



The Selkirk Record

THURSDAY, JUNE 13, 2024

VOLUME 15 EDITION 24

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D-Day remembrance



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Legion members hosted a D-Day commemoration event last week. The soldiers who fought for our freedom were remembered at the Selkirk Cenotaph on June 6. See more photos inside.

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Keeping our community safe with elder abuse awareness

June 15 is World Elder Abuse Awareness Day

By Katelyn Boulanger

Everyone wants to live in a safe community and part of that is watching out for each other. One way that we can do that is by taking part in World Elder Abuse Awareness Day by learning the signs of elder abuse and how to recognize them in others in our community.

Elder abuse is violence, mistreatment or neglect towards older adults. The abuse often comes from individuals in situations of power or trust but it can also come from other individuals and is not limited, potentially occurring inside or outside the home.

Local RCMP Community Safety Officer Paul Human says that he has mostly seen financial and physical elder abuse in his career but that neglect and emotional abuse are also ways that older adults are exploited.

“[With physical abuse] they have unexplained bruises. So, you might be speaking with an individual and you see a bruise, say on their neck, maybe on their face or on unexposed skin, maybe a burn, maybe a scar, things like that,” he said.

In situations like that, he says that

the best way to help people is to ask them about what happened.

In situations of financial abuse, there are different signs that Human recommends that residents keep an eye out for.

“What I’ve seen before is where it gets reported to us that all of a sudden this individual who had money doesn’t have any. [They’ll have] a recent change in banking, or a recent change in spending patterns,” he said.

He says that noticing changes and being there for your family member, friend, or neighbour may mean asking some questions.

“You don’t have to, obviously, pry into people’s financial history or anything like that, like how much is in your [savings but] just if you see something that’s really drastic,” he said.

He explained that in some instances, like if they are selling a home or vehicle unexpectedly or they talk about having to take out a loan, leave room for a conversation about how they are doing.

Some other signs that something might be going on with someone are:



METRO

Learning the signs of abuse on World Elder Abuse Awareness Day.

- Unexplained or poorly explained injuries
 - Looking to be dehydrated or malnourished
 - Clothes or hygiene needs that are not to previous standards
 - If someone appears to be over or under-medicated
- These signs could indicate a variety of situations affecting a person’s life

Continued on page 3



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> ELDER ABUSE, FROM PG. 2

beyond elder abuse, so keep an open mind when checking in.

For elders in our community that want to protect themselves, they should know that these situations often start small and come from a level of trust that is previously established.

"As soon as that trust wall is established, they're like, 'Hey, you know what, can I borrow 20 bucks from you just to put some gas in my truck, so I can get home?' [and you say,] 'Oh, sure,' and then \$20 becomes \$50, and then \$50 becomes \$5000, etc.," said Human.

He explained that often as Canadians we want to help others in need and our hearts go out to people.

One way that you can help people in our community that you notice changes in is by generating an information report with the RCMP even if you aren't sure what exactly is going on. Human explained that your report may not yet be enough to get the RCMP to act but the more information that they have the better if they have to address the situation in the future.

His other advice is to connect with others in our community.

"Talk with your neighbour. If something looks suspicious, it probably is. [For instance if,] I noticed that the John across the street there, he's not getting visited by his family anymore, or there is that one certain vehicle that comes by all the time, if it looks weird, then it probably is weird," said Human.

He also encourages residents who want to make the community safer not just to make observations but to act on them.

"We do it all the time as police officers, or for instance firefighters. If there's fire, they're going to act on it. If there's a crime, if somebody's getting hurt, we've got to act on it. It's the same thing if you see something that's suspicious, act on it, because if you hold on to it, that'll generate anxiety for you, number one and number two, you're helping somebody else," he said.

RCMP Eastman Traffic Services respond to fatal collision

Submitted by Manitoba RCMP

On June 6, at approximately 12:10 p.m., RCMP Eastman Traffic Services was conducting speed enforcement on southbound traffic on Highway 8 when an officer heard a collision behind them at the northbound intersection of Highway 8 and Northumberland Road in the RM of West St. Paul.

The officer was on the scene immediately and found an unresponsive 76-year-old female driver and an injured 76-year-old male passenger, both from Winnipeg, in one SUV. Emergency Medical Services was called and a nurse who was passing

by stopped to assist. Both occupants were transported to Winnipeg hospital, where the female succumbed to her injuries and the male remains in stable condition.

The investigation determined that an SUV was westbound on Northumberland Road when it proceeded from the stop sign entering Highway 8. The SUV was then struck on the driver's side of the vehicle by a northbound SUV.

The 27-year-old female driver of the northbound SUV, from Ste. Agathe was not physically injured in the collision.

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Gwen Fox Gallery's June show brings colour and creativity

View work by Sandra Atimowich, Iris Bidinosti, Bev Hart and Lillian Kazuk

By Katelyn Boulanger

Have you been down to the Gwen Fox Gallery lately? If not, now is the month to make a trip with Sandra Atimowich, Iris Bidinosti, Bev Hart and Lillian Kazuk bringing four completely different but daring styles of work to the gallery walls in their exhibition, Expressions.

Sandra Atimowich

Atimowich is the type of artist who continues to challenge the creativity of the mediums that she works in. With mixed-medium paintings, which include acrylic and resin which make her work three-dimensional, her work literally stands out this month.

"I'm actively involved with all kinds of art. So, I would say my style of art is really dimensional. I try to bring depth. I always want the viewer to look deeper. I don't want you to just look at the painting," said Atimowich.

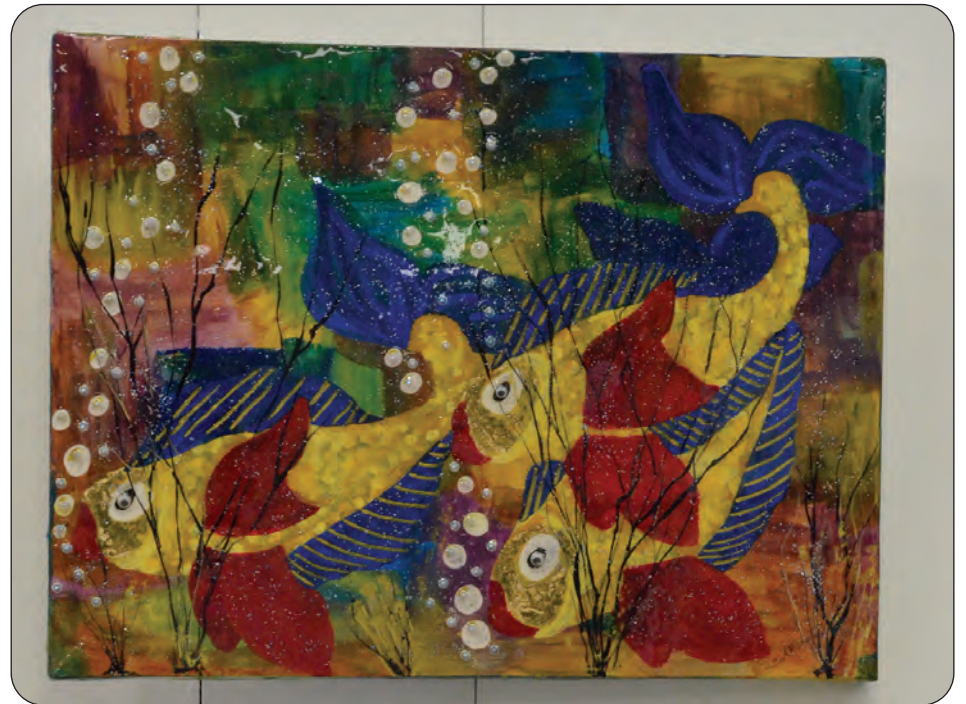
She finds the inspiration for her work from nature.

"Everything around is a gift like the clouds, the sun, the way the sun hits, anything. Getting to see that shadow to me is, it's beauty all around us. You have to look for the hidden messages in everything," she said.

This emphasis on dimension that residents will see in her work began at the very beginning of her art journey as she started creating when her grandmother taught her to make Ukrainian Easter Eggs.

"My grandmother taught me Ukrainian eggs at age five. That's how I learned all the values and colour mixing because with Ukrainian eggs the dimension [is created] with opposites. You go from a white egg, you wax what you want white, you go into yellow, you wax in the yellow. So, as a child, I learned that you start at one layer, and you keep building and building and the reveal is the end," said Atimowich.

She found this idea to be very intriguing and has continued to create ever since and also inspires others



RECORD PHOTO BY KATELYN BOULANGER

Sandra Atimowich's work.

to create through her work as an art teacher.

Atimowich says that her style as an art teacher is not to teach people how to make art her way but to help people find their way of creating.

"I'm not there to teach them my

style, or my inner ideas. I'm there to see what they do. I want to I want to bring forth what I see in them. And their journey is their journey," she said.

She invites residents to check out the show at the Gwen Fox Gallery this month and support the many local artists who exhibit there.

"Coming into a gallery to see something, to discover the inner beauty in themselves by looking through other people's art is really a gift," said Atimowich.

Iris Bidinosti

Bidinosti is a very busy artist in our art community. She is a bark caver that residents may have heard of because of her work being in a provincial carving competition earlier this year. This month at the gallery, residents will have the chance to see

Continued on page 5

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> GWEN FOX GALLERY, FROM PG. 4

many more of her pieces.

"[My work is] all carved out of cottonwood bark and the bark is only taken off dead trees and the thicker the bark, the better," she said.

The style of her carvings has a whimsical edge and often involves some type of architecture. The houses, castles and cottages are closer to the homes you'd assume fairy tale creatures might live in than people, which makes it so that you keep discovering more fun elements the longer you look at a piece.

Bidinosti has discovered that creating her art is a place of peace for her.

"It's a really good stress reliever. It's a good thing to focus on. Sometimes with our life you're doing this, you're doing that, but when I get carving, that's all I do," she said.

It was a family member who suggested that Bidinosti start carving but she came to bark carving through experimentation in the medium.

"I took a class in bark carving and immediately loved it because it was unstructured. If you're carving a bird or an animal, there're certain things that you really have to do in order for it to look like a bird or an animal, with the bark carving, your imagination can run wild," she said.

She encourages beginners to join a group of like-minded people and try different things to challenge themselves.

"When I started, I joined a carving group that is operating here in Selkirk [the] Catfish Carvers. I did take lessons in bird carving and I took lessons in animal carving. I did a polar bear at one time and then I took one in the bark carving and that was my love," she said.

She encourages residents to check out not just Expressions but to take a peak in the gift shop at the Gwen Fox Gallery.

"The gift shop has got such a nice variety of art and price wise. There are lots of cards, greeting cards for

every occasion. If [visitors] come to look at the art, they can also check that out," she said.

Bev Hart

Hart's art definitely expresses itself in this month's exhibit. Her unstructured pieces bring forward emotion and movement with her impressionist-like style.

"My art mostly comes out of happy feelings and fun things from my past that I have pleasant memories [connected] to. Most of my art comes from some memory of my life growing up as a child or through the years," said Hart.

Her inspiration comes from those memories.

"I had a good childhood. I was raised on the farm. I had good parents. I have a lot of memories and it's funny how the memories keep coming up. The older I get, I'll get a little memory from somewhere in the past and so I paint about it and it's kind of fun," said Hart.

Her art, even at the very beginning of her journey, has had family at the centre of it as, after her husband bought her some paints, she teamed up with her siblings on a joint project.

"My sister, at the time, she had a bed and breakfast in Coronation, Alberta. She wanted me to paint art for the walls, [and] she made the soup, and my brother did the construction," said Hart.

At that time, she was painting things like animals and flowers, but that has since evolved into an expressive painting style that fuels her.

"It's a very good therapeutic part of life is to put paint on [canvas]. It doesn't have to be perfect, just play with it and it feels good," said Hart.

She wants new painters to know that there is no one way to paint and if you don't like it — paint over it.

Continued on page 6



RECORD PHOTOS BY KATELYN BOULANGER

Iris Bidinosti,



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“My advice is just to paint, and for people that have never painted before, you don’t have to buy expensive paint. You can buy paint at the dollar stores or wherever and just put it out there and play with it,” she said.
Hart encourages residents to come to

the gallery because there are pieces that you’re likely to connect with.
“Come to the gallery and check out the art and let it entertain you. Some pieces will make you smile and that’s a good thing. You should have pieces in your home that make you smile,”



RECORD PHOTOS BY KATELYN BOULANGER

Bev Hart.

said Hart.

Lillian Kazuk

Kazuk is the most realistic-style artist in the gallery but don’t let that fool you. She is a storyteller with her art expressing what rural farming life is all about in oil and watercolour.

“We have beautiful waterways, we have beautiful lakes and natural environment around us all the time. I want other people to appreciate what I appreciate. I also have a very strong farming [influence] that I think should be recognized. I would like people to remember or better yet not

Continued on page 9



Lillian Kazuk

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Kirstin's Walk for Kids



RECORD PHOTOS BY KATELYN BOULANGER

Kirstin's Walk for Kids continues to raise funds for local groups in our community in remembrance of Kirstin Sutherland. Attendees walked a beautiful route in Selkirk Park, enjoyed a hot lunch, and participated in the silent auction.



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The Selkirk Record

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get informed

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

Selkirk RCMP looking for armed suspect after robbery

Submitted by Manitoba RCMP

On June 9, at approximately 1:35 p.m., a male walked into a retail store in the 300 block of Main Street in Selkirk. The male produced a knife with a red-wrapped handle, and he demanded cash. After getting the money, he fled on foot north on Main Street and was last seen near Superior Avenue.

The suspect is described as approximately 5'10" tall, with a thin build and dark hair. He was wearing blue jeans, a grey hooded sweater, a black baseball hat, and a black crossbody bag with a black strap. The male was also wearing gloves at the time of the robbery.

If anyone sees the male, call 911 and do not approach him as police believe he is still armed.

If you have information, please call Selkirk RCMP at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.



RECORD PHOTO SUBMITTED

Security camera footage of the suspect.

letter to the editor

Citizens of Selkirk,

I have concerns regarding the construction of the protected bike lane on Mercy St. Spending a combined \$950,000 on this project, which includes the bike lane and overlay improvements, to only serve bicyclists. Cost as stated in the City of Selkirk Spring mailer.

The updated widened sidewalk on Manitoba Ave. is a better solution. This multi-use sidewalk services all pedestrians, cyclists, persons with disabilities using motorized chairs and special needs individuals riding adaptive tricycles.

Adaptive tricycles will not be accommodated on the bike lane due to their larger wheel spread. This will force riders to use the deteriorating sidewalks. Also, far more children

walk to school than ride bikes, so where's the benefit?

The roadway will be narrowed by 8 feet which will make for hazardous intersections and driveways and cause difficulty for school buses and commercial trucks. For the city to state the street will meet requirements for road width is simply short-sighted. If you've never driven a bus or large truck then your knowledge is limited.

Everyone's seen the previous mistakes made once the new construction on Eveline and Eaton was completed and vehicles were colliding into curbs and further reconstruction was needed.

Every business and homeowner on Mercy Street should have been directly contacted before this project

was approved. We should be viewed as complementary partners to this project and not adversaries. Overall, I feel blindsided by my elected leaders and very disappointed.

Opposition exists because we have the unique opportunity to implement a better solution. Widening the sidewalk is the better option and we must accommodate our citizens with physical and intellectual challenges and needs. A bike lane will not meet that goal.

I truly hope Mr. Nicol and Mr. Johannson will reconsider a widened sidewalk and leave the roadway for vehicles.

Submitted by
Mark Baker
Selkirk

The nightmare of the Ready to Move home in Sandy Hook shouldn't happen to anyone. We contrast that with our own experience with our new condo off Manitoba Avenue. Our son in Toronto, who has renovated

three homes and a condo in that city, said it was the best workmanship he'd ever seen. The build has been absolutely flawless, the work is meticulous, the service excellent and this without even our doing due

diligence (our bad). Night and day contrast.

Submitted by
Buster and Cathy Welch
Selkirk



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

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Safe Grad committee celebrating success



RECORD PHOTO SUBMITTED

Parents for Safe Grad is once again out in our community fundraising and rounding up volunteers so that this year's group of graduates can celebrate in style. Last weekend they were at Boyd's Autobody for their annual car wash event. They also got to celebrate a major accomplishment with their annual 50/50 pulling in a lot of support from the community. This year's winner Dayna Kurbis was presented with \$44,030. Congratulations!



> GWEN FOX GALLERY, FROM PG. 6

forget where our food comes from," said Kazuk.

She explained that her images of farming equipment or aspects of farm life represent all of the hard work of farmers as well as the work by farmers' wives, who are often overlooked but are also essential to the work that needs to be done. She has a strong connection to farming having been married to a farmer and also having parents who farmed.

Her style of art is quite realistic and Kazuk says that the skills she acquired in her career as an interior designer are likely part of what makes her work so detail-oriented.

Kazuk's artistic journey began with her mother who grew a garden every year. She planned her space to be functional and beautiful and that was very inspirational to Kazuk. From there, her father had some skill in drawing and encouraged her Kazuk to draw horses and instilled in her some map making skills.

As an interior designer, she continued to bring these skills forward as she drew out her designs for others to see.

She started painting again about 15 years ago when she and a friend were inspired by a former teacher to pick up their brushes.

Her advice to people inspired to return to a creative pursuit is to not forget about yourself.

"I remember, there was a time in my life. I could feel the painting wanting to come out of me and there was no physical way I could do it but I think, 'I should have done it,' I wish I had given myself more time," she said.

Residents are encouraged to stop by the Gwen Fox Gallery this month to check out Expressions. The exhibit is up until June 28. The Gwen Fox Gallery is free and welcomes visitors from Tuesday to Saturday from 11 a.m. to 4 p.m. They are also open late until 8 p.m. on Thursday evenings.

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Support the troops golf tournament teeing up soon

Help Legion fill up the last spots at annual golf tournament

By Katelyn Boulanger

The Selkirk Legion is hosting its Support the Troops golf tournament on June 15 and as of print deadline there are still a few spots left for interested golfers.

"It's fundraising for the Military Family Resource Center. Every year, we present them with a cheque of money we've raised over the year," said Selkirk Legion President John Austin.

He explained that they like to support this organization because, as a veteran organization, they want to support not just current service members but their families as well.

The golf tournament takes place on June 15 at the Selkirk Golf Course with registration starting at 11:30 a.m. and tee-off time at 1 p.m.

Austin says that it's important that events like this take place in our community not just as a fundraising event but also to raise awareness.

"Every time we're out there, it reminds people of what was sacrificed for their well beings so it's important that we keep the spotlight on that," he said.

Because this event is supporting our

troops, participants are asked to wear red.

The tournament will be a Texas Scramble. The cost of entering is \$400 per team and includes golf cart, MSS supper and prizes.

Austin recommends that residents who are interested get their tickets soon as there are only a few spots left.

He also wants to thank our community as the tournament has received a great deal of support from local people and businesses.

Residents who aren't as talented with a golf club can also support our troops through donations. To enter a team, sign up and pay at the Legion's bar.

Narol man wins \$100K on scratch ticket purchased in Winnipeg

Submitted by Manitoba Liquor & Lotteries

Ronald Bedard is \$100,000 richer after winning on a \$100 ULTIMATE Scratch ticket.

The Narol man said he's a big fan of playing scratch tickets regularly and was not expecting to see all the zeroes in his win.

"My only reaction was shock and joy," he said. "Nothing prepares you."

Bedard is already brewing ideas for spending his new windfall.

"I've been building a home for myself," he explained. "This will go a long way to helping me complete it."

Bedard purchased his winning \$100 ULTIMATE scratch ticket at the Red River Co-Op located at 1600 Regent Avenue West in Winnipeg.



RECORD PHOTO SUBMITTED

Ronald Bedard took home \$100,000 after winning on a \$100 ULTIMATE Scratch ticket.

Elvis is coming to town

Event to raise money for Selkirk and District Lions Club

By Kaitlin Vitt

The Selkirk and District Lions Club is inviting the community to support its philanthropic efforts by attending an upcoming fundraiser.

The event Elvis: The Legend Lives takes place Saturday, July 13, at 4:30 p.m., with doors opening at 3:30 p.m.,

at Selkirk Christ Church (227 McLean Avenue). Tickets are \$20 in advance or \$25 at the door. Last year, the event sold out, so those interested are encouraged to get their tickets soon by calling 204-482-6293 or 204-485-6899.

The fundraiser will feature Elvis impersonator Daylin James, who has

been named a Canadian and international Elvis tribute grand champion. The show provides two hours of entertainment, and food and beverages will be available for purchase.

Money raised at the Elvis event will go toward supporting the club's upcoming community projects, such as providing Christmas dinners in the community and at the residential building the club operates, baking the Lions Club's signature Christmas cakes and hosting their market.

Nandeen Satheesh, president of the Selkirk and District Lions Club, has been a part of this chapter for the last

four years. He said supporting the community has always been important to him, so being a part of the Lions Club seemed like a good fit.

"It's always been my passion, to help people," Satheesh said.

Satheesh and his wife, Veena Nandan, owned the Selkirk restaurant Vinnies South Indian, and during the height of the COVID-19 pandemic, the restaurant offered more than 5,000 free meals to those who needed it. The owners had put a call out to say if people were unable to purchase groceries, they could contact the restaurant, which would provide them with food.

After seeing the owners supporting the community in such a big way, the Selkirk and District Lions Club invited the two to join the group.

Satheesh is now in his second year serving as president, and it will be his last one, as it is a two-year term.

"We request all the people in Selkirk support us in our projects," Satheesh said. "If you need something, the community is free to ask for help. We'll be there to help the community."

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Local filmmaker takes home 2024 Eagle Vision Filmmakers Award

By Raegan Hedley

Lance Cartwright from Stonewall and Ryan David Younes from Selkirk recently won the ACTRA Manitoba 2024 Eagle Vision Indigenous Filmmakers Award for their short film *Departed Embrace*. The prize includes a \$1,500 grant, which the pair plan to use for another film project, and mentorship with Rebecca Gibson, a partner in Eagle Vision.

Cartwright and Younes met at Darcy Fehr's Winnipeg Acting School. Despite being in two different stages of life (Younes is 21 and Cartwright is 53), they share a dream of working in the film industry.

Cartwright was an MMA fighter and kickboxer, and worked as a stunt performer for a decade. Cartwright is a member of ACTRA Manitoba, so they entered the film under his name, but it was a joint effort between him and Younes. Another ACTRA actor who had worked with Younes before on another short, Kalyn Bomback, also

volunteered to be in the short film.

"I think I was just doing it before because it was a cool thing to do," said Cartwright. "I never aspired to do [it] and never like really thought about it. It just fell in my lap."

After taking an extended break from the film industry, Cartwright's hairdresser said he had a great look and suggested he should try to get back into the industry as an actor. For the last two and a half years, he's been training and auditioning.

"I had to start from scratch again like just practicing getting up in front of people and doing the scenes and being nervous even in class," said Cartwright. "It's just facing...something that's uncomfortable and challenging yourself and, and beating it...that's how I look at it."

"And that's why it was kind of special to win that award. After that preview, a few people were saying like, good job...I don't need reassurance that someone knows my name, but

they were there and they said it was good work. And to me, that really meant a lot."

Younes is just starting his career in film, and he said he went to Winnipeg Acting School to see how actors prepare for scenes and meet some actors because he eventually wants to become a director.

"But then I just fell in love with acting as well. And so it's just another tool in my belt," said Younes. "It's so ingrained into my soul at this point that if I even think of doing something else other than creating films and creating art I don't know how my

Continued on page 13



RECORD PHOTO SUBMITTED

From left, Lance Cartwright, Ryan Younes and Kalyn Bomback at the ACTRA Manitoba MIP Awards where Cartwright won the Eagle Vision Indigenous Filmmakers Award.

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mentality would react.”

He was determined to make a film with Cartwright after they were paired up in a scene together.

“He was one of the first people to

push me into another level of acting that I wasn’t able to figure out...his commitment to the craft is inspiring,” said Younes. “He reminded me a lot of my dad who died when I was five.”



RECORD PHOTO SUBMITTED

A heavy scene from *Departed Embrace* featuring Kalyn Bomback (left) as Millie, and Lance Cartwright (right) as Charles.

Departed Embrace centers on two characters: Millie (played by Bomback), who is pregnant with her child, and her husband Charles (played by Cartwright). Without giving too much away, Charles comes home late after leaving unannounced for three days to make amends with her.

“I pretty much paid for all of it out of pocket, but we just really wanted to make a film that meant something to all of us. And we didn’t realize how much it affected us and how personal it was for us, especially me, after the fact,” said Younes, who scripted and wrote the short.

“The film was very much about my

parents...it kind of just took on its own life after a while, and it really became more of a therapeutic piece for us as the creators.”

Cartwright said winning the award gave him “a real concrete feeling of fulfillment.”

“It was such a good feeling...going up there and showing your stuff and everybody enjoying it and acknowledging the work you put into it. Because they’re all going through the same thing to working and trying to put stuff out there,” said Cartwright.

“I’m hoping that my story inspires people. I’m in my 50s, and I’m doing this so it’s never too late.”

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D-Day remembrance held by Legion



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Legion held its annual D-Day remembrance services last week on June 6. The group from our community marched to the Cenotaph at Veterans Memorial Gardens to lay wreaths and remember those who risked their lives and those who died in the Normandy landings. One of those soldiers was Selkirk resident Harold Little who was honoured in this year's speeches.

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\$10 per person and \$5 for ages 12 and under. Breakfast includes, pancakes, sausage, and your choice of juice or coffee.

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Lockport Community Market open



RECORD PHOTOS BY KATELYN BOULANGER

The Lockport Community Market had a soggy start to the season with their initial market being postponed because of the rain. Fortunately, in their second attempt last weekend, the market bounced back with abundance.





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French Toast Casserole

Grease 9-by-13-inch baking dish. Place bread cubes in baking dish. In large bowl, whisk eggs, milk, brown sugar, vanilla, cinnamon, nutmeg and salt. Pour mixture evenly over bread cubes.

If making casserole ahead, cover baking dish and refrigerate overnight. If baking immediately, let stand 30 minutes at room temperature to allow bread to soak up egg mixture.

Preheat oven to 350 F.

To make topping: Drizzle casserole with melted butter and sprinkle with brown sugar and pecans. Top with strawberries and blueberries.

Cover and bake 35 minutes then uncover and bake 10-20 minutes, or until topping is browned and egg mixture has mostly set.

Remove from oven, cover loosely with foil and let stand 10 minutes. Dust with confectioners' sugar. Serve with maple syrup.

- 1 loaf French bread (about 1 1/2 pounds), cut into 1-inch cubes
- 5 large eggs
- 1 1/2 cups unsweetened milk
- 2 tablespoons brown sugar
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon sea salt
- maple syrup, for serving
- Topping:
- 2 tablespoons unsalted butter or coconut oil, melted
- 2 tablespoons brown sugar
- 1/2 cup chopped pecans
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- confectioners' sugar, for dusting



Breakfast Burritos

- 1 large tomato, seeded and diced
- 1 avocado, sliced
- hot sauce (optional)

In large skillet, heat canola oil over medium heat. Add red onion and red bell pepper; cook 8 minutes. Add black beans and red pepper flakes; cook 3 minutes. Season with salt and pepper, to taste. Transfer to dish.

In medium bowl, whisk eggs and egg whites. Stir in cheese until combined. Heat large skillet over low heat, add egg mixture and scramble 3 minutes, or until cooked through.

Spread sour cream over tortilla. Spread salsa over sour cream. Spoon 1/4 bean mixture over salsa. Spoon 1/4 scrambled eggs over bean mixture. Top with diced tomatoes and avocado. Drizzle with hot sauce, if desired. Roll-up burrito. Repeat three times with remaining ingredients and serve.

- Servings: 4
- 2 teaspoons canola oil
- 1 small red onion, diced
- 1 red bell pepper, seeded and diced
- 1 can black beans, drained and rinsed
- 1/4 teaspoon red pepper flakes
- salt, to taste
- pepper, to taste
- 4 eggs
- 4 egg whites
- 1/2 cup shredded pepper jack cheese
- nonstick cooking spray
- 4 flour tortillas
- 1/4 cup sour cream
- 1/4 cup salsa

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- 2 cups all-purpose flour
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- 1 package (10 ounces) mini semi-sweet chocolate chips
- 2 large eggs
- 1/2 cup C&H Light Brown Sugar,

Is your pelvic floor healthy?

By Julie Germaine Coram

Summer is finally here in Manitoba. Looking at this photo of my daughter and me last summer makes me eager to hit our favourite spots again. I recall this late August photoshoot experience was a little chilly, and after we finished up, a woman who had been on her morning walk stopped to chat with us. She had seen Amelia and I running up and down the beach, in and out of the water in swimsuits, and splashing each other, and she commented on how she would have peed herself in my shoes. I laughed and agreed it was a bit early to be in the cold water, but she clarified that she meant from all the activity (running and jumping), "especially after having a few kids!"

Developing a weak pelvic floor is common for mothers and women as we age. One symptom could be leaking urine when coughing, sneezing, running, or laughing. You may also experience reduced sensation, pain, or recurrent infections as other indications of muscle dysfunction.

Complications of pelvic floor muscle dysfunction can become quite serious, such as prolapse (when internal organs, such as uterus, slide down), greatly reduced bladder control, or even complete incontinence. However, the minor issues mentioned earlier already affect one's lifestyle and overall confidence.

Women often make the mistake of relying only on their family doctor to help them fix this issue. My clients have reported great results working with me, as a strength training specialist, to make real progress in combatting this sensitive issue. And I have good news. Pelvic floor exercises are extremely easy to do from any position, at any time, and prove their effectiveness sur-



Julie Germaine Coram
Registered personal trainer

prisingly quickly – within a month, you should notice a difference. By learning and understanding core engaging foundations first, you can get back in control and avoid limitations when chasing around your kids or enjoying other activities.

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Coach Julie Germaine Coram is dedicated to long-life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped thousands of men and women in Manitoba and worldwide improve their health since 2005.

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- 1/2 cup C&H Granulated Sugar
 - 3/4 cup sour cream
 - 1/2 cup vegetable oil
 - 1/2 cup whole milk
 - 1/2 teaspoon instant espresso (optional)
 - 2 teaspoons vanilla extract
 - 2 tablespoons flaked sea salt (optional)
- Preheat oven to 350 F. Line mini muffin pan with mini cupcake liners.

In large mixing bowl, use whisk to combine flour, cocoa powder, baking soda and salt. Add chocolate chips and stir to ensure chocolate chips are coated in flour mixture.

In separate large mixing bowl, use wire whisk to whisk eggs and sugars until ingredients are combined and sugars are dissolved. Add sour cream, oil and milk. Whisk again to combine.

If using espresso powder, add to vanilla then add to wet ingredients. Whisk vanilla espresso mixture into other liquid ingredients.

Pour liquid ingredients on top of dry ingredients. Using rubber spatula, mix until just combined, being careful to not overmix. Batter should be thick and shiny.

Using tablespoon or two spoons, spoon muffin batter into liners. Batter should be filled almost to top of each liner. Top each muffin with flaked sea salt before baking, if desired.

Bake muffins on center rack 6 minutes. Rotate pan and bake 6 minutes, or until toothpick inserted in muffin comes out clean. Once muffins finish baking, place muffin pan on cooling rack to cool completely.

Your Health

Selkirk Care Partner Support Program open to community members

Alzheimer Society and local care home help bring support program to residents



METRO

By Katelyn Boulanger

If you are the care partner of someone who has dementia, The Alzheimer Society of Manitoba and Tudor House have teamed up to offer a Care Partner Support Group which brings care partners in our community together to share, exchange tips and for fellowship. The program is being offered in Woodland Courts, behind Tudor House Personal Care Home, and is available to any person in our community who is a care partner for someone with dementia.

"It's specifically targeted towards those people that are caring for persons who are living with dementia. And when we say care partner, that could mean spouse, child, sibling, family, friends, neighbours. All the different connections to that person," said Melanie Thomas, social worker at Tudor House Personal Care Home.

Thomas explained that the care partner support group is an informal group.

"There's no expectation to share until people are comfortable to do that. The meeting is roughly 60 minutes. It's held at Woodlands, in their boardroom but it's completely open to the community. We will have coffee, maybe some cookies and a casual atmosphere," she said.

There is a confidential nature that comes with a group like this. The

If you are supporting a person with dementia you may be interested in the region's new care partner support programs.

benefits of taking part are that it not only allows for sharing of stress or difficulties but allows people to talk about the things that are working for them and exchange ideas to help each other out.

"[Discussions can be about] challenges that they face, maybe topics like communication, communicating with that person with dementia, or more about more actual care needs, and some of the dynamics

that come up with being a care partner or a support person to somebody with dementia, any worries, any things that they feel are their strengths, what things have worked, or things that are challenging," said Thomas.

Thomas said that Tudor House Personal Care Home was open to hosting a program like this in one

Continued on next page

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Continued from previous page

of their buildings because, looking at the population, there is a rise in cases of dementia. In addition, because people with dementia live in their facilities it made sense to host a program that would be accessible to visiting care partners.

In addition to being a social worker for Tudor House, Thomas is a volunteer with the Alzheimer's Society and says that this program is also great because, with the Alzheimer's Society facilitating the program, it provides access to a great deal of knowledge and resources.

This program is not just beneficial for the person with dementia, however, but for all involved.

"Caregiver burnout is a very real thing. It absolutely does exist. For [participants] to have an outlet, and know that they can go somewhere and share that, likemindedness [with others in a similar situation] and, be able to share with somebody with a background like myself, who is able to share that with them to provide that support, [is important.] More and more situations come up because of our health care system where families or care partners are caring for people with dementia out in the community whether they're living in their home with them, or

independently, and that person is coming to the home to help them prior to them being in hospital or in a personal care home. This is an outlet for [participants] in regards to mental health," said Thomas.

The care partner support group meets monthly on the first Thursday of the month at Woodland Courts (387 Annie St.) in their boardroom. The meetings start at 2 p.m.

There is also a care partner support group that meets at the Gordon Howard Centre in the evenings which may be able to accommodate people whose schedule doesn't allow them to attend this one. To learn more about this group, contact the Gordon Howard Centre.

Thomas explained that the role of care partner means that we put others first but that taking time to put yourself first can make it so that you are better able to fulfil that role.

"It's taking care of yourself. I know that that is difficult to relate to when you're in a caring role. But, looking after yourself, your mental health and your physical needs, before helping someone else means you're going to be able to manage that role as a care partner better and more effectively when you're able to balance yourself and be able to meet your own needs," said Thomas.

Residents who are care partners are encouraged to check out this group if they are interested.

"Come out and try it. There's no obligation. You can just listen," said Thomas.

She also encourages people who know someone who is a care partner to share this information with them.

To take part in this program, residents are asked to sign up in advance. You can do so by getting in touch with Thomas at melanie@mytudor.ca or calling 204-482-6601 ext. 141 or by touching base with Samantha Holland, local representative for the Alzheimer Society of Manitoba, at alzne@alzheimer.mb.ca or calling her at 204-268-4752.

Residents in our community who would like to show their support for those with dementia can also participate in the Walk for Alzheimer's hosted by the Alzheimer's Society of Manitoba at the Gordon Howard Centre and Waterfront on June 13 with check-in at 5:30 p.m. and walk starting at 6:45 p.m. To register visit https://secure.alzheimer.mb.ca/site/TR?fr_id=1260&pg=entry.

June Awarenesses

- **ALS Awareness Month**
- **Brain Injury Awareness Month**
- **Canadian Men's Health Month**
- **Cataract Awareness Month**
- **CMV Awareness Month**
- **Migraine Awareness Month**
- **Parks and Recreation Month**
- **National Kinesiology Week – June 1 to 8**
- **Intergenerational Day Canada – June 1**
- **June ALS Awareness Month – June 1 to 30**
- **Spina Bifida and Hydrocephalus Awareness Month – June 1 to 30**
- **Hidradenitis Suppurativa Awareness Week – June 2 to 8**
- **Spinal CSF Leak Awareness Week – June 3 to 8**
- **National Health and Fitness Day – June 4**
- **World Environment Day – June 5***
- **Action Anxiety Day – June 10***
- **World Elder Abuse Awareness Day – June 15***
- **World Sickle Cell Day – June 19***
- **International Day Against Drug Abuse and Illicit Trafficking – June 26***
- **National Cancer Wellness Awareness Day – June 26**
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Maulers Boxing hosts first ever amateur fight night

By Kieran Reimer

Maulers Boxing and Eastman boxing hosted their first ever amateur boxing event out of Selkirk's Old Barn Arena earlier this month.

The event featured 16 Olympic style boxing matches with boxers from various gyms in Manitoba, Saskatchewan, and Ontario including four Selkirk locals representing Maulers.

The event was partially organized by Maulers Boxing coach, Devin Tomko, who wanted to give his athletes a chance to fight in a Manitoba Amateur Boxing sanctioned event in their hometown of Selkirk.

Over 500 people were in attendance to cheer on the local and out of province boxing talent once the doors opened at the old arena.

Maulers' Addison Vagi got things started as he defeated Pan Am Boxing's Grayson Barrows after three rounds by split decision. The fight was Vagi's first as an amateur and the 17-year-old now improves to 1-0.

"The first fight is always nerve-racking," said Tomko. "I tell my guys the first one if they establish themselves, they will do good in the fight. The guy (Barrows) came out aggressive and Addison probably lost the first round trying to find his footing. Then he found his footing in the second and third and he started making leeway and got the win."

The second Mauler up was 15-year-old Damir Kudusov taking on Saskatoon's Jack Senga.

Kudusov, who grew up in Ukraine competing in Muay Thai, recently converted to boxing since moving to Selkirk, and has already been making a name for himself, earning a spot on Manitoba's provincial boxing team this year.

On Saturday, Kudusov was taking on Saskatoon's Jack Senga who de-



Selkirk's Old Barn Arena was converted into a boxing ring.

feated Kudusov once earlier this year.

This time, it was Kudusov coming away with the victory as he was pronounced the winner after judges scored it a unanimous decision after three rounds.

Next up for the Maulers was Jackson Hallock taking on Kenora's Mike Polen in the co-main event.

Hallock, 21, also won by a unanimous decision as he improved his amateur record to 4-0.

Last up was the main event where Maulers' Draven Clemons was taking on Kenora's Jimmy Parks.

The heavyweight bout was the boxing debut for both fighters as the 23-year-old Clemons was able to make quick work of Parks, knocking him out in the first-round.

"Going into everybody's first fight they like to brawl," said Tomko. "I wanted him to still have some fun and let his hands go but he knows how to box and that's exactly what he did. He has good head movement, moves really well for someone his size. He came out there and put the jab in his face. Clemons dislocated his own shoulder and continued on to score the knockout."

The fight lasted only a minute as Clemons walked away with his first amateur win.

Following a positive reaction from the athletes and people in attendance, Tomko plans to hold another event later this year.



RECORD PHOTOS SUBMITTED

Maulers' Damir Kudusov dodges a punch from Jack Senga. Kudusov went on to win the fight by a unanimous decision.



Maulers' Addison Vagi celebrates winning in his boxing debut against Grayson Barrows. Vagi was pronounced the winner after judges carded a split decision.

He said the next event could happen Sept. 21 at the Selkirk Arena once again and would likely feature a trilogy fight between Kudusov and Senga.

What's *Your* story?

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Selkirk Record

Fines named All-Star Shortstop, Jays take two of three against top teams

By Kieran Reimer

Chris Fines was presented with the 2023 Manitoba Junior Baseball League's All-Star Shortstop Award at Quarry Park on Sunday.

The shortstop was named the best at his position for the 2023 season and has been a force in the league since joining the Interlake Jr. Blue Jays back in 2020.

"Chris has been a leader for this team and is a very good player," said Jays head coach Dave Meyers. "As a coach I like his leadership and his approach to the game. He does not take nights off, always gives a hundred per cent and that's all I can ask from him. He's a very good young man."

Fines and the Jays also had games to play this weekend as they took on two of the league's top three teams in the St. James A's and Carillon Sultans.

Friday night they took on the A's at Optimist Field in Winnipeg.

The Jays entered the game in fourth place, two games back of the A's for third place in the MJBL.

A hard-fought game saw the Jays grab a 5-3 win as they narrowed the A's lead in the standings.

Sunday the Jays had a doubleheader against the first place Carillon Sultans at Quarry Park.

The Jays stunned the Sultans in game one with an 11-3 victory to hand



Interlake Jr. Blue Jays coach Dave Meyers presented Chris Fines with the 2023 Manitoba Junior Baseball League's All-Star Shortstop Award before Sunday's game.

the Sultans their second loss of the season.

In the afternoon game the Jays almost did it again as the game came down to the final inning.

Both teams' bats were hot during the game, but the Sultans got the extra run that was needed to win as they stole Game two 7-6.

A 2-1 weekend with wins against two of the league's best teams has the



RECORD PHOTOS BY LANA MEIER

Blue Jays' Liam Allan, of St. Andrews, slides head first into second base and avoids the out.

Jays feeling confident heading into next week's games.

The club sits fourth in the MJBL with a 7-5 record.

Wednesday night the Jays take on the Pembina Valley Orioles (4-7) at 7:30 p.m. from Quarry Park.

They will also host the A's for a Sunday doubleheader where they will have a chance to move into third place.

The games from Quarry Park will go at 1 p.m. and 4 p.m.

Local girls named to U17 Team Manitoba box lacrosse team

By Kieran Reimer

Local Interlake girls are attending the Box Lacrosse National Championships in August.

Rosser's Maria Riddell, Stonewall's Emelia LeClair, and Selkirk's Delaney Kiteley will represent Team Manitoba U17 in box lacrosse at the tournament in Regina from Aug. 13-17 after earning a spot on the team in tryouts last week.

All three girls played in the Lacrosse Winnipeg U17 Box league this season with Riddell and LeClair playing for the U17 Shamrocks and Kiteley playing for the U17 Gryphons.

The trio also played in the Spring

Lacrosse Development League for the Manitoba Herd over the spring.

This is LeClair and Kiteley's second selection to the team after representing Team Manitoba in Saskatchewan last year.

Riddell will be making her Team Manitoba debut, with this being her first selection.

Ahead of the National Championships, Team Manitoba will play in the first edition of the Prairie Cup from July 19-21 in Regina.

The tournament will include Team Manitoba, Team Saskatchewan, and Team Alberta.



RECORD PHOTO SUBMITTED

Selkirk's Delaney Kiteley, left, Stonewall's Emelia LeClair, middle, and Rosser's Maria Riddell following Team Manitoba's U17 box lacrosse practice at Keith Bodley Arena on Sunday, June 9. The girls will represent the province at the 2024 Box Lacrosse National Championships in Regina from Aug. 13-17.

To see more photos of your favourite Interlake Athletes

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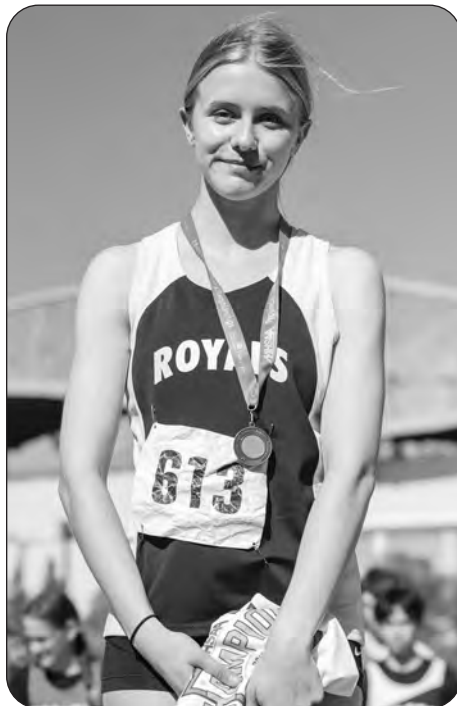


Celebrating outstanding achievements for Royals track athletes

By Lana Meier

Congratulations to the members of the Royals Track team from Lord Selkirk Regional Comprehensive School for their impressive performances at the recent Manitoba High School Athletic Association Provincial Championships. The team showed great determination and sportsmanship throughout the event.

We would like to give a special shout out to our medal winners: Neveah Marynowski, who took home gold in the Varsity Girls Long Jump and silver in the 80m Hurdles; Tyrell Lee-Gerrard, who won gold in the Junior Varsity Boys Long Jump; and our Varsity Girls 4 x 400m team (Hannah Niemi, Sydney Ostermann, Kelly Kotowich, and Taylor Jacyk) and Varsity Boys 4 x 400m team (Jakob Dainard, Easton Woloski, Ryan Marowitch, and Parker Carels), both earning bronze medals.



Provincial gold medalist
Neveah Marynowski



RECORD PHOTOS BY MATT PEARSON

Royals 4x400 Varsity boys and girls 4x100 teams both won bronze. Pictured, back row, left to right: Parker Carels, Ryan Marowitch, Easton Woloski, Jakob Dainard and front row: Sydney Ostermann, Kelly Kotowich, Taylor Jacyk and Hannah Niemi.



Provincial gold medalist
Tyrell Lee-Gerrard



Lee-Gerrard won gold in the Junior Varsity Boys Long Jump.



Steelers add six players at MJHL Bantam Draft

By Kieran Reimer

The Selkirk Steelers added six new prospects to their team at the Manitoba Junior Hockey League Draft on Sunday.

Selkirk held the sixth overall pick in the first round which they used to select forward Carter Haney from the U17 RINK Hockey Academy.

"Carter was somebody we kept a close eye on all season long and we thought he had a really strong season with the Rink Academy," said Steelers head coach and director of hockey operations Hudson Friesen. "We love

the way he plays. He's a really strong player, very high iq, and sees the ice very well. He can score, make plays, and win battles. He's kind of the complete package."

Last season Haney contributed 24 goals and 24 assists in 30 games with the RINK Academy.

The Steelers selected a pair of forwards in the second round with U18 Winnipeg Thrashers' Maddox Malmquist at 15th overall and U18 Winnipeg Wild's Declan Siwicki at 23rd.

Last season Malmquist had 29 goals

and 24 assists in 44 games with the Thrashers while Siwicki had seven goals and five assists in 38 games with the Wild.

Other draft picks for the Steelers were U17 RINK Hockey Academy defenceman Ridley Ringor, Winnipeg Wild goaltender Zakary Matheson, and U17 Rink Hockey Academy forward Trystan Hunter.

"We're really excited about this class," said Friesen. "Our last few draft classes we feel are really important for our organization and adding organizational depth and just finding

people that fit our model is really important for us and we're feeling good about the future we're building."

The Steelers also added two players from St. Andrews to their auto-protect list earlier this week in defenceman Dylan Line and forward Nolan Edmonds.

Line had five goals and nine assists in 29 games with the U17 Pilot Mount Academy this season while Edmonds had six goals and seven assists in 35 games with the U17 Winnipeg Thrashers.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk Dolphins make waves at Provincial Championships

By Lana Meier

Following their impressive performance in Thunder Bay, the Selkirk Dolphins swim club was ready to make a splash and compete against the top athletes from across the province. The Dolphins had a phenomenal weekend in Winnipeg at the Provincial Championships. Ariel David, Cate Librecht and Mason Liebrecht won gold medals across vari-

ous events. Erin Garn won silver and Alexis and Mason Liebrecht both won silver and bronze.

The Selkirk Dolphins will be participating in The MaskSask Championship, taking place in Regina from July 7-10. Three of their swimmers have qualified for the competition and will be facing off against teams from Ontario to BC.

RECORD PHOTO SUBMITTED

Back Row Cate Liebrecht, Alexis Liebrecht, Mason Liebrecht, Ariel David
Middle Row Claire Grant, Erin Garn, Libbi David, Lily Douglas
Front Row Aviv David



CRJHL welcomes new expansion team: The La Broquerie Habs

Submitted by CRJHL

The Capital Region Junior B Hockey League (CRJHL) is thrilled to announce the addition of an exciting new expansion team, The La Broquerie Habs, set to begin play in the upcoming 2024-2025 hockey season. This expansion will increase the number of teams in the league to seven, further enhancing the competitive spirit and community engagement of Junior B hockey in the region.

The La Broquerie Habs join a strong lineup of existing teams, including the Arborg Ice Dawgs, Beausejour Comets, Lunder Falcons, North Winnipeg Satellites, St. Malo Warriors, and the Selkirk Fishermen. With the addition of the Habs, fans can look forward to a dynamic and thrilling season ahead, showcasing local talent and fostering a deeper sense of community pride and support for junior hockey.

CRJHL President, Chris Poponick, expressed enthusiasm about the league's growth, stating, "We are incredibly excited to welcome The La Broquerie Habs to the CRJHL family. The inclusion of this new team reflects our commitment to growing the sport of hockey in the Capital Region and providing more opportunities for young athletes to develop and compete at a high level. We look forward to seeing the Habs hit the ice and make their mark in the upcoming season."

The La Broquerie Habs, promise to bring a fresh energy and competitive edge to the league. The team's management and staff are already hard at work preparing for their inaugural season, with player tryouts and community engagement events planned for the coming months.

La Broquerie Habs President, Ken



Tallaire, is thrilled to be joining the CRJHL for the 2024-25 season, "We are very happy to be able to build on the tradition of hockey in La Broquerie by bringing a junior B team to the community. There is already a lot of excitement from players and community Members so we can't wait for the start of the season."



Fans, families, and hockey enthusiasts can stay updated on all the latest news and developments regarding the La Broquerie Habs and the upcoming CRJHL season by visiting the league's official website @ CRJHL.com and following the CRJHL on social media platforms.

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Selkirk Record

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SUDOKU

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

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

A	N	N	V	B	O	E	V	C
E	V	I	T	E	N	O	W	T
W	B	I		V	O	I		T
S	I	L	O	S	E	Q	V	H
W	V	V	N	V	B	W	V	W
L	S	I	O	W		O	E	V
S	E	T	B	V	J		N	O
E	B	I	O	Q	V	S	S	I
S	I	L	O	S	E	Q	V	H
V	I	N	O	S	I	V	N	
B	V	W	O	I	V	B	E	N
S	N	O	E	V		V	D	N

Crossword Answer

CROSSWORD

CLUES ACROSS

- Native American people
- Very long periods of time (Brit.)
- Schoolboard accessory
- Rods
- One who renews
- Sculpted body part
- Chatter incessantly
- King Cole, musician
- Plates on a turtle's shell
- University of Utah athlete
- The world of the dead
- Singer Redding
- Former Yankee great
- Mattingly
- Prefix indicating wrongly
- Unhappy
- Anger
- Dark brown or black
- Restaurants have a lot of them
- Made a mistake
- Damp
- Type of gasoline
- Actor LeBlanc
- Perform in a play
- One's mother
- Prohibit
- Swiss river
- Part of a banana
- Indian hand clash cymbals
- Relative biological effectiveness (abbr.)
- Agave
- Noted journalist Tarbell
- Computer firm
- Type of record
- Bacterium that can cause infection
- Sheaths enclosing the spinal cord
- A narrow opening (as in a rock wall)
- Pattern
- Very eager to see something

CLUES DOWN

10	11							
14								
18								
22								
26								
35	36							
38								
41								
48								
53								
57								
63	64							
	66							

- Witch
- Utilize
- Writing utensil
- Places to perform
- Subsides
- Consume
- Athleisure clothing brand
- California town
- Atomic #50
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Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

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Todd 306-774-2420

Classifieds

The Selkirk Record

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UPCOMING EVENTS

The Anglican Parish of St. Clements Fathers Day Pork Dinner Sat. June 15/24 at 5 p.m. St. Clements Parish Hall 1178 River RD, St. Andrews, MB. For Tickets contact St. Clements Office at 204-482-9486, Jen Konwalchuk at 1-204-334-2792.

YOU ARE INVITED! Manitoba Highland Gathering - June 22 & 23, 2024 in East Selkirk, MB. Swords, Heavies, Paddling, Highland Dance, Pipes & Drums, Villages, Cars, Animals, Market & Food! www.manitobahighlandgathering.org

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

NOTICES

HIRING SUMMER STAFF? NEED CLASS 1 DRIVERS? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking Winter and Spring advertising for 2024. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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SHOP LOCAL

NOTICE TO CREDITORS

IN THE MATTER of the Estate of TERRY SOSNOWSKY, also known as TERRY ALEXANDER SOSNOWSKY, of the City of Winnipeg, in Manitoba, Deceased. All claims against the above estate, duly verified by Statutory Declaration, must be sent to the undersigned at 244 Manitoba Avenue, P.O. Box 336, Selkirk, Manitoba, R1A 2B3, on or about the 8th day of August, 2024. DATED at the City of Selkirk, in the Province of Manitoba, this 7th day of June, 2024. RICHARD M. ALCOCK LAW OFFICE Solicitor for the Executor

NOTICE TO CREDITORS

IN THE MATTER of the Estate of MARIE-ROSE SYCH, of the City of Winnipeg, in Manitoba, Deceased. All claims against the above estate, duly verified by Statutory Declaration, must be sent to the undersigned at 244 Manitoba Avenue, P.O. Box 336, Selkirk, Manitoba, R1A 2B3, on or about the 8th day of August, 2024. DATED at the City of Selkirk, in the Province of Manitoba, this 7th day of June, 2024. RICHARD M. ALCOCK LAW OFFICE Solicitor for the Executor

The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
Please Call 204-785-1618

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EMPLOYMENT OPPORTUNITY

TREASURER needed for Non-Profit Selkirk Community Arts Centre (Gwen Fox Gallery)

The SCAC is seeking a qualified person to fill the recently vacated position of Treasurer. This person is to be responsible for maintaining accurate records, and submit regular reports and be accountable to the Board of Directors. A working knowledge of computers is required.

A job description with a full list of duties and responsibilities can be obtained by contacting gwenfoxg@shaw.ca. Deadline to apply is Friday, June 28, 2024.

McSherry Auction Service Ltd

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July 4th @ 7:00PM

Petersfield, MB

1 Mile South on Hwy 9 Then 1/2 Mile West on Hall Rd #748

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SUMMER EMPLOYMENT OPPORTUNITY

STUDENT MAINTENANCE ASSISTANTS needed in the IERHA - Various Facilities:

Locations:

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Competition number: IERHA 1075/24

Please refer to complete job posting at:

<https://selfservice.ierha.ca> and search under "View All" and scroll to : Student Maintenance Assistants.

Deadline for submissions is

Thursday, June 13, 2024 at 11:59 pm.

COMMUNITY GARAGE SALE

Hey everyone out there in garage/yard sale land. Houghton Bay Association in Petersfield (Netley Creek) will be hosting individual sales throughout our community on Saturday, June 15th from 9 am to 4 pm. Come on out to see all the "goodies" we will have for sale.

- Houghton Bay, Netley Cres, Bayview Cres & Park Cres
See you soon

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Announcements

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ANNOUNCEMENT

ANNIVERSARY



Congratulations
Ken and Janice Knaggs
on 50 years of marriage.
June 29, 1974 - June 29, 2024

ANNOUNCEMENT

IN MEMORIAM



Laura Gowen
December 4, 1948 - June 11, 2021
In loving memory of Laura Gowen who passed away at her home in Oakbank, Manitoba at the age of 72 years.
Laura is sadly missed by her husband Dudley, son Tim (Andrea) and granddaughters Trinity and Paige. Also missing her are her brothers Roy and Lyndon, her sister Shirley (Donald) and family.
Laura was a well known part of the community having worked at Family Fare in Oakbank for many years.

ANNOUNCEMENT

IN MEMORIAM

Martin Keller
January 6, 1944 - June 20, 2016
Gone is the face we loved so dear,
Silent is the voice we loved to hear;
Too far away for sight and speech,
But not too far for thought to reach.
Sweet to remember him who once was here
And who, though absent, is just as dear.
-Love Carol, Dwayne, Rhonda,
Cameron, Brittany, Roger, Tanis,
Chris, Carley and Taylor

ANNOUNCEMENT

GRADUATION



Ela Wasney
Congratulations on receiving a
Bachelor of Fine Arts Honours Degree
from the U of M.
-Love, Mom, Dad,
Jeremy and Maksym

ANNOUNCEMENT

IN MEMORIAM



Betty June Skrypnik
June 14, 1932 - June 15, 2023
We think of things you used to say
And all that you would do,
At some point, every single day,
Our thoughts will turn to you.
Today is full of memories
Of a Mom and Nanny laid to rest,
And every single one of them is
Filled with happiness.
For you were someone special,
Always such a joy to know,
And there was so much pain
When it was time to let you go.
That's why this special message
Is sent to heaven above,
For the angels to take care of you,
And give you all our love.
In laughter and in sorrow,
In sunshine and in rain,
We know you're watching over us
Until we meet again.
Love and miss you!
- Adrian (Carol), Terry (Sylvia), Debbie,
grandchildren and great-grandchildren

OBITUARY



Larry Einar Nicol
Surrounded by loved ones, Dad passed away peacefully at home on Friday, June 7, 2024 following an 18 month battle with cancer.
In accordance with his wishes, cremation has occurred and a celebration of life service will be held at a later date.
Full obituary to follow.
Tributes: www.gilbartfuneralhome.com



Gilbert Funeral Home, Selkirk in care of arrangements.

OBITUARY



To Our Brother
Of all the gifts in life
However great or small
To have you as our brother
Was the greatest gift of all.
A special time
A special place
A special brother
We can't replace
With aching hearts
We whisper low
We miss our brother
And love you so
~ Author Unknown

Larry Steve Bileski
September 7, 1955 - June 4, 2024

Larry faced many adversities in his life, but he always persevered, he never gave up. Larry loved animals, especially dogs. He was always wanting to help out and was very generous...to a fault, he would give you the shirt off his back. Larry loved music and he had a great voice. He will be sadly missed and lovingly remembered by all who knew him.
He was predeceased by his parents, Steve and Doris as well as numerous other relatives.
Larry will be lovingly remembered by his brother Myles (Windy), sister Cindy (Rick); his niece Nicole (Tim) and their children Blake and Brody as well as numerous aunts, uncles, cousins and many friends.
The family would like to express their heartfelt thanks to all the staff at the Selkirk Regional Health Centre and Hearthstone Community Group for the care and compassion shown to Larry.
In keeping with his wishes, cremation has taken place and a private family graveside service will be held.
Donations in Larry's memory can be made to Hearthstone Community Group, 209 Superior Ave., Selkirk, Manitoba R1A 0Z7.
Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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OBITUARY



**Ken Halldorson, 85,
of Willow Island in the RM of Gimli,
Passes Away**

Ken Halldorson, a beloved member of the Willow Island community, passed away peacefully on June 2nd, 2024, at the age of 85. Known for his good nature and love for the simple pleasures in life, Ken found joy in watching the sunrise over his cherished lakefront property.

Ken dedicated his life to education, serving as both a schoolteacher in many districts throughout the province and Superintendent of the Lord Selkirk School Division. His passion for teaching and his unwavering commitment to his students and effective administration left an indelible mark on countless lives. After retiring from his educational career, Ken pursued his dream job with Elections Canada, proudly serving our country

as a Returning Officer and later as Field Liaison Officer in several federal elections. He was a pillar of the community, remembered fondly by all who knew him.

Born to Halldor and Sylvia, who predeceased him, Ken was a devoted family man. He is survived by his loving wife, Judy, and their five children: Michael (Madalena), Kathy (Brent), Michelle (Warren), Thor (Liza), and Ericka (Paul). He was a proud grandfather to several grandchildren: Samantha (Cale), Jessica (Jesse), Danika, Sari, and Indi. And he recently welcomed a great-grandson, Connor Kenneth, into the family. Ken is also survived by his sisters Margret (Gary, decd.) and Doreen-Dawne (Larry), by his brothers-in-law Jerry (Wanda) and Robert (Esther), along with many nieces and nephews.

Our family would like to thank everyone for their kindness and support during this difficult time.

A private service will be held to honour Ken's life.

In lieu of flowers, friends are encouraged to share a bottle of wine and drink a toast to his memory or donate to a favorite charity in his honour.

Ken's legacy of kindness, dedication, and community spirit will be remembered and cherished by all who had the privilege of knowing him.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Harry Gerylo

Peacefully, in his sleep, Harry passed away a few weeks shy of his 89th birthday. He was the second youngest of eight children.

He will be remembered by his wife of 65 years, Theresa; daughter Darlene McArdle (Kevin); sons Douglas (Sherry), Jason (Theresa), James (Theresa); grandsons, Dylan and Devin; his younger sister Pearl and husband Johnny who reside in Surrey, BC.; and many nieces, nephews and their families.

Harry was predeceased by his parents, Annie (Chorney) and John; brothers, Walter (Annie), Roman, Fred (Sophie), William (Lily) and sisters Mary Kupiak (Mike), and Sophie Klim (Mike).

Born in Walkleyburg, Manitoba, Harry left the farm at 14, to go to Pine Falls, cutting trees for the mill. He saved his money and bought his first car. As a young man, he did many jobs, including working as a Police Officer in Grand Marais. Harry retired from Trailmobile (Fruehauf) after being employed there for many years, to continue farming full time.

His favorite hobby was collecting, and in earlier years, he was an avid hunter/trapper.

Cremation has taken place. A private family service is planned.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

**Robert Bruce Simmons
January 30, 1954 – May 29, 2024**

We are sad to announce the passing of Robert Bruce Simmons at the age of 70 on May 29, 2024.

Robert was born in Winnipeg, Manitoba. He spent many years as an electrician, owning his own company for over 40 years.

Robert is survived by his wife Sheila of nearly 50 years; sons Ryan (Michelle), Dale (Audrey) and David; grandchildren Markus, Shayla and Anabelle; his sisters Marion (Charlie), Heather (Peter), Maureen (Bruce) and brother Charlie (Debbie), and many nieces and nephews.

He was predeceased by his parents Ron and Margaret Simmons and nephew Jody.

A special thank you to HSC doctors and Pine Falls Hospital who cared for Robert.

In keeping with his wishes, Cremation has taken place and there will be no service.

Friends and family are invited to visit Robert's memorial page at www.interlakecremation.ca where memories and condolences may be shared.

Arrangements entrusted to: **Interlake Cremation & Memorial Services**
204.482.1040

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