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Missing Assignments!



RECORD PHOTO BY BRETT MITCHELL

The Missing Assignments student band from the École Selkirk Junior High didn't let the summer break stop them from completing their goal. For their second ever live performance, the group played at Selkirk's Canada Day celebration. Check out more photos inside.

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Christmas in July Fundraiser helping get a jump on hampers this year

Holiday hamper fundraiser gets a warm weather boost

By Katelyn Boulanger

Residents in our area benefit every year from the Big Hearts Christmas Hamper Initiative hosted by the local non-profit the Big Hearts Tri-S Community Foundation. This year they are once again starting their holiday fundraising early with their Christmas in July themed - 2nd Annual Bud, Spud & Steak Fundraiser.

"It's a Bud, Spud and Steak Fundraiser held at the Legion and we have 50/50 and a silent auction. You get a great meal. Santa's even going to come make an appearance. And overall, it's just a good evening. We just have a bunch of fun and laughs, and all the money raised from all the draws (and the meal) goes to Christmas hampers directly," said one of the event's organizer's Wendy Meger.

The Big Hearts Christmas Hamper Initiative, like the name says, supplies hampers during the holidays to people in our area. They contain food and gifts that help families in need with the increased costs associated with the winter holidays.

"Basically, we provide hampers for the Tri-S community, so Selkirk, St. Andrews, and St. Clements areas. Last year we did around 480 hampers. This year we're anticipating it to be at least 500. The Food Bank last year was directing everyone towards our hamper drive because they wanted to focus more on the day to day food, so our numbers did increase, and we feel that they're going to increase again. So, we want to get a jump on our fundraising to make sure that we can fulfill all those needs," said Meger.

The fundraiser will take place on July 29 at the Royal Canadian Legion

Selkirk branch.

It's important to have a program like this in our community because of rising food costs and the winter season being a time when people need a little more. The other programs in our community like the school's nutrition programming, the food bank and the soup kitchen, of course, do a great job of helping people but around the holidays, with kids not in school for a few weeks and more gatherings taking place, the burden on individual families increases and that's where holiday hampers become really important in managing people's already tight budgets.

The idea to do a fundraiser like this, in the summer, was made in consideration of residents' pocketbooks.

"We came up with the idea to do it in July, because, at the holiday time, everyone is competing for donations or support. We figure if we can keep it in the forefront of people's minds all year long that would lessen the load at Christmas," she said.

With this being the second year this event is taking place, last year's event was a success they wanted to repeat.

"Last year, we raised around \$8,000 from the one event. It was a great start to fundraising our hamper program for Christmas time. We actually had some funds to start with," said Meger.

The event was sold out last time and the likelihood of that happening again is pretty high so residents should make sure to grab a ticket quickly.

Tickets are available now for \$35 each. You can reach out to Meger at

Continued on page 4

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> CHRISTMAS IN JULY, FROM PG. 3

wendy.meger@homehardware.ca or call 204-785-2773 ext 107 to purchase from her directly, Tickets will also be available to pick up at Selkirk Home Hardware customer service desk but residents should know that this option is cash only. Contact Meger to discuss other pre-payment options.

If residents can't make it to the event but still want to be part of supporting the hamper program Meger says that there are a couple of other local fundraisers that are in the works so keep a lookout for more opportunities to donate.

Meger encourages those who can come out to grab a ticket.

"If food security is something that interests you, just come out, grab your tickets, because they're going to sell quickly. Just come out, have a good time, see what it's all about and hopefully, if you want to get involved, we're always looking for more help and volunteers (during the holidays and to help with fundraising efforts)," said Meger.



RECORD FILE PHOTO SUBMITTED

Get your tickets now for the holiday hamper fundraiser. Pictured: Wendy Meger, Santa - down for a hot holiday in Selkirk, Man. - Kristal Laferriere and Big Heart's oordinator Kevin Christianson at last year's event.

Cruisin' Gimli Beach Car Show rolls into town July 13

By Haley Cvar

Chrome will shine and engines will

roar as car lovers gather for the an-

nual Cruisin' Gimli Beach Car Show on Saturday, July 13.

Hosted by the Gimli Car Club, the popular Show & Shine event will run from 11 a.m. to 4 p.m. at the Sobeys parking lot in Gimli. Registration is \$10 per vehicle, and participants are encouraged to bring a non-perishable food item or make a cash donation in support of Evergreen Basic Needs.

Dash plaques will be handed out to the first 400 registered cars, and a walking poker run will add a fun twist to the day's festivities.


Now in conjunction with the national Collector Car Appreciation Day, the show also marks the 15th annual celebration of the day in Canada, recognizing the cultural and historical significance of classic cars and the people who preserve them.

Organizers say the event draws




hundreds of vehicles from across the region, with everything from vintage rides to muscle cars lining the streets near the waterfront.

For more information, visit the Gimli Car Club Facebook page.



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Reimer family receives keys to Habitat's 10th Selkirk home

By E. Antonio

The Reimer family received the keys to their new home this week as Habitat for Humanity celebrated the completion of its 10th build in Selkirk.

The Key and Dedication Ceremony took place July 4 on Dufferin Avenue,

marking a major milestone in the local chapter's 28-year history of creating affordable and sustainable housing for families in need.

Shannon and Scott Reimer, along with their three children—Odin, 11, Madelyn, 9, and Atticus, 5—are the

proud new homeowners. The build was named in honour of Hans "Peter" Orlick, a dedicated volunteer who passed away in 2023. Orlick was instrumental in designing and constructing homes through Habitat's local projects.

"(Peter was) a cherished community member and friend of Habitat, who exemplifies our ongoing commitment to building homes, communities, and hope for future generations," Chapter Chair Gary Warkentine wrote in an

email tribute.

Warkentine opened the ceremony by thanking the dedicated team of volunteers and long-time supporters, including the Selkirk Judo Club, which raised \$4,000 at its tournament this year. The club has been involved with fundraising efforts for over 25 years.

"It's pretty incredible to say they have continued to support us year af-

Continued on page 6



RECORD PHOTO BY E. ANTONIO

The Reimer Family: Scott, Atticus, Shannon and Madelyn in front of their new home. Missing from the photo is Odin.

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COMING SOON TO STONY MOUNTAIN - The Quarry View Plaza

Exciting changes are on the horizon for Stony Mountain as a brand-new multi-tenant commercial development prepares to open its doors!

Quarry View Plaza, located at 9158 Quarry Rd., Stony Mountain, MB, is set to launch on January 1, 2026, and is already creating a buzz in the community. Anchoring the development are two major names: Tim Hortons, Canada's favourite coffee stop, and an Esso gas station, making Quarry View Plaza a convenient and high-traffic destination for both locals and visitors alike. But the excitement doesn't stop there.

Three prime commercial units are still available for lease, offering local entrepreneurs and businesses a unique opportunity to become part of this vibrant new plaza: Two units at 1,200 sq. ft. each. One larger unit at 2,219 sq. ft.

Whether you're a retailer, food service provider, medical or professional service, Quarry View Plaza provides excellent visibility, ample parking, and the foot traffic that comes with two nationally recognized anchor tenants.

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Quarry View Plaza – Opening January 2026. A new destination. A new opportunity.



> HABITAT FOR HUMANITY, FROM PG. 5

ter year after year," said Warkentine, who has personally volunteered with the chapter for over two decades. "The richness that it has made my life and the friendships I have made are worth it to me. This team has made something that stands bigger than they are."

Several dignitaries also took part in the celebration, including Selkirk-Interlake-Eastman MP James Bezan, Selkirk Mayor Larry Johannson, Minister of Housing, Addictions and Homelessness Bernadette Smith, and Christina Falk, Habitat for Humanity Manitoba's manager of chapter support.

Bezan congratulated the Reimer family and praised the dedication of volunteers and donors.

"It's because of their commitment that we are seeing these homes continuing to go forward," he said. "Thank you to everyone who has supported this building— all of you have pulled together to make this home look fantastic."

Johannson noted the City of Selkirk

has donated seven building lots to support local Habitat builds.

"We are just a small part of the team who are able to put something together," he said. "We feel we have a lot of housing options here, and this is an option we are proud to be a part of."

Falk highlighted the lasting impact each home has on families and communities.

"Habitat families work hard to get to where they are at—It's not just a house being built, it's a community working together," she said.

Smith offered final congratulations before officially handing the family their keys.

"You are going to make so many memories here

in this home," she said. "You are very special and you have been welcomed to the Habitat family."

For the Reimers, the moment was deeply meaningful. Shannon and Scott described the relief of moving out of a cramped rental where space was tight and the children shared bedrooms.

"Being able to have our own space and own rooms will vastly improve

our quality of life— we've never had something so spacious," said Scott.

"I feel honoured," added Shannon. "It's a really special build. I just never imagined something like this would happen."

To qualify for the home, the Reimers completed 500 hours of "sweat equity"—a core part of Habitat's

Continued on page 8



Habitat for Humanity new home owners Scott and Shannon Reimer receive the keys for their new home.

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Zayden's Lemonade Stand for Hope returns to Selkirk July 18

By E. Antonio

Zayden is a five-year-old full of laughter, courage and resiliency — and his Lemonade Stand for Hope is back in business at the Agricultural Society Building in Selkirk Park on Friday, July 18 from 10 a.m. to 6 p.m.

Zayden is a warrior. He was born with a right-sided diaphragmatic hernia, overcame baby bronchitis and a partially collapsed lung, and has been battling acute lymphoblastic leukemia (ALL) since June 7, 2023.

Jonathan Spurling, Zayden's dad, says the journey has been long and emotional — a roller coaster for their entire family. Zayden is currently in remission and is expected to receive his final round of chemotherapy in August, but the past two years have been anything but easy.

With an intense schedule of medication, blood transfusions, tests, chemotherapy and lumbar punctures, Spurling said he's proud of Zayden for navigating so many challenges at such a young age — especially while attending kindergarten at Ruth Hooker School this year.

"It has been hard every step of the way, but he is getting stronger and stronger each day," said Spurling.

Zayden regularly attended school and enjoyed playing cars with his friends. He says he loves to play and always looked forward to any chance to have fun with his toys.

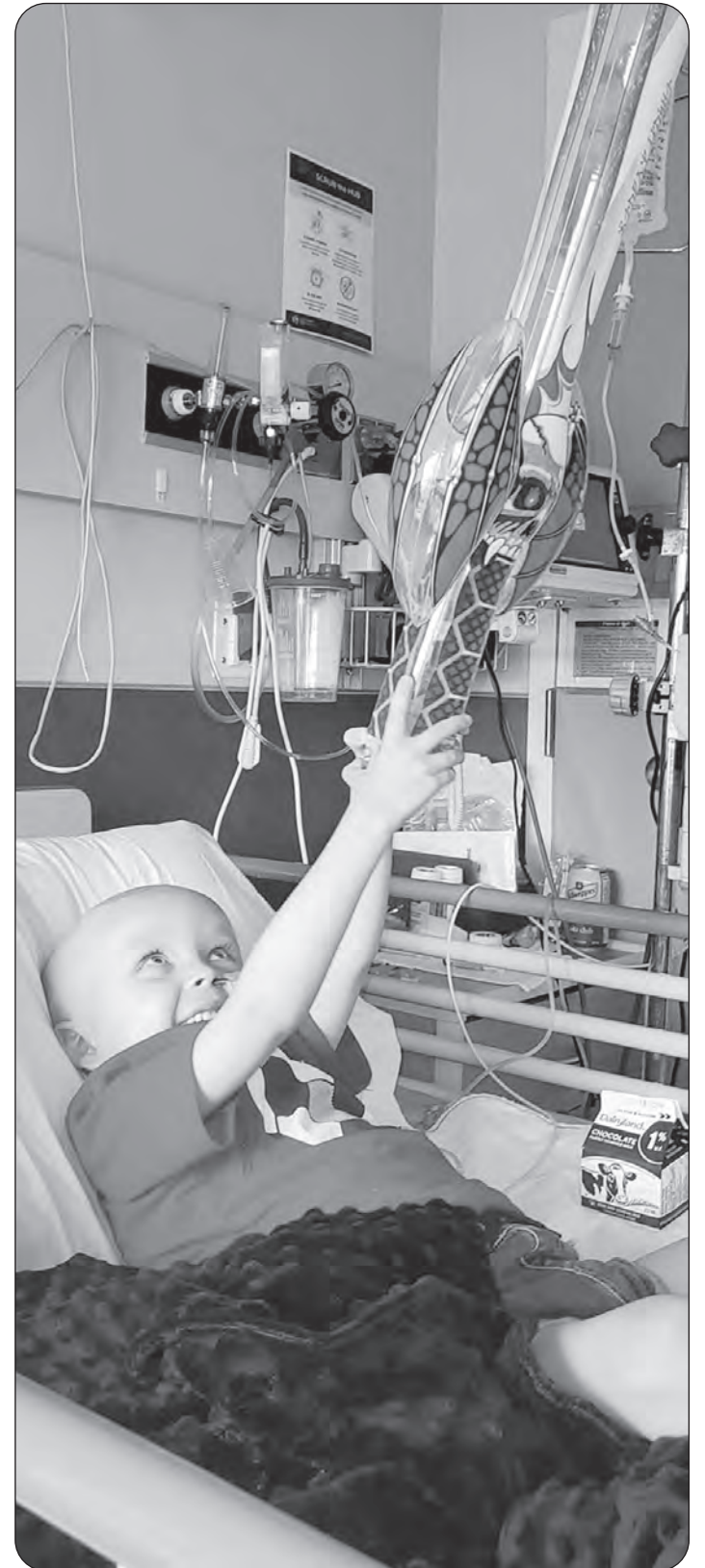
"I am excited to play outside and on the bouncy castle," Zayden said, referring to the exciting activities planned for Team Zayden's third annual Lemonade Stand for Hope.

This year's event is expected to be the biggest yet, with bouncy castles, face painting and glitter tattoos by Unplain Jayne, outdoor games, crafts, 50/50 draws, and an array of hot food, snacks and beverages. Spurling said it's a celebration for everyone — all in support of the CancerCare Manitoba Foundation.

"In the stand's first two years, plus donations from the Great Cycle Challenge, Team Zayden has raised close to \$3,000 for CancerCare Manitoba," he added.

All of Team Zayden — including Zayden himself — will be selling refreshing glasses of lemonade, hot-dogs, hamburgers and other treats for donation at the Agricultural Society Building. The City of Selkirk has offered the facility at a reduced rental rate, which Spurling said they are thankful for.

"We are thankful to everyone who has supported Team Zayden in the past, and we can't wait for you all to join the fun at this year's Lemonade Stand for Hope," he said.




RECORD PHOTOS SUBMITTED

Zayden's third annual Lemonade Stand for Hope is set for July 18 from 10 a.m. to 6 p.m. at the Agricultural Society Building in Selkirk Park.

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GIFF prepares for milestone 25th anniversary with bigger prizes, bold programming

By Lana Meier

The Gimli International Film Festival (GIFF) is rolling out the red carpet for its 25th anniversary from July 23 to 27 with expanded programming, major prizes and a slate of acclaimed films from around the world.

This year's RBC Emerging Filmmaker Pitch Competition will award a record \$15,000 to the winning filmmaker—up from the previous \$10,000—along with in-kind support from industry partners. Finalists will pitch their film ideas live to a panel of judges for a shot at the top prize.

In celebration of its milestone year, GIFF will also draw a grand prize package worth more than \$6,000 through the Explore Manitoba 25th Anniversary Raffle. The travel package, donated by top Manitoba tourism businesses, supports GIFF's Outreach Initiatives. Anyone can enter.

The 2025 festival lineup features a wide range of award-winning features, documentaries, animations and shorts. Among the highlights:

- **Touch** – An international romance and winner of eight Edda Awards, including Best Screenplay, Best Cinematography and Best Actor. The story is based on a bestselling novel.

- **Agatha's Almanac** – A Western Canada premiere following 90-year-old Agatha Bock as she fights

to preserve her family farm in southern Manitoba.

- **The Teacher** – A Palestinian schoolteacher must reconcile his political convictions with his emotional ties to a student and a new volunteer.

- **U Are the Universe** – A Ukrainian-French science fiction epic about a space trucker who may be the last person alive after Earth explodes.

Endless Cookie – An animated feature tracing the lives of two half-brothers—one Indigenous, one white—as they journey from Toronto to Shamattawa.

- **How To Live** – A vibrant look at Nairobi's LGBTQIA+ youth creating their own ballroom culture, celebrating joy, resistance and identity.

- **Tight Lines** – A conservation documentary following four young women who become Iceland's first female fishing guides.

- **When We Became Folk Fest** – The story of the Winnipeg Folk Festival's growth, told through restored archival footage.

These and dozens of other films will be showcased across curated streams, including the Icelandic Film Series, Circumpolar Film Series, Made in Manitoba, Social Justice, Indigenous, Environmental, LGBTQ2SIA+, Future is Ours, and IBPOC Film Series.

"For a quarter century, the Gimli International Film Festival has been

bringing a truly incredible cinematic experience to the shores of Lake Winnipeg," said GIFF executive director Teya Zuzek. "Our team is proud to continually champion regional, national, and international cinema from emerging and established filmmakers."

GIFF is also strengthening national partnerships with leading film organizations, further enhancing the festival's reach and supporting its mission to foster collaboration across Canada's film industry.

Back by popular demand, the free RBC Sunset Screenings will return nightly on Gimli Beach. Festivalgoers can kick back with a blanket or lawn chair and enjoy open-air showings of Best in Show, Stop Making Sense, Space Jam, Almost Famous and The Thing.

A daily GIFF shuttle service will run from two locations in Winnipeg, providing affordable, low-carbon transportation to and from the festival—a convenient option for attendees who want to relax or enjoy a drink.

Festivalgoers with Super Passes or Industry Passes will also gain access to exclusive events such as the Opening Reception, the GIFF Global Industry Summit, and the Awards Reception.

For full programming details and tickets, visit gimlifilm.com.

> HABITAT FOR HUMANITY, FROM PG. 6

homeownership model.

Construction began in June 2024 with a small group of volunteers and three "Business Blitz Build" partners: Black Cat Wear Parts, Gerdau, and Home Hardware. The chapter also hosted a sod-turning party and community barbeque on June 7.

"Our committee is overwhelmingly supported by our spouses and partners who allow us to spend a majority of our free time on this project," said Ralph Quade, the chapter's communications and community liaison. "At any given time during a build, you can find Gary, Phil or Brian going the extra mile to get the family into a home."

Numerous local businesses donated materials and services to make the project possible, including Home

Hardware, Aaron's No Frills, Selkirk Dairy Queen, A&W, Life a Little Sweeter, Selkirk Golf and Country Club, and Water Shop Selkirk. Other contributors included Baxter Landscaping, Hawker Hauling, Hildebrand Sod Farm, Nicholson Roofing, and more.

The Selkirk Habitat chapter continues to seek volunteers and sponsors for future builds. Anyone interested can contact habitat.selkirk@gmail.com.

"The benefit of volunteering at Habitat is you can see what it takes to build a home at every stage, which is an invaluable skill set to transfer to the life file," Quade said.

Warkentine closed the ceremony with a look ahead: the chapter plans to build two more homes on Sinclair Avenue in the coming years.

"Thank you to everyone who supported this build," he said. "We hope to see you back here in a couple of years."



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Unlikely “meat” up: two employees reunite after 30 years

By E. Antonio

Neither Willy Martens nor Ed Stendall expected to reunite after three decades — let alone behind the meat counter of a St. Andrews grocery store.

The two skilled butchers, who now work part-time at Harry's Fine Foods, recently discovered their paths had crossed before — back in the 1980s when they both worked at a previous company.

Harry's Fine Foods owner, Mary Baranyk said she is excited bring Martens and Stendall's skills to the team, as they now offer a full-service meat counter.

During training, the pair began chatting and realized they had once worked side by side.

Stendall even once visited Martens' home to pick up some cassettes for recording.

“It is pure luck that we stumbled across this job considering we both already retired and were just looking for part-time work,” Martens said. He added that it took him a bit longer to recall their shared past — but he vividly remembered when Stendall came to his house.

Martens and Stendall, share more than 90 years of combined experience, and each bring unique attributes to Harry's Fine Foods family of employees.

Martens began his career at Canada Packers, where he developed his skills as a meat cutter before becoming a meat manager, and later, a store

manager at Sobeys for 20 years. He retired in 2020 just before the pandemic. While shopping with a friend at Harry's Fine Foods, a former colleague who used to work for him suggested to the owner, “If you need a manager, hire Willy!”

Martens said he loves interacting with customers and delivering the perfect cut of meat. When Harry's Fine Foods needed a meat manager, he jumped at the opportunity to return to what he loved — retirement, he said, was a little too quiet. Now, he works four days a week, while Stendall works two.

Stendall, who retired in September after selling his grocery store in Russell, had recently moved to St. Andrews and noticed that Harry's Fine Foods was hiring. Also looking for something to do, he applied to add some action to his life. He said the coincidence still makes him laugh.

“It is kind of crazy how quickly we crossed paths. We don't even work the same days.”

The pair were hired after longtime meat department manager Dave Sikorski retired following 53 years in the industry.

Sikorski said he “fell into” his role as a butcher — he started as a grocer at Harry's Foods' original location at 905 Portage Ave. in Winnipeg in 1987, before retiring from its second and now only location in April.

Over the years, he worked in several stores and departments, eventually learning the basics of the meat depart-



RECORD PHOTOS BY BRETT MITCHELL

Shawn Vermette, store manager at Harry's Fine Foods, joins butchers Ed Stendall and Willy Martens, along with store owner Mary Baranyk, as the shop launches its reimagined full-service meat counter following the retirement of longtime manager Dave Sikorski.

ment. By November 2022, when the St. Andrews store needed someone to cut meat, he stepped into the role of meat manager.

“I had a lot of fun working with the vibrant community. It was always something new and exciting to expe-

rience,” Sikorski said.

He previously drove 575 kilometres daily delivering to customers, so the new 20-minute commute was a welcome change.

Continued on page 23



Willy Martens and Ed Stendall slice into their shift behind the counter at Harry's Fine Foods, where the two butchers recently discovered they worked together more than 30 years ago.

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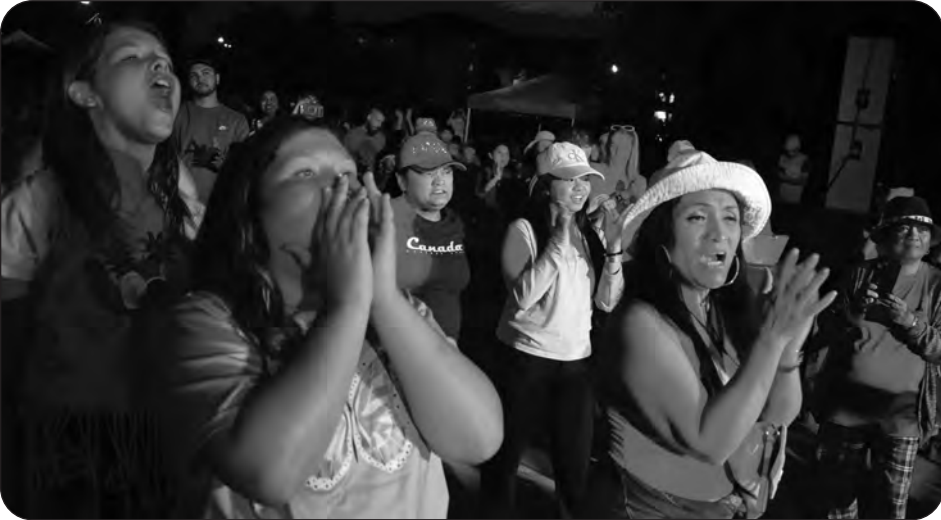
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Canada Day 2025 at the Selkirk Waterfront!



RECORD PHOTOS BY BRETT MITCHELL

The City of Selkirk hosted a great Canada Day celebration with fun for all ages at the Selkirk Waterfront on July 1.



West St. Paul Canada Day Celebration fun bubbles over



RECORD PHOTOS BY JOHN PODWORNIAK

West St. Paul residents were able to have a lot of fun this year celebrating Canada Day. The RM's celebration included many activities for everyone and fun was definitely had at the event.



Lower Fort Garry summer camps and gala bring history to life

40th anniversary celebration to feature 1920s theme, live entertainment, and historic flair at Lower Fort Garry

By E. Antonio

The Friends of Lower Fort Garry (FoLFG) are offering a summer full of immersive experiences for both youth and adults at the Lower Fort Garry National Historic Site.

Children ages six to 12 can take part in Adventurers Day Camp, a week-long program running Monday to Friday from 9 a.m. to 4 p.m. Campers step back in time to the 1850s, complete with period costumes, and take part in hands-on activities that teach Canadian history in fun and unexpected ways.

"Not only are our summer camps fun, campers get the built-in benefit of learning about Canadian history in a sneaky way," said Erica Massie, day camp director.

Campers can look forward to ban-nock roasting, candle making, writing with a quill and ink, and other interactive sessions. Each year, staff introduce new games, crafts and historic experiences to offer something fresh for returning participants.

"It is the perfect way to have some fun while learning about the Indigenous history, the history of Manitoba and fur trade history," Massie said.

The camp, which complements Parks Canada programming, encourages families to engage with local history. Everything is provided by FoLFG staff except for lunch, water bottles and sunscreen. The final session of the summer runs Aug. 18 to 22.

Registration remains open while space allows and closes roughly one week before each session. Families can register online at www.folfg.com/winnipeg-childrens-day-camp.

Adults will also have the chance to enjoy history in a lively new way with the return of the Glitter by the River gala on Aug. 21, a special 1920s-themed evening in celebration of FoLFG's 40th anniversary.

"It will be a larger-than-life event themed to the 1920s, and costumes are very much encouraged," said Dr. Carolyn Weiss, president of FoLFG.

Set within the historic walls and buildings of the fort from 6 to 10 p.m., the event promises a unique nighttime experience complete with entertainment, themed food and drink stations, and interactive activities. Upon arrival, guests will be transported by 1920s-style trolley to the back side of



the fort for an even more immersive experience.

"Come and enjoy the site at night, which is a whole lot different than the daytime experience," said Weiss. "You can be immersed in history in a fun way to help you understand it."

Catering by All Seasons Catering will feature items like Gatsby grilled cheese, mushroom caps, and a potato bar, along with specialty cocktails and mocktails. Guests will receive two drink tickets and access to all food and activities included in their admission.

Swing dancing, poker games, tarot card readings, and other 1920s-themed amusements will unfold throughout the evening, each accessed with a secret password shared in advance.

Attendees are encouraged to dress the part, bring their imagination, and come ready for fun. Prizes will be awarded for best dressed, and there will be a silent auction and cash/credit card bar on site.

Tickets are \$140, or \$40 for students ages 18 to 25, and include a \$50 tax receipt. Proceeds support FoLFG's youth programming, Lower Fort Garry initiatives, and the Andrew Henderson Memorial Scholarship—named in honour of a beloved former staff member known for his dedication to learning and community engagement.

"Lower Fort Garry is an important part of our history, and we believe everyone should be able to get involved



RECORD PHOTO SUBMITTED

Campers try their hand at candle making during the Friends of Lower Fort Garry's Adventurers Day Camp, where activities reflect life in the 1850s.

and enjoy the history the fort offers," said Weiss. "It is important to know where we came from and how we started—to learn from our mistakes and grow as a country."

Tickets must be purchased by Aug. 14 at www.folfg.com/glitter-by-the-river or in person at the Stone Fort

Trading Co. Gift Shop, open daily from 10 a.m. to 4:30 p.m.

FoLFG is also seeking sponsors for the gala, with a range of sponsorship options available online until Aug. 1. For more details, email info@folfg.com or visit FoLFG's Facebook and Instagram pages.

Lily Pad Cruisers celebrate 25



RECORD PHOTO SUBMITTED

The Lily Pad Cruisers are celebrating their 25th anniversary at their car show this weekend at Petersfield's Mallard Park. Be there on July 12 from 11 a.m. to 2 p.m. if you want to have some fun and see some cool rides.

Looking After Each Other Gathering in Selkirk



RECORD PHOTOS SUBMITTED

The Interlake FASD committee hosted the Looking After Each Other (LAEO) Gathering in Selkirk on June 5. The LAEO gathering brings together members of FASD(Fetal Alcohol Spectrum Disorder) coalitions from across Manitoba, FASD service providers, Elders, caregivers, people with FASD, and other community partners who are passionate about dignity promotion for people impacted by FASD. The day integrates accurate FASD information and education with Indigenous knowledge and teachings.



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Keep being you **Love your ears**

From grand openings to goodbyes: Boston Pizza's James Allardice retires

By E. Antonio

James Allardice has spent the last two decades making Boston Pizza Selkirk a safe, welcoming and respectful place for staff and customers alike. Now, after more than 40 years in the hotel and restaurant industry, he's hanging up his apron and heading into retirement.

Allardice opened the Selkirk Boston Pizza in October 2005 after his business partner, Winnipeg BP franchisee Richard Enright, suggested bringing the restaurant to the community. At the time, Allardice had been working as a manager at the Garden City Boston Pizza and previously held posi-

tions at the Gordon Hotel, Cambridge Hotel, the Old Spaghetti Factory and Lakeview Resort in Gimli.

"I opened BP Selkirk, and my world just took off from there," he said. "It was pandemonium from the very beginning."

Coming from a well-established location, Allardice said launching a brand-new restaurant in Selkirk was challenging—particularly with training new staff and sorting out logistics on a tight timeline.

"Selkirk was really excited about a new restaurant, and we were too," he said. "We wanted to make sure we got this right for everyone."

Over the years, getting to know staff and customers has remained one of the biggest joys of the job. Allardice said he takes pride in the thousands of people who have passed through the restaurant's doors, whether they came to work or dine.

From employees who've gone on to fulfilling careers to loyal customers who've



RECORD PHOTO BY BRETT MITCHELL

James Allardice, Boston Pizza franchisee, is retiring July 18 after opening the restaurant in 2005. Pictured is the management team: Wayne Hintz, James Allardice, Laura Allardice, Sarah Brunette and Krissy Grant.

Continued on page 23

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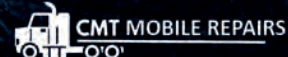
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Langelaar set to become sixth Manitoban to compete in Canada's Strongest Man

By Kieran Reimer

Andrew Langelaar of Iron Image Barbell Club recently competed at the 2025 Western Canada's Strongest Man competition, finishing second in the two-day event after missing the podium last year.

The top-three finish earns him a trip to his first-ever Canada's Strongest Man competition, where he'll become just the sixth Manitoban to compete in the event.

What's made his season even more memorable is how quickly he's trans-

Andrew Langelaar of Iron Image Barbell Club in Selkirk placed second at the 2025 Western Canada's Strongest Man competition, held June 7-8 in Devon, Alta.



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RECORD PHOTOS SUBMITTED
Iron Image Barbell Club will host Strongmania on July 12 at the Selkirk waterfront during the Triple S Fair & Rodeo. One of the gym's own, Andrew Langelaar, is now ranked among the top strongman competitors in Canada.

formed into one of Canada's top competitors—after picking up the sport just over a year ago.

The 28-year-old, who was born in Winnipeg, was a powerlifter for more than 10 years before transitioning to strongman last year.

Continued on page 8

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11:00 AM - Tiny Treasures Petting Zoo

12:00 PM - Bubble Man Show (Stage)

1:30 PM - Ryan Price Magic Show
(Kidzone Tent)

2:00 PM Select Shows Midway Opens

3:00 PM Bubble Man Show (Stage)

12:00 PM - 1:00 AM Beer Gardens Open

6:00 PM Infield Bar & Food Booth Opens (Infield)

7:00 PM - Pre-show KB Clydesdales

2 X 4 horse hitch demonstration. (Rodeo
Arena)

7:15 PM - Triple "S" Battle of the Broncs featuring Wild
Pony Races and Barrel Racing Showdown
(Rodeo Grounds Selkirk Park)

8:00 PM - Open Pole Bending Jackpot

9:00 PM - 1:00 AM - "Jerry Sereda" (Beer Gardens)

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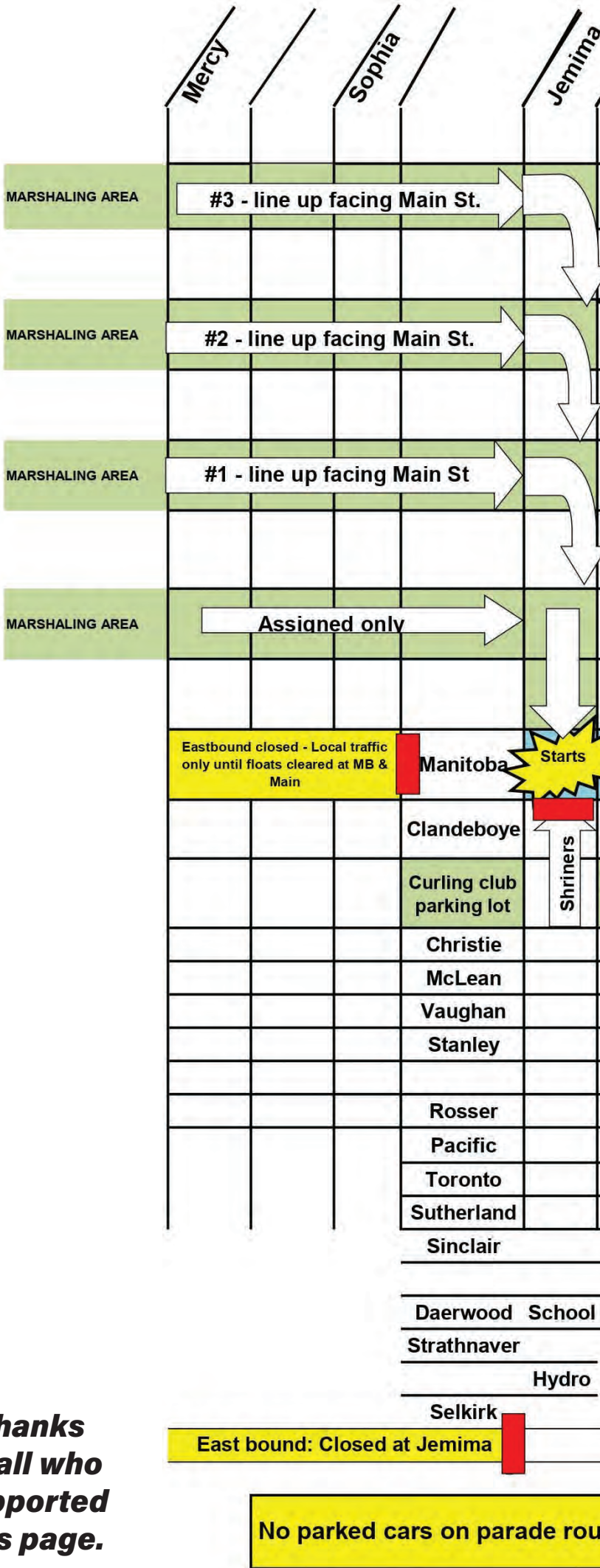
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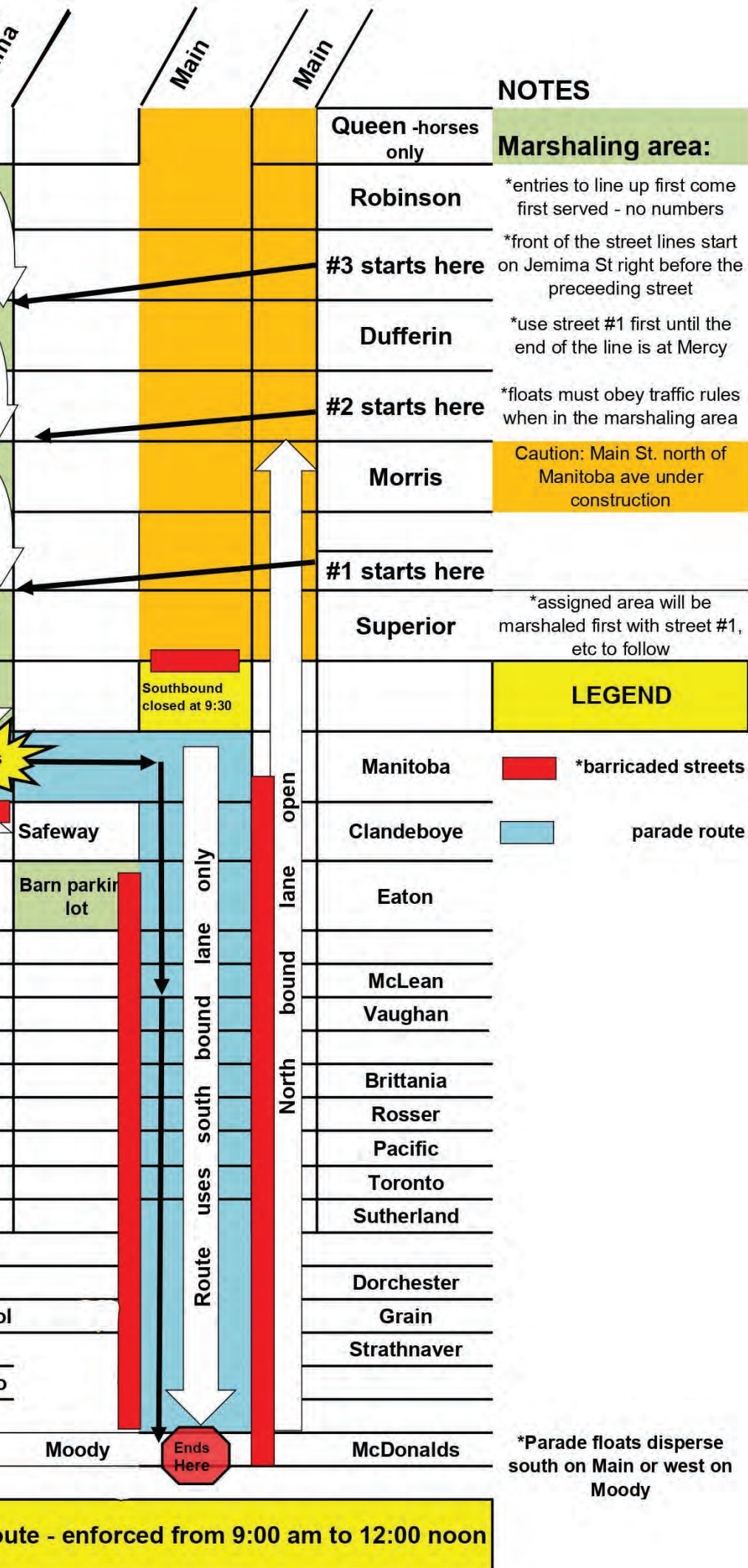


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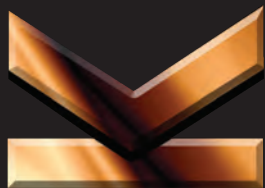


St. Andrews - St. Clements Agricultural Society
SATURDAY, JULY 12th



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- 10:00AM** – Selkirk Parade Uptown
- 11:00 AM** MTRA Team Roping – Rodeo Arena
- 12:00 PM** Select Shows Midway Opens
- 12:00 PM** Infield Bar Opens – Rodeo Grounds
- 12:00 PM – 1:00 AM** – Beer Gardens Open
- 12:00 PM– 4:00 PM** – Children’s Activities – Tiny Treasures Petting Zoo, Crafts, Face Painting, Fraser Reptiles, Oak Hammock Marsh, Dinosaur Exhibit, and more.
- 12:30 PM** – Bubble Man Show (stage)
- 2:00 PM** – Ryan Price Magic Show (Kidzone Tent)
- 3:15 PM** – Bubble Man Show (Stage)
- 6:00 PM** – KB Clydesdales 8 horse hitch demonstration (rodeo arena)
- 6:15 PM** Triple “S” Bull Bash Bull Riding featuring Wild Pony Races and Barrel Racing Showdown (Rodeo Grandstand)
- 9:00 PM – 1:00 AM** – “Jerry Sereda” (Beer Gardens)



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St. Andrews - St. Clements Agricultural Society
SUNDAY, JULY 13th

9:30 AM 4D Barrel Racing Jackpot
11:00 AM MTRA Team Roping – Rodeo Arena
12:00 PM Select Shows Midway Opens
12:00 PM Infield Bar Opens
– Rodeo Grounds
1:00 PM – 4:00 PM – Tiny Treasures Petting Zoo
in Children's Festival area

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> CANADA'S STRONGEST MAN, FROM PG. 2

Since then, Langelaar's world has been flipped upside down.

"I've kind of made my whole life evolve around it," said Langelaar. "I'm lucky enough to have a job that doesn't take too much out of me during the day, and then pretty much the rest of my life is just living and breathing [training]. I'm lucky enough that the guys behind me are very supportive of it—they've done an amazing job to equip me with the tools and the equipment that I need to make sure I can do that. My lovely girlfriend helps out making all the meals and stuff."

"Pretty much everything I do is either related to fatigue management, recovery, or actively training and practicing, so it was a big lifestyle shift. It's definitely paying off."

Leading up to Westerns, Langelaar attended the Arnold Amateur Pro/Am before beginning the grueling training process for the regional championship.

He had less than the typical 12-week training window ahead of Westerns but made do with what he had.

At Westerns in Devon, Alta., he was one of the most mobile competitors—helping him secure first-

place finishes in multiple events over the two days.

Langelaar reached the podium decisively with 109.5 total points, behind only Colten Sloan, who finished with 118.5.

Samuel Rissling rounded out the top three with 107 points to earn the final Western Canada spot for the 2025 Canada's Strongest Man.

"It's pretty cool to go. It's been a goal of mine, but I didn't think that I would get there for maybe another year or two—so to go as a pro in my rookie year is pretty cool," said Langelaar.

Langelaar also maintained his perfect record in the Atlas Stones event at Westerns, keeping him undefeated in the event over his entire strongman career.

He'll look to keep the streak alive this summer.

"It'll come to an end eventually, but for right now, it's a fun little stat that I'd like to keep going."

Before heading to Canada's Strongest Man, Langelaar will also compete in Manitoba's Strongest Man & Woman competition on June 29 in Vita, Man.

Details and dates for the 2025 Canada's Strongest Man competition are still to be announced.

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TRIPLE S FAIR & RODEO

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Triple S Fair and Rodeo: Family fun with dinos, magic, and more

By E. Antonio

Families heading to the Triple S Fair and Rodeo won't want to miss the Children's Festival, returning July 11 and 12 with a jam-packed lineup of free, interactive fun.

From walking with dinosaurs to face painting and live performances, the festival promises something for kids of all ages.

"We have a variety of exciting events planned for the young fairgoers," said Children's Festival director Alex Hazelton. "It will be so neat having the dinosaurs walking around while you check out some of our other main attractions."

The Children's Festival is open Friday from 11 a.m. to 4 p.m. and Saturday from noon to 4 p.m. New this year is DinoMite Adventures, where families can play mini-golf, meet baby dinosaurs, and explore a fossil tent—while full-size dinosaurs roam



the grounds.

Live entertainment includes magician Ryan Price and the Bubble Man, with shows scheduled throughout both days.



PHOTO SUBMITTED

Kids dig into prehistoric fun at the Children's Festival's new DinoMite Adventures attraction, part of the Triple S Fair and Rodeo in Selkirk. Families can meet baby dinosaurs, explore a fossil tent, and play dino-themed mini-golf while life-sized dinosaurs roam the grounds. The Children's Festival runs July 11 and 12, with select attractions open July 13.

A number of educational booths are also on-site, including appearances by the RCMP with a police cruiser, the local fire department with a fire truck, and displays from Oak Hammock Marsh, Fraser Reptiles, and the Access Credit Union Grey Cup Festival.

"We want the festival to be more than just fun," Hazelton said. "We want to be able to provide the kids with opportunities to learn and interact too."

Craft and face painting tables are available both days at no cost, along with all Children's Festival activities.

The popular Tiny Treasures Mobile Farm petting zoo will also be on hand, and will remain open Sunday, July 13 from 1 to 4 p.m.

The Children's Festival takes place



rain or shine on the grounds between the fair office and the rodeo ring. Some activities held in the open field may be relocated or rescheduled in the event of poor weather.

For a full schedule of performances and attractions, visitors are encouraged to check the festival website or information booth upon arrival.

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> MEAT UP, FROM PG. 9

"I have always been interested in the food industry, and the employees at the old Harry's and new Harry's is a great group of people to work with," he said. "It is a fantastic independent store environment that motivates you to work with a sense of pride."

Sikorski now plans to spend his retirement travelling, doing house maintenance, golfing and visiting his cabin in Winnipeg Beach.

"I wish everyone at Harry's the

best of luck, especially as barbeque season approaches."

Store owner Mary Baranyk said they'll miss having Sikorski around but were fortunate to bring in Martens and Stendall.

She noted she didn't know before hiring them that the two had worked together previously.

"They already have this established relationship from working together before — a great asset to have when

starting someplace new... It didn't take either of them long to catch on the basics, it's not a skill you lose."

With their combined experience, Martens and Stendall have helped reimagine the meat department. The store now offers a full-service meat counter, including custom cuts, pre-marinated meats and ready-made meals like kabobs — in addition to Harry's Fine Foods full line of grocery products such as their bakery, pro-

duce, deli, meat, hot foods and pharmacy departments. "Whether you are looking for a specialty cut, advice on preparation or just a great conversation about meat, you are in great hands."

Baranyk recommends calling 204-338-7538 to place a custom-cut order.

"We look forward to continuing to serve the growing community," she added.

> JAMES ALLARDICE, FROM PG. 14

celebrated everything from preschool to high school graduations at BP, Allardice said those moments are what he'll miss most in retirement.

"You can never take away those relationships," he said. "We do everything we possibly can to make people happy. That is the goal of Boston Pizza, that is the goal of our brand, and that is my goal. Exceptional food in a safe and comfortable environment... It's hard work, but we have fun."

One of the biggest challenges, he said, was operating through the pandemic. Navigating changing restrictions made it difficult to maintain the level of service he and his team were known for—but they persevered.

A highlight of his career was hosting a red carpet event for the CBC series Burden of Truth.

"We had to close, but it was a lot of fun," he said. "That's just one example of the unique situations I deal with on a daily basis. I'm a lucky person to say I get to go to work today. It's different every day, and that's exciting to me—that's the real icing on the cake."

Another personal highlight was working alongside his wife, Laura, and their daughters, Meagan and Amanda, both of whom have since built professional careers—one as director of an Interdisciplinary Health and Community Services Simulation Centre and the other as a pediatrician at Health Sciences Centre.

As he enters retirement, Allardice said he's looking forward to playing golf, travelling and spending more time with family. He has a trip to Scotland planned, where he'll visit relatives and, of course, squeeze in a

few rounds on the golf course.

"What I'm most excited for is celebrating special occasions with my family," he said. "I've missed all of those because I've been here."

Although he's stepping away from day-to-day operations, he said he'll still be available to offer guidance—just not 24/7.

Allardice said Boston Pizza Selkirk will remain in good hands. Krissy Grant will take over as general manager, Sarah Brunette will serve as assistant manager, and Laura Allardice and Wayne Hintz will continue in management roles.

"They know this restaurant like the backs of their hands," he said. "They are all set up for success."

While July 18 will mark his official last day, Allardice plans to spend it working from open to close as a final farewell to a career that changed his life.

"BP will always have a special place in my heart," he said. "And I'm excited to see what the future brings."

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> MEAL IDEAS



Recipe courtesy of United Sorghum Checkoff Program

Prep time: 20 minutes

Cook time: 20 minutes

Servings: 4-6

Dressing:

2/3 cup mayonnaise

1/4 cup milk

1 teaspoon garlic powder

1/4 teaspoon freshly cracked pepper salt, to taste

Salad:

1 pound bacon

3 cups cooked whole-grain sorghum

1 head romaine lettuce, rinsed, dried and shredded

1-2 cups mixed greens, torn into

RED RIVER CO-OP FOOD STORE

Sorghum BLT Salad

1-inch pieces

1 cup cherry tomatoes, halved

1/4 cup fresh parsley, coarsely chopped

4 green onions, thinly sliced

salt, to taste

pepper, to taste

Parmesan or goat cheese (optional)

To make dressing: Blend mayonnaise, milk, garlic powder and pepper until smooth and creamy. Season with salt, to taste. Refrigerate until ready to use.

To make salad: In large, deep skillet over medium-high heat, fry bacon. Turn frequently until evenly browned. Drain on paper towel and crumble.

In large bowl, combine sorghum, lettuce, mixed greens, tomatoes, parsley, green onions and bacon. Season with salt and pepper, to taste, and toss with dressing. Top with Parmesan or goat cheese, if desired, and serve.



Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

1 cup brown sugar

1 can (6 ounces) tomato paste

1/2 cup apple cider vinegar

Chicken Skewers

1 tablespoon mustard

2 teaspoons onion powder

1 teaspoon garlic powder

2 teaspoons smoked paprika

2 teaspoons barbecue seasoning

1/2 cup honey

1/4 cup teriyaki sauce (optional)

2 pounds boneless chicken

rice, for serving (optional)

In saucepan over medium heat, cook brown sugar, tomato paste, apple cider vinegar, mustard, onion powder, garlic powder, paprika, barbecue seasoning, honey and teriyaki sauce until well combined.

Cube chicken and place in large bowl. Pour sauce over chicken, saving some for basting. Marinate at least 1 hour.

Heat grill to medium heat.

Place marinated chicken cubes on skewers and arrange on baking sheet. Grill until chicken reaches 165 F internal temperature, 20-30 minutes. Baste with remaining sauce as needed. Serve over rice or use for chicken tacos.

Substitution: Use hot honey instead of regular honey to spice it up.

Four summer health tips

By Fitness Expert Julie Germaine Coram

We're well into a beautiful summer here in Manitoba, and that usually means people are more active and burning calories outdoors — yay! But is your diet on point?

Remember, what you choose to put into your body has a major impact on how you feel, influencing everything from your sleep patterns to your energy levels. Eating well also helps maximize the results of your exercise routine and reduces health risks associated with poor nutrition, including cancer.

Here are some tips to help you round out the summer with your health top of mind:

1. Choose seasonal fruits and vegetables

Support the environment and reduce emissions caused by long-haul transportation by shopping at local farmers' markets. Buying nutrient-rich, in-season produce is a win for your body and the planet.

2. Add greens and protein to your snacks

The good news? You can still indulge in chips and sweets — many new products at specialty stores are more nutritionally favourable, offering options that are lower in fat or higher in protein. One of my new favourites for satisfying a sweet tooth is Probites, an ice cream-like snack that delivers 18 grams of protein per serving with only six grams of sugar. While it's still a little high in saturated fat at 19 per cent of the recommended daily value, it's a much better alternative to a traditional sundae, which offers no protein and far more sugar.

3. BBQ the right way

Skip processed meats like hot



Fitness Expert Julie Germaine Coram

dogs and instead marinate healthier choices like chicken, fish, vegetables, and, occasionally, lean cuts of pork or beef. Try to trim excess fat and avoid charring meat — blackened edges have been linked to increased cancer risk.

4. Hydrate all day

Water is essential for your body's vital functions, especially when it's hot and sunny. Sore knees? You might need more water to cushion your joints. Getting sick often? Staying hydrated keeps your mucous membranes thick and effective, which helps prevent illness. You shouldn't feel thirsty during the day — that's a sign you're already dehydrated.

Have questions? Email me if you'd like to explore healthier alternatives to your go-to treats, or if you want to talk about your personal nutrition, health goals, or fitness struggles. You can also schedule a free online consultation at: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.



Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

1 pound spaghetti noodles

2 tablespoons butter

1/4 cup avocado oil

1 package (12 ounces) raw shrimp

2 tablespoons garlic powder, divided

1 teaspoon smoked paprika

1 cup chicken broth

1/2 cup grated Parmesan cheese

1/4 cup heavy cream

Shrimp Spaghetti

1 teaspoon onion powder

1 cup frozen or fresh spinach

bread, for serving

Cook spaghetti noodles according to package instructions.

In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.

Add chicken broth, Parmesan, heavy cream, remaining garlic powder, onion powder and spinach to skillet and mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

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Missing Assignments make their mark on Canada Day



RECORD PHOTOS BY BRETT MITCHELL

École Selkirk Junior High student band Missing Assignments showed that we have some pretty talented kids in our local schools. The band took on the Canada Day stage in Selkirk sharing their music with the many, many people in attendance. This is only the second live performance for the junior high students who brought a notably large crowd out early to enjoy the Canada Day fun.



Fraser Stewart honoured for decades of preserving Manitoba history

By Annaliese Meier

Fraser Stewart has spent decades bringing Manitoba's past to life — and now, he's being recognized for it.

The longtime heritage advocate from the RM of St. Clements has received the Lieutenant Governor's Award for Historical Preservation and Promotion, presented by the Manitoba Historical Society.

"I was very honoured to be recognized for this award," Stewart said. "It is always nice to be recognized by organizations who appreciate your efforts and who recognize the value of your work."

While the honour was awarded to him individually, Stewart emphasized the collaborative spirit behind much of his work.

"All the activities I have been privileged to be a part of involved many other very worthy individuals," he said. "For example, the RM of St. Clements Heritage Committee for the past 27 years had a core group of 15 people who had a passion for our local heritage and identified, developed and promoted many projects. So I would suggest that this award also recognizes their contributions."

Stewart's interest in history began early, inspired by a schoolteacher and later cemented by a family decision in the 1940s. In 1943, his family purchased a summer cottage in Selkirk — the former home of Thomas Bunn, a Métis leader who served in Louis Riel's first government and helped develop the Métis Bill of Rights.

"The house had stone walls like the Lower Fort and there were a number of interesting artifacts which certainly impressed us preteen kids," Stewart recalled.

Over time, his appreciation for the region's rich past deepened. When the municipality formed its first heritage committee, Stewart joined and helped shape decades of local preservation work.

Among many efforts, Stewart pointed to his work

with the RM of St. Clements Heritage Committee as the most meaningful. The group led a wide range of initiatives: heritage display villages at community events, school projects, interviews with elders, heritage markers for churches and historical sites, and the creation of 23 geocache sites to promote local history.

They also developed brochures highlighting area landmarks and launched redrivernorthheritage.com, a website offering stories and historical resources to the public.

"The website provided students and others with a source of information on the rich and exciting heritage of the region," Stewart said.

One of his proudest projects was the creation of the East Beaches Heritage Wing at the Grand Marais Community Central building.

"This involved a heritage specialist and a community committee, and the result was a world-class heritage exhibit which earned both provincial and federal awards," he said.

Stewart was also a founding member of the Marine Museum of Manitoba in Selkirk, launched in 1973, and contributed to numerous other regional projects over the years.

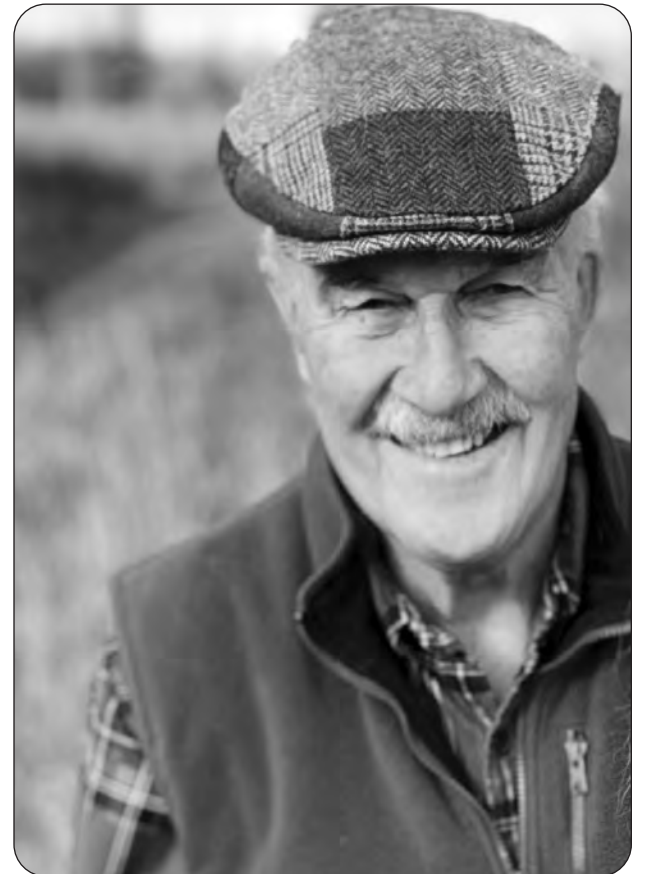
Today, his family still owns the Thomas Bunn House, which now operates as both a bed and breakfast and an immersive historical site.

"It is perhaps one of the oldest Métis homes in Manitoba and one which you can actually stay at and learn of the history of this area from the extensive library within the house," Stewart said. More information is available at thomasbunnhouse.ca.

He hopes future generations will carry forward an appreciation for local stories and the value of preservation.

"Other heritage sites can now be accessed through multimedia technology and readily available driving tour guides," he said.

"I WOULD SUGGEST THAT THIS AWARD ALSO RECOGNIZES THEIR CONTRIBUTIONS."



RECORD PHOTOS SUBMITTED

Fraser Stewart was recognized with the Lieutenant Governor's Award for Historical Preservation and Promotion for his decades of work celebrating and preserving Manitoba's local heritage.

To those curious about getting involved in preserving local history, Stewart encourages them to simply reach out.

"Contact some of your local heritage or tourism groups who are always looking for individuals interested in identifying, developing and promoting heritage stories," he said. "The Manitoba Historical Society is also a great place to start your journey."



The Thomas Bunn House in Selkirk, Man., built in 1862, is one of the province's oldest Métis homes. Now owned by Fraser Stewart's family, it operates as a bed and breakfast and immersive historical site.



The home has authentic artifacts, and was designated a heritage site by the province of Manitoba. The home has been in the Stewart family since 1944.

Boreal Shores Art Tour returns with 18 local artists on display

By E. Antonio

One of Manitoba's largest self-guided art tours is back this summer, and 18 local artists from the Eastern Beaches region will be opening their studios to the public as part of the Boreal Shores Art Tour.

Running Aug. 16 from 10 a.m. to 5 p.m. and Aug. 17 from 10 a.m. to 4 p.m., the tour features 35 artists in total and stretches from Falcon Lake to Victoria Beach. The free event offers art lovers a chance to meet artists, view live demonstrations and experience how nature inspires art in the boreal landscape.

"The Boreal Shores Art Tour is an opportunity for artists to reach other art lovers," said tour coordinator Norine Harty. "The tour builds a sense of community between artists and tourists."

Founded in 2017, the tour was created to showcase the talents of artists whose work reflects the natural beauty of eastern Manitoba. Visitors can expect to see a variety of creative expressions—from painting and glasswork to woodworking, knife making, and more.

"There is a common theme of how this environment that we live in really inspires us to create," Harty said.

With 18 artists located in the Eastern Beaches area, participants can customize their own route by downloading a brochure and driving map ahead of time from www.borealartshorestour.ca, or by picking up printed versions at various stops along the tour.

"The tour is a fantastic day trip, or a fun weekend getaway," Harty added. "Some people stay overnight, others come back for a second day. Just make sure you give yourself ample time because we really want you to enjoy the art around you."

Among the featured artists is Barb Metryki, a Sandy Bay-based watercolour artist whose studio marks the northernmost stop on the tour. Known for painting outdoors in all conditions, Metryki draws inspiration directly from the world around her.

"I love love love the environment where I am in. I am always wanting to get it on paper," she said. "There could be gale-force winds and I will be on the beach painting."

A veteran of the tour, Metryki is participating for the fourth time. She has been painting for decades and studied at several prestigious art schools and galleries. Her work combines watercolour, ink, gouache and layered paper.

"I love the way colours mix on the page—they flow so easily together making it a very fun and organic medium to work with," she said. "There's an alarm that goes off inside my head when I paint, and it just makes me so happy."

For Metryki, the most rewarding part of the tour is connecting with others.

"It builds this community like you would not believe," she said. "As an artist, you tend to work alone. But this tour makes you open up your space to be amongst the community of other artists. I've met more people in my beach's community because of this."

Metryki's work includes more than just paintings. She also offers cards, gift tags, tea towels and other keepsakes inspired by the beauty of Lake Winnipeg.

"I don't work from photographs," she said. "Everything I make is from sitting outside. When I



RECORD PHOTO SUBMITTED

Barb Metryki, a Sandy Bay watercolour artist, is one of the featured stops on this year's Boreal Shores Art Tour, taking place Aug. 16 and 17. She enjoys painting subjects inspired by her natural surroundings.

see something pretty I just want to run home and get my box out and paint."

She also encourages aspiring artists to consider joining the tour.

"This is a great starting place," she said. "You get an idea for what direction you want to take your work. You meet others who get joy out of what you've created—and if you're making something both you and others love, it's all worth it."

Artists from the Eastern Beaches area include:

- Louise Kress, Beaconia
- Gordon Campbell, Lester Beach
- Jan Scherpenzeel, Belair
- Herb Burlock, Hillside Beach
- Krista Gibson, Patrick LeMadec, and Krissy Rychorchuk, Albert Beach
- Suzanne Cenerini, Chris Johnson, and Toni Reimer, Victoria Beach
- Gordon Boyd, Victoria Beach
- Jane and Robert Gateson, Victoria Beach (restricted area)

Featured Artist

Barb Metrycki



I am most inspired in the outdoors, where vast sandy beaches, glorious open water, tall birches and quiet woods inspire me.

Boreal Shores Art Tour
August 16 & 17
www.borealshoresarttour.ca



- Trish Richardson, Victoria Beach (restricted area)
 - Andrew Stelmack, Victoria Beach (restricted area)
 - Bonnie Jean Heath, Victoria Beach (restricted area)
 - Drew Perry, Victoria Beach (restricted area)
- The Boreal Shores Art Tour is free to attend, with no tickets or reservations required—just a vehicle and a love of local art.

Job fair sees many residents learn about local opportunities



RECORD PHOTOS SUBMITTED

The recent job fair at the Gaynor Family Regional Library, hosted by the library and Huddle Selkirk, was a great success. Both employers and potential employees benefited from being able to connect in person to find the right fit for them. The event was busy the entire time, especially at the beginning, as people streamed in to check it all out.



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The Selkirk Record

Selkirk RCMP investigating homicide; 15-year-old charged

By Lana Meier

RCMP have charged a 15-year-old girl from Gimli with homicide following the death of a 39-year-old woman in Selkirk last weekend.

Police say the two females were not known to each other.

"It is shocking that a 15-year-old has been arrested for homicide, and

very tragic that the female has died as a result of her injuries," said Sgt. Laura LeDrew of the Manitoba RCMP Major Crime Services in a statement. "The RCMP is working diligently to provide necessary support to all involved, and we extend our condolences to the family and friends of the

victim. We are grateful and thank the community for their assistance, as we continue with the investigation."

On June 30 at about 11:50 p.m., Selkirk RCMP responded to a report of a stabbing outside a business on Manitoba Avenue. Officers and emergency responders found the 39-year-old

woman with critical injuries. She was transported to hospital, where she later died.

Her death is being investigated as a homicide.

Selkirk RCMP, Major Crime Services and Forensic Identification Services remain involved in the investigation.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk Judo Club members honoured at 2025 Judo Manitoba Awards

By Kieran Reimer

There's been no stopping Selkirk Judo Club's Sarah Ekosky.

The reigning Judo Manitoba Most Outstanding Female Athlete added another accolade to her mantle on June 8, winning the award for the fifth consecutive year at the 2025 Judo Manitoba Awards.

Ekosky captured a bronze medal at the 2025 Open Nationals in the Senior Under-63 kg division in May, adding to her string of podium finishes this season.

Her campaign also included a gold medal at the 2024 Ontario Open, silver medals at the 2024 Manitoba Open, the 2024 Montreal Panamerican Open, and the 2025 Edmonton International, as well as bronze medals at the 2024 US Open and the 2025 Pacific International.

Ekosky wasn't the only Selkirk Judo Club member recognized.

Stan McFarlane—a coach, volunteer, and referee for both the Selkirk Judo Club and Judo Manitoba—was

named the 2025 Judo Manitoba Most Outstanding Referee.

Over the past year, McFarlane officiated at the Balmoral Open, Inner City Open, Portage Open, Nakamura Judo Open and the Selkirk Open, all while mentoring the next generation of judo referees.

He has also risen to the rank of sandan (third-degree black belt) and achieved the National B referee designation.

His officiating career now spans more than 60 local and national tournaments, including the 2025 Western Canada Summer Games.

"The Selkirk Club congratulates Stan and Sarah on these well-deserved awards," said Selkirk Judo Club coach Brian Jones in a press release. "Stan has worked tirelessly as a coach, volunteer and referee for both the club and Judo Manitoba for many years. It is great to see his dedicated effort as a referee recognized. Sarah had another excellent competition season. She medals in every major

tournament thanks to consistent hard work in training."

The judo season has since wound down for the summer, with regular classes resuming in September.

In the meantime, the club is hosting

a summer camp open to beginners and existing members aged 7 to 13 from Aug. 5 to 8.

Selkirk Judo Club is located at 6569 Provincial Trunk Highway 9 in St. Andrews.



PHOTO SUBMITTED

Sarah Ekosky and Stan McFarlane of the Selkirk Judo Club were recognized at the 2025 Judo Manitoba Awards on June 8. Ekosky received the Most Outstanding Female Athlete award for the fifth year in a row, while McFarlane was named Most Outstanding Referee.

Strikeforce return to form with win over TDS

By Kieran Reimer

Selkirk Strikeforce showed last week's loss was just a minor blip in an otherwise strong regular season.

After opening the year 5-1-2, Strikeforce added a sixth win Wednesday with a 4-1 victory over TDS at Selkirk Recreation Complex.


Aaron Bell stayed hot with another two goals, bringing his season total to six. Aidan McWilliams and Gerald Chukwuneke also notched their second goals of the campaign, each scor-

ing once in the win.

The result moves Strikeforce to 6-1-2 on the season and into second place in Manitoba Major Soccer League Division 3B ahead of Tuesday's home match against WSP FC.

WSP FC will also carry a winning record into the contest as they look to gain ground on Strikeforce in the standings.

Kickoff is set for 7:30 p.m. at Selkirk Recreation Complex.




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GARAGE SALE

Multi-family garage sale, power tools, household, etc. (3 weekends Fri, Sat & Sun) - July 11, 12, 13, 18, 19, 20, 25, 26, 27. 942 Frank St., East Selkirk.

Garage Sale - Saturday & Sunday, July 12 & 13, 10am - 6pm. #26054 Hwy 44, tools, household, garden, etc. 50% off everything. Postponed to next weekend if raining.

Yard Sale- Cloverale United Church, Saturday, July 19, 2025, 9:00-4:00, 805 Cloverdale Road. A variety of goods: household, outdoor, toys, books, etc. Call 204-482-4987 for more information.

HELP WANTED

Maintenance Man - need a reliable, experienced maintenance man who has knowledge with plumbing, carpentry, and general maintenance duties. Need own transportation to get back and forth. Hours are 8 a.m. to 4 p.m. Monday to Friday and also on call for emergencies. Please call 204-482-2751 between 9 a.m. to 1 p.m. or call the emergency line at 204-485-0246. Email your resume to: tollak@publiccapital.ca

Assistant Accounting Clerk required for small business. Part time, knowledge of Quickbooks preferred, but will train suitable candidate. Salary to be negotiated upon experience. Contact: 204-757-9449 or cell: 204-771-7654 for further details.

Farview Place in Teulon is looking for an individual for a cleaning contract. Pay would be \$240 bi-weekly upon completion of a weekly checklist of duties. Please contact Andrea at 204-886-2760 or farviewplace1989@gmail.com for details.

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BUSINESS**

HELP WANTED

ANAF 151, 231 Clandeboye Ave. now hiring PT bartenders. Please apply in person or Email: anavetsmb@gmail.com

MISCELLANEOUS

LG fridge, 18 cu. ft (?), good condition \$125, children's desk & hutch \$75, Bonded leather chair & foot stool \$68. Please call 204-785-2894 or 204-485-2889.

WANTED

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Also offering gunsmithing services. Call or text 204-297-9223.

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF LAWRENCE PETER MOORE, late of Matlock, in the Province of Manitoba, deceased. ALL claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 183 Main Street, Selkirk, Manitoba, R1A 1R5, on or before the 18th day of August, 2025.

DATED at the City of Selkirk, in Manitoba, this 27th day of June, 2025.
PKF LAWYERS
Eric S. Freedman,
Solicitor for the
Executor

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Is accepting applications for the fulltime leadership position of:

Executive Director



Qualifications: Essential:

- A minimum of five years' experience within a community-based, not-for-profit sector.
- Demonstrates excellent leadership skills with the ability to support a Board, staff, volunteers, funding partners and donors.
- Proven ability to develop and implement strategic plans.
- Possess sound judgment, analytical skills, strong decision-making abilities, to understand complex issues and challenges, with the ability to multi-task.
- Demonstrates excellent communication skills; interpersonal and public relations, along with exceptional computer skills.
- A self-disciplined, self-starter who is highly organized, undertaking work without supervision, while leading a staff team.
- Excellent organizational and time management skills in order to meet deadlines.

Desired:

- Knowledge of and working experience within SDCF's catchment.
- Post-secondary education connected to charitable/non-profit sector community-development sector.
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SDCF thanks all applicants for their interest, however only those selected for an interview will be contacted.

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Ponemah \$454,900
Immac 1720 sf, 3 br, 2 full bath. Many recent upgrades, huge lot, 2 gar's

Lundar, 864 sf + full fin bsmt. Many upgrades incl kit & windows. Huge front deck. \$188,500

MIKE JUBA 204-588-7967

1- Large Selkirk home 1420sf 4 bedrooms 3 bath, garage 82 ft wide yard \$435k

2 Selkirk Commercial storefront and renovated living quarters with garage, \$339k

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Shorepointe Village Townhouse Cust 3 bd/2bath townhse on outskirts of Gimli. Open concept main area w/HWF

CRYSTAL LINE 204-232-6200

Bifrost - 1926 sqft. 5 bed 1+1 bath dbl det. 14 acres \$414,900

Traverse Bay - 2 bed 1 bath year round cottage 945 sq.ft \$229,000

Little Deer LAKEFRONT 1753 sqft 3 bed 2 bath dbl att + SHOP \$549,900

Grindstone - turnkey fully furnished cottage - 3 bed 1 bath \$139,000

SAMANTHA KING 204-229-7560



Fisher Branch bungalow, great layout, dbl attached garage, finished basement, great location.

1/2 acre lot in Glen Bay, driveway and culvert in place, partially cleared, short walk to the lake.

PAM ISFELD 204-641-5408



3 BR Condo in Aspen Park, gorgeous updated kitchen, 3 season SR, 10 Ft ceilings.

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The Cemetery Committee would like to remind families of Loved Ones Buried at the cemetery of the following: Headstone and Concrete Grave covers- the maintenance is the responsibility of family. We give notice that any Headstone or Grave Covers that are deemed unsafe will be removed if not attended to. Charges may apply.

Thank You - Cemetery Committee

Announcements *The Selkirk Record*

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ANNOUNCEMENT

BIRTHDAY



Garry Frost
Happy 75th Birthday Grandpa
on July 6th!
We love you!
-Love your kids and grandkids

ANNOUNCEMENT

IN MEMORIAM



Glenn Salter
July 15, 2011
Fourteen years have come and gone.
I miss you more every day.
I'll Love You Always and Forever.
Gone but not forgotten.
-Love Sandi

CONDOLENCES



Lori Penner
It is with great sadness that the Manitoba Community Newspaper Association (MCNA) offers our deepest condolences to the family, friends and co-workers of Lori Penner upon her sudden and unexpected passing. Lori was kind and well loved in her community. She was also a dedicated and award-winning journalist to a few of our MCNA newspapers. We extend our deepest sympathy to all those who knew her in the community and who will miss her dearly, as well as to all of those who had the honour of working with her. Rest in Peace.

OBITUARY



Carol Ann Prettie (nee Krut)
December 10, 1946 - June 25, 2025
It is with heavy hearts that we announce the passing of Carol Prettie, who passed on June 25 at the age of 78 after a short battle with cancer.
Carol was a devoted wife, a nurturing mother, a proud grandmother, and a beloved sister and friend. She leaves behind her loving husband, Oliver, with whom she shared 59 years of marriage. She will be missed by her two children, Tracy and John, who carry forward her strength, grace, and kindness. Her grandchildren Makenna, Tyson, Tanner, Nicole and Madison were her joy, and she cherished every moment with them. Carol is also survived by her siblings, Andy, Maureen, Laurie, and Jackie who shared a lifetime of memories, laughter, and love.
She had a gift for making others feel seen, heard, and loved. Her wisdom was quiet but constant, her hands always busy with acts of care - a warm meal, a comforting touch, a handwritten note.
In lieu of flowers, a donation in her memory can be made to CancerCare Manitoba.
A private service will be held with close family.
Forever loved. Forever missed. Forever in our hearts.
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

CONGRATULATIONS



Congratulations to
Hannah Honke
Selkirk Jr High Grade 9 Human Ecology
on receiving
P.E.O. Chapter A's
Muriel Gilbert Book Award
for the 2024/25 school year.

ANNOUNCEMENT

IN MEMORIAM



Jared and Ngan
July 12, 2013
I'd like the memory of me
To be a happy one.
I'd like to leave an after glow
Of smiles when life is done.
I'd like to leave an echo
Whispering softly down the ways,
Of happy times and laughing times
And bright and sunny days.
I'd like the tears of those who grieve,
To dry before the sun and to leave only
Happy memories of me once life is done.
12 years of missing you.
-Love always,
Dad, Nicole and Dalcyce

Your memory will live forever
Engraved within our hearts.

OBITUARY



Amy Bernhardt
Peacefully, with family by her side, Amy Bernhardt, 98 years young, was reunited with her loved ones and the Lord on July 3rd. She is predeceased by her beloved husband Allan Bernhardt, cherished daughter Deborah Armstrong, and daughter-in-law Cindy Mackenzie.
Amy was born in Carlisle, England, and immigrated to Canada after the Second World War as a young woman. That bold, adventurous spirit never left her. She and Allan shared a love of travel making cherished memories on annual trips to Florida and exploring the open road in their RV. Together, they built their dream home in St. Andrews, Manitoba, where Amy poured her heart into creating beautiful flower gardens. The deep love she and Allan shared was evident in the small, daily acts of care and kindness between them, a quiet and enduring example for all those around them. Amy had a remarkable ability to bring warmth and joy to every space she entered. She formed lasting friendships through her church community, among neighbours, with caregivers both at home and at Betel, and with nearly everyone she met. Her quick wit, generous heart, and love of animals, especially her cherished pets, were constants throughout her life. Above all, Amy was devoted to her family and deeply proud of her great-grandchildren: Lydia, Reah, Zoey, Rowan, Diem, Carmelina, Frankie, Lennox, and her newest Kollins, born the day of her passing. Her laughter, spirit, and joyful presence will be missed by all who had the privilege of knowing her.
A private interment will take place at Sunnyside Cemetery in early fall. In lieu of flowers, the family kindly encourages donations to a local animal shelter or registering as an organ donor, both causes close to Amy's heart.
Tributes: www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY



Ashley Aylene Nelson

Tragically, on Tuesday, July 1, 2025 in Selkirk, MB, Ashley Nelson, aged 39 years, passed away.

Funeral services will be held on Friday, July 11, 2025, in the Gilbert Funeral Chapel, Selkirk, MB at 2:00 p.m.

Tributes: www.gilbartfuneralhome.com



Gilbert Funeral Home, Selkirk in care of arrangements.

OBITUARY



Peter Martin Lowrie

January 7, 1941 - June 27, 2025

We are saddened to announce that at the age of 84, after a short illness, Peter peacefully passed away at the Selkirk Regional Health Centre.

Peter will be forever remembered and deeply missed by his loving wife Margaret of 63 years; son Stephen (Denise) and granddaughter Stephanie; son-in-law Wayne, grandchildren Andrew (Nicole), Laura (Drew), Haleigh and great-granddaughter Lily; brother Alastair; and family residing in England, Sweden and the United States.

Peter was predeceased by his daughter Susan who he loved and missed terribly, brother Don, and sister-in-law Joan.

Peter was born and raised in Darlington, England where he married Margaret and had his children. His employment in the

steel industry brought his family to Canada in 1966. They lived in Oshawa, Ontario, St. Bruno, Quebec and finally in 1977 he moved his family to Selkirk, Manitoba. For over 30 years, until his retirement, Peter dedicated his career to Gerdeau Ameristeel.

As a young man, Peter enjoyed running marathons.

Peter enjoyed watching all sports especially soccer, reading, and travelling the world with the love of his life, Margaret.

Extended heartfelt thank you to Dr. Brown, CancerCare, and the nurses and staff on Med/Surg and Medicine 2 at the Selkirk Regional Health Centre for your compassionate care.

As per Peter's wishes, cremation has taken place and there will be a private service for family and close friends.

In lieu of flowers, please make a donation in Peter's name to CancerCare Manitoba or the Winnipeg Humane Society.

We miss you so much. Always to be remembered.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



CELEBRATION OF LIFE

Gwen Grove Gowerluk

A Celebration of life for Gwen Grove Gowerluk is to be held Thursday, July 10 at 1 p.m. at Saint Clement Church Selkirk with the reception to follow at Selkirk Golf Course

CELEBRATION OF LIFE

Jordon Robert Bell

March 13, 1990 - May 22, 2024

A Celebration of Life for Jordon will be held on Saturday, July 19, 2025 from 2-5pm at Netley Hall, 693 Kremer Rd. in Netley (between Petersfield and Matlock on Hwy #9)



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