$3 million.

Bourgeois said the aging exhibits were only part of the issue, with infrastructure problems including electrical wiring, plumbing and HVAC systems also needing attention.

"We thought, what's the point of having new exhibits if pipes might burst above them?" he said.

What began as a \$4.5-million project quickly evolved into a \$25-million overhaul. Nearly 95 per cent of displays, exhibits and office supplies



RECORD PHOTOS SUBMITTED

Oak Hammock Marsh will reopen to the public May 24 following an 18-month closure for major renovations. The Harry J. Enns Wetland Discovery Centre has been completely transformed, offering guests a new experience with interactive exhibits and immersive displays.

were sold or donated to keep materials out of the landfill.

"Sustainability is very important to us," said Bourgeois, noting he was happy everything found a new home.

The Oak Hammock Marsh Café was modernized and continues to offer panoramic views of the marsh. The theatre now seats 118 and provides an immersive experience for educational programming and special events.

Another major addition is the conference and event centre on the second floor, located in the space formerly used by Ducks Unlimited Canada (DUC). The new facility includes a kitchen, bar, and private deck space, and can accommodate up to 150 people for seminars, weddings and other large gatherings.

With 90 per cent of DUC staff now working remotely, their former office spaces were transformed into rentable public rooms.

Thanks to new windows and energy-efficient systems, the remodelled building is now 50 per

cent more efficient. Bourgeois said the upgrades have made Oak Hammock Marsh one of the most sustainable buildings in Manitoba.

The centre will be open daily from 10:30 a.m. to 4 p.m., with extended hours during fall migration. Oak Hammock Marsh is located at 1 Snow Goose Bay along Highway 220 between Stonewall and Selkirk.



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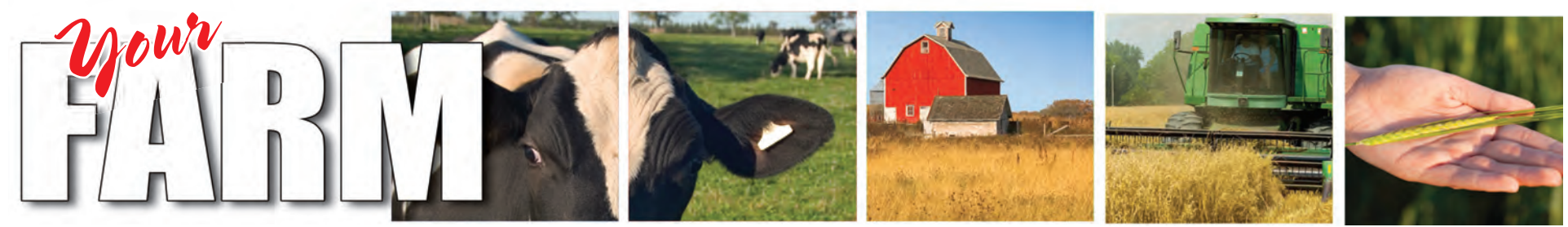
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PEOPLE PURPOSE PRESENCE



Local farmers helps crack hunger with egg donations

By E Antonio

Manitoba Egg Farmers (MEF) continue to step up to help Manitobans in need — including doubling their monthly egg donations to Harvest Manitoba.

Notre-Dame-de-Lourdes egg farmer and MEF vice-chair Don Gaultier is one of 170 egg farmers across the province who donate more than 43,000 eggs each month to help feed families.

“When someone needs a helping hand, we should be there to help fellow Manitobans,” said Gaultier.

A first-generation egg farmer, Gaultier and his family began harvesting eggs in 2013 and have grown to love the industry. Their hens live in enriched housing equipped with perches, nests and scratching areas, allowing them to exhibit natural behaviours.

The MEF slogan — We are egg farmers. We love what we do. — reflects how Gaultier feels about the work.

“It’s absolutely true,” he said. “We love producing a nice, wholesome and nutritious egg that is both tasty and sustainable. We’re fortunate eggs are one of the most affordable forms of protein.”

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Don Gaultier and his wife, Shannon, operate their family egg farm in Notre-Dame-de-Lourdes.

and highly versatile. Since 2020, MEF has made regular donations to Harvest Manitoba. In 2025, they doubled their contribution to meet rising demand. Gaultier said the decision to increase donations was unanimous. “We wouldn’t be in business if Manitobans didn’t support us,” he said. “Giving back is woven into our culture, and with great outlets like Harvest Manitoba, it’s one way we can say thanks. Harvest does great work for the province, and the impact they make is huge.”



Notre-Dame-de-Lourdes egg farmer Don Gaultier, right, is among the 170 Manitoba Egg Farmers who now donate more than 43,000 eggs per month to Harvest Manitoba. Pictured with him is Harvest Manitoba president and CEO Vince Barletta.

RECORD PHOTOS SUBMITTED



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Harvest Manitoba is a charitable organization that collects 13 million pounds of food annually to distribute through more than 380 food banks and agencies. Each month, they feed more than 100,000 Manitobans — and that number continues to rise.

“This donation comes at a time when families need it most,” said Vince Barletta, president and CEO of Harvest Manitoba. “Eggs are one of our most requested items. They’re nutritious, versatile and bring joy to our clients. Thanks to Manitoba Egg Farmers, more families will find this welcome surprise in their hampers each month.”

Gaultier toured Harvest Manitoba’s facility this winter and volunteered by

Continued on page 23

Your FARM



Farmers urged to be cautious near power lines after Hydro tower damaged

By Annaliese Meier

Manitoba Hydro is urging agricultural producers to use extra caution around overhead power lines and utility structures after several incidents involving farm equipment this spring — including one that brought down a high-voltage transmission tower.

The most serious incident occurred in the Interlake region last week when farm machinery made contact with Manitoba Hydro's Bipole 1 high-voltage direct current (HVDC) transmission line, toppling a tower. The tower was replaced and the line returned to service later in the week.

Other incidents involved damage to distribution poles near Russell and Oakville, causing localized outages. No injuries were reported in any of the incidents.

"While the HVDC line contact didn't affect electrical service, damage to overhead lines, poles and towers can cause outages that impact hospitals, emergency services and thousands of customers," Manitoba Hydro said in a statement.

The Crown utility is reminding farmers that modern agricultural equipment is larger than ever, increasing the risk of accidental contact with

electrical infrastructure. In addition to causing service disruptions, these incidents pose serious electrocution risks.

PRODUCERS ARE ADVISED TO:

- Know the height and width of their machinery.
- Apply for a clearance permit from Manitoba Hydro if equipment exceeds 4.8 metres in height.
- Maintain a minimum distance of three metres (10 feet) from overhead lines when operating equipment.
- Identify hazards before moving or operating machinery, stay alert, and review safety procedures with all workers.

Clearance permits for farm equipment are available online and remain valid for the entire growing season at hydro.mb.ca/service/permits/farm-equipment-clearance.

If contact with a power line occurs, producers should remain in the equipment and call 911. Emergency responders will work with Manitoba Hydro to secure the scene safely.

"Safety — yours and ours — is our top priority," the utility said.



RECORD PHOTO SUBMITTED

Hydro crews use cranes to safely rebuild a damaged transmission tower on the Bipole 1 line in Manitoba's Interlake region after it was brought down by farm equipment.

> EGG DONATIONS, FROM PG. 13

packing donated eggs into 12-packs. He said the experience was humbling.

"Being able to help those in need definitely made it a positive, feel-

good day for sure," he said.

Harvest Manitoba is always in need of donations. To support the organization or get involved, visit www.harvestmanitoba.ca.



Manitoba Egg producers board and volunteers, including egg farmer Don Gaultier, gathered at Harvest Manitoba to help pack thousands of eggs donated by Manitoba Egg Farmers.

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get inspired

> MEAL IDEAS



Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

- 3 pounds potatoes
- 4 boiled eggs, coarsely chopped
- 2 dill pickles
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 package (2 1/2 ounces) real bacon pieces
- 2 cups mayonnaise
- 2 tablespoons mustard

RED RIVER CO-OP FOOD STORE

Potato Salad

salt, to taste
pepper, to taste
smoked paprika, for garnish

Coarsely chop potatoes. In Dutch oven, boil until fork tender. Drain then add coarsely chopped eggs and pickles.

Add garlic powder, onion powder, bacon pieces, mayonnaise and mustard. Season with salt and pepper, to taste. Mix well.

Transfer to large bowl and refrigerate 1-2 hours. Garnish with smoked paprika.



Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4
1 bag Success Jasmine Rice
1/4 cup olive oil
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper

Greek Beet and Watermelon Rice Salad

- 1 cup thinly sliced, cooked golden beets
- 1 cup thinly sliced watermelon
- 1/4 cup feta cheese, crumbled
- 1/4 cup pitted black olives, halved
- 1/4 cup red onion, thinly sliced
- 1 tablespoon fresh mint, thinly sliced
- 2 tablespoons walnuts, toasted and chopped, for garnish

Prepare rice according to package directions. Allow to cool completely.

In medium bowl, whisk oil, lemon juice, salt and pepper.

Add rice to bowl with dressing and stir to combine. Let stand 5 minutes.

Transfer rice to serving platter. Lay beet slices down one side of rice. Lay watermelon slices down opposite side. Top with feta, olives, red onion and mint. Garnish with walnuts.

Tips: Substitute capers for olives, if preferred.

To diminish "raw" flavor of onions, soak in ice water at least 5 minutes before using in recipe.

Use roasted, boiled, steamed or grilled beets.

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Avoid these training mistakes for better results

By Fitness Expert Julie Germaine Coram

One of the biggest challenges in getting into shape — and staying fit — is maintaining strong motivation, which often comes from seeing great results. If you're feeling frustrated with a lack of progress despite your efforts, you may be making one of these common training mistakes:

Changing your workout too often.

While variety is the spice of life, there's a lot to be said for repetition when it comes to resistance training and muscle development. My clients often experience only slight variations in their exercise programs over the first 12 weeks. This helps their bodies improve at the motions and allows for safely increasing the weight used.

Skipping progressive overload.

If this term is new to you, progressive overload refers to gradually using heavier weights to avoid training plateaus. This technique forces your body to grow stronger over time and is essential for long-term results.

Obsessing over the scale.

While tracking your weight can be helpful, there are many other — often more positive — ways to gauge success. Are you feeling more energetic? Are you lifting heavier? Is chronic pain reduced (not counting sore muscles from workouts, of course)? For women especially, body weight can fluctuate daily and throughout the month, so focusing solely on the scale often leads to unnecessary frustration.

Not pushing hard enough during workouts.

Imagine I'm right there with you. You're nearing 12 shoulder press reps, and I say, "10 more!" If you can do 10 more, then it's time to increase the weight. The ideal rep range for strength training is 8 to 12 reps



Fitness Expert Julie Germaine Coram

per set. More than that leans toward endurance training and won't help build muscle mass as effectively.

Working too hard.

This might seem contradictory, but sometimes more isn't better. Rest days are crucial for recovery and muscle repair. As you become more fit, your rest schedule and training intensity should adjust accordingly.

Let's banish training plateaus for good! Consider these suggestions to boost your progress. And if you're still stuck, reach out to me before you give up and slip into winter-couch-potato mode — summer's calling, my friend.

Want to chat about your nutrition, health goals or fitness struggles?

Schedule a free online consultation: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is passionate about lifelong health. She's an active mom, Registered Personal Trainer, two-time Pro Fitness Champion, Certified Nutrition Expert and Fitness Specialist. Since 2005, she's helped thousands of people worldwide improve their health and well-being.



Recipe courtesy of "Cookin' Savvy"
Serving: 4-6

- 1 pound pasta noodles of choice
- 1 can (15 ounces) peas, drained
- 1 can (15 ounces) carrots, drained
- 1 package (16 ounces) diced ham
- 1 package (2 1/2 ounces) real bacon pieces
- 1 package (6 ounces) cheddar cheese cubes
- 2 1/2 cups mayonnaise

Easy Pasta Salad

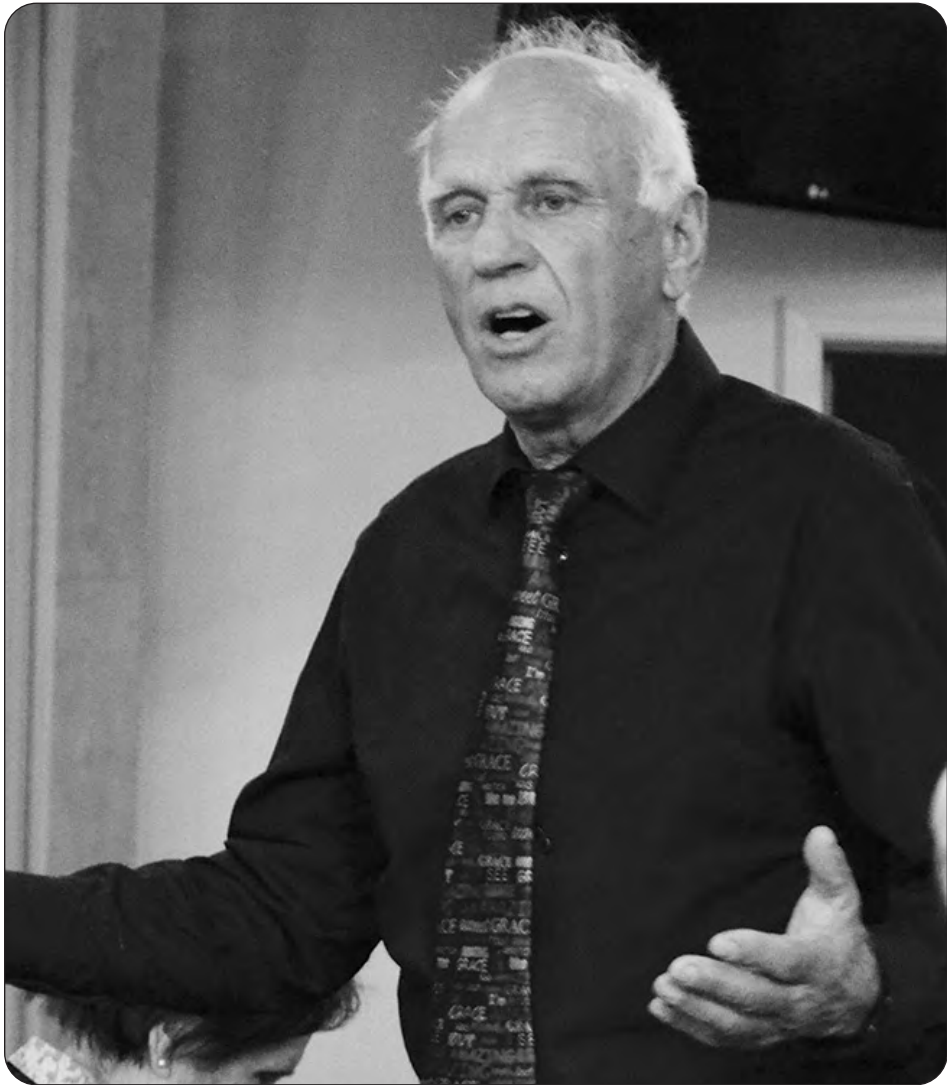
- 2 tablespoons sugar
- 1/2 cup juice from bread butter pickles
- 1/4 cup balsamic vinegar
- 2 tablespoons mustard
- salt, to taste
- pepper, to taste

Cook pasta according to package instructions. Drain and place in large bowl. Add peas, carrots, ham, bacon pieces and cheese cubes.

In separate bowl, mix mayonnaise, sugar, pickle juice, vinegar and mustard. Season with salt and pepper, to taste. Pour mixture over pasta and mix well.

Refrigerate 1-2 hours before serving.

Back Pew Boys bring Canadian pride, rock and roll, and an electric washboard



RECORD PHOTOS BY KATELYN BOULANGER

It was a toe tapping performance where no one knew what to expect next at the Selkirk United Church last week when the Back Pew Boys hit the stage. The room was packed with listeners for the male choral group's final performance of the 2024/25 season.



> BRITTANY ISFELD, FROM PG. 20

ty: women have posted that a particular guy has had criminal charges for something terrible. It's a scary world for women to live in these days. A woman can get into the wrong car and that's the last you hear of her."

Some of the most common incidents women will experience "right off the hop" on dating sites are "demands" or directions from men, seeing unwanted sexually explicit images, and encouraging women to share sexualized or sexually explicit images of themselves.

"I can't tell you how many times a woman can open a new message and see a picture they really were better off not seeing. Online dating gives people a platform to do whatever they want," said Isfeld. "And there's a lot of aggression out there, including demands for women to meet a guy in a certain place and so on. That makes it icky. And it also puts a whole different spin on learning who someone is and seeing how people can act. If you're going to do these things to a complete stranger online, what are you going to do in person?"

Created in 2023, Isfeld's *Are We Dating the Same Guy Manitoba* group has attracted over 24,300 members across the province.

Isfeld said her group is by no means a "male-bashing" forum as she knows it's "not just men" who play the field

and can have several people on the go at once. Her group is focused on being a resource for women. It's about sleuthing and sharing information that women need to make sound decisions about who a man might be. And there are also "good" stories shared by women who've found the real deal.

The e-book reflects that ethos, providing women with an idea of what they can expect in online dating and how it operates so that they're prepared for what could happen and learn to practise self-safety.

"My Same Guy Manitoba group is not about hating men; there are men who get posted in my group with no bad things said about them, only good things such as that they're in relationships and are engaged to be married," said Isfeld. "This is a space for women to get together and find out if their partner is being faithful. Sometimes the spinoffs are friendships with the mistress!"

Despite some of the relatively happier outcomes realized through her online group, Isfeld said there are a few things that really stand out for her. One example is a woman who said she was subjected to abuse from her partner for over a decade and had been cut off from her friends and family. Shortly after Isfeld started her online forum, the woman thanked the

group for creating a space in which she was able to discover that her partner was involved with several other women.

"He got posted in the group with multiple women saying, 'I just saw him' or 'I have been dating him.' He had multiple women on the go," said Isfeld. "This opened her eyes. So she thanked us and left the relationship. We're literally helping women leave unsafe or unhealthy relationships."

Another outstanding incident was a post from a woman who told the group she planned to meet a particular guy in person, and one of the group's members posted evidence showing him having been charged with trying to arrange a hit on his ex, said Isfeld. By pre-checking a potential date using the forum, the woman was able to make a decision about personal risk.

Isfeld said she and her team of about 10 administrative volunteers spend "countless" hours monitoring the group to ensure women are adhering to the *Same Guy Manitoba* rules. Those rules include not jeopardizing the safety of other women – or themselves – who are sharing stories of their experiences, not publishing false statements (libel) about the men they're discussing, not posting last names, addresses, phone numbers of men, not bullying other women, and not taking screenshots of conversa-

tions or other content from the group and sharing it externally.

The admins are "constantly" monitoring activity or identifying fake accounts that can compromise the integrity and safety of the group.

"My admins are dedicated to keeping women safe, and the safety of women is my first priority," said Isfeld, who shoulders the financial costs (e.g., Internet, electricity) of running the site in addition to carrying out admin duties. "We constantly monitor the group and investigate what we think could be fake profiles. If they're fake, we delete them. It's a huge job for us as admins because we don't take this lightly."

Isfeld said she plans to use some of the proceeds from her e-book to pay her admin team because they're devoting hours of unpaid time to the *Same Guy Manitoba* group.

The *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!* e-book can be ordered through Amazon, Kindle Direct Publishing or by visiting Isfeld's Facebook page, Brittany Jade, and clicking on a link, or visiting @brittiskibear on TikTok.

Isfeld said she has plans to release a print version of the e-book that will likely include a workbook or quiz section. People have already been asking her for print. Stay tuned for a book launch date.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Sea Bears to retire Chad Posthumus' No. 33 jersey at May 16 home opener

Submitted by the Winnipeg Sea Bears

The Winnipeg Sea Bears will celebrate one of the city's most impactful athletes as Chad Posthumus' No. 33 jersey is officially retired during the team's 2025 home opener on May 16.

In a special moment that will honour Posthumus' legacy both on and off the court, the Sea Bears, in partnership with True North Sports + Entertainment, will raise his banner to the rafters at Canada Life Centre.

As a further tribute to Chad Posthumus' lasting impact, Mayor Scott Gillingham will designate Donald Street between Portage and Graham as "Chad Posthumus Way". Chad's love for our city and downtown, along with the admiration he earned from fans and players alike, makes this a heartfelt and fitting way to honour his memory.

"Chad's legacy to our team and community speaks for itself," said Owner and Chairman, David Asper. "We're extremely grateful that True North Sports and Entertainment is working with us and supporting how we want to honour Chad. It proves yet again that Canada Life Centre is a treasured community asset, and we look forward to seeing Chad's banner raised as a fitting remembrance to a great Manitoban."

To extend Posthumus' legacy, Sea Bears players will wear a commemorative "33 Forever" patch on their jerseys throughout the 2025 season.

Posthumus, who was born and raised in East St. Paul and was the Winnipeg Sea Bears' first-ever player signing, played a pivotal role in the Sea Bears' 2023 inaugural season, helping lead the team to a playoff ap-

pearance and establishing the foundation of the franchise's identity. He scored the club's first-ever target score game winner in a thrilling home opener against the Vancouver Bandits, a moment that instantly became part of Sea Bears history.

In addition to his on-court accomplishments, Posthumus was recently awarded the King Charles III Coronation Medal, a prestigious national honour recognizing Canadians who have made significant contributions to their communities.

Chad worked to make his city a better place by attending many Sea Bears youth camps for underserved children, as well as being a national spokesperson for Diabetes Canada, and attending community events like Pride Week and court openings with community partner Buckets & Bor-

ders.

The Sea Bears will honour Posthumus and his No. 33 jersey in a pre-game ceremony on May 16 ahead of tip-off against the Edmonton Sting-ers. Fans are encouraged to be in their seats early for what is expected to be a memorable celebration.

"Chad meant so much to this organization, both on and off the court," said President Jason Smith. "He was our first-ever team captain, a leader, a teammate, and a friend. Honouring him at our home opener is our way of saying thank you, not just for what he brought to our team and the game, but for the impact he had on everyone around him. We miss him deeply, and on May 16, we'll celebrate the legacy he leaves behind in the city and in the hearts of Sea Bears fans everywhere."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local gymnasts soar at Western Canadian championships

By E Antonio

Two local gymnasts tumbled to new heights at Western Canada's largest gymnastics competition.

Lyla Koenig, 14, of St. Andrews, and Maksym Rerie, 12, of West St. Paul, competed on Team Manitoba at the Western Canadian Artistic Gymnastics Championships, held April 24-26 in Saskatoon, Sask.

It was Koenig's second time competing at Westerns, and she said she's already seen a major improvement since last year.

"Two highlights for me were placing eighth on bars and getting a personal high score on floor," she said.

Koenig has been involved in gymnastics for eight years after initially joining just for fun. What began as a small hobby quickly became a major commitment as she continued to excel. She now trains 20 hours a week at Keystone Kips Gymnastics in West St. Paul, competing at Level 8 alongside Rerie.

"I like the challenge it gives me every day," Koenig said. "It can be a challenge doing skills that push you a lot, but I just need to know to take things one day at a time and that it will get better soon."

Rerie, who is in her sixth year of gymnastics, said Westerns was her first major competition, and she was excited for the experience. Although she said it wasn't her best performance, it also wasn't her worst.

One of her favourite parts of the event was collecting decorated pins from fellow athletes.

"Athletes decorated pins and put them on your backpack. They said things like 'good luck' or 'you did great,'" Rerie said.

She collected four pins, while Koenig received three. Although they didn't hand out any pins at the Saskatoon event, the girls hope to share



Lyla Koenig placed eighth on bars at the Western Canadian Artistic Gymnastics Championships.

some with their teammates at their final competition of the year, taking place in Fernie, B.C., at the end of May.

Rerie said she fell in love with gymnastics after watching the movie *A 2nd Chance*.

"It really inspired me to be like them," she said.

Her favourite part of competing is her supportive team. She said although mental blocks and injuries can be setbacks, her teammates and coach help her persevere.

Coach Tara Webb has worked with Koenig and Rerie for five years and said she's proud of their commitment and work ethic. The pair are the first athletes from Keystone Kips to qualify for Team Manitoba, earning their spots by finishing in the top seven of their age groups at the Manitoba



RECORD PHOTOS SUBMITTED

Maksym Rerie, 12, and Lyla Koenig, 14, competed for Team Manitoba at the Western Canadian Artistic Gymnastics Championships April 24-26 in Saskatoon, Sask. Pictured Rerie, left, and Koenig, right, with their coach Tara Webb.

Opens in March.

"Throughout the years we have learned, achieved and experienced so much together. We put in a lot of hard work, but also have a lot of fun," Webb said. "They are sure to inspire other gymnasts at our club to show they can get there too."

Both Koenig and Rerie plan to compete as long

as they're able, with hopes of reaching nationals and being recruited by a National Collegiate Athletic Association team for their post-secondary studies.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals hold inside track heading into final week of regular season

By Kieran Reimer

Things are looking up for the Lord Selkirk Royals varsity boys baseball team.

With one week remaining in the regular season, the Royals hold a 2-0 record and sit in second place in the KPAC standings—inside the two-team playoff bubble. Winning their final four games this week would guarantee a berth in the KPAC final, a one-game, winner-take-all showdown between the league's top two regular-season teams.

A few clubs trail close behind with 1-1 records, while others enter the final week at 0-2.

The Royals trail only the 4-0 Garden City Gophers, who they will face in Friday's regular-season finale.

This past weekend, the Royals competed at the W.C. Miller Baseball Classic in Altona, finishing with a 2-2 record. They earned wins over Stonewall and Boissevain/Wawanesa (Co-op), but dropped games to Garden Valley and KPAC rival River East.

Coach Michael Buffie said the team played fairly well over the weekend—especially in the win over Boissevain—but noted disappointment in the loss to River East, citing errors on both sides of the ball as a factor.

For a team made up of players from various levels—AAA, AA, A and some new to the sport—Buffie said gaining experience together at this stage of the season is crucial.

"It's an annual tournament we go into every year out in Altona. It's really good, great for us," he said. "Not only do we get to see some of the top teams in the province there, but we also kind of gel together as a team when we go there—staying out in Altona, playing a lot of baseball, just kind of learning who we are as a team



Royals pitcher Drake Vermeulen winds up a pitch. The Royals currently sit 2-0 in the regular season for second place in KPAC.

and getting some innings in to get used to playing with each other. So it was really good in that sense."

The team's most difficult loss came in a 15-0 defeat to the Garden Valley Zodiacs—a provincials-bound team.

Despite the lopsided scoreline, Buffie said the game was closer in the early going and served as a key measuring stick for the Royals.

"It was really good to see what it takes to play at that level," he said. "They were deep one through nine. Their pitchers were aggressive, their defence was sharp, and for our guys just seeing that—what it takes to be at that level—was important. So they're going to keep that in the back of their mind and we're going to move forward. But yeah, that's definitely one of the top teams in the province and someone we hope to play again at some point this year."

If the Royals were to meet the Zodi-



RECORD PHOTOS BY BRETT MITCHELL

Royals' Taylor Henderson braces for an incoming pitch against the Springfield Sabres last Wednesday at Optimist Park. The Royals would go on to win 4-3 the final.

acs again, it would be at the provincial championships, scheduled for May 29-31 in Stonewall.

To earn a spot at provincials, the Royals must either win the KPAC final on May 22 at Blue Cross Park in downtown Winnipeg or secure a berth through a wildcard playoff.

Hoping to take the simpler route, the Royals will continue to lean on their veteran-heavy lineup, a key factor in their early success.

Many of those veterans helped lead Selkirk to the KPAC final last season, and Buffie said they've taken another step forward since then.

"Not only on the field, but as leaders as well," he said. "We do have a very veteran lineup and that helps us be successful, but we've also got a few young guys that are learning

the game every single day. Those vets have helped teach those kids how to play Royals baseball, and that's been really good so far."

This week's regular-season wrap-up features two doubleheaders, with all games hosted at Optimist Park.

UPCOMING GAMES:

- Wednesday, May 14: vs. River East Kodiaks, 10 a.m. at Optimist Park
- Wednesday, May 14: vs. Pierre-Elliott-Trudeau Canadiens, 12:30 p.m. at Optimist Park
- Friday, May 16: vs. West Kildonan Wolverines, 10 a.m. at Optimist Park
- Friday, May 16: vs. Garden City Gophers, 12:30 p.m. at Optimist Park

Bell nets hat trick in Selkirk FC's season-opening triumph

By Kieran Reimer

Firepower up front told the story of Selkirk FC's season-opening victory over Superbia FC last Tuesday at Shaughnessy Park Field.

Selkirk's Aaron Bell kicked off the campaign with a hat trick, while teammate Devin Racicot also found the back of the net twice.

Superbia's lone goal came from Hmzeh Kasem, as Selkirk cruised to a 5-1 win.

Selkirk now sits alongside Thunder FC, Maples FC, Pescara FC and WSP FC as the only teams with 1-0 records in the Manitoba Major Soccer League's Division 3B.

Their season continues with another match late Tuesday night back at Shaughnessy, where they'll face a Storm City squad looking to bounce back from a loss in their opener.

Kickoff is set for 10 p.m.

The Selkirk Record

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The Window Factory in Selkirk, MB, at 605 Mercy St. is looking to hire a fulltime window and door installer, and fulltime shop help. Must be able to work outdoors and some heights. Driver's license would be an asset. Please submit any resumes to the office at 605 Mercy St.

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UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER! The Motorcycle Ride for Dad is Saturday, May 31, 2025, 10 a.m., Polo Park, Winnipeg. Visit ridefordad.ca/Manitoba to register or make a pledge.

Due to the Victoria Day long weekend, The Record Classified booking deadline is Friday, May 16th at 4 p.m. prior to the May 22nd publication. Please Call 204-785-1618

SENIORS' ADVOCATE



The Manitoba Legislative Assembly is accepting resumes for the newly established position of Seniors' Advocate. This appointment is for a five-year term and, upon review, may be renewed for a further five years.

The Seniors' Advocate is an independent, non-partisan, officer of the Legislative Assembly whose mandate is to identify, review and analyze systemic concerns important to the lives of Manitoba seniors aged 65 years or older receiving any seniors' services as defined under *The Seniors' Advocate Act*, and to collaborate with seniors' organizations and those who provide services to seniors to address systemic issues faced by seniors. The Seniors' Advocate will consider whether individual matters indicate systemic issues when referring such matters to the appropriate body for complaint, inquiry or investigation.

The Seniors' Advocate reports to the Assembly as a whole, with an informal reporting relationship to the Speaker. The Seniors' Advocate is the chief executive of the office and holds ultimate responsibility for its operations in its entirety.

Working under *The Seniors' Advocate Act*, and with support from the Legislative Assembly Administration branch, the incumbent will be responsible for establishing the Office of the Seniors' Advocate, including, but not limited to, identifying operational goals and priorities, office space needs, staffing and budget requirements.

ESSENTIAL QUALIFICATIONS:

- A post-secondary degree in a relevant discipline (e.g. public administration, public policy, mediation/dispute resolution, health care, social sciences). An equivalent combination of education and experience may be considered.
- Demonstrated experience providing executive leadership with exceptional interpersonal skills and the ability to build positive, collaborate relationships.
- Demonstrated experience establishing and/or managing a professional office including hiring staff, managing budgets, overseeing operations and setting strategic direction.
- A proven record of identifying, reviewing and analyzing systemic problems or concerns.
- Highly developed oral and written communication skills, including the ability to present complex issues and recommendations.
- Demonstrated experience working effectively with communities and groups that experience racism or discrimination and experience developing initiatives to advance reconciliation between Indigenous and Non-Indigenous peoples.
- Demonstrated experience dealing with governments, government agencies, health authorities and local authorities who deliver services to seniors.
- Demonstrated experience exercising sound judgment and working independently.

DESIRED QUALIFICATIONS:

- Experience promoting awareness of the availability of seniors' services in Manitoba.
- A sound understanding of the non-partisan role of an officer of the Legislative Assembly.

The successful candidate must possess a valid driver's license and be willing to travel extensively throughout Manitoba. The successful applicant will be subject to Criminal Record and Adult Abuse Registry checks.

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RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC NOTICE

PUBLIC NOTICE is hereby given pursuant to Subsection 174(1) of The Municipal Act that the Council of the Rural Municipality of St. Clements intends to present five (5) proposals to borrow at a Public Hearing in the Council Chambers of the R.M. of St. Clements on Tuesday May 27th, 2025 at 2:00 p.m.

PUBLIC NOTICE is also hereby given pursuant to Subsection 174(1) of The Municipal Act that the Council of the Rural Municipality of St. Clements intends to give first reading to five (5) proposed borrowing by-laws at the Council Chambers of the R.M. of St. Clements, 1043 Kittson Road during the regular meeting of Council on Tuesday May 27th, 2025 at 2:00 p.m following the Public Hearing.

Following first reading, all five (5) proposed borrowing by-laws will be forwarded to the Manitoba Municipal Board for approval. Such approval must be obtained under the Municipal Act s.176 prior to third reading and execution of the proposed by-laws.

REGARDING GENERAL BORROWING BY-LAW 6-2025

BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO AUTHORIZE THE EXPENDITURE AND BORROWING OF FUNDS TO COMPLETE CONSTRUCTION OF ROAD REMEDIATION WORKS.

The total cost of the project is estimated at \$ 3,500,000.00 and is to be fully funded by the proposed borrowing. The net total cost of the proposed borrowing is \$ 3,500,000.00 and is to be repaid over 20 years at a rate estimated for the time being at 6.00 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 305,145.95 and will be levied annually as part of the general levy.

REGARDING GENERAL BORROWING BY-LAW 7-2025

BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO AMMEND IT'S BY-LAW 6-2018 TO AUTHORIZE THE EXPENDITURE AND BORROWING OF FUNDS TO ESTABLISH A MUNICIPAL COMMUNITY RECREATION FACILITY IN SOUTH ST. CLEMENTS.

The total cost of the project is \$ 6,500,222.50 and will include grant funding of \$2,045,444.10 received through the Province of Manitoba, and additional grant funding in the amount of \$2,454,778.40 through the Investing in Canada Infrastructure Program by the Government of Canada. The net total cost of the proposed borrowing is \$ 2,000,000.00 and is to be repaid over 20 years at a rate estimated for the time being at 6.00 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 174,369.11 and will be levied annually as part of the general levy.

REGARDING GENERAL BORROWING BY-LAW 8-2025

BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO AUTHORIZE THE EXPENDITURE AND BORROWING OF FUNDS TO EXPAND THE LIBAU LANDFILL FACILITY.

The total cost of the project is estimated at \$ 4,000,000.00 and will include grant funding of \$ 2,000,000.00 received from the Province of Manitoba. The total cost of the proposed borrowing is \$ 2,000,000.00 and is to be repaid over 20 years at a rate estimated for the time being at 6.00 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 174,369.11 and will be levied annually as part of the annual solid waste tipping fees and reserve funds.

REGARDING GENERAL BORROWING BY-LAW 9-2025

BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO AMMEND IT'S BY-LAW 8-2018 TO AUTHORIZE THE EXPENDITURE AND BORROWING OF FUNDS TO COMPLETE CONSTRUCTION & IMPROVEMENT OF WATER CONTROL WORKS.

The total cost of the project is estimated at \$ 1,525,000.00. The total cost of the proposed borrowing is \$ 1,525,000.00 and is to be repaid over 20 years at a rate estimated for the time being at 6.00 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 132,956.45 and will be levied annually as part of the general levy.

REGARDING GENERAL BORROWING BY-LAW 10-2025

BEING A BY-LAW OF THE RURAL MUNICIPALITY OF ST. CLEMENTS TO AUTHORIZE THE EXPENDITURE AND BORROWING OF FUNDS TO CONSTRUCT A WATER RESERVOIR AND A RIVER PIPELINE CROSSING FOR THE SOUTH ST CLEMENTS UTILITY SYSTEM.

The total cost of the project is estimated at \$ 6,000,000.00 and will utilize \$1,000,000.00 from reserve funds and include grant funding of \$ 3,000,000.00 received from the Province of Manitoba. The total cost of the proposed borrowing is \$ 2,000,000.00 and is to be repaid over 20 years at a rate estimated for the time being at 6.00 % per annum and subject in any event to the authorization of The Municipal Board. The annual repayment amount is estimated at \$ 174,369.11 and will be levied annually as part of annual utility buy-in, connection and consumption fees.

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the borrowing by-laws as provided.

Any person who has questions, needs clarification or requires further information is encouraged to contact Deepak Joshi, CAO at 482-3300.

Copies of the proposals to borrow are available for review at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at www.rmofstclements.com

Dated this 28th day of April, 2025.

Deepak Joshi, Chief Administrative Officer



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NOTICES

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OBITUARY



Francesco (Frank) Agostino
November 12, 1939 – April 14, 2025

It is with deep sadness that we announce the passing of our beloved husband, father, brother, brother-in-law, uncle and friend on April 14, 2025, at the age of 85. He passed away unexpectedly at Tudor House Personal Care Home in Selkirk, MB.

Left to cherish his beautiful memories are his beloved daughters: Juliana (Chris) Dubeski, Angela (Shaun Miles); siblings: Rocco Agostino, Bert (Wendy) Agostino, Tino (Nancy) Agostino; sisters/brothers-in-law: Gail Agostino, Patti Ryan, Eddie (Bev) Meyer, Gloria Benoit (John), Ollie Zirk and many nieces, nephews, cousins, other family members, friends and his little grand-dog "Ziggy".

Dad was predeceased by his beloved wife Joyce (of 60 years); parents Stefano and Angela (nee Saverino) Agostino; brothers: Joe Agostino, Santo Agostino; sisters: Kathy (Bruce) Dennis, Amie (Mike) Mueller; father/mother-in-law Peter and Katie Meyer; sisters/brothers-in-law: Mary (Stan) King, Katie (Glen) Tocher, Theresa White, Clarence Zirk, Barbara Agostino and Madeline Meyer, Lucy Mikolajczyk and many other family members.

Dad was born and grew up in Gioiosa Ionica, Calabria, Italy. He was the oldest of eight children. He shared wonderful stories of growing up in Italy with his family and friends. When the Agostino family immigrated to Canada in the mid 1950's, they settled in Hazelridge, MB, where his dad worked on the CPR railroad; this is where they met many lifelong friends. They eventually moved to Winnipeg (Elmwood area/Martin Ave). Dad was 15 years old when he came from Italy. He said he had to start back in Grade 1 with the younger kids. He was teased for speaking Italian and being older and taller than the younger kids; because of this, Dad said he hated school. So, one day he came home and told his parents he's quitting school and going to get a job! Dad learned to speak English well. Even though he couldn't read or write it as good, he still made it through life fine (we could always figure out what his little notes said)! Dad worked at The Royal Alexandra Hotel (he served the Queen at a banquet here), Pepsi Cola, Supercrete (where a concrete brick fell on his head and he got a "Gold Cap Safety Award" for wearing his hardhat, that saved his life!), Motorways, Paul's Hauling, Harkal and Malcolm Construction. He also had a side business at home (fixing/painting/selling) many "Autopac write-off" vehicles that he brought back to life! Dad always made sure we each had a car, after he taught us how to drive and we had our license. We could always count on him to come rescue us if our car broke down (usually on the coldest day of the year)!

Dad was a very dedicated and hard worker, which he instilled in us. He was never afraid of a hard day's work! You could always depend on him to be there to lend a helping hand to whoever needed it. He was like a strong reliable machine that didn't quit! He even tried working when he was injured! Dad was at times very accident prone; (almost lost a few fingers and toes; burnt his leg; survived a stroke; recently fell, fractured his hip and broke his femur bone); but he sure had a high tolerance for pain! He was like a cat with 9+ lives and was invincible! Until he was called to Heaven to be with Mom!

We are so proud of Dad and his accomplishments throughout his life, even without having much of an education! He worked hard, had a smart, creative mind and used it to provide a great life for his family; (Mom helped him a lot also, they were a great team). Dad could fix, "MacGyver" or build anything! One of Dad's most awesome, handmade creations was our School Bus camper that carried a little Austin Mini car in the back, which he named "Kangaroo!" A funny memory that sticks in our minds was, on one of our many trips to visit family in Toronto; we heard all the truckers talking on the CB radio; saying "There's a Kangaroo on the 401 Freeway!" We realized they were talking about our bus! It was very exciting, and we felt like celebrities! Our camper bus slept 10 people, so we always had room to take lots of our friends camping with us! Dad also handmade a cool Dune Buggy (we had lots of fun and memories driving it at Uncle Mike's farm and on the beach at Twin Beaches)! Dad enjoyed working at all his jobs, but he loved being a father and husband the best! He was always proud of us and was our number one fan! He would say, if the kids tease us about being short; tell them "Good things come in small packages!" We were very blessed to have him in our lives as our amazing, loving, supportive and devoted dad/husband! He is our biggest Hero! We will cherish in our hearts forever the wonderful childhood and family life that we had with Dad and Mom; and all the special memories and fun times that we all spent together as a family. Life with them was fun, exciting and adventurous! We always enjoyed being with them, and miss them for that now! Thanks, Dad (and Mom), for all your love and dedication and for everything you provided and did for us so we could have such a wonderful life! Together you did a great job to teach us, influence us and make us the great people that we have become! (Just like you two were).

Dad met the love of his life Joyce Meyer in 1961, who he married on October 26, 1963. They were the cutest couple, were inseparable, and always took care of each other. They lived in Winnipeg (Legion Ave and Ingersoll St). In 1971 they moved to their forever family home in St. Andrews, MB on Captain Kennedy Rd. where they raised their two girls, attended several community events, and made many lifelong friends. We have many great memories here! They also loved to let us have pets (dogs, cats, rabbits, fish, even a pony)! We are so proud of Mom and Dad for what they accomplished together!

Over the years Mom and Dad traveled throughout Canada, the US, Mexico, Cuba, and Europe - going to southern Italy to visit Dad's hometown and extended family was one of their most cherished trips. The simplest pleasures in life brought Dad the most joy; he loved camping, traveling (often to visit family in Toronto and Thunder Bay), making wine, gardening, biking, visiting family and friends, cheering for the Jets, going to the beach and attending church (where he was a member of the Fourth Degree Knights of Columbus). Dad was always happiest when spending time with his family and us "the loves of his life": Mom, Jule, Ange, Chris and Shaun. We were his whole world, and he was ours!

We'll miss Dad's humor and funny sayings like: "How the heck should I know!" He loved whistling like a bird and was such a fun-loving, easy going, unique man, who was always doing or saying something goofy to make everyone laugh! We'll miss his wildflower bouquets he picked for us from his yard, his "Shoebbox of Love" Christmas gift, his cute smile and kind face. Dad was an extraordinary, kind-hearted and gentle soul. He was generous, considerate, caring, honest, humble, remarkable and had so much goodness inside of him. We loved having Dad live with us for nine months (after Mom passed away); and missed having him live with us during the last seven months when he had to stay in hospitals and go live at Tudor House (after falling). He will be dearly and forever missed by all of us, and everyone who knew him and was blessed to have him as part of their lives. The memories of Dad/Frankie Bear will live on in our hearts forever!

It gives us comfort that Dad is now reunited with Mom, as our precious Guardian Angels up in heaven! (He was so lost without Mom after she passed away last year!). May the sun and stars always shine upon you; God Bless You and Rest in Peace Dad; until we meet again in heaven! Give Mom a big hug and kiss from us. We love you, Dad; tell Mom we love her too!

We sincerely "Thank" the Tudor House PCH staff, the Selkirk Regional Hospital and Selkirk Transition Unit staff, the Deer Lodge and Grace Hospital staff for your loving and compassionate care of our Dad (Frank), during the last seven months of his life, (after his fall). You all hold a special place in our hearts!

At Dad's wishes cremation has taken place. A Mass/Celebration of Life will be held at Notre Dame Roman Catholic Church at 269 Jemima Street in Selkirk, MB on Friday May 30, 2025 at 1:00 p.m., with reception to follow. Interment will take place at a later date. The Mass will be livestreamed and a link will be available on his obituary at www.gilbartfuneralhome.com

Our family would like to thank everyone for your love and support, it has meant so much and is truly appreciated! We Love you all & God Bless You!

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM



**In memory of my father,
Frank Malis,**

who left us so tragically on May 18th, 1975
Please know you have been in hearts all those years. You have missed so many special moments in my life; my marriage, the birth of your grandchildren: Melissa and Nate, your great grandchildren Abigail and Sadie and many more. I want to thank you for teaching me to be brave, independent, caring, and supporting my education. Fishing with you so many years ago, when I was young, you taught me patience, and I turned out to be a pretty good fisherman! We thought of you today, But that is nothing new; We thought about you yesterday. And days before that too. We think of you in silence. We often speak your name; Now all we have is memories, And your picture in a frame. Your memory is our keepsake. With which we will never part; God has you in His keeping, We have you in our hearts.

-Your Loving daughter Liz

ANNOUNCEMENT

IN MEMORIAM

Bud Taylor
June 7, 1931 - May 14, 1995

Wayne Pike
August 31, 1951 - March 27, 2010

Bev (Taylor) Laplante
June 18, 1958 - March 17, 2023

Aime Emery
January 1, 1957 - March 31, 2024

Gordon Taylor
January 18, 1936 - February 3, 2012

Ralph Taylor
November 20, 1968 - October 26, 2020

- Lovingly remembered and forever missed
The families

*There is a link
death cannot sever,
Love and remem-
brance last forever.*

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MEMORIAL SERVICE



Alan Joseph Critchley
May 18, 1935 - April 18, 2025

A private memorial service will be held for Alan Joseph Critchley at Amber Meadows, 320 Pipeline Rd at 10:00 a.m. on Wednesday, May 21st, 2025.



204-949-2200
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neilbardalinc.com

CELEBRATION OF LIFE



William (Bill) Joseph Anderson
May 26, 1958 - May 11, 2025.

66 years young and taken too soon.
In the late evening hours of May 11th, 2025 we lost the most amazing man, husband, father, brother, grandfather, uncle and best friend to many, after a brief illness to cancer.
A celebration of life will be held on Saturday, May 17th at 6:00 p.m. located at the Selkirk Legion Hall basement.
Family, friends and all are welcome to come share memories, photos and any special stories.
We also welcome you to join us later upstairs and share in a few drinks in the honor of Bill.
Obituary to follow.

There is a link death cannot sever, Love and remembrance last forever.

OBITUARY



Michael Karl Calden
June 10, 1957 - May 2, 2025

"Mick" passed away into peaceful rest with his family by his side. Born in Selkirk, he spent most of his life there, except for short periods in Vancouver and Fort McMurray, AB.
He is survived by his partner and best friend Heather; his daughters: Betina and Martina (Cole), and their mother Martha; grandchildren Charles and Lou; siblings Hildegard (Jim), Rika (Jeff), and Robert (Charlene); and many cousins, nieces and nephews.
He is predeceased by his parents Anneliese and Karl Friedrich Calden; siblings Walter, Monique, and baby David; and nephew Michael.
Mick had many skills and talents. His passions were art and carpentry. He worked as a carpenter, sheet metalist, equipment operator and in apartment maintenance. He was a man who wore many "hats"; loved fishing, hunting, going to the beach, playing pool, and spending time with his buddies.
The family is very thankful for the help and care Mick/Dad received throughout his battle with health issues over the past few years. We are especially grateful to Tori, and the dialysis nurses at Selkirk Hospital and the staff at St. Boniface ICMS.
A private burial of Mick's ashes and celebration of his life will take place in July 2025.
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Theodorus Adrianus Wilhelmus Josef de Boer

It is with deep sadness that the de Boer family announces the loss of a beloved man, Theodorus Adrianus Wilhelmus Josef de Boer on April 25, 2025. Theo was diagnosed with MDS and CMML late on in their stages but never let them stop him from living his best life, as he continued smiling and laughing while being the humorous, strong man he always was until his last breath. Theo made it clear he is not alone after he dies and will take care of family and friends who went before him and will be saving all his dear friends and beloved family future spots next to him. He told us not to worry about him because he's got his Harley motorcycle and will be able to cruise to his hearts content.
Theo and the de Boer family would like to send their gratitude and appreciation to his family doctor, Dr. Shoewu and all the doctors, nurses, nurses aids, health care aides, physio team and all other staff at the Selkirk hospital for taking such good care of him during his hardest moments.
Theo will be leaving behind his wife of 54 years, Tina de Boer; four children (and two children in-laws), Adrienne, Theo (Lani), Shaun (Andrea), and Tara; six grandchildren, Josh and Erik, Skylar and Austin, and Natasha and Luquitas; two great-grandchildren, Aubbie and Axtyn; and his three dogs, Willow, Luna and Bella. All of whom will be missing him and sending him love till they meet up again.

OBITUARY



Barbara Joan Mesojednik (Zeiler)

Barbara passed away peacefully on May 9, 2025 after a courageous battle. Mom was born in Winnipeg to parents John and Margaret Zeiler (Douglas).
She will be lovingly remembered and missed by her children: Debbie, James (Tina), Sean (Chantelle) and their father Wally; grandchildren: Matthew (Nancy), Brandon, Meghan, Melissa, Joshua, Danielle (Trevor), Hayden (Avery); great-grandchildren: Leonardo and Raymond; siblings, Jacqueline (Gordon), Frank (Karen), Gladys (Ed), Corrina (Bill); lifelong friend who was always there for Mom, Ann (Bruce); along with many cousins, nieces and nephews.
As per her wishes, cremation has taken place, and no formal service will be held. A family gathering will be held at a later date.
In lieu of flowers donations can be made to a charity of your choice.

A special thanks to the doctors, nurses, healthcare aides and staff at Selkirk Regional Health Centre. We cannot express how grateful we are for the amount of love, compassion and dignity you showed Mom these past months.

*When tomorrow starts without me
Please try to understand
That an angel came and called my name
And took me by the hand;
The angel said my place was ready
In Heaven far above
And that I would have to leave behind
All those I dearly love.
But when I walked through Heaven's Gates
I felt so much at home
For God looked down and smiled at me
And told me, "Welcome Home".
So when tomorrow starts without me
Don't think we're far apart
For every time you think of me
I'm right there in your heart!
~David Romano*

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY



D. John Woodfinden

It is with deep sadness that we announce the passing of John Woodfinden, age 76, May 8, 2025 in Selkirk, Manitoba.

Predeceased by his mother Dorothy, father Ben, and brother Al. He will be lovingly remembered by his partner Laurie, his children Crystal (Jim), Dave (Lori), his sister-in-law Dar, sisters Marie (David) and Ann (John), brother Andrew (Allison), his nine grandchildren, 11 great-grandchildren, his nieces, nephews and the great people he has met over the years in his travels.

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

Flowers are graciously declined. If so desired, donations can be made to the Cancer Society or the Heart and Stroke Foundation.

You will be missed (Johnie FF), (Blue Eyes), (Pop), Dad.

Tributes: gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Leslie Dean Morrisseau

December 14, 1971 – May 2, 2025
Unexpectedly but peacefully, Leslie passed into a world where he is now free from pain.

He leaves to forever cherish his memory his beautiful little Rikkie, who was the light of his life. He also leaves his mother Lillian Morrisseau, sisters Darlene (Jarvis), Gloria, Yvonne, Velma (Chuck) and Maureen and his special "Bro" Clint. He also leaves Rikkie's mother Kerri-Lynn Kooting, her sister Kay-lee Delorande (Jason and son Odin) and their mother Jackie who loved Les

like a son. He leaves nieces and nephews all of whom he loved dearly.

Les was predeceased by his father Stanford Sr., brothers Stanford Jr. and Herman, his beloved auntie Helen and brothers-in-law Lornie, Monty and Big Joe (Dennis). Also to welcome him is his beautiful niece and BFF Leila and his nephews Justin, Duane and Walter.

A dedicated and hard worker Les worked in the construction industry that took him from Ontario to the Yukon and many places in between which allowed him to rent a limo from time to time just to take a ride! But Selkirk was always his home.

Les' passion was hockey and was an avid fan of the Winnipeg Jets. He also got his daughter Rikkie into hockey, so much so that she made him stand for O Canada! One of the last things he did for Rikkie was take her to the Jets final game of the season – box seats no less!

Les played hockey with the Selkirk Fisherman in his younger years and made many lifelong friends some of whom will take him on his last ride.

Active Pallbearers will be Selena Morrisseau, Kyle Mayo, Robbie Moore, Curtis Thomas, Kevin Kipling, Dennis Walker, Jeff Sanderson and Darien Barker.

Honourary Pallbearers are Clint Morrisseau, Glen Grove, Melodie Morrisseau, Charmaine Morrisseau and Tyler Morrisseau.

Flowers gratefully declined. Donations can be made to CancerCare Manitoba or Selkirk Minor Hockey Association.

Service will be held on Tuesday, May 13, 2025 at 11:00 a.m. in the Gilbart Funeral Home, Selkirk.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Linda Simard (nee Rothenburger)

With sadness in our hearts, we announce the peaceful passing of Linda Simard in the early hours of the morning on May 3rd, 2025.

She is survived by her loving husband, Billy, son Dave (Carol), granddaughters Alysa (Justin) and Rebecca (Colby), great-grandchildren Dominik and Autumn, father Floyd, sister Wendy (Dean), brother Terry (Joyce), and two granddoggies, Shiloh and Winstyn, among many nieces and nephews.

She was predeceased by her mother, Margaret and brother, Danny.

Linda was born in Rivers, Manitoba before moving to Winnipeg and later residing in Selkirk and Victoria Beach. She continued her education at Red River College where she met her husband, Billy aka Hoppy and pursued a career at Selkirk Community Library.

Linda loved to spend time at their cabin either at the beach on the finest sand dune, up on her balcony or sitting on the veranda. Her love of reading, listening to music and watching her evening TV shows was admirable. Her fondest moments were spent with her family. She took great pride in her roles as a mother and wife but especially as a grandma and most recently great-grandma.

Not to be surprised, she had some final words written long ago: "Okie-doke. I'm done with this life. I hope there is a heaven or otherwise I'm in deep, deep trouble lol. Please remember me with love and laughter because that is the life I lived. The rest of this is up to you Hoppy"

We will miss you forever, but you'll always be with us.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Eric Keith Davidson

Peacefully, on Tuesday, May 6, 2025 at the Selkirk Regional Health Centre, Eric Davidson, aged 90 years, beloved husband of Margaret, passed away.

Full obituary to follow.

Tributes: www.gilbartfuneralhome.com

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