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The Selkirk Record

THURSDAY, MAY 17, 2018

VOLUME 9 EDITION 20

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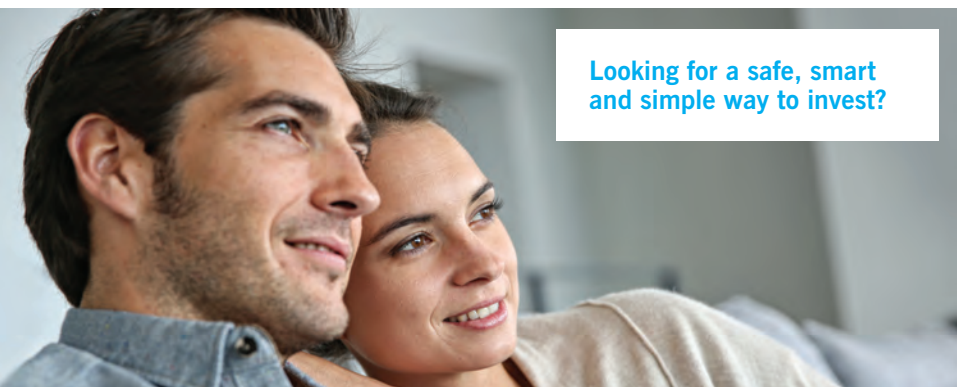
Spotlight shines on local dancers



RECORD PHOTO BY JUSTIN LUSCHINSKI

Dylan Cummins as Geppetto, pictured left, and Hailey Fox as Pinocchio, pictured centre, perform the pre-junior ballet piece entitled "Geppetto's Workshop" during Selkirk's own Evolution Dance Company's 12th annual year-end dance recital at the Centennial Concert Hall last Tuesday evening. For more coverage from the 12th annual event, see Pages 15 and 16.

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Recovery centre coming to Selkirk 'saved my life,' woman says

By Lindsey Enns

A local woman is crediting a new out-patient addictions resource centre opening in Selkirk this summer with saving her life.

Taylor Popoff says she struggled with an opiate addiction on and off for nearly six years before she decided it was time to seek help.

Weighing only 96 pounds at the time, the Selkirk mother of two found herself at one of Phoenix Recovery's locations in Winnipeg in December of 2017.

"My doctor pretty much told me if I kept living the lifestyle I was living I was going to die," the 26-year-old said. "She said she couldn't see me living past six months so that was kind of an eye opener because I do have two

children."

Mike Watts, who is one of the founders of Phoenix Recovery and runs Brothers Pharmacy, which currently has two Winnipeg locations, says they are hoping to officially open their Selkirk location at 339 Main St. by July 1.

Watts said Phoenix started offering opiate replacement therapy nearly three years ago and now they offer counselling services and are developing a program to help with crystal meth and other drug addictions. He added there's a "huge need" for programs like this across Manitoba.

"The main part of what we do is we have doctors and nurse practitioners that help with opiate addiction, prescribing either methadone or suboxone to patients," Watts said. "Our

nurse practitioners also act as primary care physicians for our patients.

"A lot of our patients with an addiction we find don't have a family doctor."

Watts said they are currently supplying their patients in Selkirk with methadone or suboxone with varied hours of operation but won't be officially open for business until later this summer.

Patients that have become addicted to opioids often have very unpleasant withdrawal symptoms which motivates them to seek out more drugs for relief, Popoff explained. Methadone and suboxone are also opioids, but they last longer and help keep withdrawal symptoms under control so people can function.

"The methadone program saved my life," Popoff said. "It really did ... I feel like my old self again."

At the height of her addiction, Popoff said she was injecting herself with whatever opiates she could find, including hydromorphone. She said what got her hooked was when she started taking opiates for pain including severe headaches and migraines.

"It kind of just progressed from there," she said. "You end up taking more and more and more just to get the same feeling."

Once Phoenix opens in Selkirk, Watts said they will be the first of its kind addictions resource centre in the city.

"We did notice that quite a few of our clients were from Selkirk," he said, adding they currently work with around 300 patients out of their Winnipeg locations. "We're hoping this will improve access to patients in the Interlake but only time will tell."

"We want to help address the problem."

Popoff says Selkirk's opiate and drug problem is much larger than people realize.

"It's actually bigger than people think," she said. "Some people hide it very, very well."

This week, Popoff is entering a 28-day program at the Addictions Foundation Manitoba women's facility in Winnipeg. She said once she's com-



RECORD PHOTO BY LINDSEY ENNS
Taylor Popoff of Selkirk says Phoenix Recovery, which will be opening a new location in the city this summer, helped saved her life.

pleted that program, she's looking forward to living a healthy and active lifestyle.

"Kind of show my kids that living a healthy lifestyle is really important," she said, adding her six-year-old daughter and 18-month-old son are currently living with her mother.

Popoff said her children are the reason she wanted to get sober.

"They don't deserve the way that I was, they deserve the best mom that I can be and I know that when I was using, I wasn't that," she said. "They are pretty much my inspiration."

Popoff said her best advice for anyone struggling with a drug addiction is simply "to get help as soon as possible."

"You never know, you could overdose tomorrow, so it's never too late to get help even if people think that they're so far gone," she said. "That's what I thought ... but I'm a totally different person now and I don't need to rely on drugs anymore to live my life."

"It's never too late."

For more information about Phoenix Recovery including their current hours of operation in Selkirk, call 204-586-4357 or 204-746-3649.

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Selkirk program for at-risk teens earns \$50K funding boost

By Justin Luschinski

The Selkirk Team for At-Risk Teens (START) program is getting more funding from the Manitoba government.

The government announced an annual funding increase of \$50,000 in Selkirk on Monday morning. START supports young people aged 11 to 20 who show higher-risk behaviours, and aims to give them a chance at a more stable life.

Tammy Thompson, START program co-ordinator, said this investment will go a long way towards supporting the community.

"We're thrilled, this is a wonderful investment in what we do. It's validation for us, we've always felt that our program was very successful," Thompson said. "We've recently had an evaluation, which revealed some very good statistics, and I just think

this is an opportunity to make the most of what we're doing."

Thompson said START hasn't determined where the extra funding will be going towards just yet, but most likely they'll stick to their current program.

"We've found that our program is successful, and I think we're just going to try to do more of it," she said.

Last year, the START program worked with 47 clients with an average age of 15. After three years, 93 per cent of at-risk youth had either reduced or had no contact with police. A 2017 report of the program shows that youth in the START program were 50 per cent less likely to be charged with a crime, compared to youth who weren't a part of the program.

Scott Kolody, assistant commissioner and commanding officer for the RCMP in Manitoba, said the program is a much needed element for justice

reform.

"The province has been tremendous in recognizing that community revitalization is important, it's part of the pillar of modern policing reform," Kolody said. "It really involves the community, it brings everybody to the table ... and finding a way to provide services for those children that might not get it otherwise ... It gives them a way out and support that they might not be getting."

This funding is in addition to a \$11,000 grant that has been in place for several years. START has been working in Selkirk for 15 years, and receives funding and support from the RCMP, Lord Selkirk School Division, Justice Canada, Interlake Child and Family

Services, the City of Selkirk, and the RM of St. Clements.

"START continues to make a measurable difference for young people and their families because the people and agencies involved take the time to identify and address root issues," said Justice Minister Heather Stefanson. "This collaboration results in benefits for the individual, the family and the community, with improvements related to the youth's living situation, attendance at school and long-term wellness."

For more information about START, visit startprograms.selkirk.weebly.com.

RECORD PHOTO BY JUSTIN LUSCHINSKI
Justice Minister Heather Stefanson speaks during a \$50,000 funding announcement for the Selkirk Team for At-Risk Teens (START) program in Selkirk on Monday morning.



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Housing initiative helps bring two affordable homes to Selkirk

Staff

A partnership between the Manitoba Métis Federation (MMF) and the province has helped bring two new affordable housing units to Selkirk.

The two duplexes, each containing a three-bedroom and a four-bedroom unit, are now completed and are located on two properties on the 500 block of Dufferin Ave.

As part of its mandate to supply affordable housing to Métis citizens, the recently completed homes in Selkirk are the latest results of the MMF's current housing initiative.

"Affordable housing allows our Métis citizens and their families to maintain a good quality of life," said Minister of Housing for the MMF, Will Goodon. "It helps ensure there is a strong, stable foundation for our



Métis children to be raised happy and healthy."

RECORD PHOTOS BY
BRETT MITCHELL

Manitoba Métis Federation President David Chartrand, pictured below, along with other local dignitaries, pictured left, gathered for a ribbon cutting for two new affordable housing complexes in Selkirk on Monday morning. The two duplexes, each containing a three-bedroom and a four-bedroom unit, are located on two properties on the 500 block of Dufferin Ave.



Building these homes was made possible through the Government of Manitoba's partnership with the MMF that began in 2013. The provincial government, through the Manitoba Housing and Renewal Corporation, committed \$5.5 million over five years to help create new, affordable housing for Métis families.

Newly re-elected MMF President David Chartrand as well as Manitoba Families Minister Scott Fielding gave welcoming remarks during a celebration ribbon-cutting event at the

two new homes in Selkirk on Monday morning. Alfred Anderson, vice-president of the Interlake Region; Selkirk Mayor Larry Johannson, and MMF local chair Sean Hourie also spoke during the ribbon-cutting.

"Our government is proud to collaborate with the Manitoba Métis Federation because we share the priority of affordable housing," said Fielding. "The province has provided more than a million dollars to these two du-

plexes in Selkirk and is thrilled that this positive, proactive project will make affordable housing a reality for more Manitobans."

MMF's next housing project will be located in The Pas.

For more information, call the MMF's housing department at 204-586-8474 extension 349 for an application on available rental opportunities. No pets and no smoking policies are in effect.

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Correction

In the May 10 edition of *The Selkirk Record* in the "Ladies Auxiliary Spring Tea serves up smiles, support for legion" story on Page 5, the story should have referred to the event as the Selkirk Legion Ladies Auxiliary Spring Tea. The annual event is one of the main fundraisers for the local ladies auxiliary and included entertainment, a silent auction, a silver collection as well as fancy sandwiches, dainties and of course tea. Incorrect information appeared in the previous article. The Record apologizes for the error.





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Selkirk Mental Health Centre shines spotlight on services at info session

By Justin Luschinski

The Canadian Mental Health Association celebrated Mental Health Week last week, and the Selkirk Mental Health Centre is looking to give it's patients hope for the future.

The centre held an information session last Thursday giving patients a chance to learn more about the services they offer as well as some of the community services that are available to them.

Marsha, who asked that her last name remain anonymous, is the centre's co-ordinator of patient services and says many patients don't know

about all the services they offer.

"We are all about rehabilitation, the end goal is to have them leave us. But a lot of patients don't know about all of our services, or they might not know what, say, a dietitian has to do with mental health," Marsha said. "It's important that we give them the tools they need to reintegrate with society."

Marsha said patients might not know about the Spiritual Support Team they have as well as Indigenous spiritual services. The centre offers educational services as well as work experience programs, and many staff continue to work with patients even

after they leave.

Kathryn Kunkel, the centre's education co-ordinator, works hard to give patients a chance at an education. She said there's still a big stigma surrounding mental health that society needs to overcome.

"A lot of people think that if you have a mental illness, you can't achieve anything," Kunkel said. "In all my years of helping patients here, I can absolutely tell you that it's not true. Our patients here might struggle in school, but they still have dreams, and goals, and they're usually extremely bright.

"They just don't learn or process things the same way everyone else does."

Kunkel said she uses small class sizes as well as more unique teaching methods to implant lessons into her students. Even after a patient graduates out of the centre, she still helps them get their high school diploma, and some have even went on to college and obtained jobs.

The Selkirk Mental Health Centre offers mental health first aid training. The next course takes place on Thursday, June 21. For more information, call 204-482-1646.

Canadian Mental Health Association BBQ in Gimli helps mark Mental Health Week

By Patricia Barrett

Staff from the Canadian Mental Health Association's Interlake-East-

ern Region held a free BBQ at Gimli Pharmasave last Friday to promote Mental Health Week (May 7-13) and

to raise awareness of the programs and services available to those experiencing mental health issues.

Pharmasave donated its space for the event and its pharmacists visited with CMHA staff.

"We're currently celebrating Mental Health Week and promoting good mental health and taking care of yourself," said Tara Merlin, regional director for the Interlake Eastern CMHA, who fired up the grill in Pharmasave's parking lot. "We're here to say hi to Gimli and invite people to come on down and meet us, take care of yourself today and have a free lunch on us."

Mental Health is about coping with the normal stresses of life, states the CMHA Interlake-Eastern Region's Resource Guide, which contains a plethora of information on emergency and crisis service centres across the region, self-help and support groups, types of mental illnesses and medications, addictions, food bank locations, suicide prevention advice, postpartum depression, youth and family resources and housing programs.

For more information about the programs and services offered by the Canadian Mental Health Association Interlake-Eastern Region, visit www.interlakeeastern.cmha.ca or phone (204) 482-9723.



RECORD PHOTO BY PATRICIA BARRETT

Canadian Mental Health Association Interlake Eastern staff from left Tara Merlin, Cindy Campbell and Marie Cayer.

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Community painting project provides 'real-world job experience'

By Justin Luschinski

JR Duck always had a hard time in school. He never felt good sitting in a classroom, and skipped school every chance he got, lashing out in anger at anyone who tried to help him.

Then, Steve Grahame, the director of the Lord Selkirk Education Centre (LSEC), gave him a chance to help repaint the Selkirk Friendship Centre as part of the centre's Community Dry-wall and Painting Project. Since then, Duck says he's starting to feel better about his life.

"I just thought that it's a skill, and I can use that. I can paint my own house if I want to, I have the skill now," he said in between painting in side the local friendship center last week. "I feel great, I feel calmer than before. It feels good to do something positive that isn't school."

LSEC's Community Drywall and Painting Project provides local students with a chance to develop new skills while getting work experience. The project is a partnership between the Selkirk Friendship Centre, Community Living Selkirk, the Selkirk and District Community Foundation as well as LSEC.

The Selkirk and District Community Foundation contributed \$2,000 towards the ongoing project, which was used to help purchase paint and tools among other things. Bev Clegg, the community foundation's executive director, says the project provides youth with work experience and they are also in charge of developing a project plan as well as a budget.

"It's always fantastic to see groups come together where there is a need to help the community," said Clegg.

Grahame says the project has had a positive effect on students.

"It's giving them a new skill set, some real-world job experience they can take with them," Grahame said.

The friendship centre offered up their space for the students to work on, and Grahame serves as a supervisor for the project. Grahame said that they trained 12 students, who work in shifts painting the banquet hall.

According to Grahame, they are almost finished repainting the friend-



RECORD PHOTOS BY JUSTIN LUSCHINSKI

ABOVE: JR Duck puts his painting skills to the test while repainting the Selkirk Friendship Centre's banquet hall last week. Duck was among a group of 12 students learning how to paint and do other handyman work as part of a Lord Selkirk Education Centre (LSEC) project that gives students hands-on work experience. BELOW: Jacob Irniq, an LSEC student, paints inside the Selkirk Friendship Centre last week.



ship centre's banquet hall, and will be moving on to a Homes for the Holidays project.

LSEC provides an off-campus alternative to the Comp for high school aged students. The centre offers regular high school core area credits and the opportunity to earn credits

through work and community experience as well as programs for adults. For more information, visit lsec.weebly.com.



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> ARNIE WEIDL

**Anglers eager to get their lines in the water**

Hi folks, welcome to the spring fishing season.

Looking along the Selkirk waterfront pier the other day, the place was full of anglers working their lines, chattering with others, eating and enjoying the fresh warm spring sun and wind. "Have you ever seen our old Red River this low?" I asked an angler who was sitting in a folding chair beside me. "No winter snow and no spring rain and this is what you get," he remarked. "Hi, I'm Arnie Weidl," I introduced myself. He reached out his hand to shake mine, "Hi, I'm Len Zema from St. Anne and this is my wife Margaret. Over there are our friends Mike and Lesley Brown from Beausejour." The faint smell of fish and river bank mud was in the air as the rivers grey-brown water swept past us tugging at fish lines. Len was an upbeat, smiling, outgoing chap with grey hair and goatee. Margaret with her round, wholesome face and bushy grey hair spoke with a soft voice. It was easy to see that Margaret and Len were in a loving marriage, totally in step and devoted to each other. Mike was a quiet man, tall, who also sported short grey hair and a goatee. Lesley was not that tall, always pacing and talking with a fine featured face and a long brown ponytail. Even though this was the first morning of fishing and to be sure folks were eager for their first catch, the gentle weather seemed to create a mood of well being. Len and I talked fishing and eventually he began telling this story.

Last summer he and Marg were fishing off the Hnaua pier and he caught a good sized perch which took off with such force it tore the rod right out of his hands. He had another rig so he got that one ready and started fishing again. About ten minutes later a perch struck Marg's hook. She reeled in only to see her fish come up with a line wrapped around it. As she brought

**RECORD PHOTO BY ARNIE WEIDL**
Kurt Harris with one of his many Bass catches off the Hnaua pier.

it up onto the pier, the line tangled around her perch had Len's rod in tow as well as the perch that taken his rod in the first place! Later that day as they continued fishing, they both caught perch at the same time and as they reeled in, their lines became intertwined and as they raised their catches into the air one would have sworn a solitary line was holding three perch! I teased them about how intertwined they were and as I made to leave both Len and Marg's lines bent down signaling a catch. I watched as they reeled in and don't you know when their lines came out of the water they were twisted together with a pickerel on the end of one hook. It was impossible to tell whose hook had the fish and to me that seemed just about right for these two wonderful people!

When it comes to fishing I don't

have to tell you there's always something new to learn or be reminded of. On Saturday I learned how much last winter's extreme cold carried over into spring causing some fish to spawn late. I was on the Winnipeg River bank downstream from the Powerview Hydro Dam where easily sixty anglers stood side-by-side shore fishing and only two jacks were caught! I watched amazed as some of the guys cast baited hooks right into the writhing clusters of spawning fish at the water's edge. Nothing! The fish were not interested in eating!

Speaking of the Hnaua pier, I went there on Sunday and met Kurt Harris, a Winnipegger and local camper. He was a reminder that the Bass are running. I watched as some anglers on the pier caught a Bass every once in a while but Kurt using a small fish lure with a "rattle" in it had another one as soon as his lure hit the water! I took a picture of him with a pretty good sized one. After a bit, Kurt took a break which gave us a chance to trade fishing experiences and something unique come to light about how he likes to fish. He has and really likes to fish from his kayak. He told of a time when he was fishing on one of the lakes in Nopiming Park on a hazy, warm day three years ago and caught a four foot sturgeon. His kayak didn't have a rudder that you steer with your feet, so the sturgeon swam about taking him for a ride turning this way and that, causing Kurt's kayak to be pulled sideways at times. He did the best he could with his oars pointing the kayak in the direction the fish wanted to go. Eventually the fish tired and he was able to bring it alongside his little narrow boat. He got the hook out, patted it on the head and as it sank out of sight he was overcome with a feeling of closeness to nature he only got in a kayak.

Bye for now.

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EDITORIAL

Lindsey Enns 204-485-3337
news@selkirkrecord.ca Twitter: @LindseyEnns

Justin Luschinski 204-226-8268
Justin@selkirkrecord.ca Twitter: @ScholarJ

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

TROUBLE WITH PAPER DELIVERY?

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

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Mother's Day Walk helps bring community together

By Justin Luschinski

Dozens of local and area members gathered at the Selkirk Waterfront under sunny skies to celebrate local moms and take part in this year's Mother's Day Walk/Run.

The eighth annual event helped raise \$1,200 in support of those affected by the Humboldt Broncos bus crash tragedy as well as the Selkirk Community Renewal Corporation (SCRC).

This year, the SCRC partnered with Selkirk resident and avid community volunteer Linda Rosser to help put on the event. After eight years of helping organize the event, Rosser said she is now stepping down and the SCRC will be taking over. Rosser originally started it in memory of her daughter, Nancy, but now she said it's time to move on to other things.

"This event is so important for Selkirk. We get so much support from our sponsors and volunteers," Rosser said. "But I'm working on some other projects, and (Ashley Monkman) is willing to step up and take this on. She's worked with us before, and I'm

sure she'll do a great job."

Ashley Monkman, SCRC executive director, has been helping organize the event for nearly four years. According to Rosser, the event usually draws around 100 participants each year. Many residents believe that the event is in good hands.

Lorraine Still and Olive Lillie were called the "matriarchs" of the community by Rosser during this year's event. Both women, who have spent their lives helping out the community, say the event is a way to bring the community together, and it must continue on.

"It's great to bring everyone together to do some good, it really binds people together," Still said. "We need this run to continue."

"Linda is a wonderful person. She made it what it is today, and I congratulate (Monkman) for taking over. I know she'll do a wonderful job," Lillie added.

Still cut a ceremonial ribbon to start this year's event as well as cut a donated cake follow the walk or run.



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Dozens of Selkirk and area community members took part in this year's Mother's Day Walk/Run at the Selkirk Waterfront last Sunday afternoon. The eighth annual event helped raise \$1,200 in support of those affected by the Humboldt Broncos bus crash tragedy as well as the Selkirk Community Renewal Corporation.



The Selkirk Record

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Famous fiddler stops in Selkirk



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Fiddling champion Scott Woods, pictured above, and the rest of his band of notable members stopped in Selkirk to perform at Selkirk's Memorial Hall last Thursday evening. Woods is a two-time winner of the Canadian Open Fiddle competition, and his show will featured classic Canadian fiddle songs, gospel favourites as well as some fancy footwork.



Province commits \$1.2M to fund rapid access addiction clinics

Staff

Manitoba is committing \$1.2 million to fund five rapid access addiction clinics across the province.

The clinics will treat individuals seeking help for substance-related addictions, including patients struggling with opiate, methamphetamine and alcohol addiction.

Rapid Access to Addictions Medicine (RAAM) clinics are modelled after a successful program in Ontario. They will provide assessment, counselling, the prescription of appropriate medication, and connect patients to community treatment programs and primary care physicians. The RAAM clinical team will provide ongoing support to primary care providers including mentoring, re-assessment and referral of patients.

Arlene Last-Kolb began advocating for better care following her 24-year-old son Jessie's opiate-related death in 2014. She said RAAM clinics are a big step towards improving addictions treatment in Manitoba.

"When those suffering from substance use disorder are reaching out for help, the health-care system needs to respond quickly while providing ongoing support," said Last-Kolb. "The establishment of RAAM clinics throughout our province will give Manitobans suffering from addiction a safe place to seek help that can save their lives."

The clinic model is intended to treat any and all substance-related addictions and has been successful in relieving pressure on emergency departments in other jurisdictions by serving as a specialized source of support and treatment for patients who may relapse.

"These clinics will work closely with hospitals, emergency departments, crisis services, and primary care centres to get patients linked quickly into the addictions system for assessment, services and treatment," said Dr. Ginette Poulin, medical director of the Addictions Foundation of Manitoba. "The clinics will reduce long waits and line-ups that often result in patients transitioning in and out of the health system. We look forward to these clinics having positive effects for Manitobans seeking help with addiction issues such as crystal meth and opioids."

Approximately \$1.237 million in funding through Manitoba Health, Seniors and Active Living will support this new model in existing clinics in Winnipeg (two), Brandon, the Interlake and northern Manitoba.

"WHEN THOSE SUFFERING FROM SUBSTANCE USE DISORDER ARE REACHING OUT FOR HELP, THE HEALTH-CARE SYSTEM NEEDS TO RESPOND QUICKLY WHILE PROVIDING ONGOING SUPPORT."

Work to identify specific locations is ongoing with engagement of clinical leadership from the regional health authorities, Addictions Foundation of Manitoba and other key stakeholders, said Health, Seniors and Active Living Minister Kelvin Goertzen.

"These clinics bring together addiction treatment with health services, enabling patients to move smoothly between addictions medicine specialists, primary care providers and community supports. This will allow those in need to access help sooner, closer to home and with necessary ongoing support," Goertzen stated in a release last week. "Manitoba patients, their families and experts in addictions and mental health have identified these clinics as an important step toward addressing long waits for treatment and the need for increased availability of services in rural and northern areas of our province."

The clinics will also build upon other mental health and addictions services offered in Manitoba, including the Provincial Naloxone Distribution Program, which will receive an ongoing annual commitment of \$100,000, Goertzen added.

In addition, an electronic health record system with specific instruments for the continuum of child and adult crisis, inpatient and community mental health services is being initiated by the Northern Regional Health Authority, building upon the success of a provincial pilot project. These health records will provide standardized data collection, reporting tools and tracking to streamline coordination of services towards improving mental health outcomes for children, youth and adults.

For more information on addictions services, visit <http://www.gov.mb.ca/health/mh/addictions/index.html>.

For more information on mental health crisis and non-crisis regional services, visit <http://www.gov.mb.ca/health/mh/crisis.html>.

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Selkirk Community Choir gearing up to celebrate 40 years

By Michelle Bailey

So you think you can sing? Even if you are unsure about your ability to carry a tune, the Selkirk Community Choir has no "treble" with those who want to lend their voice to its long standing musical group.

"Not only are we non-denominational, we encourage anyone in the community who wants to be a part of the choir to join us," said Denise Jacobs. "We don't hold auditions, but it would be nice if we could add a few more male voices. That has always been an issue, yet we know there are a lot of men out there who should really give it a shot."

The choir is celebrating 40 years of delivering the sound of music to the community. Founded in 1977 by local music teacher Henry Schellenberg, who served as director, its philosophy remains the same.

"WE DON'T HOLD AUDITIONS, BUT IT WOULD BE NICE IF WE COULD ADD A FEW MORE MALE VOICES."

"You don't need any formal training. If you love to sing, we would love to have you as part of our group," said Jacobs.

Members are typically 16-years of age and up, although with parental consent, the choir will accept vocalists who are younger.

Jacobs, who joined the choir in the late 70's, took a bit of a break only to

find her way back to the group about 10 years ago. The two choirs that existed in the 1950's, the Ladies Glee Club, and the Male Voice Choir, did not transition into the Selkirk Community Choir in 1977. There was a gap of 20 years or so where there was no formal choral group in Selkirk.

"I really missed not just the fellowship, but the mental and physical benefits that singing brought to my life," she said. "Singing really does make a person feel good. I find it's almost like a workout, and everyone around you is happy."

"It's also a nice break from technology and social media," Jacobs said.

The choir gathers once a week at Good Shepherd Lutheran Church to practice for a couple of hours.

Good Shepherd is where they will be holding their 40th Anniversary concert on Sunday, May 27 at 7 p.m.

Tickets are \$10 and admission for children 12 and under is free.

Jacobs can't say enough about the current director, Kendra Obach and credits Obach with making sure the songs being sung are what the choir enjoys singing and will resonate with the audience.

"She (Kendra) has done so much for the group," Jacobs said.

The special concert is not only a celebration of the choir's 40th, it is going to be an opportunity to honour one of its founding members, Jane George. An exciting initiative for youth will be announced and local composer, Kenley Kristofferson, is set to unveil a coral surprise.

"We are not a stodgy choir," said Jacobs. "We embrace modern works as well as traditional pieces to appeal to a whole variety of age groups."

Manitoba Municipal Board to initiate new appeal management process

Staff

The Manitoba Municipal Board is launching an new appeal management process.

The board held significant consultations with the City of Winnipeg and provincial assessment departments and tax agents who currently have outstanding appeals. To date, approximately 2,500 files remain open, some dating back to 2009.

Currently, all appeals are scheduled

for hearings, which can be time-consuming and costly. The new appeal management process will use existing preliminary hearing protocols to more quickly move appeals through to settlement discussions or case management. Hearings will only be held for more complex situations. It is estimated this process will address the outstanding assessment appeals within the next two years.

Finance minister stops in Selkirk



RECORD PHOTO BY BRETT MITCHELL

Manitoba Finance Minister Cameron Friesen stopped in Selkirk to speak about the 2018 budget during a Selkirk Biz Speaker Series breakfast at the Selkirk Golf and Country Club last Thursday morning.

Comp hosts performing arts showcase



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Local performing arts students at the Comp had a chance to showcase their skills at this year's Performing Arts Showcase at the Selkirk high school last Thursday evening. The showcase included a wide variety of acts, including singing, drama, poetry and bands.



Cavalía's four legged stars make their red carpet debut

Submitted

Seventy majestic horses, stars of the \$30 million theatrical production *Cavalía Odysseo*, officially took up residence at their new home in Winnipeg last Tuesday ahead of their first show last Saturday.

Arriving from a relaxing 10-day vacation at a nearby equestrian facility under the watchful eye of a dedicated team of Cavalía's equine specialists, the 70 horses settled into their spacious 1,600 square-metre stable tent next to Cavalía Odysseo's signature White Big Top raised at the intersection of Sterling Lyon Parkway and Kenaston Boulevard. The specially equipped trailers transporting the four-legged stars to Winnipeg were the last to arrive of the 110 semi-trailer trucks necessary to move the world's largest touring production from its previous stop in Phoenix, Arizona. Following their red-carpet arrival, the horses reconnected with their human co-stars started rehearsals ahead of the premiere show next week.

The *Odysseo* herd is comprised of 13 different breeds of horses - Appaloosa, Arabian, Canadian Horse, Holsteiner, Lusitano, Paint Horse, Percheron Hanoverian Cross, Quarter Horse, Selle Français, Thoroughbred, Spanish Purebred (P.R.E.), Miniature horse and Warlander.

Every day the horses receive their share of pampering, including showers, grooming, massages, workshops with their riders, and outings to the paddocks where they roam and play. The performance aspect for each horse lasts roughly 12 minutes. The



SUBMITTED PHOTOS

The four legged stars of *Cavalía Odysseo*, running until June 17 under the big white top in Winnipeg, were given the red carpet treatment and reconnected with riders and trainers upon their arrival last Tuesday.



rest of their daily activities also include warm-up and free time. Cavalía *Odysseo*'s horse training is based on communication, observation and patience as well as a keen understand-

ing of each horse's talents and needs. The tone of the show, embraced by the entire company, is one of mutual respect, kindness and trust.

Tickets for Cavalía *Odysseo*, which

runs until June 17, are now available at cavalia.com/winnipeg, by calling 1-866-999-8111 or through Ticketmaster.

Council seeks 'clean' letter of support for Tyndall elevator project

By Mark T. Buss and Mel Stefaniuk, *Clipper Weekly*

The Town of Beausejour and RM of Brokenhead have both offered letters of support for the Pioneer Village Museum Tyndall Elevator Project, but the passing of a resolution by the town for a 'clean' letter for fundraising was anything but a simple process.

While Brokenhead gave their blessings in a document without conditions listed, Beausejour council debated the issue at a recent council meeting for 40 minutes, defeating a pair of resolutions of support along the way.

In the end, Beausejour council passed a third and final resolution. It included providing two documents - one with a list of conditions the town requires before the Tyndall elevator can be moved and a second document that refrains from listing the conditions so those involved can distribute it for fundraising and grant purposes.

"We are ecstatic and we are looking forward to the challenge," said Broken-Beau Historical Society (BBHS) chair Trevor Proutt.

Since 2016, the BBHS has been planning to relocate the 85-foot, 130 tonne Tyndall elevator to the Beausejour museum. After consultation, the total moving and short-term repair costs were estimated at around \$367,000. Those numbers included \$62,500 for the creation of a 'legacy fund' to assist with long-term preservation and maintenance of the relocated elevator.

The project stalled when Beausejour's council and previous administration indicated support was not there.

The BBHS returned to the project this year with talk the town would be more receptive. The historical society presented to the town on Feb. 13 and to the RM on March 13. The two councils agreed in principle to provide letters of support at their March 14 joint meet-

ing.

RM Coun. Luke Ingeberg said both councils were supportive of the project, but were both in agreement that municipal funding cannot go towards the move.

Despite Proutt confirming all funds would be raised through private donations, grants and fundraising, the town required a reserve fund of \$250,000 in addition to proof of funding for the expected move costs. Other conditions imposed by the town include proof of adequate insurance, an engineer's report with stamped drawings as well as a detailed cost breakdown of the move and maintenance for a 10-year period.

As a result, the town's conditions have pushed the elevator project fundraising goal to over \$554,000.

When it came time for council to vote on the letter of support, Coun. Jeff Goethals requested an amendment that the conditions not be listed on the

face of the letter.

Mayor Ed Dubray and Counc. Alvin Klapprat and Art Berry voted against the amended resolution.

Goethals requested administration write a clean external letter of support noting the BBHS could still be bound to the town's conditions in an internal document.

A second vote on the two document approach provided an identical result.

The denials raised concerns that further opposition would handicap the project and their future fundraising plans.

CAO Don Dowle suggested the resolution of support could be passed, but administration could be directed to provide a separate letter to the BBHS without listing the requirements.

A third vote resulted in the resolution being passed 4-1 with Berry remaining the lone voice of opposition in all three polls.

Upcoming popular plant sale a sure sign spring has sprung

By Michelle Bailey

The thinning of the perennials has begun as members of the Selkirk and District Horticultural Society prepare to host their annual plant sale on Friday, May 25 at Selkirk's Memorial Hall.

This much anticipated spring event has attracted green thumbs like bees to Honeysuckle since 1996.

Similar to a tiny seedling with humble beginnings, the very first plant sale held by the group was for members only and took place in Elly Garrett's garage, said Debbie Kuypers, who has been with the Selkirk and District Horticultural Society for nine years.

It quickly grew into a public event and was transplanted at the former Gordon Motors building before establishing roots at Memorial Hall. To say this sale is popular would be an understatement.

"It starts at 6 p.m. and ends at 8 p.m.," Kuypers said. "We have customers lining up well before we open the doors. It's something people really look forward to after surviving so many months of the cold and snow."

As in past years, the venue will be filled with a wide variety of perennials, annuals, indoor and outdoor foliage, succulents, trees and vegetable plants.

Organized in alphabetical order, virtually everything gardeners can choose from originated in someone's yard or home.

"As soon as the weather cooperates, we get into our gardens and thin out what we already have growing, as well as cultivate seedlings for flowers or veggies indoors as early as February," said Kuypers. "We then properly prepare and label everything and bring it to the sale. It's so much fun and gratifying to know what we are doing helps our neighbourhood look beautiful and healthy."



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

The Selkirk and District Horticultural Society's annual plant sale is set to take place on Friday, May 25 at Selkirk's Memorial Hall from 6 p.m. to 8 p.m.

Keeping public aspects of the Selkirk community floral and vibrant is another labour of love for Kuypers and the society.

Funds raised through the plant sale not only pays for guest speakers and workshops, it also allows the group to maintain the Red Feather Farm and Main Street Garden. The society has also added a new gardening project at Queens Park near the bridge.

This year, customers (who are reminded that purchases are cash only) are being offered a special treat.

"We are giving away milkweed that we got from Prairie Originals because it attracts butterflies, which is so good for nature," Kuypers said.

She added the annual plant sale

would not be possible without all the volunteer assistance from the society and plant sale co-ordinator Wendy Brigden.

The Selkirk and District Horticultural Society annual plant sale will take place on Friday, May 25 at Selkirk's Memorial Hall from 6 p.m. to 8 p.m.

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Council launches safe boating awareness week across Canada

Staff

The Canadian Safe Boating Council (CSBC) is reminding boaters to exercise caution and stay safe during North American Safe Boating Awareness Week, which takes place across Canada from May 19 to May 25.

The purpose of this initiative managed by the CSBC and the Lifesaving Society – Manitoba Branch is to promote safe and responsible boating practices to the estimated 15 million recreational boaters in Canada.

Although boating related fatalities have trended downwards in past years, there continues to be an average of more than 100 boating related deaths annually in Canadian waters.

"Manitoba has one of the highest boating fatality rates in the country," said Lifesaving Society – Mb Branch Acting CEO Kevin Tordiffe. "This province has some of the best parks and beaches in the country."

"I'm encouraging all Manitobans to get out and enjoy these attractions safely."

The goal of the week is to ensure Canadians who head out in any type of

boat have the appropriate knowledge to help them have a safe day on the water.

The timing of the week, starting on the May long weekend is perfectly aligned with the unofficial start of summer and a time when many boating fatalities occur.

There are five key boating safety behaviours to be delivered, all directed towards the most common boating related accidents. They include:

1. Wear a Lifejacket
2. Boat Sober
3. Take a Boating Course
4. Be Prepared – Both You and Your Vessel
5. Be Aware of the Risks of Cold Water Immersion

The impending legalization of cannabis along with the rise in prescription narcotic use is causing significant additional concern for boating safety advocate groups, enforcement agencies and first responders alike.

For additional information on both Safe Boating Awareness Week and boating safety information, visit csbc.ca.

Celebrating Selkirk's history



RECORD PHOTO BY BRETT MITCHELL

Local historian Rob Sarginson speaks during the fourth annual Noventis Credit Union's Evening of History, a City of Selkirk initiative and a fundraiser for the Selkirk Heritage Endowment Fund (SHEF), last Thursday evening at the Gwen Fox Gallery. The event paid tribute to Selkirk's history and raised money for the endowment fund. SHEF, which is managed by the Selkirk and District Community Foundation, was established in 2012 by the City of Selkirk as a perpetual endowment fund that will support the ongoing operational costs of a new municipal heritage museum. Until the museum is established, the fund will provide annual grants to the Marine Museum of Manitoba.

Coffee with the RCMP marks Police Week



RECORD PHOTO BY BRETT MITCHELL

Pictured from left to right: Selkirk Residents Wes Sewell and Jim Petrie speak with Selkirk RCMP Staff Sgt. Jared Hall and Community Policing Officer Jim Dao over a cup of coffee to help celebrate Police Week at the Selkirk Golf and Country Club on Monday morning.

The Merch lights up for HD



RECORD PHOTO BY BRETT MITCHELL

The Light It Up for Huntington Disease fundraiser event took place at The Merch in Selkirk last Friday evening. Bands including November Underground and Double Bourbon entertained at Selkirk's favourite live music room. The event helped raise more than \$1,800 for Huntington Disease care and research.

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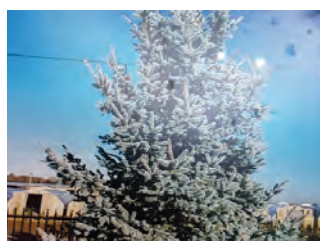
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OPEN MONDAY MAY 21ST 9am to 6pm



Dancers take centre stage

RECORD PHOTOS BY JUSTIN LUSCHINSKI
Carlie Perrett, pictured left, dances in the Intermediate Ballet piece entitled "Masquerade" during Selkirk's Evolution Dance Company's 12th annual year-end dance recital at the Centennial Concert Hall last Tuesday evening.

By Justin Luschinski
Selkirk's own Evolution Dance Company (EDC) tore up the Centennial Concert Hall stage last Tuesday evening.

Hundreds gathered to watch their 12th annual year-end dance recital, where Interlake dancers performed routines ranging from classical ballet to modern day hip-hop.

Andrew Myers, co-owner of EDC, said the recital was another huge success.

"I feel absolutely super happy about everything. The dancers are having a blast, and that's the most important thing," Myers said. "They all worked so hard throughout the year, and it makes me happy that my students get to experience this."

Myers said the event would not be possible without the support of the dancers and their parents. The dancers start training in September, some groups train only one hour a week, while others train 15 hours. Parents help with the costumes as well as hair and makeup.

For a few of the younger dancers, this recital is a chance to really have some fun outside of the competitive dance circuit.

Kaitlyn Perrett, Avery Bestby, and Gabby Bermeulen are competitive dancers from EDC. They said they enjoy the more relaxed atmosphere of the recital, and that this shows what Selkirk dancers are capable of.

"I feel like people underestimate us, because we're a relatively small studio when compared to some places in Winnipeg. But we fight for it, we hold our own," Perrett said. "Most of the time we're in the top three during competitions, we do more with seven people than some studios from Winnipeg with 20 people."

"It's a lot of fun, because it's not like competitive dancing, where we're being judged, and everything has to be perfect," Bestby said. "We can just get up there, feel the energy and have fun. It's more about showing what we can do."

For more information about Evolution Dance Company, visit evolution-dance.ca. For more photos, see Page 16.



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RECORD PHOTOS BY JUSTIN LUSCHINSKI

Selkirk's own Evolution Dance Company dancers tore up the Centennial Concert Hall stage last Tuesday evening. Hundreds gathered to watch their 12th annual year-end dance recital, where Interlake dancers performed routines ranging from classical ballet to modern day hip-hop.

Fisher River enhances community connectivity with mobile app

By Patricia Barrett

Fisher River Cree Nation (FRCN) launched a free mobile app last week that will enhance community connectivity and help people stay up to date with council news, events and job opportunities.

FRCN is the first First Nation com-

munity in Manitoba to have developed a mobile app.

"The reason it's important to have this app is to maintain transparency, communication with our members and whoever else is interested in what we're doing," said FRCN's director of operations Sam Murdock.

Anyone can download the app to their mobile devices and receive a wide variety of information, as well as listen to Cree Nation Radio community news.

The app was developed by Jeremy Nault, president of Neault Marketing Communications, a First Nation-

owned communications company located in Fisher River.

Neault, who manages the band's website, specializes in social media marketing strategies, web design and development, brand development and marketing materials, such as posters, brochures and business cards.

"The App gives on and off reserve members the opportunity to stay informed, and others another method rather than searching the Facebook page or the Cree Nation's website," says Neault on his company's website. "Push notifications will happen when new employment opportunities or news articles are posted as well as for any special guest speakers at Cree Nation Radio."

Murdock said he's downloaded the app and is trying it out.

"It's working out quite well. It's easy to download and it's free," he said. "This is community information at the palm of your hands."

To download the free Fisher River Cree Nation Community Mobile App, visit the App Store (Apple) or Google Play (Android).

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6 Easy Spring Cleaning Projects

Warmer days are here and what better way to spend them than cleaning? Although enjoying the great outdoors is probably high on many a to-do list come spring, by the end of winter, homes can probably do with a much-needed overhaul. Owners and renters can rely on temperate days to throw open the windows and engage in some easy spring-cleaning projects. The earlier one begins spring cleaning, the more quickly he or she will be able to head outside and bask in the warm spring sun.

Spring cleaning tasks can be stretched out across several days to make the jobs more manageable. While certain spring cleaning tasks can be time-consuming, many projects can be started and completed in 30 minutes or less.

1. Look up

Start by looking up at ceilings, molding and ceiling fans. Chances are strong that some cobwebs and dust have formed in these areas. Always begin cleaning by working from the top downward so you don't have to clean any tables countertops or floors twice. Static-charged dusting cloths work well to catch and contain dust. Use a pillowcase on ceiling fan blades to clear the dust and keep it from cascading to the floor.

2. Blinds and curtains

Heavy window treatments can be removed and replaced with more gauzy fabrics. This lets in more light and warmth from the sun. Many curtains can be freshened up right in the laundry, but blinds may require a bit more effort. If the blinds can be snapped out of the brackets, place them in a tub full of vinegar, dish soap and water. Allow them to soak and then rinse with the shower nozzle. Stationary blinds can be cleaned with using an old sock over your hand dipped in a vinegar-and-water solution.

3. Change linens

Remove and launder bed linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture so you can reach areas where dust gathers, such as under the bed or dresser.

4. Grout cleaner

Grade school science lessons can be put to use as you look to remove stubborn dirt. Combining baking soda and vinegar produces a reaction that causes the formation of gassy bubbles. These bubbles can help to break up dirt that clings to crevices, such as grout between tiles. Some light scrubbing and then subsequent rinsing can rid surfaces of hard-to-remove dirt.



5. Vacuum vent intakes

Many houses are heated by forced-air systems. The air intake vents can become clogged with dust and other debris. Vacuum these vents so that air flow is not impeded. Let the heat run for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

6. Clean out the refrigerator

Now is a great time to remove any of those

mystery containers growing fuzzy experiments in the back of the refrigerator. Take the food out of the refrigerator and use a food-safe cleaner to scour the shelves and inside of crisper drawers.

Spring cleaning is a necessary task, but it doesn't have to be a headache. Break up the work into manageable chunks of time, and projects won't feel like such a hassle.

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Create a budget-friendly home landscape

Homeowners understandably envy the award-worthy photo spreads in lawn and garden magazines, wanting to emulate those same looks on their own properties. Scores of designers and landscape architects are involved in the

process of creating those amazing lush lawns and perfectly placed plantings. Although not every homeowner has the budget to create lavish landscape designs, it's still possible for homeowners to create lawns they can be proud of.

- Establish your budget. The first step in any project is to determine how much money you can devote to the job. Once you have established the budget, all other factors can be built around it.

- Find an inspiration piece. Great landscapes are inspired by many things, whether it's a memorable piece of art or a landscape layout in a lawn and gardening magazine. Use photos of other gardens or neighbors' yards as inspiration and build off of them. As long as the theme is cohesive, it will look pleasing to the eye.

- Consider the space and how you want to use it. Understanding the space will help you better allocate your budget. If your yard is more of a retreat, look for ways to create privacy and a vacation feel. If you have kids and entertaining friends is a main priority, focus on recreational aspects, such as a pool, playset and some durable plants. Understanding how to allocate your budget will help you to avoid spending money frivolously.

- Think about reclaimed or repurposed materials. Brand new items can quickly eat up a budget. However, repurposing salvaged or inexpensive items can stretch that budget while adding some unique flair to a landscape. See if you can find an outdoor patio set that someone is giving away or selling for a lower price. All it takes is a coat of paint and



some new cushions to make it look like new. Discarded bricks or stones can be worked into a patio space or used to create raised garden beds. Purchase inexpensive flower pots and then paint them to make them look like stone or another desired material.

- Buy native plants. Native plants, shrubs, trees, and flowers will fare better than non-native, exotic plants. That means you'll have to spend less time and money nurturing them into health, and less money having to replace plants that cannot withstand your climate

- Consider perennial plants. Perennials may cost more at the outset, but the savings will be realized in the years to come.

- Hire a professional. It may seem counterintuitive to spend money on a landscaping professional when you've established a strict budget, but that's one way to save money. Landscape artists or garden designers have the experience to guide you in the right direction and help you avoid potentially costly mistakes.

- Use gravel in spots where plants don't thrive. Gravel is an inexpensive landscaping material that can fill in voids where plants or ground cover simply do not flourish. Those working on limited budgets may be happy to learn gravel is typically less expensive than concrete or pavers.

- Ask friends or family for clippings. Don't be shy about admiring the plantings of those you know. Flatter their good taste and ask if you can have some clippings to propagate yourself. These clippings can turn into lush plants in no time - with no additional spending required.

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Did you know?

The majority of grass species have chlorophyll to thank for their appealing green color. Chlorophyll is a bright pigment that absorbs both blue and red light especially well. But chlorophyll largely reflects green light, which is why the yards and fields we spend so much time in are green. And chlorophyll does more than influence the color of grass. Chlorophyll also plays an important role in the process of photosynthesis, during which green plants use sunlight to synthesize foods from carbon dioxide and water. According to LiveScience.com, chlorophyll molecules absorb light and then transfer that energy to special molecules that, when stimulated, fire off electrons that produce chemical changes in the plant. That chemical energy is ultimately turned into sugar, highlighting the essential role that chlorophyll plays in lawns' survival.



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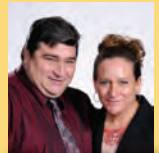
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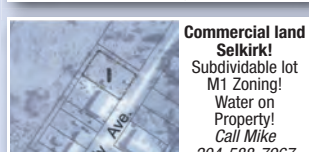
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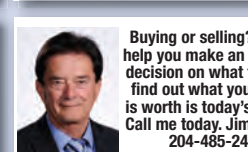
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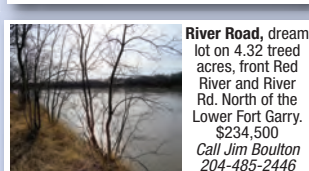
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Why Honeybees Need Protection

Many bees need protection from pesticides and other threats.

Honeybees flitting from flower to flower are one of the first signs that warm weather has arrived. Honeybees are a welcome presence in the garden, pollinating plants and contributing to local honey supplies.

Despite their importance in the ecosystem, honeybees are in grave danger. In 2014, U.S. President Barack Obama created a task force comprised of various agencies to address the growing issue of rapidly diminishing honeybees and other pollinating insects. This initiative was a response to reports from American beekeepers

indicating hive deaths have been on the rise, gravely affecting the honeybee population. Honeybees pollinate many fruit trees, nut plants and vegetables, playing a crucial role for many nations' food industries.

In addition to government involvement and honeybee conservation methods designed by environmental agencies, there are many things that regular citizens and homeowners can do to protect honeybees this summer. The Environmental Protection Agency and the Pesticide Action Network offer these tips.

· Use caution when applying any pesticides to home gardens. Be especially cautious when applying pesticides when bees are likely to be flying. If you must apply pesticides, do so only after dusk.

· Stagger your planting throughout the growing season. Rather than planting everything at once, stagger planting for flowers and other plants that have blooms. This gives bees plenty of pollen sources throughout early summer and into fall.

· Provide clean sources of water. A small garden feature or a rainwater collection is enough to provide bees with a drink when needed.

· Honeybees and other bees require some sort of shelter. Dead trees and plants provide adequate shelter, so don't be so tempted to pull out all of the undergrowth in the name of aesthetics.



· Plant a garden that will attract bees. Resources for planting a bee-friendly garden can be found by visiting http://www.panna.org/sites/default/files/Bee-FriendlyGardening_PAN.pdf.

· If you come across a hive, leave it alone. It's best not to disturb a hive and honeybee colony. If bees are located where they can become a nuisance, contact a local bee expert to see if the hive can be moved.

· Think about becoming a beekeeper yourself. There are many different resources available to help you get started.

Bees are being threatened at an alarming rate. Educating yourself about what to do to protect honeybees can help to restore the valuable honeybee population.

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Hummus Toast

- 1/2 cup avocado, sliced
- 1 sliced radish
- 1/4 cup tender arugula
- 1 tablespoon chopped pistachios
- salt, to taste
- pepper, to taste
- Spread hummus on toast.
- Top with avocado, radish, arugula and pistachios.
- Sprinkle with salt and pepper, to taste.

- 2 tablespoons Sabra Hummus (any flavor)
- 1 slice whole-wheat or hearty bread, toasted



Ham and Blueberry Toast

- 8-ounce Boneless Ham Steak, cooked and cut into cubes
- 1/4 cup pistachios
- 1/2 cup microgreens
- In food processor, blend cream cheese and 1/2 cup blueberries until smooth.
- Toast bread until brown. Spread with blueberry cream cheese mixture. Top with ham steak cubes, remaining blueberries, pistachios and microgreens.

- Servings: 4
- 3/4 cup cream cheese
 - 1 cup blueberries, divided
 - 4 slices sourdough bread
 - 1 cup Smithfield Anytime Favorites Hickory Smoked



Grilled Cinnamon French Toast with Granola Crunch

- 1/4 cup granola, for garnish
- To make sauce: In saucepan, stir together orange juice, brown sugar, butter, vanilla, strawberries and banana. Simmer over medium heat 5-6 minutes, or until flavors have combined, stirring occasionally.
- To make French toast: In shallow bowl, whisk together milk, egg and cinnamon. Dip slices of bread into milk mixture and cook 2 minutes on each side over medium heat on flat griddle or grill, or until golden brown.
- Serve French toast with strawberry-banana sauce and top with granola.

- Recipe courtesy of Oroweat on behalf of the Grain Foods Foundation
- Prep time: 20 minutes
- Servings: 2
- 1/2 cup orange juice
 - 1/4 cup light brown sugar
 - 2 tablespoons butter
 - 1 teaspoon vanilla
 - 1 cup strawberries, sliced
 - 1 banana, thinly sliced
 - 3/4 cup milk
 - 1 egg
 - 1 teaspoon cinnamon
 - 4 slices whole-grain nut bread



Take the Time to Shower Someone with Love

this energy on those who mean the most to us? Ironically, all of that good stuff is often much more freely given to friends and co-workers, than to family members. It is easy to get so caught up in the demands and stresses of life that we forget to 'water' the 'flowers' in our own garden. This is not one more demand; one more thing to add to our 'to-do' lists. It is the core of what life is all about. It is the only thing that, in the end, is meaningful. Now that you have finished reading this, go and shower someone with love.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on FaceBook for daily inspiration.

When is the last time you expressed your love to those closest to you? Parents sometimes assume their children know they are loved. Children often assume parents know it. Even if everyone knows it, it is still nice to hear. More importantly, it sustains and nurtures us.

Love is energy: it is to the soul what water and sunlight are to flowers. When we express it, in words or in hugs, we bring that energy from deep within our hearts and shine it on the heart and soul of another. This energy is healing on many levels. Scientists now have experimental proof that stress, anger, guilt and fear have a detrimental effect on the immune system. Feelings of love, security, happiness and hope have a positive effect on our health and wellbeing.

If we have the power to positively affect the physical and emotional wellbeing of others, why would we not shower

Bacon, Peanut Butter and Banana Toast



- Servings: 4
- 4 slices whole-wheat toast
 - 3/4 cup peanut butter
 - 2 medium bananas
 - 1/3 cup shelled pistachios
 - 4 slices Smithfield Cherrywood
- Bacon, cooked and cut into pieces

Toast bread until brown. Spread with peanut butter.

Cut bananas into thin slices and place on top of peanut butter. Sprinkle with pistachios and bacon pieces.



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Selkirk Golf & Country Club

What a great dining experience for our lunch at Selkirk Golf and Country Club. In their menu, there is a features section which offers an awesome variety, so after a bit of deliberation I chose the Shrimp Basket, 8 breaded shrimp with homemade French fries and coleslaw. Loved the tasty breading (not too heavy) and shrimp were delish and tender, and of course homemade fries, always a hit. The dessert options are aplenty with homemade butter tarts and pies. Yummy and fresh! I enjoyed a homemade Brownie with whip cream and had enough to share with my co-worker. I loved



it! The portions were a good size and the dessert had that good old homemade satisfaction

factor. I look forward to dining again in this most relaxing atmosphere amongst the gorgeous greenery at the Selkirk Golf and Country Club. Give it a try and enjoy.



Georgia Campbell



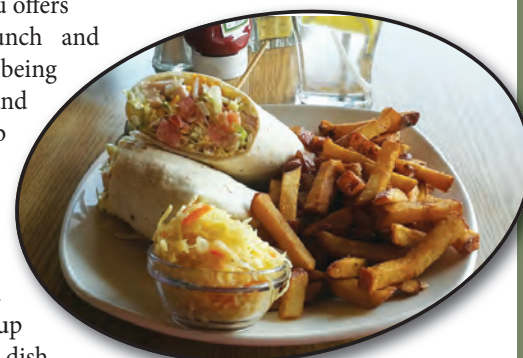
Michelle Balharry

The Selkirk Golf & Country Club is a hidden gem nestled on the riverbank east of Eveline, just off Sutherland Ave. The dining room is open year round to the public, weekends during the off season and daily from April through October. The menu offers

an abundance of choice for breakfast, lunch and dinner with one of the most popular selections being the Par 3. This tasty selection offers a soup, salad and half a sandwich for lighter fare. I chose the Club Wrap from the feature menu as my lunch entrée.

The wrap consisted of chicken breast, bacon, tomatoes, lettuce, cheese and dressing wrapped in a soft tortilla. The thick cuts of bacon and generous portions of chicken made the wrap a hit. Well, really it was the bacon! Instead of soup or salad I went for the homemade fries as my side dish.

The fries were a nice thick, medium cut and cooked perfectly. I also was able to sample the Perogy Soup, the pergoies nice and soft with bits of kubassa and onion. Apart from the food, the next most spectacular thing about a meal at the Golf & Country Club is the view. The restaurant overlooks the tee off for Hole 1 and the finishing green for 18. The course is lush, tree lined and serene. I highly recommend this gem for bringing your out of town guests or special relatives for a great home style meal that is delicious and affordable. Thank you to Diane for your wonderful patronage and Belinda for your great service.



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THIS MONTH'S FEATURED RESTAURANT



Those in the mood for a hearty soup, salad or sandwich and service with a smile should head to J&L Eatery.

Upon walking into the relatively new eatery located at 176 Main St. I knew we were in for a treat. Leslie Whitney, the restaurant's sole owner, welcomed us into her spot with a warm smile and menus in hand.

Michelle and I decided to start our lunch off with the Sicilian Salad, which was packed full of ham, Genoa salami, pepperoni,

mixed provolone cheese, juicy sliced tomato, crisp cucumber and tossed in a zesty Italian dressing. The mixture of the cool crisp vegetables topped with an assortment of meats and cheese didn't disappoint. Their salads also come in three sizes so you can either share or enjoy on your own, which

you just might want to do. We also wanted to try their Classic Caesar Salad. The in house made croutons and creamy Caesar dressing really helped J&L put their own spin on this popular salad choice and helped it stand out.

J & L Eatery

Next up was the Classic Gyro, which is a classic pita stuffed full of fresh romaine lettuce, juicy tomato, crispy red onion, beef and lamb loaf topped with a fresh house made



tzatziki sauce. Leslie also suggested we get a little hot sauce on it, which really helped all of the flavours come through. The pita was extremely soft and all of the veggies were crisp while the beef and lamb were full of flavour.

And last but definitely not least, we decided to give the J&L Reuben a try. The mixture of Montreal smoked meat served with tangy sauerkraut and 1,000 island dressing made each bite a delight. The warm sandwich is also made on Russian rye baked fresh daily from Selkirk's Marketplace and served with melted Swiss cheese. Overall, we predict J&L Eatery will soon become a go-to favorite in Selkirk due to its friendly staff and delicious menu options, most of which can be made gluten free. Keep up the great work, Leslie and staff!



Lindsey Enns



Michelle Balharry

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Fishing season opens across Manitoba

Submitted

Recreational angling opened on May 12 in southern Manitoba and on May 19 in remaining areas, but regardless of where people fish, the province is calling on anglers to respect the rules around moving watercraft, water-related equipment and firewood.

"Manitobans are hooked on fishing, and so are the tourists who are lured to visit our beautiful lakes and rivers, generating more than \$200 million in direct and indirect impacts to our economy," Sustainable Development Minister Rochelle Squires stated in a release last week. "That's a lot of lines in the water, and we want to remind and encourage all anglers to be sure they clean, drain and dry their boats to protect our rivers and lakes from aquatic invasive species."

All anglers need an angling licence to fish in Manitoba, except the following people:

- youth under the age of 16 who have permanently resided in Manitoba for at least six months;
- any Canadian resident or non-resident youth under the age of 16 and the person must fish with a licence holder or someone exempt from holding a licence, and their catch must be applied to the limit of that person; or
- Indigenous harvesters.

Angling licences are available at Manitoba Sustainable Development offices and numerous licence vendors throughout the province. Anglers should be familiar with Manitoba's fishing regulations. When purchasing a licence, anglers should obtain the Manitoba 2018 Anglers' Guide to review provincial regulations. The Manitoba 2018 Anglers' Guide can also be found online at manitobafisheries.com.

Watercraft users are reminded to do their part in preventing the spread of zebra mussels and other invasive species. Watercraft inspection stations will be set up this weekend in Selkirk (Selkirk Park boat launch), Headingley (weigh station) and Eriksdale (PTH 6 at PTH 68E).

The minister noted another important change for campers and tourists to be aware of this year is the confirmed presence of the emerald ash borer in Manitoba and the designation of Winnipeg as a federally regulated area. This means firewood cannot be moved out of Winnipeg and anyone caught transporting firewood could be fined up to \$1,300 for individuals or \$15,000 for businesses.

Peguis brothers' flood-mitigation invention earns \$597K from feds

By Patricia Barrett

Two Peguis First Nation brothers have obtained \$597,000 in federal government funding for a pioneering plumbing system they designed to prevent homes from being damaged by flood waters.

William and Wescott Sutherland invented a diverter system that saved 30 homes in the spring of 2017 after the Fisher River spilled its banks and forced 230 people from their homes. The ingenious system prevents water and raw sewage from inundating basements and crawlspaces.

The success of the 'emergency pilot project' caught the eye of the federal government, which provided funding last year for 100 diverter systems. Peguis itself provided funding from its Trust for another 100. The diverters were installed in the most vulnerable flood-prone homes and in homes occupied by the elderly and the physically challenged.

After seeing the system in action, William Sutherland applied for further funding under the federal Adapt Program, which helps First Nations below the 60th parallel assess and respond to climate change impacts. Indigenous Services Canada approved the grant to cover 855 more homes.

"It's a proactive approach to an ongoing, chronic flood problem," said Sutherland, who has overseen Peguis' Emergency Operations Centre since 2010 and does double duty as Director of Housing. "Our goal through this program is to get every house on Peguis installed with a diverter system, and it includes all new builds as well."

The grant will cover the cost of submersible pumps, reverse-flow valves, ABS pipes and ten local plumbers and a supervisor, who are scheduled to have the systems installed within four months.

"Minimum investment, maximum protection," said Sutherland, whose own home has been marooned by flood waters in the past.

It's not a question of whether Manitoba's largest First Nation (about 6,500 people on reserve; 4,500 off) will experience flooding every year, but when. In 1908 the province re-located band members from Selkirk to their present site, which lies in a vast swampy basin. North of Fisher Branch, land elevation drops by 121 feet and only begins to rise near Fisher River Cree Nation.

Since the 1970s, Peguis has experienced regular flood events delivered via two branches of the Fisher River that flows through the reserve, and during heavy rain events. Floods cause millions in damages to homes, businesses and roads, as well as to the local business economy through the evacuation of residents, who are forced to live in hotels in neighbouring communities or the city. Severe flooding can cut off access to PR 224, the only major route in and out of the community.

"Peguis is prone to spring flooding, and now with climate change we're being hit with intermediate events in July and October, for example, where we have heavy rainfall," said Sutherland. "All of that has led to unnecessary and completely preventable damages to residential property."

Peguis experienced minor flooding this spring, said Sutherland, who took the Express to the Pine Cone crossing, which had to be removed because an ice jam on the river could have inundated residential property south of the ford.

"If we hadn't taken it out, it would have compromised six or seven properties along the Fisher River in this area," he said. After the threat subsided,



William Sutherland showed the Record diverter valves that comprise part of the pioneering house-saving plumbing system.

work crews quickly rebuilt the crossing, which provides access to homes on the west side of the river. "We've been through this so many times, we've learned from our mistakes and perfected the entire [operation]."

Although the diverter system won't stop flood waters from surrounding homes, it will keep basements dry and prevent mould growth. Home are currently equipped with older model sump pumps, which have a float – much like a toilet tank float – that moves up and down with changing water levels and triggers the pump to start operating. But the pumps create a lot of torque, which can jam floats against a wall and crack pipes.

The Sutherlands' simple, but ingenious design consists of a pressurized sump pump equipped with a built-in water sensor (rather than a float) that's then connected to a diverter (a pipe with two branching pipes). Each pipe has an on/off valve that homeowners can turn to send water either into a septic tank or outside the house.

The diverter part of the system was designed by Wescott Sutherland, who wasn't available last Thursday when the Express visited the community.

By mid-morning, two of Peguis' apprentice plumbers – Isiah Sutherland and Jordan Flett – had already installed the system in one home and were gathering parts at the Emergency Operations Centre for a second install. The parts are purchased through a number of manufacturers.

"We're getting good experience by installing these diverters," said Flett.

In addition to creating on-reserve employment, the diverter project has the potential to create external employment opportunities. Peguis plumbers can provide diverter know-how to other flood-prone First Nations or non-Indigenous communities in the region or across Canada and beyond.

"At the end of this project, they'll have the expertise to go out and install them anywhere. Every house is set up differently and they have to problem-solve. That's what they're learning and they're getting better and better at it," said Sutherland. "My vision for Peguis is to utilize the plumbers currently installing these units by having them 'Train the Trainers' in other communities."

The diverter system won't diminish the



RECORD PHOTOS BY PATRICIA BARRETT
Peguis' Emergency coordinator William Sutherland (centre) with plumbers Jordan Flett (left) and Isiah Sutherland.



Minor flooding from ice jams this spring entailed the removal and replacement of this crossing over the Fisher River near the Pine Cone Dairy Bar.

need for annual flood-mitigation efforts, which are funded through the federal government. It provided \$276,000 this spring to help with culvert steaming, brushing and other mitigation measures.

"There's always going to be that threat," said Sutherland. "Peguis currently has the equipment to flood protect the exterior of homes using rapid response flood tubes, but that doesn't amount to anything if the sump pump in the crawlspace or basement is either burnt out or stuck."

The Sutherland brothers are currently in the process of having their system patented – not the parts, but the blueprint on how to put them together.

"For myself, it's the protecting of homes that's important, not necessarily getting this thing patented," said Sutherland. "Let's just get our residential property protected."

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Canada on target at international darts championship

By Brian Bowman

Team Canada placed third out of four teams at a Women's International Darts Championship in Las Vegas recently.

Canada's contingent had a strong local flavor as Bobbi Haines, Cheryl Dalrymple, Ramey Goetz, and Heather Bell were on the ladies' team while Jarrod Lewis was on the men's squad.

"It was a lot of fun," said the 23 year old Goetz. "It was a good experience to play against people from other countries, especially like Germany and the States because it's really serious there."

"They're really good."

Germany won the tournament title while the U.S. finished second. Spain was fourth.

"(Finishing third) was good because we beat Spain in a best-of-five series 3-2," explained Goetz, who was the flag carrier for Team Canada. "That was the first time that the Canadian women's team has beaten another country in a few years."

There is a lot of pressure competing on an international stage.

"It was really nerve-wracking," Goetz admitted. "I was just trying to do my best. There was a stage behind you and everyone is watching – it's really nerve-wracking."

Goetz said the mental game plays a huge role in darts.



Ramey Goetz was the flag carrier for Canada.



RECORD PHOTOS BY LISA GOETZ

Selkirk players, left to right, Bobbi Haines, Cheryl Dalrymple, Ramey Goetz and Heather Bell.

"Because we aim at bullseyes, if you're not shooting good, you can't get angry because then you'll just shoot worse," she said. "You need to stay calm and keep trying. You can't get frustrated."

Goetz loves the camaraderie amongst players in the league that she plays in. She also really enjoys the

competitive aspect of the sport.

"I like the people that I play with and (the sport) is fun," she said. "I'm really competitive, so when I was told I was on Team Canada, I was at the bar three times a week practicing."

To qualify for Team Canada, individuals must play in a league. There were 12 players (four main ones, four subs,

and four alternates) on each team.

Goetz said everyone in the league that she plays in was very supportive when they heard she was going to represent Canada in Las Vegas.

"If they were in Vegas, they were there cheering us on," she noted. "When they found out that we made it, they were really supportive."

Selkirk Royals stellar in boys' soccer win

By Brian Bowman

The Selkirk Royals kicked off their KPAC boys' soccer season with an impressive victory.

Selkirk played a very strong game in a dominating 4-1 win over the Kildonan East Reivers in quarter-final action last Thursday.

"It was a nice win and (the score) probably could have been even bigger than that," said Royals' head coach Kevin Lopuck. "We missed a couple of golden opportunities early in the game to go ahead."

Selkirk's Noah Friesen scored the first goal of the game midway in the first half and then Kildonan East tied the score at 1-1. The Royals then put the game away with three unan-

swered goals.

"It was one of those games where you knew (a win) was coming," Lopuck said. "It just took us a little longer and we didn't let them score again."

Jorge de Andres Ramirez, Tyrell Cook and Matthew Brooks scored the Royals' other goals.

Three of Selkirk's four goals were scored by players in Grade 10. Lopuck was impressed with the scoring opportunities that the Royals generated.

"Coming out of that tournament, we were concerned with our finish in the final third of the field," he said. "So, it was good to have four goals to let the kids know that they can finish."

Defensively, Lopuck was very impressed with the play of Austin Zirk.

Zirk is a Grade 10 student-athlete who did a great job playing alongside veteran Tanner Berube.

"(Austin) really stepped up," Lopuck said. "He was solid back there and he listened to Tanner, who is in Grade 12 and very experienced. We were very impressed by him."

Lopuck was also pleased with the play of keeper Ray Hefferman, who did a great job being vocal on the field.

"He's another Grade 10 kid with clearly a lot of experience," Lopuck said. "He has a very good soccer mind."

With the win, Selkirk advanced to the league semifinal against a very good Garden City Fighting Gophers' team this past Tuesday. No score,

though, was available at press time.

Garden City blasted Transcona 6-0 in their quarter-final game last week and is a favourite to win the league title.

The Royals will have a tough task in defeating the Fighting Gophers. Selkirk will have to play a "gritty game" against Garden City, said Lopuck, if they want to pull off the upset.

"They're very good and they have always been good," Lopuck said. "They always field a very good team. They have a lot of skill and a lot of guys that play premier (soccer)."

"We're anticipating a very difficult match."

Blue Jays open junior baseball season

By Brian Bowman

The Interlake Blue Jays had a real rough start to their Manitoba Junior Baseball League season.

Interlake opened action May 9 with a 17-0 home loss to the Carillon Sultans.

Carillon scored seven runs in both the first and second innings and then added three more in the fourth. The Sultans outthit the Blue Jays 12-2.

Emerson Klimpke had both Interlake hits.

Interlake had a much better result in its next game as the Blue Jays outscored the Elmwood Giants 13-7 last Friday.

The Blue Jays trailed 3-0 after the first inning and 4-1 after two but battled back to score four runs in the third.

Interlake then added two in the fourth, and three in each of the fifth and sixth innings.

The Blue Jays outthit the Giants 14-4. Elmwood committed four errors.

Interlake's Derek Petrasko had four

of those hits, scored two runs, and added an RBI. Baily Proctor belted three hits, scored three times, and had two RBI.

Brennan Cheasley also had a strong offensive game with three hits, a run scored, and two RBI.

Jeremy Wasilewski earned the win on the mound for the Blue Jays. He gave up three hits and four earned runs while striking out three in four innings.

Jayden Allary pitched the final three innings of the game.

Interlake was then edged 4-3 by the St. Boniface Legionaires last Sunday in Winnipeg.

No box score was posted on the league website at press time.

Interlake (1-2) will take on the Marlins (2-1) in Brandon on Thursday (7 p.m.) and then will host the Pembina Valley Orioles (3-1) on Friday (7:30 p.m.).

After that, the Blue Jays will hit the road for six consecutive games.



RECORD PHOTO BY ANNALIESE MEIER

Interlake Blue Jays' right-hander Ben Anderson delivers a pitch during Manitoba Junior Baseball League action last week in Stonewall.

Royals struggling early in KPAC baseball

By Brian Bowman

The Selkirk Royals have had a very tough start to their KPAC baseball season.

Selkirk saw its league record drop to 0-4 after a pair of losses May 9.

The Royals were defeated 7-1 by the Garden City Fighting Gophers and were also beaten 14-7 by the Springfield Sabres.

"Against Garden City, we had one of our aces on the mound (Liam Allen) and it was probably the best game that we played," said Royals' head coach Trevor Churchill. "We were down 2-1 going into the fourth inning and then they got some good key hits."

Selkirk had a rally of its own snuffed

out in the fifth inning due to a pair of poor base-running decisions.

Selkirk started its KPAC season May 7 with losses to the River East Kodiaks (12-2) and Kildonan East Reivers (12-6).

"We walked 11 batters in our first game against Kildonan East," Churchill said. "If you walk 11 batters then you're going to walk some runs in."

"In our second game against River East, it was a similar situation. We just couldn't throw any strikes."

The Royals have now been outscored 45-16 in four games. Those 45 runs allowed are way, way too many.

"The two things that we're struggling

with are pitching and fielding errors," Churchill said. "We're making errors at the wrong time."

Selkirk was looking to get into the win column this past Tuesday when it was scheduled to play the Murdoch MacKay Clansmen (0-4).

It was Selkirk's final game of the season. The Royals were surprised to start the season with four straight losses and missing the playoffs.

"I thought our hitting would be a little bit better than it was," Churchill said. "I knew pitching would be a concern for us but I didn't think it would be that big of a concern."

"It turned out to be a bigger Achilles Heel than I thought it would be."

That being said, there were some positives this season, said Churchill.

"We've had some hits and usually our top four, Travis Spratt, Reece Tessier, our Grade 12s have hit the ball," he noted. "Karl Olson, for me, has been a little bit of a surprise. He's a Grade 10 kid and I think he's hit the ball every time up."

"I like our Grade 10s that have come in. We have some good kids, but we're looking into going into next season losing nine to 10 kids in Grade 12."

"I don't know what we'll have coming in but we'll have a super young team next year."

Selkirk suffers KPAC soccer loss to West Kildonan

By Brian Bowman

The Selkirk Royals' female soccer team's KPAC season began with a loss last week.

Selkirk was defeated 3-1 by the West Kildonan Wolverines in East St. Paul. That loss now places the Royals on the consolation side of the eight-team league tournament.

Despite the two-goal loss, Selkirk played a strong game.

"The girls played really well," said Royals' head coach Kathleen Elgar.

"They fought hard and they were aggressive. We only have 13 girls on the team so there were some tired individuals."

"But I thought they played really well and fought really hard."

Emma Burzynski scored the Royals' lone goal in the first half while Selkirk was battling a stiff wind.

Selkirk was in OK shape going into the second half but couldn't take advantage of having that strong wind at their backs.

"We just couldn't hit the net when we had the wind," Elgar lamented. "We struggled getting shots on net in the second half."

While Selkirk struggled offensively, they played really well on the defensive end, said Elgar, despite giving up three goals.

"They pushed up together and worked well together," Elgar noted. "They did very well. Jessica Vermeulen definitely was a pretty strong leader on the back and was a positive

role model on the field."

With the loss, Selkirk will now play the Transcona Titans on Wednesday at 4:30 in East St. Paul.

Transcona was shutout 3-0 by Garden in its first-round game last week.

The Royals are eagerly looking forward to evening their record at .500.

"We're fighting for fifth place, so that's our aim from here on out," Elgar said. "We have two more games and we're hoping for a win to start off with."



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Eagles fly past Thunder in junior girls' football

By Brian Bowman

The Interlake Thunder junior girls' football team played a lot of exciting games last season on their way to a second consecutive league championship.

And they played another exciting game last Thursday to begin their 2018 season.

The East Side Eagles won the game 44-33 after trailing early in the contest.

"They played good but not good enough," said Thunder head coach John Montgomery. "There were a lot of points scored but that's not unusual for junior girls' football."

"It was an exciting game to watch."

Interlake scored on its first three possessions of the game and also ran back the opening kickoff. The home side did a good job running the ball and setting up their blocks.

But the Thunder struggled to score, though, after that strong start.

"From there, I guess we decided that's all we had to do," Montgomery said. "And, unfortunately, football is a 60-minute game. You can't just sit

back and relax.

"The Eastside Eagles are a good football team and they came back."

The Thunder's roster features 19 players scattered from all across the Interlake. That number is up from 15 a year ago.

The league bumped up the age level a year for the junior division. That means the Thunder has the exact same team from last season with the addition of the four new players.

The Thunder is hoping that this group can win a third consecutive league title. The team is a hard-working one that is always absorbing what the coaches are telling them.

"We're always looking to win a championship," Montgomery said. "But our goal is to just play good football and make sure that the girls have fun. If we end up winning, well we end up winning, but winning's not the point."

Interlake will have another crack at Eastside this Thursday (6 p.m.) in Winnipeg.



RECORD PHOTO BY LANA MEIER

The Interlake Thunder's Skylar Funk makes a great tackle to bring down an Eastside Eagles player during junior girls' football action last Thursday in Stonewall.

Midget Thunder set to tackle nine-man football

By Brian Bowman

The Interlake Thunder have sacked the Midget Football League of Manitoba.

Interlake has made the decision to leave the MFLM and participate in the nine-man Rural Manitoba Football League this season.

"We were worried that the (MFLM) wasn't the best fit for a while," said Thunder head coach Mitch Obach last week. "They were low on numbers... and we put in our application because we thought nine man was more stable."

"Last year we had good numbers in Midget but that's not always the case. Instead of needing 36 or more (players) now we need 24 to 28 players to be competitive and that's a big difference."

Obach noted that the age groups for

amateur football in Manitoba were changed this year. The Bantam league will now consist of players in Grades 9 and 10 while the Midget program would feature kids in Grades 11 and 12.

"That would cut into our recruiting pool," Obach explained. "We would have two years to pull from instead of three."

The switch in leagues is critical to the long-term sustainability to the Thunder Midget program, said Obach.

The addition of the Thunder now brings the RMFL to nine teams that will play an eight-game round-robin that starts in early September.

Interlake will join the Neepawa Tigers, Swan Valley Tigers, East Parkland Warriors, Dauphin Clippers, Virden Golden Bears, Moosomin Generals,

Park West Outlaws, and Southwest Sabres.

The Thunder will definitely have more travel costs this season.

"They cover a lot of area," Obach admitted. "It's a big area to cover... and there will be a bit more travel (compared to previous years) but we planned ahead to get to this moment."

"We're OK to absorb that extra cost."

The nine-man game is an exciting brand of football to watch and play. It gives smaller-sized players more of an opportunity to play football.

"Generally speaking, it's more of a wide open game," Obach noted. "It's a bit more of a high-scoring game and the biggest difference that I see from the two is that it's more of a speed game and less than a size game."

The Thunder has already begun reg-

istering players but wants to reach out to some potential new players.

For 2018, the Thunder are offering a discount program for new players (25 per cent off fees) and for referrals of new players by returning players (25 per cent off fees for each new registrant enlisted up to four players).

That referral offer is for Midget and all four minor age groups.

"We're always looking for new players and that goes for all of the age groups," Obach said. "If someone is athletic and interested in playing football, I've seen guys show up as 16 and 17 year olds (for the first time) and be able to do it."

"We're always looking for new talent that is out there."

Royals' lacrosse notches first win of the season

By Brian Bowman

After five consecutive losses, the Selkirk Royals' lacrosse team finally had a chance to celebrate a victory.

Selkirk notched its first win of the season after a solid 7-5 victory over the Westwood Warriors last Thursday.

"It was nice to play a team that is at our level," Royals' head coach Chris Poponick said. "The other teams that we had played against so far were a little more talented than we are."

"It was good for the guys, especially the new ones getting into the program, to have a game against a team that we can compete with."

Selkirk led 6-5 with about four minutes remaining in the game when it added an insurance marker.

Draven Clemons led Selkirk with three goals while Brady Hrymak added a pair. Josh Poponick and Riley Purse also tallied in the win.

Clemons has been a good player for the Royals this season.

"He's had his challenges, that's for darn sure, but once he gets that ball he can steamroll and get through."

He has one of the hardest shots I have ever seen.

"Guys are looking for him and giving him those opportunities to shoot."

On May 8, Selkirk was defeated 10-4 by a very good West Kildonan team.

"They move the ball better than most teams and they have probably four or five players that know how to play the game quite well," Chris Poponick said. "They have some top-calibre kids...and some talent there where we really can't match up."

Josh Poponick scored twice while Hrymak and Clemons added singles.

Selkirk (1-5) will host Glenlawn this Thursday at 4:15 p.m. at the Rec Complex.

In other lacrosse news, the Manitoba Blizzard came home with a pair of nice wins last weekend in Alberta.

Manitoba, whose roster includes local players Josh Poponick, Cole Wasnie, and Kaden Kotowich, defeated Lethbridge 12-3 and Okotoks 7-6.

Roughing it up



RECORD PHOTOS BY BRETT MITCHELL

The Royals' Melissa Vieira gets tackled during girls' rugby action last Thursday. Selkirk won the game 39-12.

Selkirk Royals drops pair of boys' rugby games

By Birna Bowman

The Selkirk Royals have played a pair of boys' rugby games this season.

The first game was close. The second one wasn't.

"We're pretty inexperienced this year," said Royals' head coach Gord Dehn. "We only had two veteran players on the field in our first game and we had a late start because the winter was so long."

Selkirk led Tec Voc in their first game of the season until late in the second half. That's when the Hornets stung the Royals with a 25-20 comeback vic-

tory.

"They had a couple of lucky tries and ended up winning the game," Dehn noted. "I was very pleased (with our first half). I was surprised with how well things were going for guys playing their first game."

"We battled hard and the guys played hard but it was just a lack of experience on our part in sealing up the win."

Selkirk then played a formable St. Paul's White team just two days later in Winnipeg. The Royals lost that game 50-0.

"We went there with a full squad but I told the guys that we're pretty inexperienced and young and St. Paul's usually has an experienced and fit team and they didn't let us down in that mark."

"They were good and they hammered us pretty good."

Despite the two losses, Selkirk has seen some positives on an individual level. Willie Miller, a scrum half, Darien Taylor, and Ricky Lafreniere each have played well for the Royals.

"They come out and play really well," Dehn said of the trio. "They play hard

and make their tackles. They run the ball well, they're supporting the ball, and being leaders on the field."

Selkirk hosted St. Paul's Maroon this past Tuesday but no score was available at press time. The Royals will then wrap up their regular season Thursday at the Sisler Spartans.

The top four teams in the league make the playoffs, meaning Selkirk would have to beat Sisler to advance to the post-season.

The high school boys' rugby semifinals will take place next Tuesday.

Manitoba wins bronze at national aboriginal male hockey championship

By Brian Bowman

Team Manitoba came home with bronze medals from the 2018 National Aboriginal Male Hockey Championships in Nova Scotia.

Manitoba defeated Ontario South 4-1 on Saturday in the bronze-medal game.

Bryden Sinclair and Kurtis Luke

scored power-play goals for Manitoba while Preston Seymour and Nakodan Greyeyes tallied at even strength.

Manitoba was relegated to the bronze-medal game after a tough 4-3 loss to B.C.

B.C. grabbed a 2-0 first-period lead and then went ahead four goals by the 4:39 mark of the second.

Manitoba showed some life late in the second period as Preston Seymour and Hunter Halcrow scored shorthanded goals.

Jaden Pashe then made it a one-goal game midway in the third.

Manitoba finished pool play with two wins and a pair of ties for six points. That tied them for top spot

with Ontario South (3-1).

After a 9-4 win over Ontario South on May 7 to start the tournament, Manitoba played to a 4-4 draw with Ontario North the following day.

Manitoba led 4-2 midway in the third period but surrendered a pair of

Continued on page 29

East Selkirk hosts archery shoot

By Brian Bowman

The Selkirk Archers and Bowhunters Club hosted a Double 720 archery shoot last Saturday in East Selkirk.

Eighteen archers shot 12 rounds of arrows to score a possible 720 points. It was the second shoot of the season in East Selkirk.

"The local group that was out there didn't do too bad," said club president Mike Fox, noting his son Collin shot 563 in the cadet class.

The local club, which started back up about three years ago, will also be hosting shoots on June 2 (3D triple crown), June 18 (Double 720) and July 14 (provincials).

East Selkirk is one of the few places to host shoots in the province. Argyle and the 17 Wing in Winnipeg are the other locations.

"(The sport) is growing," Mike Fox said. "It has had its ups and downs... but it's a lifetime sport at any age. The earlier we can get (the kids) involved, the better."

Fox said the sport of archery is a real good one for families to spend time together.

"It is a very good family sport," he said, noting their club teaches the

safety aspect of the sport right from the very beginning.

"We have instructions for all ages, from beginners, intermediate and advanced. Anybody can get involved from an early age of, let's say seven years old, to all the way up to 65 or 68 years old, which we have shooters that shoot."

Classes for shooters, which are held outdoors fall into several categories - Pre-cub (12 years and under), Cub (under 14, Cadet (17 and under), Junior 20 and under, Senior (20-50) and Masters (50 plus).

The club currently has 46 active members and Fox expects that to grow each year.

"We were very large at one point where we had 150 members," Fox noted. "And then something happened and the member base dropped off. Archery is a fun sport and hopefully more people will come out and join us for the outdoor shoot coming up."

"The 3D shoot coming up is open to all classes of people and families."

The club charges a \$5 drop-in fee per person and the safety equipment, bow, range and targets are all supplied.



RECORD PHOTO BY BRETT MITCHELL

Pictured, left to right, archers Collin Fox from Selkirk and Kyle and Ryan Cherniak from Winnipeg competed at last Saturday's shoot in East Selkirk.

"As long as you come out, you can shoot," Fox said.

Their next shoot open to the public is at Mapleton School (112 Calder Rd. St. Andrews). They shoot Wednesday

and Thursdays from 6-8 p.m. until school is out.

After that, the club will be shooting at the outdoor range Wednesday evenings.

Manitoba golden at national aboriginal female hockey championship

By Brian Bowman

Manitoba had a golden time at the 2018 National Aboriginal Female Hockey Championships in Member-tou, N.S.

Team Manitoba won the gold medal after defeating Ontario South 5-3 in an exciting game on Saturday.

Twin sisters Keyanna and Keyara Lea scored first-period goals for Manitoba and then Carrigan Umpherville made it 3-0.

But Ontario South's Lillian George replied with a pair of goals before Umpherville and Ontario South's Ari- ele MacDonald traded goals as Manitoba led 4-3.

Manitoba's Kaila Powel then put the game out of reach at 19:14 of the third

period with Ontario South goalie Hailee Johnson pulled for an extra at-tacker.

Keyanna Lea had a fantastic game, finishing with five points while Keyara Lea had three points.

Stonewall's Bianca Zak made 19 saves for the win.

Manitoba earned a spot in the gold-medal game after bashing B.C. 10-1 in a semifinal game Friday.

Team Manitoba took a 4-1 first-pe-riod lead, added another goal in the second, and then exploded for five third-period goals.

Keyara Lea, Makenzie McCallum, and Carrigan Umpherville each scored twice and added an assist in the win.

Keyanna Lea had a goal and three assists while Julie Albert, Aliya Baker and Kaila Powell also tallied for the winners.

After Manitoba opened tournament action with a 5-4 win over Ontario South on May 7, they downed Ontario North 5-2.

Manitoba trailed 2-1 late in the first period but scored four unanswered goals - two coming in the third period - for the win.

Powell led Manitoba with a pair of goals while Keyanna Lea, Keyara Lea, and McCallum also tallied.

Keyara Lea, McCallum, Emily Dan-iels and Powell each finished the game with two points.

Shayna Moore stopped 16 Ontario

North shots.

The next day, Manitoba crushed At-lantic 7-0 as Moore had to make just eight saves for the shutout.

The Lea sisters both had great games. Keyanna had two goals and three assists while Keyara chipped in with a goal and three assists.

Umpherville (two), Aliya Baker, and McCallum scored Manitoba's other goals.

Manitoba then improved its pool re-cord to a perfect 4-0 after an impres-sive 7-0 triumph over Alberta.

Keyanna Lea (two), Powell (two), Umpherville (two), and McCallum scored for Manitoba.

Keyanna Lea and Emily Daniels each had two assists.

> ABORIGINAL MALE HOCKEY CHAMPIONSHIP, FROM PG. 28

goals to Mathieu Dokis-Dupuis.

Pashe, Jacy Kennedy, Greyeyes and Conner Roulette scored for Team Manitoba.

Ashern's Adam Swan, who plays for the MJHL's Winnipeg Blues, made 20

saves in the game.

Manitoba won its second game of the tournament after doubling North 6-3 on May 9.

Manitoba, which held period leads of 2-1 and 3-2, received goals from

Kennedy (two), Ayden Manningway, Roulette, Nick Sharpe and Seymour.

Bryden Sinclair and Pashe each had two assists in the game.

Seth Ningeongan made 26 saves for the win.

Manitoba wrapped up pool play by playing to a 5-5 draw with Eastern Door & North last Thursday.

Pashe (two), Roulette, Shaydon Mousseau, and Kurtis Luke scored for Manitoba.

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

ACTIVITY ASSISTANT

PF MMF 593/18 (Sunnywood Manor, Pine Falls)

MAINTENANCE ASSISTANT

PF MMF 594/18 (Pine Falls Health Complex)

Only Metis, Non-Status or Inuit students between the ages of 16-29 may apply.

Please refer to complete job posting in Careers at www.ierha.ca

Please apply on-line at: www.ierha.ca or fax: 204-785-4736, stating competition number on resume.

Deadline for submissions is Tuesday, May 29, 2018 at 4:00 pm.



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NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT AND THE HIGHWAY TRAFFIC ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, May 29, 2018 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg MB R3E 3H4 Phone: (204) 945-8912.

SPEED ZONES - PART IV - SECTIONS 97 & 98 H.T.A. 19000-S - R.M. OF ST. CLEMENTS

Consideration to be given to reduce the speed zone from 70 km/h to 60 km/h on a portion of Ashfield Road South, between P.T.H. No. 44 and P.T.H. No. 59, R.M. of St. Clements.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the Secretary prior to or at the hearing.

200 - 301 Weston Street Michelle Slotin, Board Secretary
Winnipeg, MB R3E 3H4 THE HIGHWAY
Phone: (204) 945-8912 TRAFFIC BOARD



METAL RECYCLING

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

SCRAP METAL

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

CAMPERS/TRAILERS

Older Triple E slide-in truck camper, sleeps 6, 3 burner stove, fridge, furnace, fresh water tank, medicine cabinet and sink, and kitchen sink. Good condition. \$1,250 obo. Stow Master tow bar, \$400. Ph. George 204-757-7121.

MOTORCYCLES FOR SALE

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TREES FOR SALE

Potted Spruce trees 3 ft. and under, \$10 each. North-west Poplar trees 5 1/2 ft. \$15 each. Ph. 204-785-8584.

HOUSE FOR SALE

Gorgeous 2 bedroom home, beautiful treed, 49 acres, 3 miles N. of Gimli on Hwy #8. Approx. 750 sq. ft., full basement, upgraded plumbing, electric hot water tank, water softener, new electric furnace, new submersible pump in the well and sump pump in basement. New windows, new shingles, 14 x 22 ft. garage plus four storage sheds. Property ideal for hobby farm and has low property taxes. Ph. 1-204-224-1318 or 1-204-299-0191.

APARTMENT FOR RENT

Beautiful spacious 2 bedroom apartments available immediately in Tollak Apartments rent starting at \$918 + \$39 for parking. All utilities included in the rent. Please call 204-485-0246 for rental information.

Bryant Park Apartments, 2 bedroom on 3rd floor available May 15/18. Includes fridge, stove, dishwasher, A/C and balcony. Hydro and parking extra. Rent \$995/mo. No pets/smoking. Ph. 204-481-1967.

Century Selkirk 165 Main Street. Bachelor suite available \$800 per month incl. heat & water. Upgraded 1 bedrooms available \$950 per month incl. heat & water. Please call Cynthia 204-785-2200.

GARAGE SALES

Sat., May 19th, 11 a.m. - 3 p.m. 1009 River Road. End tables, wine rack, pictures, coffeemakers, bedding and misc.

GARAGE SALES

May 19 & 20th - 8 a.m. - 4 p.m., 10 Pearson Parkway, Selkirk. Furniture, area rugs, pictures & misc. household and outdoor items. 3 Shaw Pvr's & misc. electronics, 12 pot lights new in box, plus much more.

Sat., May 26, 9 a.m. - 4 p.m., 9 Belanger Place, (on the way to Walmart off Purvis Blvd.). Lots of toys, housewares, baby furniture, Christmas decorations, pictures, air conditioner, table and bar stools, Ikea living room chairs, bikes, fax machine, electric keyboard and much more.

COMMERCIAL SPACE FOR RENT

505 Sophia Street, Selkirk - 675 sq. ft. commercial office with fenced compound. Fresh renovation: paint, furnace, HWT, lights, doors. Central vac, alarm. Perfect for trucking, courier, construction, car dealer, etc. on annual lease. Matt 204-485-4988.

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Call 785-1618



SELKIRK FRIENDSHIP CENTRE SUMMER PLAYGROUND PROGRAM

Is now accepting registration for children 6-11 years old

The SFC Summer Playground will run from Tuesday July 9th to Friday August 31st, 2018

To service a larger number of children again this year, there will be four 2-week blocks separated into two age groups. Selection of which week you would prefer your child to attend will be available during registration.

(One 2 week block per child)

**July 9-20 - Ages 9-11
July 23-August 3 - Ages 6-8
August 7-17 - Ages 9-11
August 20-31 - Ages 6-8**

Preference will be given to SFC members
Space is limited so register early to avoid disappointment.

Deadline for registration is
June 15, 2018 at 4:30pm
Call or come down to the
Selkirk Friendship Centre to register
425 Eveline Street or Phone: 482-7525



The Selkirk Friendship Centre is accepting resumes for Summer Students

**2 - Summer Playground Coordinators
2 - Summer Playground Assistants
3 - Child Care Assistants**

We are looking for individuals who are: team players, responsible, dependable and returning to full-time post secondary education in September. Other requirements include intermediate to advanced computer skills and excellent oral and written English skills.

The deadline for applications will be Friday June 1, 2018 at 4:30 pm. The positions may be kept open until a suitable candidate is found.

The applicant must be able to provide a Criminal Record Check and a Child Abuse Registry Check.

Please submit **resume and 3 references:**
Summer Student Positions
Selkirk Friendship Centre Inc.
425 Eveline Street
Selkirk, MB R1A 2J5



The Selkirk Friendship Centre is accepting resumes for a Full-Time Cleaner

This position is directly responsible to the SFC Maintenance Supervisor. The position may be kept open until a suitable candidate is found.

The applicant must be able to provide a Criminal Record Check and a Child Abuse Registry Check.

Deadline for Resume is
Friday, May 25, 2018 @ 4:30pm
Please submit Resume to:
Hiring Committee
Selkirk Friendship Centre Inc.
425 Eveline Street,
Selkirk, Manitoba R1A 2J5

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LOST

Lost - very timid male grey larger cat with white neck and paws lost Eveline St. area. If found or have seen "Grey" please call 204-482-4067.

NOTICES

Prize winners of Icelandic National League, Bruin Chapter, Selkirk, 125th Spring Concert on Thursday, April 19th, 2018: 1st prize of \$200 - Gail Eliasson; 2nd prize of \$100 - Helene Davis & 3rd prize of \$50 - Dustin/Jersey Helgason.

UPCOMING EVENTS

ANAF Ladies Auxiliary Unit#151 Annual Spring Tea. Sunday, June 3, 2018, 2 - 4 p.m. at 231 Clendeboye Ave. Everyone welcome. Come out and enjoy yourself.

Selkirk Record
Call 785-1618

UPCOMING EVENTS

Annual General Board Meeting for Our Daily Bread Soup Kitchen Inc. Thursday, May 31, 1:15 p.m. at Memorial Hall.

Telus Manitoba Motorcycle Ride for Dad. Fighting prostate cancer Saturday, May 26 at 10 a.m. Official start Polo Park Shopping Centre. Register online: ridefordad.ca/manitoba

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ANNOUNCEMENT

ANNIVERSARY

Happy 50th Anniversary
Robert and Carolyn Green (Fey)
May 18, 1968

-Love your family

ANNOUNCEMENT

BIRTHDAY

Stella Kubic
May 20th

A very Happy Birthday going to a wonderful and loving wife.
Many, many more!

-Love Bob

ANNOUNCEMENT

IN MEMORIAM

Kubic
In Loving Memory of
our parents

Rose who passed away May 5, 1991
and John who passed away May 17, 1964
The years and time have quickly passed,
But our love will forever last.
We think of you every day,
And with our hearts you will always stay.
Our comfort and peace is knowing
You are together again.

-Always remembered by son Bob (Stella)
and grandchildren

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of
Emerson Watson
November 13, 1925 - May 16, 2017
Husband, Father, Grandfather and
Great-Grandfather

One year has passed since that sad day,
When the one we loved was called away;
God took you home, it was His will,
But in our hearts you are with us still.

-Deeply loved and missed
by your family

PUBLIC NOTICE

PESTICIDE CONTROL

Public Notice is hereby given that the Lord Selkirk School Division intends to conduct the following Pesticide Control Program during the 2018 season.

To control dandelions and other unsightly weeds and grasses on school and building properties within the school division. The areas consist of approximately 75 acres. This program will only be carried out on each school division property as necessary.

The projected dates of application will be from June 2, 2018 to October 31, 2018. The pesticides to be used include:

Allowable Herbicide Products in Manitoba,
Par III, Casoron 4G, 2-4D, Roundup, Hyvar-XL

These pesticides are registered in Canada for the intended uses. The application of these pesticides will be carried out after school hours or during the weekend when children are not present. Should you have any concerns about this program you may send written submissions within 15 days of the public notification to:

MANITOBA CONSERVATION
Pesticide/Fertilizer Section
123 Main Street, Suite 160
Winnipeg, Manitoba
R3C 1A5

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OBITUARY



(Leslie) Dawn Papineau

Peacefully, on May 8, 2018, after a courageous battle with cancer, Dawn passed away at home surrounded by the love of her daughters. Dawn leaves to mourn her loss her beloved children, Trista (David) Doole and Tamara Papineau (Chris); her precious grandchildren, Connor and Chloe Doole; sisters, Linda Paluck, Faye (Alfie) Schalk, Tricia (Albert) Geurts; brothers, Merv (Lynda) Gunter, Terry Gunter; and many nieces and nephews. She was predeceased by her husband, Lloyd "Butch" Papineau and their son, Douglas Papineau; parents Jack Gunter and Irene (Gunter) Bell; step-father Victor Bell; and brother-in-law Eddie Paluck.

Dawn was born on December 28, 1950 to Jack and Irene (Bell) Gunter, the fourth of six children, in Selkirk, Manitoba where she spent her childhood and early adult years. Dawn married the love of her life, Butch, in October of 1968. Throughout their years together they called many places home, from northern Manitoba dredging camps to the northern edge of Canada, settling mainly in north-central Alberta. The people they met along the way quickly became lifelong friends. Everyone was always welcome and made to feel like family by "Auntie" Dawn. Regardless of the distances Dawn maintained close relationships with her family in Manitoba, visiting often.

Dawn was an avid reader who shared her joy of traveling and adventures, particularly to the mountains, with her husband, children and grandchildren. She cherished her family and was thrilled to be able to spend many happy hours with her children and grandchildren. Despite many losses during her life Dawn remained a positive beacon of love and strength. She was a wonderful, supportive, unconditionally loving mother and grandmother.

Cremation has taken place and a Celebration of Life will be held in Westlock, Alberta. Interment and graveside service will be held at Little Britain Cemetery near Selkirk, Manitoba, at a later date.

OBITUARY



Joe (Josip) Smederovac

Passed away peacefully on Sunday, May 13, 2018, with family by his side at the Selkirk Regional Health Center, Joe Smederovac, aged 79 years, of St. Andrews, MB.

Joe leaves to mourn his wife of 53 years, Myrla; his sisters, Emily Kekec and Mary Kraljevic (John); brothers Mike (Margaret) and Douglas (Donna); sister-in-law Mary and brother-in-law Garry Cruickshank (Fran). Joe was loved and will be missed by many other family members and friends, including numerous nieces, nephews, great nieces and great nephews and cousins. Joe was predeceased by his brother John and his parents Katherine and Michael.

Born in D. Stative, Karlovac, Croatia, Joe immigrated with his family to Canada as a teenager. Joe quickly took to Canadian life and enjoyed his long career as an auto mechanic. He also enjoyed music and spent several years as a member of a local dance band.

Interested in many sports, Joe had a passion for hockey, which he fulfilled by volunteering for many roles in the Selkirk Steelers organization. Excited by the return of the Jets to Winnipeg, he has been an avid fan. Joe was also a long-time fan of the Blue Bombers. Joe enjoyed many rounds of golf with family and friends at the local course. He spent many happy times with the new friends that he made during the 17 winters that he and Myrla spent in Mercedes, Texas. He took pleasure in his yards in both Selkirk and Texas, especially his fruit trees and gardens. He was always willing to help out when he could and was quick to offer his mechanical expertise to solve a problem. His skill at the barbeque was well known by friends and family, especially for his Croatian shish kababs and prime rib.

The family would like to thank Joe's many friends who took the time to visit him during his prolonged hospital stay. As well, a special thank you to doctors Richard Lindenschmidt; Brian Lindenschmidt and Jonathan Brown for their compassion. In addition, heartfelt thanks go to all of the staff on Medicine 2 for their dedication and kindness in caring for Joe.

A memorial service will be held on Friday, May 18 at 1:30 p.m. in the Gilbert Funeral Chapel, Selkirk, MB.

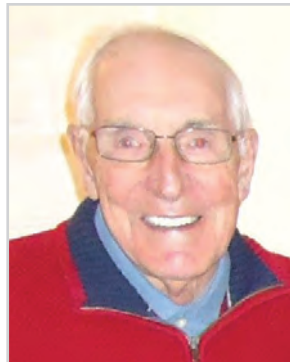
In lieu of flowers, if friends so desire, memorial donations may be made to CancerCare Manitoba, 675 McDermot Ave., Winnipeg, MB R3E 0V9, or to the Selkirk & District Community Foundation, 200 Eaton Ave., Selkirk, MB R1A 0W6.

Condolences, pictures and videos may be left on Joe's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Thomas (Tucker) Lade Ettinger

July 10, 1931 – May 8, 2018

We are deeply saddened to announce Tucker's unexpected passing on May 8, 2018 at the St. Boniface Hospital after surgery complications. Judy and Fern were by his side.

He was predeceased by his loving wife, Audrey; 2 young brothers James and Edward; parents Flora Mae and Thomas Ettinger; sisters, Elsie Brown and Ellen Allenach and recently his brother Gordon and too many grandpets to list.

He is survived by his step daughter Judy, grandpets Spunky Monkey, Betty Boop, Chloe, Minou & Skunkeroo – his sister Madeline Keller of Lively, Ont. and sister-in-law Elaine (Gordon) Ettinger of Val Caron, Ont. as well as many nieces, nephews, cousins and good friends.

Tucker was born in Ft. William, Ont. on July 10, 1931, the family moved to Geraldton, Ont. when he was 6 years old and he lived there until age 21 working in the mines and then to Elliott Lake and Labrador for mining jobs, then back to Geraldton where he worked driving a truck for Coca Cola until age 28 when he moved to Selkirk after he met Cliff Oliver in Geraldton.

Tucker resided in Selkirk for the next 59 years after meeting and marrying the love of his life, Audrey Scramstad.

He worked odd jobs in Selkirk including on the lake for the Fisheries Conservation Dept. until he landed a full time job at the Manitoba Rolling Mill where he worked for the next 30 years until his retirement.

Tucker and Audrey loved to travel and visit relatives and friends from coast to coast in Canada and the US. Flying was not an option for Audrey but it didn't stop them from covering a lot of ground, Vegas, Arizona, Nashville, New Orleans just to name a few places they went to.

Tucker was active right up to the day before he went to the hospital after a fall. Even though he missed Audrey and his life was never the same without her, he continued to be an avid Selkirk Legion member for 45 years, and more recently became a member of the Legion's Over 60 Club. He liked to go to South Beach Casino and spend time with Judy and his and her friends. He was a long time member of The Selkirk Golf Course where he golfed twice a week up until 2 years ago when his COPD forced him to stop. He particularly enjoyed playing golf with his seniors foursome.

In his younger years he swam, played hockey and baseball. He also curled until a few years ago and won many awards, medals and trophies for his sports accomplishments. Tucker liked the Jets but his team always was the Toronto Maple Leafs.

Tucker touched many lives. He was strong, kind, caring and was liked by all. He was always there for Audrey and Judy and anyone else who needed him. He will be sadly missed by those left behind but those that have gone before him will be thrilled to be reunited with him, especially Audrey and he with her.

Judy would like to thank her and Tucker's friends and family Pat, Fern, Sandra and Gerry, Doreen, Diane, and Lorne and Annie for being by her side with Tucker during his last 18 difficult days. Judy would also like to thank all those like Eileen who showed so much love and concern for Tucker and I during this difficult time. Also special thanks to Tommy for all his kindness and the help he gave Tucker during his emergencies and with the house while he was in hospital, as well as these last 5 years since mom's been gone.

Respecting Tucker's wishes, cremation has taken place and in honour of Tucker's kind, caring, loving spirit a celebration of his life will take place on Tues. May 22, 2018 at 2:00 p.m. in the Gilbert Funeral Chapel in Selkirk, MB, with a reception to follow in the Gilbert Reception Centre and a private interment will take place in the St. Clement's Columbarium.

In lieu of flowers, donations can be made in Tucker's memory to the Selkirk and District Community Foundation, The Manitoba Lung Association or a charity of one's choice.

Condolences, pictures and videos can be left on Tucker's tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Greg Ans

It is with deepest sadness and heavy hearts we announce the sudden passing of Greg Ans (58), May 6th, 2018. After a short battle with cancer it was his wish to be surrounded by his family when he passed at home. Greg has left to mourn his wife of 38 years, Darlene and his pride and joy, his two daughters Baylie and Katelyn.

Greg was a kind hearted man, always joking around with family and friends he loved. You could always find him going to Tim's and talking or working on cars. He was always willing to lend a helping hand to those who needed it. He loved his pets and always had some type of pet in our home. Greg has family and many friends who love and will miss him.

Greg, you are my love, my life, my heart is broken. I am cold without your hugs. I will never be whole again. Saying goodbye to you was the hardest thing we ever had to do. You will always be in our hearts.

A celebration of life will be held May 17th, please contact family for details.

Don't forget to send your special wishes and congratulations or pay Tribute to your friends and family

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