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RECORD PHOTO BY KATELYN BOULANGER

A group of residents walked through Selkirk earlier this month advocating for the safety of all people in our community at the Take Back the Night walk. This is the second time that this event has taken place in our community and the message that we need to make our community safer came through loud and clear. See more photos inside.

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Lace up for Selkirk's Alzheimer's Walk taking place on June 5

Walk supports dementia research

By Katelyn Boulanger

Selkirk and area residents will have the chance to walk, run, stroll, or wheel their way in support of those living with dementia and their families at the upcoming IG Wealth Management Walk for Alzheimer's 2025. The walk will be taking place on June 5 at the Gordon Howard Centre.

"The Walk for Alzheimer's is an annual event. It's our biggest fundraiser of the year, and it takes place all over Manitoba," said Samantha Holland, Selkirk's First Link Regional Team Lead, for the Alzheimer Society of Manitoba, "We've been running this

event for a number of years, and each year it gets a little bit bigger and a has more community involvement. Really it's just a time to come together in a sea of blue and walk to raise awareness and to remind those that are impacted that they're not alone in this."

This walk is a really wonderful one to attend to support a great cause and walk a really beautiful local route.

"This year in particular, we're going to have a barbecue to kick us off. Check-in starts around 5:30 p.m. at the Gordon Howard Centre. You'll

Continued on page 4



RECORD FILE PHOTO BY KATELYN BOULANGER

Last year's IG Wealth Management Walk for Alzheimer's was a great day of awareness and support and residents are invited to participate in this great cause, this year, on June 5.





Celebrating Wayne Bird



RECORD PHOTO BY BRETT MITCHELL

Past-President Wayne Bird was presented with a lifetime membership at the Royal Canadian Legion Branch 42 Selkirk Initiation and Awards Night last Saturday. Pictured: Legion Branch 42 President Heather Austin (right) presenting the lifetime membership award to Bird.



> WALK FOR ALZHEIMER'S, FROM PG. 3

have a sign making station. You can enjoy the barbecue and some entertainment. Then, we have a warm-up, and it's off we go. We walked, last year, down to the Marine Museum, and I anticipate our route will be similar (this year)," said Holland.

Residents should know that this area is a pretty good one to accommodate as many people as possible who want to participate. With the city recently having paved the way, the route is stroller and wheelchair friendly and there is a turn around point for people who think the entirety of the journey might be a bit too much. The walk itself will take about a half hour.

Holland invites everyone and anyone in the area to take part.

"If you are someone who has cared for someone living with dementia, or just know of someone, if you are someone experiencing changes, or just someone from the community that wants to show their support, bring your kids, bring your dogs, bring your grandparents, whoever, we want to see everyone come out and enjoy and show their support," she said.

Registration for this event is online and in person.

"You can register online on our website at alzheimer.mb.ca. We will also have registration forms available at the Gordon Howard, if technology is an issue, and you'd rather just take pen to paper and fill it out that way, that is an option," said Holland.

She explained that it's really important that we get out and walk and make a visible effort to support those in our community with dementia.

"It's the energy it creates, especially in smaller communities like Selkirk and like those outside of Winnipeg. It's

get a t-shirt if you've raised \$100. We just a really good reminder for individuals and families that there's still participation in the community and there's a lot of support behind something that can be very scary. Dementia is largely an invisible disease. It's not something that we can necessarily see, so, to have (it recognized) in such a visible way is a really powerful event, and people really look forward to it year after year," said Holland.

She encourages residents to dress appropriately for the weather and head out to support this great event.

"This is an event for everyone. So, whether you're five years old or 85 years old, there's something for you. It's really a celebration more than anything, that we have support in the community, and all of the funds raised go right back into our programs and services," said Holland.

To register and learn more about this event visit: https://secure. alzheimer.mb.ca/site/TR?fr_ id=1271&pg=company&company_ id=1636.



RECORD FILE PHOTO BY KATELYN BOULANGER

You can register for the Walk for Alzheimer's online or in person.



Local Comp student wins provincial automotive competition

Grade 12 student Jude Bennett takes first place at Manitoba Skills competition

By Katelyn Boulanger

This year a Lord Selkirk Regional Comprehensive Secondary School student took home a huge prize from the Skills Manitoba competition. Jude Bennett won the gold medal in the Automobile Technology category.

Skills Manitoba is a non-profit organization that runs an annual competition where students compete in technology and trade categories.

"I was in the automotive technology competition, and there were six different stations, and we got 45 minutes at each station. So, there was an electrical station, a suspension station, an engine station, a driveline station, a diagnostic station, and a brake station," said Bennett.

Bennett explained that during the competition time he had lots to do.

"At the electrical station, we had to wire a circuit from just a drawing. The engine station, we had to disassemble and reassemble a portion of an engine. In the driveline station, we had to calculate gear ratios and do an inspection of a driveline. The brake station, we had to assemble a disc brake assembly and a drum brake assembly. The diagnostic station, we had to scan

and follow a flow chart and diagnose the code in the engine. On the suspension station, we had to balance a tire and check the front end, all the suspension components, and make sure they were all good," he said.

These skills are impressive, but Bennett has been learning about automotive repair for a long time as he's taken advantage of opportunities to gather experience.

"I live on a farm, so I was always working. Me and my dad, I'd pick up little things just helping him out. In the summer of Grade 9, I got a job at a local shop, X-pert Auto, and started working there. I learned a lot there, and then I started the automotive program in Grade 10, and learned a ton there, too, and I kind of just went from there," he explained.

Bennett said that he was kind of shocked when he won the competi-

"They had an awards ceremony, and we were all just standing there, and they called out bronze, and they called out silver, and I honestly didn't think I did anything too spectacular, so I was kind of disappointed. And then, they called Gold, and it was my



RECORD PHOTO BY KATELYN BOULANGER

Jude Bennett (right) with his teacher Lucas Macintosh. Bennett brought home gold for LSRCSS in the Automobile Technology category of the Manitoba Skills competition.

name," said Bennett.

To win a provincial competition like this one you have to really know your stuff and Bennett said that he enjoys

"I enjoy solving problems and making something that doesn't work, work again. Most of the people I've come across in this trade, seem to be really nice to talk to and really helpful," he said.

From the automotive program at the high school specifically, Bennett said that he learned quite a bit.

"The technical aspect of it (and) the engine disassembly and reassembly, also the diagnostic part of it, like the scan tools we worked a lot on that," he explained.

As for his future, despite the win, he's still keeping his options open.

"I'm also in the welding program, so I'm thinking I might either stay in the trade or go and be a millwright or something along those lines," he said.

Bennett's teacher Lucas Macintosh said that he was happy to have been a small part in Bennett's success and hopes that this win inspires other students to follow in his footsteps.

"It was a really great feeling to represent our school and our program and (I hope this win) inspires other students next year to see that it's possible," said Macintosh.

As for the next steps for Bennett in the competition, this win means that he's going to be participating in the national competition in Regina, Sask. this week.

Food Bank donation!



RECORD PHOTO BY BRETT MITCHELL

Dominos and St. Andrews School collected and donated four large barrels of food and \$1000 to the Selkirk Food Bank. Pictured: Cathy Moore Selkirk Food Bank Manager, Student Oaklyn, Ashley Berry Owner of Dominos, Student Oliver, Ryan Berry Owner of Dominos and Kasha Korchinski St. Andrews School Vice Principal.



Wildfire danger high in parts of Manitoba, evacuation orders remain

By Annaliese Meier

While wildfires in Nopiming and Whiteshell provincial parks remain active and out of control, Manitoba Parks says firefighting progress has allowed one more area in the northern Whiteshell to reopen.

As of 9 a.m. on Sunday, May 25, permanent residents, cottagers, commercial operators and daytime visitors are permitted to return to the Pointe du Bois area. Provincial Road 313, which leads into the community, is also reopening.

The province is warning that despite this limited reopening, wildfire activity remains high across eastern Manitoba, and those returning to the area must be ready to evacuate with little notice. Officials recommend preparing an emergency go kit in case of a sudden evacuation. More information is available online at www.gov. mb.ca/emo/guide/individuals.

A state of local emergency remains in place for Nopiming, Wallace Lake, South Atikaki and Manigotagan River provincial parks, all of which remain fully closed to the public. That includes all cottage subdivisions, commercial areas, campgrounds, trails, beaches, and backcountry canoe routes.

A state of local emergency also continues for Whiteshell Provincial Park, where only limited areas are accessible. Manitoba Parks says decisions to reopen additional areas will be based on daily assessments of wildfire behaviour, fire suppression efforts, weather conditions and expert judgment from wildfire officials.

Two of the largest and most complex fires currently burning in the province are Fire E061 in the Nopiming area and Fire E063 in the Whiteshell. Both are expected to remain active due to hot, dry weather conditions



RECORD PHOTO COURTESY OF RCMP
A fire is shown burning in the RM of
Lac du Bonnet where two residents
died a few weeks ago after becoming
trapped by flames.

and no significant precipitation in the forecast

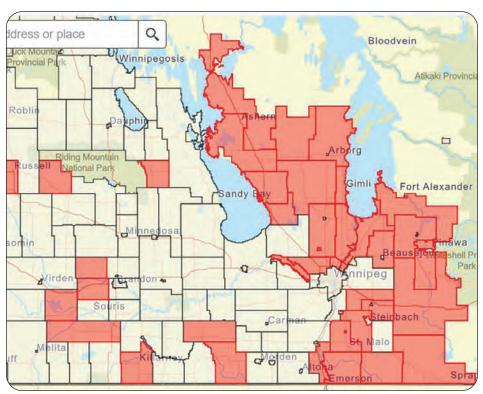
Manitoba Parks and the Manitoba Wildfire Service are jointly evaluating ongoing threats and response efforts across multiple eastern parks, including Pinawa Dam and Whitemouth.

All campgrounds in Whiteshell Provincial Park remain closed, both to minimize traffic in case further evacuations are needed and to allow campground staff to assist in emergency operations. This includes all seasonal and nightly campsites. The province has cancelled all reservations through May 29 and is contacting affected campers via email. The closure may be extended depending on how the wildfire situation evolves.

All hiking trails and water routes in the Whiteshell remain closed, and all forms of backcountry travel are currently prohibited.

In addition, a full fire ban is in effect for all provincial parks in Manitoba. No open fires of any kind are permitted, including those in approved fire pits, at any time of day. The use

of charcoal briquettes is also banned. Gas appliances such as



RECORD PHOTO COURTESY OF PROVINCE OF MANITOBA

The province's Municipal Burning Restrictions Map shows municipalities that have burn bans in effect.

propane barbecues and stoves are allowed. Fireworks and sky lanterns are prohibited across all parks.

Manitoba Parks says it understands many people are eager to return to cottages and recreational areas, especially as summer approaches, but public safety remains the highest priority. Officials urge all Manitobans to respect closures and restrictions to ensure the safety of residents, emergency crews and visitors.

Park users and travellers are encouraged to monitor conditions regularly. Details about fire restrictions, park access, closures and updates can be found at www.manitobaparks.com.

For park-specific fire bans and closures, updates are available at www. manitobaparks.com and https://www.gov.mb.ca/sd/parks/fire_restriction.html.

FIRE CONCERNS ARE NOT LIMITED TO PARKLAND

By Patricia Barrett

The provincial government continues to put restrictions on fires and motorized back-country travel as wildfire danger levels and ongoing human-caused wildfires continue to threaten parts of Manitoba.

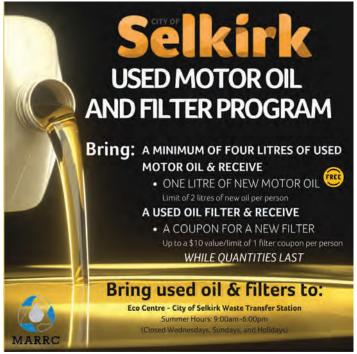
The province offers an interactive fire map showing which areas are under a burn ban. It also offers specific burn ban information by individual municipality.

People living in the Interlake are advised to check with their respective municipalities to see what restrictions are in place regarding bonfires, burn barrels, fireworks and motorized travel (e.g., ATVs and other recreational vehicles) in back-country areas.

According to the province's Municipal Burning Restrictions Map, Interlake municipalities have burn bans in effect. Some RMs have instituted a total fire and motorized-vehicle ban while others have partial restrictions (map and corresponding information viewed late Sunday afternoon, May 25)

Visit the Municipal Burning Restrictions Map via Manitoba Conservation's website, and click on a municipality for detailed information: https://www.gov.mb.ca/conservation_fire/Restrictions/index.html

For information about burn bans in parks visit: https://www.gov.mb.ca/sd/parks/fire_restriction.html





East Selkirk Fire Department leads Netley-Libau Marsh fire to extinguishment

The East Selkirk Fire Department (ESFD) has had a busy spring—battling multiple grassfires, responding to vehicle collisions, and ensuring their equipment remains in working

Deputy Fire Chief Derrick Reykdal said the number of calls this spring is higher than in previous years. He served as incident commander for the Netley-Libau Marsh fire, which ignited the evening of May 11 following a lightning strike.

"The Libau Marsh fire was the largest fire we have ever had in our history," said Reykdal.

Twenty-four ESFD firefighters, along with crews from seven neighbouring departments, worked four 18-to-20-hour days to contain the blaze. It scorched approximately 28 square miles of land.

"Between the strong winds, lack of rain, and road conditions—the fire definitely was a battle, almost like a chess match trying to get ahead and protect the properties," he said.

Access proved difficult. Due to soft gravel roads, trucks could not safely navigate the area without risking getting stuck or sliding into ditches.

Despite the challenges, Reykdal called the operation a success.



"We were able to steer the fire around at-risk properties and didn't lose anything of significant value. Only older buildings—which we don't know how long they have been empty-burned, along with parts of the marsh."

The ESFD has responded to numerous grassfires over the past month. With ongoing drought-like conditions, Reykdal said fires are sparking frequently. Fires smaller than one acre are typically extinguished within an hour, while larger ones can take a day. He noted fires like the Netley-Libau Marsh occur about once every three



RECORD PHOTOS BY BRETT MITCHELL

The Netley-Libau Marsh fire took place earlier this month and the East Selkirk Fire Department led the effort to save structures and control the fire keeping residents safe.

to four years.

"Our firefighters consistently go above and beyond to ensure the safety of the public. We understand that people are curious, anxious, or concerned about the fire conditions, and we want them to know they can help us by being fire smart."

Reykdal encourages residents to keep lawns trimmed, store combustible materials away from buildings, and avoid active fire zones to allow emergency vehicles better access. He also warned that even after rainfall, grass can dry out and become flammable again within 16 hours.

"It is just as dangerous now as it was before the rain," he said.

With no active fires currently being monitored, the ESFD has a moment to catch its breath—and start preparing for its annual pancake breakfast on Oct. 4. The event raises funds for local charities and equipment upgrades. More details will be released closer to the date.

The department has also responded to several vehicle accidents along Highway 59. Reykdal noted that warmer weather brings beachgoers and increased traffic.

He reminds drivers to observe speed limits and maintain a safe following distance.

"It is just one more way to help everyone make it home safely."

It was a celebration!



RECORD PHOTO SUBMITTED

The English Ukrainian Bilingual Program students at Happy Thought School and East Selkirk Middle School blessed their Easter baskets and food on April 30 at the Blessed Virgin Mary Church. Students enjoyed the event and then kept the celebration going after the blessing at the hall next door sharing the basket foods.



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Interlake-Eastern doctor earns Physician Emeritus Award

By Jennifer McFee

Congratulations are in order for a long-standing physician who earned an award to recognize her exemplary service and expertise in the commu-

Dr. Michele Matter is being recognized by Interlake-Eastern Regional Health Authority with a Physician Emeritus Award. Physician colleagues and community members had the chance to submit nominations for the prestigious award. Matter received a range of nominations, including from several paramedics, the team at the Selkirk Rapid Access to Addictions Medicine clinic, Ekosi Health Centre and leadership in Gimli.

"It is an incredible honour to be nominated for the Physician Emeritus Award and an absolute thrill to be chosen as this year's recipient," Matter said.

"It's an unexpected yet very satisfying acknowledgment of the many years of hard work I put into my practice as well as the leadership and teaching I did."

With more than 35 years of experience as a physician, Matter graduated from the University of Cape Town in December 1989. She worked for four years in Cape Town before leaving South Africa.

From there, her first stop was Scotland to pursue post-graduate education in pediatrics. That's where she met a South African doctor who had been working in the Manitoba community of Leaf Rapids. That doctor told her about a job opportunity in Lynn Lake, where Matter ended up working for six years. It's also where she met her partner, an RCMP officer who ended up being transferred to Gimli.

Thanks to a chance comment from Dr. Colin Nisbet, a previous chief of Selkirk ER who was teaching a course in Lynn Lake, Matter applied for a position in Selkirk's emergency department. She got the job and worked there for the next 25 years before retiring in December 2023.

Since then, Matter has continued to work part time as a family doctor in Gimli and an addictions medicine provider at the RAAM clinic in Sel-

Some of her career highlights include being chosen as chief of staff or site lead at three hospitals in two regions of Manitoba —Lynn Lake, Gimli and Selkirk. She also had 10 years of experience teaching and providing on-call support for paramedics as their medical director.

In addition, Matter had the chance to work in Canada's North, flying in to communities such as Brochet, Lac Brochet, Tadoule Lake and Pukatawagan to provide care.

"It was an incredible honour to have travelled where so few have, been able to see and appreciate the remote wilderness of the North and work with the amazing peoples who live there," she said.

At the same time, her career helped create connections within the community while providing longitudinal care. She enjoyed the "absolute thrill and excitement" of the ER, as well as the satisfaction of getting to really know her patients in family medicine.

"Medicine has also given me the opportunity to volunteer my skills at many high-level sporting events, including the 2010 Vancouver Olympic Games, World Women's Hockey Championships and the Pan Am Games, amongst others. Imagine going to work on a ski-lift," she said.

"My newest love is the incredible joy of helping people overcome addictions and maintain sobriety, one of the most difficult things I think humans have to go through. These are not weak people; they are amongst the strongest I know. It is such an honour to be able to offer them the slightest support."

When reflecting on her career, Matter shared some words of gratitude.

She described Dr. Colin Nisbet as "the most amazing medical mentor a person could wish for."

She also pointed to the positive im-



RECORD PHOTO SUBMITTED

Dr. Michele Matter is being recognized by Interlake-Eastern Regional Health Authority as this year's winner of the Physician Emeritus Award.

pact of FeminEM, an informal WhatsApp group of the female physicians who worked together in the Selkirk ER through COVID and continue to provide each other with support and advice.

In addition, Matter is grateful for Dr. Shelley Turner, who taught her to dream big and encouraged her to always approach life with curiosity and kindness.

"To my patients who made all this possible, a huge debt of gratitude and love for the wonderful opportunities," she said.

"To my teachers and mentors who made me the physician I am today, I couldn't have done it without them. So when my turn came to take over those roles, it was done with humility and gratitude for those who led me."

Dr. Scott Gregoire, Interlake-Eastern Regional Health Authority's regional lead of medical services and chief medical officer, shared gratitude for Matter's contributions.

"Dr. Matter has served the community and has been the model for professionalism, competence and mentorship," he said.

"On a personal note, she has been an absolute pleasure to work with and her care to patients is exemplary. To work with her has been a privilege."



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EDITORIAL

Katelyn Boulanger 204-485-3337 news@selkirkrecord.ca

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Skinner's Locks Market is returning as a venue to connect with local small business this summer

Supporting local easy to do when shopping and local markets

By Katelyn Boulanger

After a pause due to the COVID-19 pandemic, Skinner's Locks Market is making its grand return this summer with local small business owner Christina Barr taking over the reins.

Barr describes this market as a collection of entrepreneurs, somewhat like a large farmer's market, and as a great attraction to check out in Lock-

"Joy Sul started it. It's just kind of helping to support and shine a light on local makers. We do offer some spots to direct sales like Tupperware, but we're limiting each Sunday to just four of those, and the rest will be either homemade, homegrown, home baking and things like that," said Barr. The first market of the season takes

place on June 15 and the market will run all summer long until Sept. 7. The market sets up every Sunday and runs from 11 a.m. until 3 p.m.

The Skinner's Locks Market takes place right beside the River Rd. Skinner's restaurant location and Barr was glad to be able to take on this venture in our community.

"I think it's just such a great thing to showcase the local makers, and especially, with all the economic instability and stuff. It's been really, really hard for small businesses, so just having a market that was really well established for them to come to and share their work with everyone is great. And then it's just such a nice thing to add on to Skinner's itself. People go for their Sunday drive down River Rd. They come for their world-famous hot dog and then there's a market to take in as well. It's just a nice extra thing to have on your Sunday," said Barr.

She herself understands the hard work that goes into running a small business in our area as Barr, herself is the owner of Barr Soap and Bud & Bloom. She also understands the value that these markets hold to those making local products as a way to connect with our community as she's also run markets in Selkirk.

"Doing our markets in Selkirk, everyone is always so warm and welcoming, and I know we've even had people saying like, 'Thank you so much for putting this on it's so great for our community.' So, just seeing the joy that events like this can bring to people (is my favourite part). And, it's always nice getting together with other makers we haven't seen for a while, and I always say that we're a big maker family. It's nice to have like a family reunion at events like this," said Barr.

The market is currently still looking for more local vendors who would like to share their wares with our local community.

"We can fit quite a few, given that the parking lot is so big, some categories are full, like we always fill up quickly for Bath and Body and jewelry. That being said, we do have some spaces for those on certain weekends," said

She says that residents will have a lot to see regardless of which weekend they stop by as they plan to have about 25 to 30 vendors.

"We're going to have soaps. We have jams every weekend. We've got some woodworking, we've got sewing products, like pet bandanas, bowl cozies all kinds of jewelry. It's just a nice mix of locally handmade items," said Barr.

She says that this is a market that will have a little something that everyone might enjoy.

"Even if they're not wanting to purchase anything, just come out and, check out what is there and enjoy the sun and atmosphere. Take a look at the world famous Lock and Dam that's there. All the geese are nesting right now and just take in a wonderful event that's free to attend. You don't have to buy anything. We certainly do encourage you to buy and support the local makers. But it's just nice to walk around and see the smiling faces and show people that we don't have to buy from makers in order to be supportive of them. Some of us have been, we struggled through COVID, and now we're struggling through all the tariffs. And so, it's nice just to know that people are encouraging and enjoying looking at the things we make," said Barr.

Also, make sure to look out for the booth each Sunday that's dedicated to a local charitable organization as there are many people in our community doing good work that need support.

And, if you run a charitable organization get in touch with Barr about possibly setting up a booth at the

Residents can contact Barr about being involved with the market at budandbloomcollective@gmail.com.



McHappy Day



RECORD PHOTO BY BRETT MITCHELL

McDonald's Canada celebrated their 31st McHappy Day event on May 8 and our local McDonald's restaurants participated. The two local Selkirk McDonald's Restaurants surpassed last year's total just with their pre-orders. They raised a total of \$9,379.55, and nationally \$11.3 million was raised. McHappy Day supports Ronald McDonald House Charities. Pictured: Corrinaa and Erika at the Main Street Selkirk McDonald's taking donations and selling McDonald's collectables.





Take back the night! No more stolen sisters!





RECORD PHOTOS BY KATELYN BOULANGER

Cries of "Take Back the Night", "No more stolen sisters", and "We believe survivors" were heard in Selkirk on May 17. The annual Take Back the Night event, is a global movement that brings awareness to the need to end sexualized, relationship and domestic violence. In Selkirk, a group of walkers started at the Friendship Centre, walked to the water tower and back to the waterfront to spread the message that violence happens in every community and that everyone in our community deserves to live in a place where they are safe.



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No ordinary catch: Dunnottar duo frees tangled pelican

By Becca Myskiw

When Korey Williams let her dogs out for a routine run on the beach, she didn't expect to end up in a dramatic wildlife rescue — cutting a pelican free from a fishing net with scissors and a blanket.

The dogs ran down to the shore in the Village of Dunnottar as usual. Her rottweiler settled in on the sand, but her German shepherd crept off toward a nearby sand dune — moving slowly, almost cautiously, around a group of birds.

As Williams followed, she spotted a pelican sitting alone on the sandbar. Instead of flying away when approached, it flailed its wings helplessly.

"I didn't know whether to be scared for me, my dog, or the pelican," she said. "I just started running down the beach screaming her name."

Williams' partner, Dave Konesall, had just arrived home and heard the commotion. He ran to the beach, helped bring the dogs inside, and the couple returned to check on the struggling bird.

Upon closer inspection, they saw the pelican was tangled in a fishing net that had washed up on the sandbar. The net was caught on the pelican's carbuncle — a hard, calcified bump on the beak that forms during mating season. It had become entwined with the jagged edges of the growth.

The net was also filled with about 40 fish. Konesall guessed the pelican likely stuck its beak in too far while going for a snack.

The couple grabbed a blanket and a pair of scissors, unsure of how the pelican would react.

"Everyone knows you put a blanket over the bird's eyes, and it's lights out," said Williams.

To their relief, the pelican calmed immediately once its head was covered. Konesall carefully cut the net free. Up close, the bird's size was striking — its 10-foot wingspan and piercing blue eyes left a strong impression.

With just a few snips, the bird was free and flew off to rejoin its flock as if nothing had happened.

Konesall said it's rare to find a full fishing net washed ashore. While shreds of commercial netting occasionally appear, this one — about a tenth the size of a commercial net — was almost completely

After the rescue, the couple was unable to move the heavy net due to the weight of the trapped fish. Conservation officers were unavailable to assist due to wildfire response efforts across the province. Williams captured the rescue on video and shared





Korey Williams and Dave Konesall freed a pelican tangled in a fishing net on the beach using a blanket and scissors. Williams shared the rescue on Facebook to raise awareness about lake pollution.

it on Facebook, where it quickly gained attention. She said her goal was to raise awareness and remind people to be more responsible around Manitoba's lakes.

"Our waste affects wildlife that call the lakes home," she said. "We need to know how important it is to be responsible for things like your net, your garbage — whatever you bring to the lake.



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8 - Veteran's Dinner 4:30

13 - Vintage Groove 8pm

14 - Support the Troops Golf Tourney 19 - Over 60's Club Lunch 11am

20 - Blackwater Band 8pm

21 - Steak & Lobster Dinner

25 - General Meeting 7:30

27 - Free Jukebox

July 1 - Canada Day Corn Hole

Mondays Tuesdays **Thursdays** Bingo 7:00 pm

7:00 pm

Friday and Sunday Fridays Saturdays Meat Draw & Chase the Ace 4:30-8pm



A new guide to buying local: Nourishment from home with Canadian Cool Foods

By Emma McGill

With food prices rising and concerns about food security growing, one Manitoba woman is helping Canadians take control of their grocery baskets — starting with what's grown right here at home.

Marnie Scott, a longtime advocate for Canadian agriculture, launched CanadianCoolFoods.com in 2015 as a free online tool to help consumers and businesses find homegrown alternatives to imported products. The site now lists hundreds of Canadian companies that produce food, beverages, seeds and other goods made with domestic ingredients — including more than 60 based in Manitoba.

"People want to buy Canadian, but it's not always clear what is or isn't local," said Scott. "The more we know about what we grow, raise, harvest, fish, forage and prepare, the more we can support our communities and reduce dependence on imported products."

Scott's roots run deep in Canadian farming. Her site is part passion project, part educational campaign — one that promotes awareness around product labelling, interprovincial trade and the jobs tied to domestic food production.

Unlike online stores or subscription boxes, Canadian Cool Foods doesn't sell anything. Instead, it offers a curated map and searchable database of Canadian businesses, along with links, company bios and a news section that highlights industry trends and consumer tips. The goal is to make it easier for Canadians to connect directly with producers and make informed choices at the store.

The Manitoba listings alone reflect the province's rich agricultural diversity. They include:

- Watersong Farms in Stonewall, known for its trout and poultry
- Destiny Road Apiary in Gunton, a family-run honey operation
- Wild Man Ricing in East St. Paul, harvesting wild rice for over 30 years
- Prairie Flora Greenhouse in Teulon, offering native prairie plants and herbs
- Interlake Saskatoons in Warren, specializing in berries and valueadded products
- Adagio Acres in Lundar, producing organic oats and granola
- Russell Prairie Market in Carman, and
- Prairie Originals in Selkirk, focused on wildflowers and ecologi-

cal landscaping

Each profile on the site shares a bit of the company's history and purpose — giving consumers not just a product, but a story and a local connection. In order to get on the list, "all a company has to do is contact me and let me know what Product of Canada products they produce and sell in Canada in a retail outlet or online, and I will upload their company and Product of Canada products for free," said Scott. "It's that simple."

Scott updates the site regularly based on user suggestions and business submissions. While she works on it independently, she says the demand for Canadian food transparency continues to grow — especially in the wake of global supply chain disruptions and rising import costs.

While buying local is extremely important, Scott also emphasizes the importance of supporting Canada as a whole: "It is shocking how little we know about what one province produces when we are located right beside them. Governments are encour-



PHOTO SUBMITTED

Creator Marnie Scott emphasizes the importance of buying Canadian.

aged to support their local companies, but no one supports a more national approach, and that is what I do," said Scott. "Supporting Canadian food is about more than patriotism. It's about sustainability, community health, and keeping our dollars where they can do the most good."

With planting season underway and farmers' markets reopening across the province, Scott hopes more Canadians will take time to discover what's available just down the road.

"You'd be surprised by what's made right here in Manitoba," she added. "We just need to look."

Federal Liberal government to provide income tax cut to help with cost of living

By Patricia Barrett

The federal Liberal government announced last week that it will bring in legislation to provide a tax cut for nearly 22 million Canadians.

Finance and national revenue minister Francois-Philippe Champagne announced the tax relief measure last Wednesday, saying Canadians expected to see a plan for change to address the high cost of living when they voted for a Liberal government, and that the government is now delivering that change.

The tax cut aims to provide relief to middle-class workers. Those with incomes in the two lowest tax brackets – those with taxable income under \$114,750 in 2025 and those with taxable income of \$57,375 and below in 2025 – will receive the bulk of the tax relief measure.

"With today's middle-class tax cut, we are setting the stage for economic growth by helping hard-working Canadians keep more of their paycheques to spend on the priorities that matter most to them. Every Canadian should be able to afford necessities, feel secure and get ahead financially—and this tax cut will help them do just that," said Champagne in a May 14 news release. "As Canadians continue to feel the impact of ongoing challenges including trade and tariff uncertainties, they should be able to

keep more of what they earn to help build a stronger future and a more resilient Canada."

Once legislated, the lowest marginal personal income tax rate will be reduced from 15 per cent to 14 per cent effective July 1, states the news release.

The tax cut is expected to deliver over \$27 billion in tax savings to Canadians over five years, starting in 2025-26. Two-income families are expected to save up to \$840 a year in 2026

To reflect a one-percentage-point cut in the lowest tax rate coming into effect halfway through the year, the full-year tax rate for 2025 will be 14.5 per cent and the full-year rate for 2026 and future tax years will be 14 per cent, states the release.

The Canada Revenue Agency will update its source deduction tables for the July to December 2025 period so that pay administrators are able to reduce tax withholdings as of July 1. This means that, effective July 1, individuals with employment income and other income subject to source deductions could have tax withheld at 14 per cent. Otherwise, individuals will realize this tax relief when they file their 2025 tax returns in spring 2026.

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Bezan sworn in for eighth term, reappointed to defence role in Conservative Shadow Cabinet

By Lana Meier

James Bezan has officially returned to Ottawa for an eighth term as the Member of Parliament for Selkirk-Interlake-Eastman and will continue to serve as the Conservative Shadow Minister for National Defence.

The longtime MP was sworn in this week and said he remains honoured to represent his constituents.

"This role is not one I take for granted," Bezan said in a statement Friday. "With the trust of our constituents, I humbly return to Parliament to continue standing up for, and serving, the great people of our riding."

Bezan was reappointed to the opposition defence portfolio by Conservative Leader Pierre Poilievre. He said supporting Canada's military and their families remains a top priority.

"It is a privilege to fight for those

brave Canadians who proudly don the uniform to fight for all of us," he said. "Our Conservative team will always put the safety, defence, and security of Canada first."

Two other Manitoba MPs were named to new positions in the Shadow Cabinet: Kildonan-St. Paul MP Raquel Dancho will serve as Shadow Minister for Industry, and Dauphin-Swan River-Neepawa MP Dan Mazier takes on the health file.

"Our entire Conservative Shadow Cabinet is ready to push for the government to boost Canadians' buying power through lower taxes and less inflation, unleash resources to bring home paycheques and production, secure our streets by locking up criminals, get immigration under control and unite our people under our proud flag," Bezan said.



RECORD PHOTO SUBMITTED

James Bezan being sworn in as the Member of Parliament for Selkirk-Interlake-

Correction

In last week's edition of the *Selkirk* rect. The price is \$20 per dozen. We *Record* the price of the doughnuts regret this error. at the Safegrad car wash was incor-

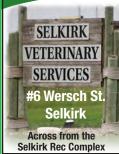




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Hope in motion: Lefley family walks for ALS

Walk to End ALS set for June 7 at Assiniboine Park

By Jennifer McFee

A local woman is sharing her story in an effort to raise awareness about ALS.

ALS, or amyotrophic lateral sclerosis, is a disease that progressively paralyzes people because the brain is no longer able to communicate with the muscles of the body.

Over time, the brain's connection with the muscles of the body break down to the point that someone living with ALS will lose the ability to walk, talk, eat, swallow and eventually breathe.

In Canada, nearly 4,000 people live with ALS, also known as Lou Gehrig's Disease. Sandy Lefley of Grosse Isle is one of them.

"When I think back, it started in 2011 with just a minor breathing issue. I have exercised for many years and knew something was off. So over the years, I went through some tests and it was said I had acid reflux or anxiety. So I went with that," 66-year-old Lefley shared via email.

"Then in June of 2022, all of a sudden I started slurring my words. It was very minor and periodic at the time. Then I started having trouble swallowing and would sometimes choke when I ate or drank. I got in to see a neurologist and he came to the conclusion that it was stress or anxiety also or an adult stutter."

In May 2024, Lefley went to the Mayo Clinic in Minneapolis seeking more information.

"We spent a week there going through numerous tests. The hard part is ALS isn't diagnosed in CT scans or MRIs. It is a process of elimination. I was tested for many other things and everything came back negative," said Lefley, who led a healthy life-

style with exercise and diet.
"And the breathing part I described was not my lungs or heart. It is the muscles around it that are not functioning properly. So in the end, that left ALS. Mine is predominately the bulbar ALS. My type of ALS is not genetic. I do have some minor symptoms in my body but nothing major yet."

Since 2022, Lefley's ability to speak has gradually

"Now it is to the point where no one understands what I am saving, so I have an app which I can type in what I want to say and it says it out loud. Or I just type something in my phone and show them. As you can imagine, it is hard to get a word in edgewise," she said.

"If I am with a group of people, the conversation moves so fast — by the time I type something, it is too late. Being with one or two people, it is more manageable. And the swallowing part, I am now restricted to eating and drinking certain foods or using my feeding tube. It is very difficult to go out for supper or eat at someone else's house because of my restrictions."

Although Lefley is dealing with many changes and challenges, she remains grateful for all the resources available in Manitoba.

"We do have wonderful resources for people living with ALS. There is an ALS clinic at Deer Lodge that specifically monitors ALS patients. They really take good care of you and help you with what you need to do to live with this disease. You have a whole team at your side," she said.

"There is also the ALS Society, which you can go to for things you might need free of charge. I also have a feeding tube and there is the Manitoba Home Nutrition Program that takes good care of your journey. You get all the supplies and formula you need from them for your feeding and delivered

to your door at no extra cost."

At the same time, Lefley embraces some wise words shared with her more than once: Just live your life.

With that in mind, she will be participating in the Walk to End ALS with friends and fam-



RECORD PHOTO SUBMITTED

Sandy Lefley, left, of Grosse Isle is surrounded by her family, Chris, Sarah, Chuck Wren and Kit, as they prepare to take part in the Walk to End ALS on June 7 at Assiniboine Park. "Sandy's Team" is raising awareness and funds for ALS research and support services.

ily on Saturday, June 7 at Assiniboine Park in Win-

"I had been thinking about going in the walk but never did anything about it. But my daughter Sarah brought it up to me. She said she was putting in a team. She got the ball rolling. It's like anything until it affects you, you don't pay much attention to it. I'm so glad she decided to," she said.

"I am on a medication to slow the disease down but, of course, I would like to see more money go towards research so that maybe the next generation can have a cure."

Her daughter Sarah also participated in the ALS Ice Bucket Challenge, which involves pouring a bucket of ice water over a person's head to raise awareness and support.

"It has gone through countless friends and relatives over the last couple of weeks and is still going strong. I am so humbled by the participation — it is very overwhelming. I am so lucky to have so many friends and relatives I know I can count on with this path that was chosen for me," she said.

"And, of course, my husband Chuck, my daughter Sarah, her husband Chris and my two grand-

> children Kit and Wren have all been a huge support for me."

> "Sandy's Team" is currently collecting online pledges for the Walk to End ALS at https://alscanadawalktoendals.als.ca/manitoba2025/sandys-team. Cheques are also accepted.

> And all are welcome to join Lefley and her team for the Walk to End ALS, which takes place on Saturday, June 7 at Assiniboine Park, 55 Pavilion Cres. Registration is at 8:30 a.m. and the five-kilometre walk starts at 10 a.m. There is plenty of parking on site, washrooms are available and snacks will be provided for participants.

> Looking ahead, the ALS Society will hold another fundraiser on Thursday, June 19 at a Goldeyes game in Blue

> Learn more about the Walk to End ALS and An Evening with the Goldeyes events at https://alsmb.ca.



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VOYAGE DECKING

Manitoba Coin Club shares rich currency history with rural Manitoba

Coin show set for May 31 in Morden with Royal Canadian Mint for coin exchange

The Manitoba Coin Club is heading back on the road with a renewed mission to promote numismatics in communities across rural Manitoba.

Numismatics—the study and collection of currency, including coins, tokens, paper money and medalsis one of the world's oldest hobbies. Since 1954, the Manitoba Coin Club has brought collectors together to share in that passion. Over its 70year history, the club has hosted two national conventions and remains a hub for currency collectors across the

"We're always working to expand interest and awareness, especially outside Winnipeg," said Larry Dalman of the Manitoba Coin Club. "Bringing our spring coin shows to rural communities has really helped us connect with a wider audience."

That rural outreach began in 2023, when the club hosted its first-ever Spring Coin Show outside the city—at the Red Barn in the RM of Rockwood. With strong local promotion, including stories in the Stonewall Teulon Tribune, the event drew hundreds of visitors from the Interlake and southern Manitoba.

"People came who had never heard of the club but were already collectors in their own way," Dalman said. "They brought coins and bills to learn more about them, to get appraisals, and to buy pieces to build their collections."

Encouraged by the turnout, the club brought its 2024 Spring Show to Steinbach, again reaching new hobbyists through local media and community

A popular highlight at each show is the Royal Canadian Mint's coin ex-

On May 21, at approximately 5:10

p.m., Selkirk RCMP responded to a

report of a two-vehicle collision on

Highway 8, located at the intersection

with Highway 67, in the RM of St An-

that a semi-trailer, travelling south

on Highway 8, collided with a west-

bound SUV, as it crossed the intersec-

Investigators have determined

Submitted by Manitoba RCMP

tion.

Selkirk RCMP investigating

fatal two-vehicle collision

change booth, where attendees can trade cash for five newly minted commemorative coins at face value. Visitors also receive two free passes for a tour of the Mint's Winnipeg facility.

"Having the Mint attend our shows adds a huge draw," Dalman said. "People get a chance to collect brand new coins and see where they're made."

This year's spring coin show will take place in Morden on Saturday, May 31 from 10 a.m. to 4 p.m. at the Morden Access Event Centre (111-D Gilmour St.). The Royal Canadian Mint will be onsite for the full event, offering its coin exchange and sharing insight into Canada's coin-making process.

The outreach comes as the club prepares for a major milestone—hosting the Royal Canadian Numismatic Association's 2026 Convention and Numismatic Show from July 14 to 19 at the Fairmont Hotel in Winnipeg. That same year, the Winnipeg Mint will celebrate its 50th anniversary.

"The Mint is a global leader in coin production, making currency for around 80 countries, not just Canada," said Dalman. "It's fitting that Winnipeg will host the national show during such a major anniversary."

Dalman noted that numismatics is more than just collecting—it's a window into the past.

"Coins and currency tell stories," he said. "They've been used for trade, for propaganda, even as emergency money in wartime."

In 17th-century New France, for instance, a shortage of coins led officials to issue playing cards marked with monetary values as temporary promissory notes. During the Second World War, resistance forces in Nor-

The 18-year-old male driver of

the SUV, from Stonewall, was pro-

nounced deceased on the scene. The

43-year-old male driver of the semi-

trailer, from Winnipeg, was taken to

the hospital with non-life-threatening

Selkirk RCMP, along with a Forensic

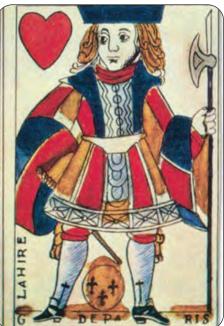
Collision Reconstructionist, continue

to investigate.

of the country so allies could print banknotes to support underground movements. And during the fur trade era, beaver pelts were exchanged for goods, with token systems used by companies like the Hudson's Bay Company.

"People don't realize how much history is sitting in their pockets or tucked into a drawer at home," Dalman said. "Numismatics helps bring that history to life."

The Manitoba Coin Club contin-



In 1685, playing cards were used as emergency currency in New France due to a coin shortage—each marked with a denomination and used as a promissory note until more coins arrived from France. These cards and other older coins are still in existence and being sold at Coin Shops and Auction houses in Canada.

munity Renewal Corporation

The SCRC is now accepting applications for 2025-2026

for projects that address the goals of the and reviewing applications monthly starting June 2nd however, Grant monies must be spent by January 31, 2026 and projects must be completed by March 31, 2026. Priority will be given to firstthat have taken place starting April 1, 2025 as well.

Applications available online at www.selkirkcrc.ca by email scrc@selkirkcrc.ca or call Ashley Henry at 204-485-3602 for more information.

way smuggled currency plates out ues to welcome new members of all ages. Monthly meetings, educational sessions and public shows offer opportunities to learn, trade, and build

> "We invite anyone with an interest in coins or currency to stop by the show in Morden," Dalman said. "It's a great way to get started or to connect with others who share the same passion."

What's Happening



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Local groups may apply for up to \$2,500 community plan. We will be accepting time applicants. Please note that we are accepting applications for any projects

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Sunday June 8, 2025 Old Time Dance

Please call 204-643-5541

to reserve your tickets.

Tickets \$20



Recipe courtesy of Healthy Family Project

Prep time: 5 minutes Cook time: 10 minutes Servings: 2

1 tablespoon mayonnaise

1 tablespoon stone-ground mustard

4 slices whole-grain bread

2 slices provolone cheese

10-12 blackberries, cut in half Heat medium skillet over low heat.



Blackberry Grilled Cheese Sandwiches

In small bowl, mix mayonnaise and mustard; spread on one side of each slice of bread.

Place bread mayo-side-down in skillet. Top with cheese and blackberries. Add second slice of bread mayo-side-

Cook 3-4 minutes per side, or until bread is toasted and cheese is melted. Repeat with remaining ingredients.

Recipe courtesy of Healthy Family

Prep time: 5 minutes Cook time: 10 minutes



Chicken and **Apple Grilled** Cheese **Sandwiches**

1 tablespoon unsalted butter

8 slices whole-grain bread

8 ounces sliced rotisserie-style chicken breast

4 slices sharp cheddar cheese

1 apple, thinly sliced

prepared salad, for serving

Heat large skillet over medium-low

Lightly butter one side of each slice of bread. Place bread butter-side-down in skillet. Top with chicken, cheese and apple slices. Top with slice of bread butter-side-up.

Cook 2-3 minutes, flip and cook 2-3 minutes, or until cheese is melted.

Remove from heat and cut in half. Repeat with remaining sandwiches.

Serve with prepared salad.



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Pork and **Bacon Burgers**

Prep time: 10 min-

Cook time: 10 min-

Servings: 6

2 pounds Coleman Ground Pork 1/4 pound ground pork chorizo

Expert patient here to help!



So, your doctor has ordered tests or told you they're referring you to a specialist — but it's been a month and you haven't heard anything. What should you do?

Chase them.

I recently had an appointment with a specialist who asked me to put together a symptom timeline. (No specialist has ever asked for this before, so it gave me hope for a proper diagnosis.) When I asked him when I'd hear from him, he said that once his secretary received my email with the timeline, I'd hear back within a week to discuss next steps.

Guess what. I didn't.

What did I do?

I emailed the secretary and politely asked when I might expect to hear from him. I told her I wanted to "manage my expectations." I didn't come in hot — but I did assert myself. She responded the same day with, "I'll chase this up with the doctor." A few hours later, I received another email saying that he would be ordering tests.

Result!

It doesn't always go this smoothly. I have a friend who — twice had an MRI and biopsy done for a problem, and by the time she got a follow-up appointment, the test re-

sults were out of date! The third time around, she told them she wouldn't proceed with the tests until a followup appointment was in the books. She wasn't going to put her body through those unpleasant procedures without a plan of action.

Imagine — two internal biopsies! Ouch! (Don't get me started on the waste of financial resources the first two rounds cost.)

Because she asserted herself that third time, she now has a follow-up appointment to discuss surgery.

I'm sure you can see from these examples that sometimes, as patients, we have to "get in the medical system's face" and advocate for our needs. It shouldn't be this way - but since it is, if we want the desired result (Did vou see my column from two months ago?), we need to do what needs to be done.

And if you don't feel comfortable picking up the phone to push the system forward, ask a friend or relative to do it for you — preferably with you in the room in case they need any information from you during the call.

For some reason, some people feel like, "I should just wait," or "Maybe getting the tests isn't that important." Meanwhile, your case may have simply slipped through the cracks. (Where do those cracks lead, anyway? I picture so much torn paperwork down there.)

So remember: ask your doctor when to expect an appointment or test — and then follow up!

It's not only your right — it may save your life.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com . (Email: info@lesshealthstress.com) If you like her writing, find more on her Substack page: The Quest For Less Health Stress

1 medium onion, diced 2 cloves garlic, minced 1 teaspoon pepper 1 teaspoon salt 6 cheese slices (optional) 6 hamburger buns 6-8 strips Coleman Hickory Smoked Uncured Bacon, cooked tomato slices (optional) red onion slices (optional) lettuce (optional) ketchup (optional) mayonnaise (optional) Preheat grill to medium heat.

In large mixing bowl, combine ground pork, chorizo, onion, garlic, salt and pepper.

Gently mix ingredients, being careful not to overwork meat.

Divide meat into six burger patties.

Cook burgers 3-4 minutes per side until internal temperature reaches 145 F or desired doneness.

During last 2-3 minutes of cooking, place cheese slices on top of burgers to melt, if desired.

Transfer burgers to platter. Assemble burgers with buns, bacon, tomato slices, red onion slices, lettuce, ketchup and mayonnaise, as desired.

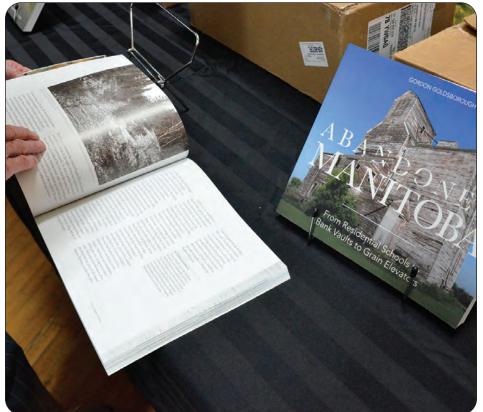
Tip: Burger patties may be frozen up to 1 month. Fully defrost before cook-

Preserving our stories at Selkirk's Evening of History











RECORD PHOTOS BY KATELYN BOULANGER

Selkirk residents got to learn more about our province's progress while preserving the region's legacy for future generations at the Evening of History event hosted by the City of Selkirk in support of the Selkirk Heritage Endowment Fund. The event's keynote speaker was Gordon Goldsborough, author of Abandoned Manitoba, who discussed his travels throughout our province and what he learned along the way. Attendees also got to enjoy Penny and Garnet, a newly formed musical duo from Matlock, Man. who set a wonderful mood to a great evening. To make a donation to the Selkirk Heritage Endowment Fund and support the preservation of local history visit https://selkirkmuseum.ca/support/ heritageendowmentfund/.



Toto takes centre stage at Walter Whyte School







RECORD PHOTOS SUBMITTED

Walter Whyte School students perform The Wizard of Oz... and Toto Too on May 12, offering a playful retelling of the classic tale from Toto's perspective. The cast of Grade 6 to 8 students rehearsed for more than 40 hours to prepare for the production, which marked drama director David Juvonen's final show before retirement.

By E Antonio

More than 400 guests packed the gym at Walter Whyte School on May 12 to watch a fresh twist on a classic story, as students brought The Wizard of Oz... and Toto Too

Fifteen Grade 6, 7 and 8 students hit the stage, putting on a dazzling show for the crowd. The play followed Toto's point of view of the magical events that took place during The Wizard of Oz. He shared his saga of meeting Chew Toy (a talkative scarecrow), Shiny Girl (a tin woodswoman) and Big Cat (a cowardly lion) before facing the Great Oz.

Since March, the cast rehearsed more than 40 hours after school to prepare for their big day. They were directed by Mr. David Juvonen and Ms. Breanna Sparling, with backstage support from Ms. Emma Easton, Mrs. Chanel Erickson, Mrs. Carolyn Farquharson, Ms. Melody Freeman and Ms. Janee Laberge.

Gloria Juvonen, WWS principal, said she loved witnessing the students transform

"Seeing a group of young actors - all except for two were in Grade 6 - take on the spirit of their characters, learn their lines and dedicate their time and energy to 90-minute rehearsals, three times a week, all after school, was a highlight for me,"

This was Mr. Juvonen's final production after directing 13 drama performances at WWS. He will be retiring in December after 34 years of teaching. He described his last show as bittersweet.

"The feeling you get from students when they are about to perform, seeing the nervousness and anticipation – there's nothing like seeing them succeed," he said.

WWS presented him with a bouquet of 13 chocolates. He noted he is thoroughly enjoying the treats and has forgotten to share with others.

"I am a little sad at all these 'moving on' moments, but happy to know that there are wonderful staff members here at Walter Whyte who I know will do a fantastic job continuing with our productions in the future, \H Juvonen added.









Oak Hammock Marsh grand re-opening celebration









Oak Hammock Marsh's Harry J. Enns Wetland Discovery Centre was reopened after an 18-month long closure for renovations. The new space has all-new exhibits, a reimagined café, a state-of-the-art theatre and a new conference and event centre. Residents can once again stop by the Wetland Discovery Centre and while you're at it check out their website (https://www.oakhammockmarsh.ca/) to









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SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Strikeforce witness another hat trick in third consecutive victory

High powered offessive play is keeping local team at the top of the scoreboard

By Kieran Reimer

Another week, another win for the Selkirk Strikeforce, who are off to a perfect start in the Manitoba Major Soccer League's Division 3B.

Winning has been Strikeforce's only result so far through three games, as the club improved to 3-0 on Wednesday with a 3-1 win over Thunder FC at Buhler Recreation Park.

Another early-season trend for the team is hat tricks leading them to victory.

On Wednesday, it was Evan Bedard netting all three Strikeforce goals—marking the third straight game in which a Strikeforce player has recorded a hat trick.

Bedard joins Aaron Bell and Erick Medina as the three Strikeforce players to notch hat tricks so far this season

"We changed our tactics, and we kind of go all out and it involves a lot of attack, and it's usually the three guys up front, and the three guys can be subbed on or off or whatever, but they just keep bringing it over and over and it's coming from multiple different people during the game at all times which makes us very dangerous and it's easy for them," said Strikeforce head coach and midfielder Jordan Bruenig. "It could be someone else the next game, or they could split it up the next game after that, but we're creating a lot of chances, so the goals come with the chances."

Strikeforce took the early lead before Thunder FC tied it up 1-1 heading into halftime.

Bedard then scored his second and third goals early in the second half, providing the team with some muchneeded insurance.

Playing with a second-half lead in all three games has allowed Strikeforce to work on closing out matches—still with an offensive mindset.

"What I always tell our guys is to play with confidence," said Bruenig. 'Always take a chance, always take a shot even when you don't think it's that good of a chance, take the shot, take the chance, because if I can get to our team to create 10 plus chances a game, we're definitely going to score some of them like we have. Same with Evan (Bedard), even if he misses one, I'm usually pretty confident on the field, telling him to get the next one out there. The next one out there will be a goal, or it's just it comes with the chances and we create a lot of them. It's never an issue for the team because we just go on to the next moment, we create another chance, and again, we've created many."

The victory keeps Strikeforce in top spot in Div. 3B. Their 12 goals currently lead the division.

They'll face another high-powered offence in their next match on June 2 when they take on Triumph, who have scored eight goals through three

games

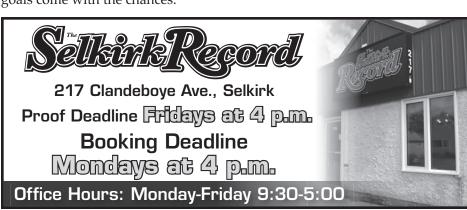
The match will also serve as Strikeforce's home opener as they prepare to play their next three games at Selkirk Recreation Complex Field.

"I don't think we'll change the approach very much," said Bruenig. "Obviously we have to be more aware defensively and we have not had an opponent where we've struggled with yet so playing defensively is up in the air for us, but again, I've always told the guys I'm comfortable winning a shootout, a 5-4 game. A team like that doesn't scare us at all. If they're going to score one, we're going to score one, and hopefully we'll keep our good defensive record, which we only have conceded three goals in three games and our defence is pretty solid. We have one of our new guys there, Erick Medina, is like our solid. He's played every minute at centre-back, and he's really good at controlling the game back there. It's another, probably thing that contributes to our victories as well so I don't think we'll have an issue with a team that scores goals. We'll just bring it to them, create more chances kind of thing, hopefully."

Kickoff from Selkirk on Monday, June 2 is set for 7:30 p.m.

The following two matches will also kick off at 7:30 p.m.—on Wednesday, June 11 against Wasps, and Monday, June 16 against Maples FC.

"ALWAYS TAKE A CHANCE, **ALWAYS TAKE A SHOT** EVEN WHEN YOU DON'T THINK IT'S THAT GOOD OF A CHANCE, TAKE THE SHOT, TAKE THE CHANCE, BECAUSE IF I CAN GET TO **OUR TEAM TO CREATE 10** PLUS CHANCES A GAME, WE'RE DEFINITELY GOING TO SCORE SOME OF THEM LIKE WE HAVE. SAME WITH EVAN (BEDARD), EVEN IF HE MISSES ONE, I'M USUALLY PRETTY **CONFIDENT ON THE** FIELD, TELLING HIM TO GET THE NEXT ONE OUT THERE. THE NEXT ONE **OUT THERE WILL BE A** GOAL."





SPOTES&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Team Manitoba sweeps gold at 2025 National Aboriginal Hockey Championships

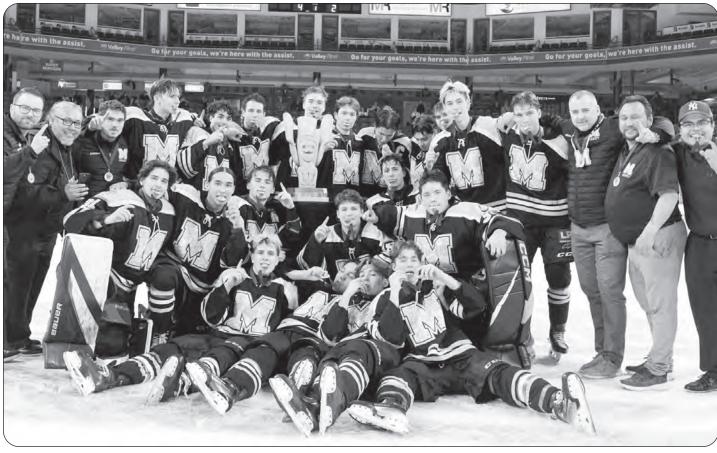
By Annaliese Meier

Manitoba's top Indigenous hockey talent made a statement on the national stage this month, bringing home double gold from the 2025 National Aboriginal Hockey Championships (NAHC). Held May 5-10 in Kamloops, B.C., the tournament saw both the male and female U18 teams from Manitoba top the podiuman achievement that highlights the strength of the province's hockey development and the spirit of its young athletes.

In the male division final, Team Manitoba edged out Team Alberta 4-2 in a fast-paced gold medal matchup. Goals came from Trace Langan, Mikey Thomas, and Carter Haney. Earlier in the week, the team posted key wins over Saskatchewan (5–3), British Columbia (4-2), and Eastern Door and the North (8–1), while tying Ontario (1-1) and dropping a roundrobin match to Alberta (3-0). In the semi-finals, they punched their ticket to the final with a nail-biting 5-4 win over Saskatchewan.

The male roster included goaltenders Dawson Groen and Urijah Moosetail; defencemen Hubert Clarke (assistant captain), Ayden Collins (assistant captain), Sandro Dell'Acqua (assistant captain), Cade McCallum, Gage Sutherland, and Madden Tymchak; and forwards Wyatt Dyck, Julian Fedora, Maxx Hamelin, Carter Haney (assistant captain), Tyden Lafournaise, Trace Langan, Chantyn Michell-Thompson, Noah Oughton, Gavin Quennelle, Shea Rollason, Mikey Thomas, and team captain Hank Thompson. The team was led by head coach Josh Tripp, with assistant coaches Ryan Person and Hayden Yaremko.

On the female side, Team Manitoba capped off a dominant tournament with a 2-0 shutout win over Team British Columbia in the championship



RECORD PHOTO BY LUCAS ROTONDO

Team Manitoba captured gold in the male division at the National Aboriginal Hockey Championships in Kamloops, B.C., beating Team Alberta 4-2, in the gold medal game. Pictured, Mikey Thomas (WAY), Maxx Hamelin (VIR), Ayden Collins (SEL), Noah Oughton (WAY), Gage Sutherland (WAY), Sandro Dell'Acqua (WPM), Julian Fedora (WPM), Trace Langan (SVS), Wyatt Dyck (WPB), HC Josh Tripp (SVS), AC Hayden Yaremko and AC Ryan Person (Blizzard Alumni), and GM Kevin Monkman (Dir. of Player

game. Their performance throughout the week was nothing short of impressive, showcasing depth, skill, and composure.

The female roster featured goaltenders Bailey Grunewald, Isabelle Labossiere, and Casey Morand; defencemen Keandra Broughton, Lana Cipriano, Brooklyn Collins, Kai Hyatt, Linnea Misner, and Attica Sobering; and forwards Liberty Aime, Jessica Anderson, Kirby Gray, Braya Kapusta, Cali Lavallee, Callie Paull, Jade Pelland, Rio Pierre, Gabrielle Robbins, Reese Schutte, Cheyenne

Scott-Cooke, Bre-Ann Windross, and Selene Wozney. The team was coached by Dale Bear and Kaitlyn Bassett.

Hosted in partnership with Tk'emlúps te Secwépemc and the City of Kamloops, the NAHC is Canada's premier stage for Indigenous (First Nations, Métis, Inuit) U18 hock-

ey players. More than just a competition, the event celebrates tural pride, unity, excellence and through sport.

Manitoba's historic sweep is a testament to the dedication of its athletes, the guidance of their coaches, and the support of families and communities across the province. These young players did more than win goldthey made Manitoba proud.

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ONLINE FARM AUCTION SALE Dennis Geisler, Ashern, MB

Sale Starts online: Monday June 2 at 9 a.m. Closes: Soft close starting at 10 a.m., Wednesday, June 18

Included in the sale: M.F. Super 90 Tractor, power steering, 540 pto, 8745 hrs showing; Hutchmaster 8ft offset breaking disc; Cockshutt 12 tandem disc; Vicon 9 wheel rake; N.H. 1475 Haybine, 16ft hydro swing, 1000 pto; N.H. 660 Baler w/auto wrap, 540 pto; #37 J.D. 9ft Mower, field ready; Antiques, cattle equipment, tools, 13.5' - 800 gal packer, new pillow bearings and hitch, misc. All equipment well-maintained and running condition.

For viewing arrangements contact Dennis 204-302-0474.

Directions: From Ashern - 1.6 km South on Hwy #6 to PR #325. Follow #325 West for 7.7 km, turn left on Geisler Road for 1.3 km South. Farm is on West side of road - #144032.

To view online visit globalauctionguide.com (search DENNIS GEISLER)

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RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC NOTICE

Change in Meeting Date June 2025

June 10, 2025, Regular Meeting of Council is rescheduled to June 17, 2025, commencing at 9:30 a.m.

Deepak Joshi, CMMA Chief Administrative Officer

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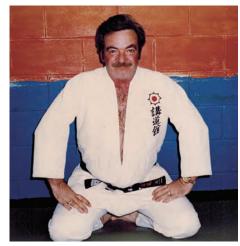
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NOTICE OF PUBLIC HEARING

REZONING AMENDMENT APPLICATION

Rural Municipality of West St. Paul

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204 338-0306.

> **Thursday** June 12, 2025 6:00pm

Council Chambers 3550 Main Street RM of West St. Paul, MB

Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

ZBA 2025-06 P **Application File:**

Applicant: Landmark Planning

Property Location: Grassmere Rd / Blackdale Rd

Roll# 416100, 416150

Application Purpose:

The applicant proposes to rezone the property to a "RRO" Rural Residential Overlay zone, in order to establish a new residential subdivision.



A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at https://www.redriverplanning.com/hearings.php or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



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OBITUARY

Charles Eugene (Gene) Fidler

It is with great sorrow that we announce the passing of Charles Eugene (Gene) Fidler on May 18, 2025 at the Selkirk and District Hospital with his son, John, holding his hand and surrounded with

Gene is survived by his wife Marilyn, his son John (Della), his daughter-in-law Lorraine and grandchildren Adam (Danielle), Amy and his new great-granddaughter soon to be arriving in June to Adam and Danielle.

He was predeceased by his first love, Eva and his son, Charlie.

Gene was foremost a family man and was always planning meals where everyone could join in and enjoy. He felt blessed at the arrival of his grandchildren Adam and Amy and treasured the time spent with them as they grew up.

Gene was also an avid hunter and conservationist and each

hunting season he looked forward to hunting trips with his son John with whom he was able to develop memories that will be enjoyed for a lifetime. Among his favourites was moose camp and St Lazare hunts where he also served as a mentor to the many that he hunted with. Gene and John's pinnacle trip was to Africa where he was able to fulfill a life's dream of a cape buffalo at the age of 77. He will be missed on all the hunting adventures he had with all his hunting buddies.

Gene was one of a lucky few who found a second chance at love when he met and married Marilyn. They were able to enjoy retirement together with many road trips across Canada and the U.S. to visit family and many life-long friends. They just celebrated their 17th anniversary on May 10, 2025. Dad made sure about 20 times that I had ordered the flowers for Marilyn. After retirement Gene was able to focus more time to one of his other passions - wood working. He could often be found in his garage tinkering on some projects while educating curious neighbourhood children who stopped by to chat.

Gene, Husband, Dad, Papa we will miss you beyond words from here to heaven. Even though our hearts are broken we are comforted with the knowledge that you are at peace and reunited with your loves who passed too early. We know you will be watching out for us from above and sending support to guide us through.

He had a fulfilling career at CN Freight Sales in Winnipeg, MB where he learned the gift of the gab. Canadian National Railways was where he met the first love of his life, Eva Isabella Manson, which resulted in a marriage that lasted 43 years and produced two sons that were his lifelong joy - Charlie and Johnny. He taught them to work hard and be the best you can be in anything that we wanted to do and Mom and Dad supported everything we did. From 6 a.m. hockey practices to 4:30 a.m. duck hunts, they had our backs. The Fidler household on Grain Avenue was always the place to be with a hockey rink in the backyard and hand tied nets to be enjoyed with all the neighbors and hockey teammates and Dad continued the tradition by building a rink for the neighborhood kids at age 88, just a few years ago, with lights and everything.

He was an avid fisherman, and loved making new lures to try, whittling them from broom handles, and painting them up, and so started Chas. Fidler & Son Ltd with his father Charles (Chas) in 1958 in Paw's basement. Tying pickerel rigs and snelled hooks, pouring sinkers, and making plans for a fishing tackle manufacturer, importer, and distributor. After relocating CF&S from his father's basement he built the building at 26 Main Street in 1976 and developed the Old Killer name which became famous in the fishing world known for top quality products and fair prices and the Old Killer name is still known to this day. He held back the business a bit from 77-80 so that the boys could help in the development of the company once we finished school. A couple highlights back then were the Fid-L-Stix fishing rods, and the Uncle Charlie knives, which he developed, as well as over 30 other product names. He loved working and continued till he was in his eighties, always being the first one there at work.

He was also a Mason and was a member of the Lisgar Lodge in Selkirk for over 50 years, getting his 50-year medal, as well as a honorary lifetime membership in the Grand Lodge of Manitoba. Dad was also a member of the Shrine, also getting his 50-year jewel for service, and was the oldest Circus Daddy supporter in Manitoba history of the Shriners. He was a descendant of Peter Fidler, head surveyor for the Hudson Bay company, being the 8th generation here in Manitoba.

In his younger years he looked after Adam and Amy and before that, he was the first to give a home and love to children when it was needed - to all his nieces, plus, he had the pleasure of having fun times with his new grandkids - Marilyn's grandchildren - Darian, Brennan and Brinly.

He was and is loved by so many and will be truly missed. Dadders, go find us a new place to hunt and fish, as we will meet again.

A celebration of life was held at Gilbart Funeral Chapel, 309 Eveline Street, Selkirk, MB On Monday, May 26, 2025 at 2:00 p.m.

"So don't cry for me because life is done planting fields has just begun come fall may smiles adorn your face knowing I've gone hunting... in a better place"

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Henry Raymond (Butch) Kordalchuk September 2, 1937 - May 20, 2025

On the morning of May 20th Henry passed away quickly and without suffering. A small comfort to his daughter close by and his beloved wife who held his hand as his heart gave its' last beat.

Born to Mary and Fred on the small family farm, where his Ukrainian immigrant parents had made a home, Henry was the youngest of four. He was predeceased by sister Irene (Muryn, Chicago), Fred Jr. and leaves a surviving sister, Doreen (Manahan). The Kordalchuk family were proud early settlers to the area and contributed to its' growth and development.

Henry, alongside his dad, helped build The Ukrainian Home and Reading Society (The East Selkirk Hall). Henry's family tree remained rooted in the community with both his son and daughter raising their families on land he once tended.

Henry attended East Selkirk Happy Thought School, where classmates gave him the nickname "Butch", and it stuck. Funny story... when he met the love of his life, a beautiful nursing student from Saskatchewan, Jean (Halko), it wasn't until the day of their wedding rehearsal and after two prior years courting, that she learned his given name wasn't Butch.

Butch married his true love and best friend in 1961 and it has been a 64 year love story in the making. They were seldom seen apart and that suited them just fine. Even before they were married, together they helped Butch's mom and dad clear land at Falcon Lake and built a cozy cottage. That is where over a span of some 50 odd years the most cherished of family memories were made. Butch supported his family through a 38 year career with the CNR. At the Transcona shops (where he was known as Hank) he worked his way from laborer, to Foreman to the Corporate position of Equipment Officer, where he retired in 1992. Besides iron and steel, friendships were forged in the rail yards and Hank faithfully attended the retirees lunches for over 30 years, to see that those bonds remained.

Had he not been a rail worker, there was a time when he might have had a hockey career. Butch was recognized as a talented defenseman while playing for the 1956 (Provincial Champions) Selkirk Fisherman. Sadly, an injury dashed that dream but not his love for the game. Butch coached for years in the Old Selkirk Barn and returned to play Old Timers hockey as #8 on the Selkirk Settlers. Senior's hockey created a unique opportunity for Butch and Jean to take a trip of a lifetime. The team played a series of "friendlies" on a European tour. They saw Germany, Finland and Italy. Butch and Jean were thrilled for the time in Rome where they visited St. Peters Square and The Vatican - special because of their shared strong faith and dedication to their Ukrainian Catholic parish.

Butch's love of travel stemmed from the joy it brought him and Jean to make friends wherever they went. They worked hard to make many return trips to Puerto Vallarta where locals grew to know and love them and anticipated their return. Fellow snowbirds, from across Canada, considered them friends and kept in touch with calls and cards. They have precious memories, preserved in beautiful photographs, from Vegas, Hawaii and Florida.

During his 87 years in the community Butch joined many clubs. Together with Jean they bowled, curled, played slo-pitch and golf. Golf was a beloved pastime and he is on record at the Selkirk Golf and Country Club as one of a small number to have made a Hole in One. Jean has proudly saved the newspaper clipping that commemorates it.

Butch served his community well, volunteering whenever asked. He and Jean worked the Manitoba Summer Games and Men's Provincial Curling Championships. He joined the Selkirk Kinsmen Club and gave of his time generously.

Butch proudly supported local business and went from customer to friend with many proprietors. He was known around Selkirk for the smile on his face, the twinkle in his eye, the butterscotch and root beer candies in his pocket, the friendly teasing and jokes and the kindness shown to all.

Besides his life partner, Jean, left to cherish his memory are daughter Leanne (Steve), granddaughters Crystal (David and step-son Gordon), Jennifer (TJ) and Lorrin-Jeanne. Dad and Gido's timeless stories, quick wit, years of wisdom and guidance will be missed. Dad can now reunite with his son Don (1961-2019).

A private funeral service has been arranged.

There will also be a service of Intent and Divine Liturgy, open to all, on Sunday, June 1st at 9:00 a.m., Holy Eucharist Church 380 Sophia St.

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OBITUARY

MaryAnn Sutyla

Peacefully on May 23, 2025 MaryAnn passed away at the age of 83.

Predeceased by her husband, Leo Sutyla, son Danny Sutyla.

Survived by son Roger (Charlotte) and family.

She will be deeply missed and ever loved by those that were close to her.

Born in Brandon, moved to Winnipeg where on a blind date one May long weekend met the love of her life, Leo, and later married in November 1962.

Gratitude goes out to the ER staff at Selkirk Regional Hospital for their care and compassion. In keeping with MaryAnn's wishes, cremation has taken place and no service will be held.

In lieu of flowers, donations can be made to Little Britain Cemetery.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Lorianne Theresa Belanger (LTB) July 31, 1958 - May 19, 2025

With saddened hearts and surrounded by loving family, we announce the peaceful passing of our daughter/sister Lorianne. She is now reunited with her predeceased dedicated father, Edward and survived by her saintly mother Lorraine and brothers.

A special heartfelt thank you to Auntie Clemmie for all of her lifelong devotion. From the bottom of our hearts we would like to thank the most compassionate, and comforting staff at Selkirk Regional Health Centre. You are the epitome of providing the most personal and professional healthcare.

A private family celebration is planned. Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



GRAVESIDE SERVICE

Samuel (Junior) A. Thordarson

Unexpectedly on Thursday, May 8, 2025 at the Gimli Community Health Centre, Samuel (Junior) Thordarson, aged 45 years passed away. Many thanks to their caring staff.

He is survived by his sister Teresa (Don); father Samuel Sr.; niece Samantha; nephews Logan and Dylan: as well as numerous relatives and friends.

A private ceremony will be held on June 14th at 11:30 a.m. at the Pioneer Cemetery in Rembrandt.

Tributes: www.gilbartfuneralhome.com

Your memory will live forever engraved within our hearts.

OBITUARY



Marla Claire Olafson-Karr March 16th, 1957 - March 26th, 2025

With overwhelming sadness, we announce the sudden passing of our loving wife and mother, Marla, who passed away peacefully while river tubing on the White River in Jamaica.

Marla grew up a few miles from the shores of Lake Winnipeg and loved the water her entire life. Marla was always up for a boat ride and spent many happy days in her youth on Lake Winnipeg on their family boat. It became a challenge for her husband Brent to find a boat ride or two for Marla wherever they travelled. The last 10 days of Marla's life were spent with Brent, on the M.S. Rotterdam. Marla celebrated her birthday on the first day of a 12-day Caribbean cruise that included a portion of the Panama Canal, a sunset catamaran cruise in Aruba and a harbour boat tour in Cartegena Columbia. The day before they started their cruise,

Marla and Brent toured the Florida Everglades on an air boat.

Marla was born in Gimli and grew up in Riverton, Manitoba and was the fourth child of Stefan and Dora Olafson (nee Anderson), both predeceased. She leaves behind her husband of 33 years Brent, son Eric, daughter-in-law Brianna, whom Marla absolutely adored, and grand dog Ellie.

Marla is also survived by her brother Dan (Beverley), his daughters Nicolle (Jon), Danielle and Renee (Colin) and grandchildren Jessica, Jordyn, Josh, Carter, Harley and Olivia. Sister Janice Robidoux (Roger, deceased) sons Michael and Marc (Renee), sister Colleen (Vern Bryce) and favourite step niece Janelle (John). Marla is also survived by her mother-in-law Madeline (James deceased), brother-in-law Ron and his wife Helen and their son Jonathon. Marla also leaves behind 70 first cousins, all of whom Marla had a special place for in her heart.

Marla loved to drive, from snowmobiles and her brother's Honda 50, to boats, trucks and Bombardiers, starting at a young age. She worked alongside her parents and siblings at the family business Riverton Transfer, as soon as she could legally drive, hauling countless semitruck loads on highways and winter roads.

At 20, encouraged by her cousin Pam, Marla moved to Calgary, working first for a transport company, then as a bookkeeper at Sprung Structures. It was there she met Gloria Sakatch. On her first day, knowing no one, Marla asked the receptionist, Gloria, "Can I go for lunch with you?" That simple question sparked a 45-year friendship, lasting even after Marla returned to Manitoba. They visited back and forth for years, becoming part of each other's families.

Back in Manitoba, Marla worked in the McGavins Bakery office starting in 1982. She met Brent on a blind date in 1991; they married in 1992, and their son, Eric, was born in 1993. She became a devoted stay-at-home mom, instilling her strong values in Eric. When he started school, she joined the parent council. Marla also volunteered for over 1,500 hours with the Winnipeg Police Service community volunteer program.

Later, Marla returned to bookkeeping, eventually starting her own business, Night Owl Bookkeeping, in 2008. She continued to serve limited clients until her passing.

Marla was extremely proud of her Icelandic heritage and a trip to Gimli for Islendingadagurinn to connect with her family, friends and her roots was a must. She had the most beautiful smile and brought joy to those who knew and loved her. Marla was smart, witty and full of fire. She was always kind to people but would set someone straight if they didn't have their facts straight. Marla could be tough as nails when she needed to be, but she always had a smile for someone. Marla made friends very quickly and made several new friends while at sea, in the 10 days prior to her passing.

Marla will be missed by everyone who knew her and forever loved by Brent, Eric and Brianna and her family.

If you are so inclined, please consider a donation to a foodbank or shelter in your community. Marla's celebration of life will be held on June 5th, 2025 at 11:00 a.m., at the Selkirk Recreation Complex Hall, located at 180 Easton Drive, Selkirk, Manitoba. Colourful attire is encouraged for Marla's Celebration of Life.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.















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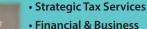
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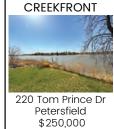
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