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2025 Speaker Series returning to Lower Fort Garry

Learn about traditional knowledge through information sessions at Lower Fort Garry and the Forks this summer

By Katelyn Boulanger

Do you have an interest in learning about traditional Indigenous knowledge, local history or traditional art forms in our area? The Speaker Series at Lower Fort Garry this summer has you covered with information sessions where this knowledge is going to be shared taking place in the months of July and August.

"On select Saturdays, pretty much throughout July and August, Lower Fort Garry and the Forks, National Historic Sites, welcome Indigenous guest speakers to share their experi-

ences and knowledge with visitors. Parks Canada invites visitors to come connect with First Nations and Red River Métis culture, art, and history through the series. What's kind of neat is that it got launched in 2022 so we're heading into our fourth season, which has been giving Parks Canada an opportunity to keep working with Indigenous peoples to provide educational and meaningful experiences in Manitoba. The program's been growing, so we've gotten to expand not only the number of sessions, but also where they're located. So, we're really excited to be able to have it at Lower Fort Garry and the Forks again this year," said France Richards the Knowledge Weaver for the Manitoba Field Unit of Parks Canada.

There will be a bunch of sessions that residents can choose to take part in this summer.

"The next upcoming one is going to be this Saturday, and that'll be tipi teachings with Jaime Grasby, and that will be at the Forks location. But the next lower Fort Garry one will be July 19, and that will be beadwork and Norway House style silk embroidery with Cynthia Boehm," said Richards.

Additional sessions at Lower Fort Garry include birchbark biting with Pat Bruderer on Aug. 2 and Red River carts with Armand and Kelly Jerome on Aug. 16.

Richards explained that it's important to continue to share this knowledge with our communities.



RECORD PHOTO BY PARKS CANADA® - LOWER FORT GARRY

A photo of Armand Jerome at the 2024 Knowledge Sharing Series.

Continued on page 4

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> **SPEAKER SERIES 2025,**
FROM PG. 3

“Parks Canada is committed essentially to a system of national heritage places with the interest of recognizing and honouring historic and contemporary cultures of Indigenous peoples, as well as the relationships Indigenous peoples have with ancestral lands and waters that connect to places like Lower Fort Gary and the Forks. So, one of the ways that we are fostering a better understanding of these histories and cultures and relationships is through Indigenous led programming. Just to kind of finalize the thought, I suppose, Parks Canada administered places are committed to providing visitors with high quality and meaningful experiences across the country through collaboration with Indigenous partners. I think it’s great for people to be able to access that through art, through culture, and through meeting people one on one,” said Richards.

There’s also a nice appeal to these talks being in-person sessions where we can exchange knowledge through oral discussions. This is much like knowledge would have traditionally



RECORD PHOTO BY PARKS CANADA© - LOWER FORT GARRY

A photo from a previous Lower Fort Garry Speaker Series event.

been passed in our area and also is a great way to learn in a stress free environment.

“Guests have the opportunity to connect one on one, but also as a group with the speaker, and that’s how you get that memorable experience. Because I think there’s a lot to be said about being able to opt in to an experience, and you’re drawn in with curiosity, and then you stay for the learning. You get inspired. And from there, it’s just easy to be pursued, to explore

more experiences, more knowledge, and maybe go to the next one,” said Richards.

To make the most of your experience at these events you can check out the information about the session online at <https://parks.canada.ca/lhn-nhs/mb/fortgarry/activ/connaissances-knowledge> and while you’re at Lower Fort Garry don’t forget to check out

the rest of the Fort.

“There is no cost. And what’s kind of nice about this is you may have heard about the Canada Strong Pass. The Government of Canada is offering free admission to national parks, national historic sites, and also, National Marine Conservation Areas operated by Parks Canada. So the

Continued on page 6



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Class of '75 Reunion



RECORD PHOTO BY BRETT MITCHELL

The Lord Selkirk Regional Comprehensive Secondary School Class of 75 Reunion is set for this weekend. A tour of the school will take place on Friday, with dinner to follow on Saturday at the Selkirk Golf Club. Organizers are excited to see old friends and reminisce about memories from 50 years ago. For more information, contact Garth Sandercock at garthsandercock@telus.net or Jim Schreyer at js1975reunion@gmail.com.

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6 **The Selkirk Record** Thursday, July 17, 2025
 > **SPEAKER SERIES 2025, FROM PG. 4**
 knowledge sharing series is just one more way to get the most out of that

strong pass. So yeah, no sign up. Just come show up and have a nice time,” said Richard.

Residents should also know that both the Forks and Lower Fort Garry are accessible sites but there are some gravel paths that might be something worth noting if using a mobility device or stroller.

Everyone is welcome to attend these sessions.

“It can be art lovers. It can be people who are interested in history and Indigenous culture, and sometimes even just the curious, if you know nothing about the site, come find out,” said Richards.

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New bench in honour of local Fire Chief now installed in Mallard Park

Bench a memorial to the work that Edward Paskaruk put into his community

By Katelyn Boulanger

Clandeboyne Fire Chief Edward Paskaruk passed away last year and to honour the hard work that he did in his community a new bench has been placed in Mallard Park in Petersfield.

"He'd been a member of the Fire Hall for over 24 years. He was Fire Chief for six years. He was very community orientated with the fire department. He worked on many floods, many wildfires, grass fires, house fires, and lots of accidents. They used to have an annual Fireman's Ball . . . They always donated the money (from the ball) to the Children's Burn Fund at Children's Hospital, and (the hospital) would buy equipment with the funds that they donated for the burn victims," said Edward Paskaruk's wife, Maureen Paskaruk.

As for Paskaruk's profession, he also worked to make our communities safer having worked for Highways and Transportation for 18 years.

"He worked up on winter roads, managing the winter roads and worked on construction in the summertime, when Highways used to be in the construction business. And then, he transferred to Winnipeg and worked for driver vehicle licensing. And then, he retired from MPI in 2015," said Maureen.



RECORD PHOTO SUBMITTED
Edward Paskaruk.

Paskaruk was as local as they come having been born in Selkirk, growing up in East Selkirk and graduating from the Comp. He and his family later moved to Clandeboyne and he was part of the Clandeboyne Fire Department.

He got into firefighting because of his profession. Maureen explained that one of his colleagues at Manitoba Highways was already with the department and recruited Paskaruk to the local fire hall.

"And, I guess if you really enjoy something, then he just stuck with it," said Maureen.

This was after Maureen and Paskaruk met as they were friends in High School, before dating after the pair graduated. They got married and welcomed two sons, Kyle and Kurtis, into their family. They also have two grandsons Reid and Rhett.

Maureen explained that they supported each other and, events like those that the fire department hosted wouldn't have been able to happen without the support of the firefighters' spouses, so she helped out with fire department fundraising work.

After Paskaruk's passing, Maureen learned that there was an effort from the community to put a bench in place in honour of him at Mallard Park. She said that this was very humbling.

She also explained that as a very humble man himself, Paskaruk didn't love being the centre of attention so he likely would also have been very humbled by the honour of being recognized in this way.

The dedication of the bench took place earlier this summer.

"It was very small. The fire chief was there and presented the framed plaque and it was just nice. He was a hunter and a fisherman, and he did a lot of duck hunting in the Petersfield-Netley Creek Marsh area. So it was pretty fitting. The bench is there facing the water, and there are always ducks and geese," she said.



RECORD PHOTOS BY BRETT MITCHELL

Left to right: Reid Paskaruk, Rhett Paskaruk, Maureen Paskaruk Back row: Tiffany Desmarais, Kurtis Paskaruk, Kyle Paskaruk at the bench at Mallard Park dedicated in honour of Edward Paskaruk.



The memorial information on the bench in Mallard Park.

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(John 8:32)

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get informed

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Man. offered tips to protect themselves from poor air quality

Take precautions to avoid negative effects from wildfire smoke

Submitted by the government of Manitoba

Due to the wildfire season, Manitoba Health, Seniors and Long-Term Care encourages Manitobans to regularly check local weather and air-quality conditions and learn more about protecting themselves if wildfire smoke results in worsened air quality.

Exposure to smoke can cause sore eyes, tears, coughs and a runny nose. It can also worsen heart and lung conditions such as asthma. Heavier smoke or long-term exposure can cause longer-lasting or more serious health concerns.

- Manitobans can take steps to protect themselves from poor air quality;
- limit outdoor activity, particularly strenuous activity and plan to be outside when it is less smoky;
- stay indoors with windows and doors closed, using fans to circulate the air and keep the room cool;
- set air-conditioning units to recirculate to avoid drawing smoke indoors including in cars;

- drink plenty of water to remain hydrated;
- turn on room air cleaners with HEPA filters if available; and
- keep indoor air cleaner by avoiding smoking or burning other materials.

Infants and children, pregnant persons, the elderly, people with chronic conditions, such as heart disease, lung conditions, high blood pressure and/or people who spend a lot of time outdoors, in particular workers and athletes who are exerting themselves, are at the highest risk and should take precautions when smoke conditions are light to moderate. People who are considered healthy should take precautions when smoke conditions are heavy. Individuals with heart or lung conditions should follow the advice of their health-care provider, ensure an adequate supply of medication and monitor their condition carefully. To view current air quality levels, visit https://weather.gc.ca/airquality/healthmessage_e.html.

For those with family members, friends or neighbours vulnerable to

the effects of poor air quality, this is a good time to begin discussing and planning how to support their health and safety in the event of wildfire smoke.

Wildfires and poor air quality can happen at the same time as heat waves in the summer months. For most people, heat exposure is more dangerous than smoke, so it may be safer to keep windows open to stay cool in those situations. For some people, being outdoors and staying active is important for their mental health and well-being. This may outweigh the risks of poor air quality or they may choose to find other ways to stay active while reducing smoke exposure whenever possible.

Manitobans with health questions or concerns can contact their health-care provider or call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free). More information on the health effects of smoke is available at www.gov.mb.ca/health/publichealth/environmentalhealth/smoke.html.

For information on local weather conditions and special air quality statements, visit: https://weather.gc.ca/airquality/pages/index_e.html.

Tudor House launches fundraiser for memory garden

By Annaliese Meier

Tudor House Personal Care Home has launched a \$50,000 fundraising campaign to support the creation of an Alzheimer Memory Garden, aimed at enhancing quality of life for residents living with dementia.

As of mid-June, the Selkirk facility has raised more than \$16,700 toward the project, which is part of a broader effort to upgrade its outdoor spaces.

"All donations made go directly to benefiting our residents," the facility noted in a recent newsletter. "This project also supports workplace wellness and safety for everyone."

The Memory Garden is being developed alongside the second phase of

the care home's courtyard project. Recent upgrades include the installation of fencing and rubberized flooring, with landscaping, seating, and security cameras to follow.

Tudor House participated in Selkirk's annual Alzheimer Walk on June 5 as "Team Tudor" and will host a second walk for residents and families on June 23.

Additional improvements at the long-term care facility include new west-side windows, with east-side replacements planned later this year. Staff have also completed plumbing upgrades, installed a new telephone system to improve communication,

and added new laundry equipment.

Tudor House, located on Treaty 1 Territory, provides long-term care services to Indigenous Peoples. The home acknowledges Manitoba as the traditional land of the Cree, Ojibway, Oji-Cree, Dakota and Dene peoples, and the homeland of the Métis Nation.

"We celebrated all of our nurses during the week of May 12," the newsletter added. "Thank you to our staff for your continued commitment and support to Tudor House."

Donations to the Alzheimer Memory Garden campaign can be made directly to the care home.

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Wood spirit carver brings magic to Arnes Market July 19-20

By E. Antonio

With just a chisel and a block of bark, Marcel Desilets transforms fallen trees into mythical beings—each one etched with personality, whimsy and imagination.

The Winnipeg-based cottonwood bark carver will be showcasing his creations at the Arnes Farmers' Market July 19 and 20.

"Carving is one of my creative outlets," he said. "I have always had a passion for all things mythical, and this led me into carving these creatures into wood."

Desilets carves wood spirits into bark he collects along the Red and Assiniboine rivers, and also creates canes and walking sticks. His spirits feature a variety of expressions—some have beards, some appear to be peeking out of the wood, and many simply have funny faces.

The tradition of carving "wood spirits" dates back centuries in European folklore, where it was believed that faces hidden in trees protected travelers and brought good luck.

Desilets has more than three decades of carving experience, all sparked by an encounter with Kenora carver Brock Blosser at the Winnipeg Folk Festival's Hand-Made Village.

"I remember being completely mesmerized by what he had created—he carved the most amazing wood spirits—and this led me to the work I am doing today."

Desilets said most of his spirits' expressions come from his own imagination and are shaped by skills he's developed over the years. He has no formal training and describes his work as a "learn-as-you-go" process.

"I usually have a plan of what direction I want to take my faces in, but that can always change. Even though I've been doing this for many years, I still do a 'Whoops! Carved too much,' and that can alter my original plans."

Each carving takes him approxi-

mately two to 10 hours, depending on the size and complexity of the design. He uses a combination of palm chisels and mallet chisels in various sizes—a collection he says has grown to nearly 50 pieces.

"Every time I progressed, I learned that some tools would make things easier than others. So, I just kept adding them to my toolbox."

Once a carving is complete, Desilets either finishes it with wax or adds paint to give the spirit a pop of colour.

He collects his own cottonwood bark from fallen trees, choosing it for its thick bark and soft consistency. "Overall, it lends itself to be a friendly wood to work with," he said. Thanks to the nearby rivers, he's able to find pieces two to five inches thick and up to three feet long.

At this time, Desilets doesn't offer commissioned pieces, preferring to let his creativity lead the way. However, he's happy to recommend a friend for anyone seeking a custom carving.

"I just want to enjoy what I do. If I happen to end up selling my items at markets—that's great, and it adds to the enjoyment of being creative. If people enjoy my work as well, that's an added benefit and the real icing on the cake for me."



The faces carved into Desilets' bark range from gentle and wise to mischievous and wild-eyed—some with flowing beards, others frozen in a wide-eyed laugh, all capturing a moment of whimsy locked in wood.



RECORD PHOTO BY KATIE WALLMUTH

Marcel Desilets shows off his whimsical wood spirit carvings, which he'll be showcasing at his stand at the Arnes Farmers' Market July 19 and 20.

Desilets shares photos of his work on Instagram @marceldesiletscreative. He'll be returning to the Arnes Farmers' Market July 19 and 20 after making his market debut in June, likely for his final appearance of the

season.

"Arnes was my first market in many years, and I figured I'd give it a go. It was such a wonderful atmosphere, and I can't wait to go back again to share my passion with others."

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Gwen Fox Gallery welcomes five artists to share work in July exhibition

Fragments of Iridescence Exhibition features art by Heather Bosko-Kelly, Heather Dopson, Inna Dubovska, Carol Michie, and Charlemagne Soriano until July 26

By Katelyn Boulanger

The Gwen Fox Gallery is hosting its July exhibition this month. The artists on show are Heather Bosko-Kelly, Heather Dopson, Inna Dubovska, Carol Michie, and Charlemagne Soriano and together they have created a show called Fragments of Iridescence for residents to enjoy until July 26.

If you want a chance to check out a great selection of art from local artists visit the gallery from 11 to 4 p.m. from Tuesday to Saturday or late on Thursday until 8 p.m. The Gwen Fox Gallery is, as always, free to visit.

Heather Bosko-Kelly

Bosko-Kelly is a local jewelry artist who focuses on creative beadwork patterns.

She explained that her art is very personal with pieces in the gallery that represent aspects of her heritage. She has pieces that represent her cultural background and her husband's and then she also combined aspects of those cultures to create a representation of her children's heritage. She also creates pieces that reflect specific people that she intends to create for and sometimes makes multiple different versions of those pieces trying to find the perfect fit for the person.

The pieces that she has in the gallery this month are earrings and necklaces and previously she's made keychains and lanyards.

"(My inspiration,) sometimes it's colour, or especially if I'm wearing something, (people who are commissioning a piece) go, 'Oh, I like those colours.' So, I start from there, and then I think about the size, the shape that would fit that person. Sometimes it's just wanting to take a risk. Some of them are really long that was (what I did) for a black and white show especially. I called that collection the tux-

edo collection," she said.

Her most recent beadwork inspired artistic journey started about two and a half years ago when she wanted to create a lanyard for herself and just started creating.

"People like wearing them. My daughters love wearing them, so I'm constantly making for them, and then I make for myself," said Bosko-Kelly.

From there, she decided to join the Gwen Fox Gallery and is now volunteering as their secretary.

She has found that she enjoys being part of the gallery because she enjoys being part of the community as a local East Selkirk artist.

"I had never been in the gallery until, last year. People who come in to see me, who know me, will come in for the first time, and people, they've lived here all their life, and they're like, 'I've never been here before.' So yeah, it is a community I didn't even know existed," she explained.

Bosko-Kelly says that until she became a part of it, she didn't know that the Gwen Fox Gallery had so much to participate in.

With classes, monthly exhibitions, a gift shop, kids' nights on Thursdays, and special events taking place fairly often the gallery is a pretty busy place.

She encourages residents in the area to take some time and check out what the gallery has to offer.

"There's always something different to see. Even being here once a week, I walk around and I find something new. And of course, the gallery switches every month and even in the gift shop, we only switch it twice a year, but there's always something new to see," said Bosko-Kelly.

Heather Dopson

Dopson is a photographer who doesn't shy away from a good shot with examples ranging from landscapes to macrophotography on the gallery walls this month.

"It's a lot of colourful things. It's popping. This particular group of work, I've got different kinds of pieces in this show. This is my first show of so much work. I've never done anything like this," said Dopson.

In the gallery right now she has 33 framed pieces as well as some greeting cards. In addition to her photos,



RECORD PHOTO BY KATELYN BOULANGER

Heather Bosko-Kelly.



RECORD PHOTO BY KATELYN BOULANGER

Heather Dopson

she also has some examples of shadow work in photography that people can check out.

The inspiration for her work is bringing forward things that people don't regularly take the time to see.

"I like the things that I think are unseen, that people just walk by and might not see. For example, there's the one. It's the hoar frost with the spider web. I've had lots of comments on that one, and the only reason I saw the spider web is because of the hoar frost that happened two winters ago. And I was like, 'Oh, hoar frost. I gotta

go for a walk in the backyard and see what happens.' I literally stumbled upon this spider web in the snow. And I was like, 'What on earth? Beautiful!'" she said.

Dopson explained that she started taking photos when she was in her 20s thanks to a friend's mom who told her that she had an eye for it.

"She's since passed, but before she would move from place to place, and said, 'Take pictures of my gardens.' And so, I was taking pictures of her

Continued on page 11



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> GWEN FOX GALLERY, FROM PG. 10

gardens every time they flourished or grew from seed to flower. And she said, 'You just have a beautiful eye. Keep it up'," said Dopson.

She has continued to work on her photography throughout the years capturing what people might miss in our world.

It was a fateful day at the end of last year that Dopson came into the gallery. Once she was there she chatted with some of the volunteers running the show on that day and was encouraged to join.

"Everyone is super friendly, super welcoming, super honouring. They love what they do. Everybody is passionate about what they do. They love what everybody else does. They're so supportive of everybody else's artistic endeavours. Everybody supports each other in their work. Everybody's passionate about what they do, and everybody wants to see everybody succeed," she explained.

Dopson encourages other people wanting to start an artistic journey to go for it and to continue doing whatever their art is even if their goals aren't to become a professional artist.

"There's just so much meaning in doing something that you enjoy. It takes your mind off things that are more difficult in life. It's almost the epitome of mindfulness. You're setting aside something that you have no control over, right? You're saying, 'Okay, I don't worry about the bills today. I don't worry about the thing that I can't finish at work, that I didn't get done, the thing I have to worry about tomorrow, the thing I have to do, or the obligation.' You're just setting aside the time. You're doing your artistic thing. You're in it, you're in the moment. You're mindful. That's what you're doing," she said.

She also encourages residents to check out the gallery this month as a great source of inspiration in our community.

Inna Dubovska

Dubovska is a recent addition to the Gwen Fox Gallery. She's an oil painter who moved to Selkirk from Ukraine and has many colourful and wonderful pieces in this month's gallery. With help from her husband, Yurii Dubovskiy as translator, she spoke to the *Record* about her work in this month's exhibition.

She explained that her paintings are a reflection of her moods and her feelings. One day she might be inspired by the pelicans on the river and then the next other flowers or animals might be the thing that calls.

"I'm inspired by my surroundings that I see around me. It moves me for-

ward," said Dubovska.

She explained that she started painting a few years ago when a gift from her daughter of painting supplies caused her to take up the craft. From there, she's continued to paint.

The gallery this month has many of her large colourful nature inspired images.

She's been a member of the Gwen Fox Gallery for a little over a year now and she explained that she wanted to become a member to share her work but also because she wanted to see the work of other artists in our community. Dubovska says that seeing others' work inspires her to create her best work.

Her advice for people who are creating their first art is not to be afraid. It's a long journey but in the end, you will find your success.

She hopes that residents come to see the show at the gallery this month as she tries to create a positive mood with her art and she hopes that people get to share in it.

She would also like to thank the Gwen Fox Gallery for the opportunity that they have given her to share her art.

Carol Michie

Michie is a painter and she explained that she paints not for anyone other than herself which means that her subjects are varied.

"No two pieces are the same. I've only been painting for 10 years. It's not something that I've done all my life. And so, I'm just a really avid student. If I see something I like, I paint it, but then that might be a landscape, and then the next thing I might want to paint a dog, or then I might want to do an abstract or a helicopter," she said.

Her pieces are done in oil and acrylic paint allowing her to capture moments with colour and depth.

In general, she says her inspiration comes from nature.

"I'm out in Ontario (travelling in) sunset country right now, and that just burns through my phone. I've taken like probably 50 photographs of rushing rivers and beautiful lakes and children playing and beaches and sunsets and lots of clouds and that kind of stuff," said Michie.

Her artistic journey started about ten years ago when she was in Mexico.

"My neighbour invited me to come to an art class with her, asking if I was interested. And I said, 'It's something I've always wanted to try. I've never held a pencil. I've never drawn a stick figure, but as a child, I was obsessed with colouring, so I have a feeling for colours, but I don't think I have any



RECORD PHOTO BY KATELYN BOULANGER

Inna Dubovska



Carol Michie's painting.

skills for drawing," she said.

With some encouragement from her neighbour, she started on her journey. The instructor she learned with didn't speak English and Michie didn't speak Spanish but he was encouraging and it turns out that art is something that can overcome language barriers.

"He just waved his arms a lot, and he kept saying, 'You can, you can, you can,' Well, I was thinking, 'I don't think I can but we'll give it a try anyway.' I had a lot of fun with him, and he instilled a lot of confidence in me, so that I had the nerve to step out of my comfort zone and throw paint on the canvas," she said.

From there she's never stopped creating art and continues to take classes.

Her advice to students who are just starting their journeys is to just keep going and to not undervalue your work. Price it fairly and just see what

happens.

"Art is so subjective. You just don't know what people are going to like or what they're going to want to buy. My very first show that I (entered). I put in 20 pieces, and I sold six, and I just about fainted," she said.

She encourages people in the area to come out to the latest exhibit and check out the little bit of sparkle that all of the artists are bringing this month.

"I've invited all my friends to come out and see what's there. It's a very different show. There are only five of us this month, and it's quite eclectic," said Michie.

Charlemagne Soriano

Soriano is a painter who is influenced by modern art movements. Her

Continued on page 14

2025 Triple S Fair and Rodeo



RECORD PHOTOS BY KATELYN BOULANGER

There was definitely some horsing around at this year's Triple S Fair and Rodeo. Between the rodeo events, the fair, the market, the home exhibition, the kids' zone and the beer garden, there was a little something for everyone to enjoy.





> **GWEN FOX GALLERY, FROM PG. 11**

art incorporates colour and texture to create outstanding pieces that look like they are coming forward from the walls.

"I like texture a lot, so I try to incorporate it for bigger pieces I sometimes do a physical texture. You can touch it and you can feel it the texture of it. And sometimes, I do the texture visually, so it's kind of like cubism with the sharp edges," said Soriano.

She has nine pieces at the gallery this month and they encompass paintings in mixed media, a scratchboard drawing as well as ink drawings.

She says that her inspiration comes from a variety of internal and external sources.

"I most of the time do art that I see and feel. Most of the time I build up drawings. I have work here that I called 'Thirst'. It's an oil painting. I build it up. I have visually, the items in front of me. And then, sometimes, I just make up something from imagination," she said.

Her art journey started when a friend of hers invited her to create some art. Being from the Philippines, Soriano explained that they don't have as much of a tradition of painting as we do but that when she tried it she wanted to continue to create.

She tried creating more and then decided that she wanted to pur-

sue some education in the field. She went to Ontario to study art at Humber College.

"I finished school, and they really did help me improve my skills, and I learned so much from them about how I express myself with art as well," she said.

Moving to Selkirk, Soriano decided that she wanted to be part of the Gwen Fox Gallery community.

"I'm kind of new here, and at the same time, I really want to pursue art. That's the number one reason I actually joined the gallery," she said.

She says that pursuing art can be a very hard path but that people just beginning to create should keep at it.

"I think it's better to keep on going than to stop just because it's kind of hard. Just make opportunities for yourself. Try to see what's around you because there's definitely something," said Soriano.

She also wants to encourage more younger artists in her age range to join the gallery because it's a place where younger people are welcome.

"I would actually just encourage them to like be part of the community, see what Selkirk can offer," she said.

Keep up with her art online on Instagram at @CHAIXCREATE.

Charlemagne Soriano



RECORD PHOTO BY KATELYN BOULANGER

Betel Home launches fundraiser for tub room upgrades

Online 50/50 draw runs until Aug. 15

By Annaliese Meier

The Betel Home Foundation has launched a new fundraising campaign to support major upgrades at its personal care homes in Selkirk and Gimli, starting with a full refurbishment of bathing rooms at both locations.

The initiative is being kickstarted with an online 50/50 raffle, with proceeds going toward the estimated \$200,000 renovation project. Tickets are available now through FundraisingChange.ca/betel, with the draw taking place on Aug. 15.

Betel Home Foundation CEO Angela Eyjolfson said the board recently formed a fundraising committee to identify priority projects in consultation with staff across departments. Upgrading the bathing rooms was chosen as the first focus due to both

the cost and the potential impact on resident well-being.

Planned improvements include the purchase and installation of new tubs, as well as renovations to create a more home-like, less institutional bathing environment. This includes changes to lighting, finishes, and accessibility.

Eyjolfson said research has shown that a more calming and comfortable space can reduce anxiety and reactive behaviours in residents, while providing a more dignified and private experience overall.

In addition to purchasing raffle tickets, community members can support the initiative by donating directly to the foundation. Cheques can be mailed to Betel Home Foundation, Box 10, Gimli, MB R0C 1B0 with "Tub



Continued on page 15

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> BETEL HOME, FROM PG. 14

Room Donation" noted. Online donations can be made at CanadaHelps.org, with the same note in the message box. Tax receipts are available for donations over \$25.

Eyjolfson said the foundation plans to tackle one major project at a time, and while the tub room renovations represent a significant undertaking,

the goal is to improve comfort and quality of life for all residents.

"Our vision is to provide quality of life through excellence in care," she said. "Creating a welcoming, dignified space for residents is part of

ensuring they feel at home."

The Betel Home Foundation operates personal care homes in both Selkirk and Gimli. For more information or to support the campaign, visit FundingChange.ca/betel.

tion or to support the campaign, visit FundingChange.ca/betel.



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Expansion of services helps residents get more all in one place

By Katelyn Boulanger

Easton Place has once again expanded its offerings to the local and regional community. Residents can now get more done at the one stop health-care shop as a new skin clinic is offering services to residents.

The inciting event that caused this skincare clinic to come to our region was surprisingly not directly skin-care related. Because of Easton Place founder Dr. Anthony Anozie's specialty, an opportunity to get a new machine that treats vascular issues turned into more local services.

"Dr. Anozie is a vein specialist. He does vein surgeries, and he was approached about a year and a half ago to use this machine to help with spider veins and more reticular vascular issues. So, he bought the machine and it just evolved from there, because it does a lot of other treatments," said Nancy Rowsell, Laser Practitioner at the Easton Place Skin Clinic.

Residents in Selkirk will likely know Rowsell from her work as a registered massage therapist and certified lymphedema therapist or perhaps from the volunteer work

Continued on next page



RECORD PHOTO BY KATELYN BOULANGER

Easton Place has a skin clinic where residents can book laser and Botox services. Pictured: Skin Clinic health-care practitioners Alexa Noga, Nancy Rowsell, and Trish Cooper.

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Continued from previous page

she does helping to coordinate the annual Paws for a Cause Walk that supports the Never Alone Cancer Foundation but this is a new venture for her.

"When (Dr. Anozie) got the machine, a person from Cutera who trains people came in, and we did a workshop with her, and he's like 'Nancy, I need you to take this training.' And then, I got studied up on it. Next, Alexa came in, in June, and did the same training, and so did Trish. So, I did review training with Trish and Alexa then, and with her (Alexa's) background as a nurse and with Botox, (Dr. Anozie) just extended the Laser Clinic to Botox as well," said Rowsell.

The machine that was purchased is a Cutera excel V+.

"The V+ allows it to do more skin treatments and hair removal. It can help with collagen production for facial treatment, it can treat skin tags, mole removals that are non-cancerous, facial rejuvenation, hair removal, help with hyperpigmentation and rosacea," said Rowsell.

So far their experience delivering this new service has been positive.

"With the laser itself, I'm seeing a lot of people with skin tag removals and cherry angiomas, they respond really well to this treatment. It gets instantly gone. The skin just sloughs off with a scab. So, people are really happy with how quickly the results are. The spider veins, sometimes take two to three treatments. It's not always an instant hit and gone but people are really happy with seeing the results that they're getting just from the spider veins," said Rowsell.

This time of year is actually their slow time because laser treatments need to be out of the sun for optimal success but Rowsell expects that things will pick up even more for the clinic in the fall and winter.

The clinic also offers Botox treatments courtesy of Nurse Alexa Noga who works in the clinic as an Aesthetic Nurse Injector in addition to working as a laser partitioner.

Though sometimes people think of improving lines and wrinkles when they think of Botox Noga says that in addition she's seeing patients exploring Botox services for other reasons.

"I've had a lot of people come in and say, 'I don't want to look like someone from Hollywood who's completely frozen,' and I will not do that to someone. We do customized consultations before every client and tailor it to what their goal is. For other therapeutic treatments, I've done bruxism, which is teeth grinding, you can get Botox for that if you clench your teeth. Also, migraines, and based on what type of migraines, you can inject different aspects of the head and neck to help relieve your migraines," said Noga.

Though everyone's results vary, they are seeing positive outcomes from these treatments as well.

Rowsell and Noga said that their favourite parts of taking on this work at the skin clinic are seeing the quick, positive results of these treatments as well as the change of pace from their other work in healthcare.

They are happy to be able to have these services available in our area so that residents don't have to make the trek all the way to Winnipeg.

"People don't have to travel to the city anymore. It's nice to have something like this in one facility, and we're trying to make it more holistic outside of just straight medical. Dr. Anozie is really trying to expand this practice to be more than just medical and doctors (with services) like my lymphatic clinic and this clinic. He has the idea of trying to make this a one stop shop

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so that people don't have to travel for day to day needs. That's one response we're getting, is people saying, 'Oh my goodness. There's a Skin Clinic here. I don't have to go to Winnipeg anymore,'" said Rowsell.

She says that if anyone would like to learn more about their services or has a condition that they think might benefit from these services to stop by.

"Just come in for a consult, sit down with Alexa, myself, or Trish, and it's free just to have a conversation. You can even call us and we'll have a phone conversation, just to answer any concerns or questions that they've been avoiding for certain reasons. We can try to help make them comfortable or answer any questions that they might be scared of. Also, laser is not always pain free. There is a little bit of discomfort sometimes. So, we do try to let them know that you might bruise, you might be sore. It could sting a little bit initially, but we try to educate everybody on what to expect, the worst case scenario and then it's never usually that extreme, but at least their fear and their anxiety, we try to take care of that right off the hop," said Rowsell.

Residents can check out their website for additional contact information, to learn more and to book an appointment at <https://skinclinic-eastonplace.noterro.com/>.

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Reverend Naggie Sterling with volunteers from Our Daily Bread Soup Kitchen.

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Chair's Message

The members of the Selkirk & District Community Foundation board are also members of our community, and we know that our community is vital.

The theme of the June community report is 'Community is Vital' and we've gotten a deeper understanding of that over the past year.

The Foundation team has worked side by side with community members creating Vital Signs 2, a community check-up that measures the vitality of the community, identifies significant trends and comes up with ideas on how to move that knowledge into action to make sure we're all HERE FOR GOOD.

It's been an incredibly uplifting and fulfilling experience. Community members were engaged and committed during a town hall in October. Further smaller group conversations followed, and the board members were touched by the hard work put in by young and old alike.

We all worked together to create Vital Signs, and we can't wait for you to read it. It will be out this fall.

The stories in this community report reflect much of what was learned during the Vital Signs process. We profile three organizations that received grants that fall into the sectors of Food Security & Access and Youth Engagement and Education.

The St. Andrews-based Wildlife Rescue Network Inc., received a grant through the Polinuk Family Fund that supports environmental causes and will purchase a storage shed for feed with the money.

Big Brothers Big Sisters is reestablishing itself in the Interlake with school mentoring programs in Selkirk and Gimli. A Foundation grant is supporting the hiring of a coordinator.

And the Gaynor Family Regional Library is expanding its children's programming into the 6,000 square-foot area vacated by the Planning Board.

The Foundation is thrilled to be a part of these success stories, and we know, none of it could happen without community. Our donors, the wonderful organizations that make Selkirk, St. Andrews and St. Clements such great places and all of you really make our community vital! Please take some time to read this report and enjoy our community.

– David Thorne, SDCF Chair

Knox returns to Soup Kitchen with weekend meal, once a month

Reverend Naggie Sterling and members of the Knox Presbyterian Church in Selkirk have reestablished the practice of offering a meal at Our Daily Bread Soup Kitchen once a month on the weekend.

The soup kitchen operates Monday to Friday and is closed on the weekends. In the past, area churches took turns operating it one day on the weekends, but that stopped during the pandemic.

"We wanted to find ways and means to be supportive of the community, do community outreach. We want our outreach to be touching lives and meeting real and practical needs," Sterling said.

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

Sterling has started a men's group at the church and about eight of them meet every Friday for coffee and conversation. He challenged the men to take on the soup kitchen project and they accepted.

The men, as well as the church, donated money to get it started.

"Those contributions in themselves could not fund the soup kitchen."

The Foundation is committed to improving food security, a need identified in the upcoming Vital Signs report.

The \$2,000 Foundation grant will help purchase food for the soup kitchen meal that is put on by Knox the third Saturday of the month.

The men's group are responsible for planning and executing the meal, and other church members volunteer their time as well.

The first meal was March 1, and Sterling admitted it didn't go over well with only two people turning up. Conversations with clients taught them many lessons, including that the end of the month isn't the right time for the weekend meal, as people will have received their cheques.

Subsequent meals have been much better attended, and he's continuing to visit the soup kitchen and spread the word.



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The Selkirk & District Community Foundation supports and serves on Treaty One Land and the home of the Anishinaabeg, Cree, OjiCree, Dakota, Dene and Metis peoples. We acknowledge that our Indigenous peoples are the stewards and guardians of this land. As a community and workplace that embraces the values of diversity and inclusion, we honour and celebrate our Indigenous nations, their traditional knowledge and their contributions to all our communities. We acknowledge the harms of our shared history on Indigenous people, and that we pursue a path forward that is inclusive and supportive of reconciliation within all our communities.

Library expansion will benefit children, youth

The Gaynor Family Regional Library is poised for expansion, adding much needed space that will give children's programming the room it requires.

Ken Kuryliw, Director of Library Services, says with 150,000 visitors to the library each year, it is one of the busiest in the province and the new space is needed.

"The 6,000 square feet where the Planning Board used to be will become the Rotary Hideaway, a massive children's area," Kuryliw said.

"Our children's programming has been crazy busy and this will be a nice addition."

Kuryliw says a Selkirk & District Community Foundation grant allowed for drawings for the expansion to be produced.

"We wouldn't be able to do this without the Foundation," he says.

The new space will be geared towards younger children, but the space freed up in the original library space will benefit older students. So called 'study cubbies' weren't factored in during the original build.

Kuryliw says when the library was built 14 years ago, young people said they didn't think they'd use it as a space to study.

"Once the library opened, the students came and said, 'we love it here', so we were adding tables throughout the space, but we didn't have any dedicated study space.

"This will allow us to have three dedicated student areas plus an additional three study tables, which will double what we currently provide."

During small group discussions with youth during Vital Signs data gathering, young people said they wanted more study space at the library.

In addition, there'll be a couple more study areas in the new space, which Kuryliw expects will be used by younger students in their early teens.

The expansion will cost \$2.5 million. The City of Selkirk, along with the RM's of St. Andrews and St. Clements have contributed \$1.2 million and the library has initiated 'The Story Continues - the Gaynor Family Library Expansion Campaign' to fundraise the remainder.



Sadie and Jacob are going to love the new children's area at the Gaynor Family Regional Library

Big Brothers Big Sisters returning to Selkirk with school mentoring program

There's an effort to bring the Big Brothers Big Sisters (BBBS) program back to Selkirk, and a Selkirk & District Community Foundation grant will go towards hiring a Regional Coordinator.

Jane Marion, Executive Director of BBBS Winnipeg, says Phase 1 will involve schools.

"Overall the project is aiming to start youth in school mentoring programs," Marion said.

"It's older students mentoring younger students in school partnerships, in both Gimli and in Selkirk. Thanks to the Foundation's

funds, we are able to start to take next steps in terms of project implementation."

There was a BBBS program in Selkirk many years ago and Marion said the new program is being developed in partnership with a local steering committee of community members, parents, and youth workers who identified the need for these services in the Interlake region.

Youth Engagement and Education is a Vital Signs sector.

The mentoring program has been shown to have positive impacts on students, such as increased

Vital Signs 2.0 set for a fall release



100+ people came out to our October town hall for our second Vital Signs report.

The Selkirk & District Community Foundation Vital Signs team has been engaging the communities of Selkirk, St. Andrews, and St. Clements as it works to produce its second Vital Signs report.

Vital Signs is a Community Foundations of Canada program, and it's a community check-up that measures the vitality of the community, identifies significant trends and comes up with ideas on how to move that knowledge into action to make sure we're all HERE FOR GOOD.

The first was released in 2018 and was built through community input. Beginning in 2024, the new Vital Signs team, co-chaired by Foundation Chair David Thorne and Board member Brandon Sutherland, began meeting with the community.

A town hall in October attracted 110 people who were engaged, enthusiastic and committed to putting in the hard work necessary to complete Vital Signs.

The team met with several small groups, including members of Manitoba Harm Reduction and indigenous and non-indigenous youth, to collect information for the report. There was also a survey people could complete.

The report is set to be released in the fall and will look at 10 sectors - Indigenous Community, Health & Wellness, Youth Engagement & Education, Housing & Shelter,

Food Security & Access,

Environment,

Transit & Active

Transportation,

Recreation,

Culture &

Heritage, Safety

& Security, and

Income & Work.

Social Connection

Proportion of residents who have five or more friends they can rely on

Our Region = 69%

Winnipeg = 48%

A Vital Signs sneak peek - in our region we have support from our friends.

school attendance, improved peer relationships, and it provides a confidence boost.

"In mentoring programs in general, we typically see a whole host of different outcomes that are associated with being mentored in terms of having increased belonging and feeling more connected to their schools," Marion said.

High school students who will be

mentoring elementary students gain valuable experience through the program and accumulate volunteer hours that can be used for school credits.

The long-term goal is to move to a community program, where adults will mentor youth one-on-one. The school program is planned to begin September 2025.



Organization & Project	Awarded
Jeanne & Dexter Harvey Fund and Community Fund	
Selkirk Food Bank – Building and Content Upgrades	\$ 12,216
Prince & Holly & Harry Legacy for Dogs Fund (Immediate Giving)	
Winnipeg Humane Society (Charity of Choice)	\$ 1,000
Michele & Gary Polinuk Promoting Health Fund	
Robert Smith School – Snowshoe Club	\$ 3,058
Designated and Agency Funds	
Edith Schofield Estate – Supporting the St. Amant Centre	\$ 49,593
Selkirk Hospital Fund	\$ 46,687
Selkirk Heritage Endowment Fund	\$ 43,541
Lord Selkirk School Division Scholarship Foundation Fund	\$ 19,809
Chief Peguis Heritage Park Fund	\$ 16,995
SDCF Administrative Support Fund – Buhr Family Endowment Initiative	\$ 11,743
Palliative Care Fund	\$ 11,134
Selkirk Parks Endowment Fund	\$ 10,301
Our Daily Bread Endowment Fund	\$ 5,883
Marine Museum of MB – Selkirk Fund (Agency)	\$ 5,681
Selkirk Recreation Endowment Fund	\$ 5,492
Selkirk Accessible Transit Endowment Fund	\$ 4,440
Selkirk Youth Hockey Association – Supporting KidSport Manitoba East	\$ 2,107
Amma’s Book Shelf Fund – a gift of the book “Good Night Moon” for every baby born at the SRHC	\$ 1,662
Mooring-Griffioen Library Fund – Supporting the Gaynor Family Regional Library	\$ 1,631
Inclusion Selkirk Futures Fund (Agency)	\$ 1,462
Travel Kit Fund – Supporting LSSD students/classrooms with learning opportunities through travel	\$ 1,218
St. George Wakefield Anglican Church Fund (Agency)	\$ 1,332
Libri Fund	\$ 1,051
Leslie & Marguerite McRae Fund – Cemetery Fund of St George’s Wakefield Anglican Church	\$ 870
John Mytz Memorial Fund	\$ 548
Youth in Philanthropy Fund	\$ 431

A year of grants in review

The 2024-2025 granting year was a memorable one. The SDCF supported 140 projects/scholarships and bursaries with **\$730,910** including immediate granting. Two times a year we welcome charitable organizations in our region – the RM of St Andrews, RM of St Clements and the City of Selkirk – to submit proposals with details on how the Foundation can help them succeed in the work they do to make our community vital.

Organization & Project	Awarded
Bud & Doreen Oliver Fund and Community Fund	
Red River Ancestry Genealogy Centre – Technology Upgrades	\$ 1,500
Children’s Fund and Community Fund	
Ecole Bonaventure - Regulation Room	\$ 4,944
Curtis Niemi Legacy Fund and Community Fund	
Lockport School – Healthy Living Centre Equipment	\$ 2,500
Endowment for the Arts Fund	
City of Selkirk- Garry Theatre (Charity of Choice)	\$ 1,192
Helen and Wayne Sutherland Fund (Immediate Giving) and Community Fund	
Marine Museum of Manitoba – Hall and Kitchen Upgrades	\$ 3,000
Homes for All Fund and Community Fund	
Nova House – Transition House Renovation	\$ 14,053

Organization & Project	Awarded
Community Fund	
Selkirk & District Community Foundation – Vital Signs Report	\$ 30,000
RM of St. Clements – South St. Clements Park Pathways	\$ 20,000
Manitoba Harm Reduction Network – Selkirk HIV Capacity Film	\$ 10,000
Ruth Hooker School – Community Stay Active Project	\$ 10,000
Big Brothers Big Sisters of Winnipeg – Interlake Youth Mentoring	\$ 8,000
City of Selkirk – Recreation Complex Accessibility Audit	\$ 7,500
Artists in Healthcare MB – Music for Mental Health	\$ 7,000
Madeline’s Closet – Helping our Neighbours	\$ 5,760
Promoting Aboriginal Student Success – Graduation and Anniversary	\$ 5,000
Ecole Selkirk Junior High – Horse Therapy for Students	\$ 4,500
Survivor’s Hope Crisis Centre – Healing Through Community	\$ 4,250
LSRCSS – Youth Connections (Charity of Choice)	\$ 3,000
East Beaches Regional Complex – Facility Enhancements	\$ 2,250
Selkirk Age Friendly – Program Enhancements	\$ 2,000
Red River North Tourism – Holiday Alley Indigenous Programming	\$ 2,000
Knox Presbyterian Church – Community Soup Kitchen	\$ 2,000
Selkirk & District Arts Festival – 2025 Arts Festival	\$ 2,000
Rossdale Ukrainian Dance School – Costumes and Storage	\$ 2,000
Project Linus Selkirk – Blanket and Storage Equipment	\$ 1,500
Hand in Hand Daycare – Equipment and Storage Upgrades	\$ 1,200

Organization & Project	Awarded
Gaynor Family Fund	
Rotary Club of Selkirk – Nutrition on the Weekend (NOW)	\$ 25,000
Selkirk Community Renewal Corporation – Youth Empowerment Program	\$ 15,000
United for Literacy – Selkirk Literacy Programs	\$ 15,000
Lord Selkirk Education Centre – Bike Program	\$ 5,000
Happy Thought School – Skate Lending Library	\$ 3,075
Interlake Eastern Health Foundation – Camp Stepping Stones	\$ 2,500
Lord Selkirk Education Centre – Food Security Program (Charity of Choice)	\$ 2,500
Selkirk Daycare- Outdoor Play Materials	\$ 2,238
East Selkirk Early Learning Centre – Equipment Enhancements	\$ 2,180
Ecole Selkirk Junior High – Band Instruments	\$ 1,679
Nova House – Food Security Program (Charity of Choice)	\$ 1,500
Nova House – Power of PJ’s (Charity of Choice)	\$ 1,500
Kinsmen, Kinnette & K-40 Clubs of Selkirk Fund, Rob Cox Memorial Fund, and Community Fund	
Seasonal Food Security Programs (Charity of Choice)	\$ 13,093
Kirstin’s Walk for Kids Fund	
Selkirk Friendship Centre Daycare – Winter Camp	\$ 2,837
Kusner Family Fund (Immediate Giving)	
St. Anne’s Roman Catholic Church – Cemetery (Charity of Choice)	\$ 1,000
Local Environmental Action Fund	
City of Selkirk – Parks Projects (Charity of Choice)	\$ 1,635
Local Leaders Fund	
Manitoba Municipal Administrators (Charity of Choice)	\$ 1,714
McLeary Family Fund with Immediate Giving and Community Fund	
City of Selkirk – Garry Theatre Renewal	\$ 7,000
Olive & Bill, Joseph and Michael Cholosky Music Fund and Community	
Clandeboyce Pipe Band– Instrument and Uniform Upgrades	\$ 3,000
Parker Sutherland Memorial Fund	
LSRCSS- Parker Sutherland Memorial Environmental Scholarship	\$ 1,237
Richard & Ruth Konzelman Fund and Community Fund	
Lord Selkirk School Division – Feel Your Best Self	\$ 5,002



The Foundation has provided another grant to the Lord Selkirk Education Centre (LSEC) for its bike program, where older students become masters in bike maintenance and then mentor younger students.

Organization & Project	Awarded
Polinuk Family Fund	
Selkirk & District Senior Resource Council – Services to Seniors Van	\$ 15,000
Walter Whyte School – Outdoor Court	\$ 7,656
Wildlife Rescue Network – Facility Expansion	\$ 5,000
STARS – Ventilator Replacements	\$ 5,000
Gordon Howard Centre – Floor Curling Equipment	\$ 4,344
Altered Minds – Computers for Seniors	\$ 3,000
RM of St. Andrews Fund	
Clandeboyce Community Club – Hall Upgrades	\$ 9,700
Petersfield Community Club – Floor Repairs	\$ 1,600
For future granting	\$ 5,040
Sean Nicol Legacy Fund	
Gaynor Family Regional Library – Expansion (Charity of Choice)	\$ 5,346
LSRCSS – Sean Nicol Legacy Bursary	\$ 1,000
Thomas Sill Manitoba Fund (Immediate Giving)	
Selkirk Food Bank- Perishable and Hygiene Items (Charity of Choice)	\$ 22,903
Western Canada Summer Games Legacy Fund	
RM of St. Andrews – Baseball Diamond Equipment	\$ 5,000
Predator Athletics Club – Throwing Facility	\$ 4,900
Selkirk Canoe and Kayak Club – Race and Event Support	\$ 3,600
Basketball Manitoba – Targeted Athlete Program	\$ 3,000
KidSport East (Charity of Choice)	\$ 2,637

Organization & Project	Awarded
RM of St. Clements Fund with Immediate Giving	
Selkirk and District Ukrainian School of Dance – Fialka Hopak Costume	\$ 5,000
Scholarships & Bursaries	
Gaynor Family Education Fund (29)	\$ 53,360
Vicki Cielen Education Fund (2)	\$ 6,500
Gilhuly Family Education Fund	\$ 6,500
Bob Jefferson Century 21 – Jefferson & Associates Realty Ltd. Bursary	\$ 3,500
Dare to Dream Education Bursary (Nova House)	\$ 3,500
Micky Hannesson Scholarship Fund	\$ 2,550
Selkirk Youth Hockey Association Education Fund (2)	\$ 2,000
Rotary Anns Education Fund (2)	\$ 1,900
Knights of Columbus Selkirk Council #6150 Education Fund	\$ 1,350
St Andrews Airport Aviation Fund (Manitoba Aviation Council)	\$ 1,250
Ernest & Helga Kromrei Memorial Bursary	\$ 1,000
Robert John Jefferson Education Fund	\$ 1,000
Elizabeth Neskar Bursary	\$ 1,000
Selkirk & District Community Foundation Bursary	\$ 1,000
McLeary Family Education Fund	\$ 1,000
LSRCSS Parents for Safe Grad	\$ 1,000
Fred Jensen Memorial Welding Program Bursary	\$ 650
Sharon Chanas Memorial Scholarship (Immediate Giving)	\$ 500
Murray Hamm Memorial Bursary (Immediate Giving)	\$ 500
Graeme H. Lowden Memorial Bursary (Immediate Giving)	\$ 400

Total Grants Awarded: \$ 730,910

Thank you to all donors

Donations received April 1, 2024–March 31, 2025

For a full listing of donations made in Honour Of and In Memory Of, to the donors' fund of choice, please visit our website at sdcf.ca



Bonny Wynnobel is inspiring her grandchildren to celebrate community and become Foundation donors too!

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- Maureen & Harry Petersen.



Newly Created Funds in 2024/2025

Every newly created fund has a potential to make so many connections that make our region the best it can be...those funds and donations, some gifted through a will or an estate, are:

- Estate of Elaine Molson
- Lane and Senkow Family Fund
- Larry & Arlene Nicol Legacy Fund
- Murray Hamm Memorial Bursary Fund

• **Selkirk & District Community Food Bank (Agency) Fund**

- Melanie & Mark Southern
 - Michael & Patricia Buhr
 - Michael Nadler
 - Michele & Gary Polinuk
 - Mike Klassen
 - Myrla Smederovac
 - Myrna Fey
 - Myrna Lattanzi
 - Nancy Bollenbach
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 - Pam & Peter Seekings
 - Parents for Safe Grad
 - Pat Smolinski
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 - Wendy & Hugh Ross
 - William Burbank
 - William & Peggy Findlater
 - William Hickey
 - William & Brenda Searles
 - Wilma Ratkowski
 - Zelda Greenwood
- *Passed this giving year

The Clandeboye Fire Department raised funds and donated them to the SDCF.



Fun Foundation Facts

Numbers always tell the story, and these numbers reveal without a doubt that community is vital!

415

Number of Donors

April 1, 2024 – March 31, 2025

75

Number of Funds and growing

\$19.3 Million

Total Assets

June 30, 2024

140

Number of organizations supported

\$730,910

Community Grant program

July 1, 2024 – June 30, 2025

\$2,180,429

Donations Received

July 1, 2023 – June 30, 2024

The annual financial statements for the year ended June 30, 2024 have been reviewed by BDO Canada LLP, Chartered Accountants. These annual financial statements, along with accompanying notes and the review engagement, can be found on the Foundation website at sdcf.ca | To have a copy please call 204-785-9755 or email fin.manager@sdcf.ca

Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



Do you know how to clean your washing machine?

Your washing machine is an essential household appliance. However, maintaining it is a task often put on the back burner. If you notice unpleasant smells coming from your washing machine, it's time for you to clean it. Use this short guide to keep your appliance in top shape.

WHAT TO DO

You should typically clean your washing machine at least once a month to keep it at peak performance. Start by removing all clothing from the drum. Then, select the cleaning cycle, if your machine has one. If your washing machine doesn't have this function, choose the hottest and longest wash cycle available.

Buying a house as a couple: tips for a successful purchase

Purchasing a new home with your significant other is an exciting journey. However, if you want the entire process to go off without a hitch, you must begin by addressing certain subjects with your partner. Follow this guide.

DISCUSS YOUR NEEDS

Take some time to define your priorities as a couple. What type of house do you want? Which city or neighbourhood do you want to live in? Do you want a large lot or not? Having this conversation early will help you avoid disagreements during your search.

THINK ABOUT THE FUTURE

Consider your shared vision for the next two, five, 10 or even 15 years. Discuss any short- or medium-term plans that could impact your housing choice, such as starting a family or returning to school. These life events could affect your ability to repay your mortgage.

ASSESS YOUR FINANCIAL SITUATION

Take a close look at both your finances, including your income, debts and investments. Establish a realistic budget that accounts for the purchase price of the home and additional expenses like insurance and property taxes.

Don't forget to set aside money in an emergency fund for unexpected costs as well.

ADDRESS THE IMPORTANT ISSUES

Openly discuss sensitive topics to prevent potential conflicts. For example, talk about how you'll divide expenses, such as groceries, utilities and mortgage payments. You'll also want to talk about how you'll manage your finances and share the responsibilities of homeownership.

CONSULT A PROFESSIONAL

Surround yourselves with knowledgeable experts, such as a real estate agent, mortgage broker, financial planner and notary to help you navigate the purchasing process and avoid costly mistakes.

Buying a home with your partner requires careful preparation and open communication. These conversations will make your home-buying adventure a rewarding and successful experience.

Next, use a product specifically designed for washing machine maintenance, such as cleaning tablets. Alternatively, you can pour this homemade recipe into the drum and detergent dispenser:

- 500 millilitres of white vinegar
- 5 millilitres of essential oil (of your choice)
- 1 tablespoon of baking soda

Caution: Don't pour this solution into the bleach compartment, as it may produce toxic fumes.

Once you've added the cleaning agent, turn on the appliance. If you have a front-loading washing machine, prevent mould growth by taking time to thoroughly wipe the door seal after the cycle is complete. Reach out to an appliance expert in your area for additional maintenance advice.



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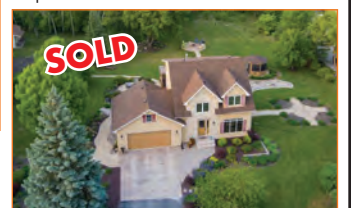

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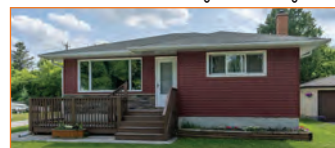
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Winnipeg restaurant serves up Interlake rhubarb and more

By Jennifer McFee

A popular Winnipeg eatery is not only serving up a taste of Manitoba, it also features hyper-local flavours from the heart of the Interlake.

Originally from Stonewall, restaurateur Jay Lekopoy is the owner of Promenade Brasserie located at the

corner of Provencher Boulevard and Tache Avenue, with a spectacular view of the Canadian Museum for Human Rights and the Esplanade Riel Bridge.

Continued on page 27



Allison Pauls and Jay Lekopoy enjoy a Rhubargarita, made with locally grown rhubarb, in the newly renovated dining room at Promenade Brasserie. Lekopoy owns the Winnipeg-based restaurant, which incorporates fresh ingredients grown by Pauls.



RECORD PHOTO SUBMITTED
The Rhubargarita at Promenade Brasserie offers a tart twist on a classic cocktail, made with fresh rhubarb from a Stonewall-area farm, Manitoba raspberries, tequila and limoncello.

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The restaurant's history is rooted in French food, yet Lekopoy wanted to

> INTERLAKE RHUBARB, FROM PG. 26

zero in with a Manitoba focus.

"If there's someone coming here who really wants some good Manitoban food, where would you take them? As much as I love Julia Child's French cooking, it doesn't speak to Manitoba and our heritage — the Métis and the voyageurs and all these beautiful cultures that have specifically made Manitoba what it is," he said.

"Why aren't we celebrating everything that comes from Manitoba? We have such an opportunity and a bounty right here."

Growing up, Lekopoy spent time in northern Manitoba with family members who would gather Saskatoon berries, chanterelle mushrooms and more. Today, he continues to be inspired by the abundance of flavours that our province has to offer.

In an effort to introduce a more local approach, Lekopoy connected with Allison Pauls, who has farmland south of Stonewall. Lekopoy grew up with alongside Pauls' children, so their connection runs deep through the decades.

In particular, they've been partnering to provide a versatile and healthy ingredient for Lekopoy's restaurant — fresh homegrown rhubarb.

Pauls currently grows about 300 rhubarb plants. She started most of them from seed last year, although her original eight rhubarb plants are now 25 years old.

"These eight plants can yield 30 pounds from each one," Pauls said. "They are enormous."

The duo decided to focus on rhubarb since it a vitamin-rich ingredient

that's full of organic goodness.

"We don't have to fertilize or use any chemicals. It is a farmyard staple, surging in popularity," Pauls said.

"It literally grows like a weed and is very hardy. The leaves, once cut off, are laid on the ground to naturally suppress weeds."

Lekopoy is experimenting with a variety of sweet and savoury rhubarb creations, as well as a selection of beverages including the Rhubargarita.

"It's a light and playful margarita-style drink. I'm actually using rhubarb straight from the ground. I get the dirt off of it and then put a little bit of tequila and limoncello and Manitoba raspberries," Lekopoy said.

"I'm excited about it because I can get the pure acidity right from Manitoba rhubarb. Sitting on the patio, doing some people-watching, sipping a Rhubargarita — it's not a bad way to spend an afternoon."

Looking ahead, Lekopoy is working on a rhubarb compote that would lend itself well to a multitude of uses.

In addition to rhubarb, he also incorporates other fresh produce from Pauls' garden, as well as wheat grown on her land. Many Promenade Brasserie dishes are enhanced with the flavours of fresh Stonewall veggies, including the Three Sisters risotto bowl that features beans, corn and squash.

"She just shows up with a beautiful cornucopia of everything, and she makes it look so effortless. Her tomatoes are absolutely gorgeous. Last year, we used her tomatoes really consistently, whether it was just making a burger better or a caprese salad



RECORD PHOTO SUBMITTED

Rhubarb in the field,

or a fresh chunk of tomato," he said.

"We also did tri-coloured carrots last year, as well as squash and herbs. Her dill is gorgeous as well. And the smell of a cucumber fresh from a garden — is there anything better in life?"

Check out Promenade Brasserie at

Unit C-130 Provencher Blvd. or visit promenadebrasserie.ca.

Volunteers needed for RRNT's 2025 Garden & Art Tour

Sign up to help out and get a free ticket to this year's event

By Staff

If you would like to spend a summer Sunday in a beautiful garden — look no further than the 2025 Garden & Art Tour.

The Red River North Tourism 2025 Garden & Art Tour sponsored by Canadian Tire, takes place this Sunday, July 20 from 10 a.m. to 4 p.m. and more volunteers are needed to greet visitors to gardens and provide general tour information. Shifts are a minimum of three hours and include a tour ticket and sufficient time to also visit some gardens.

This year, the tour features seven beautiful private properties, as well as other sites of interest in St. An-

draws and Selkirk that attendees can visit during tour hours as a self-guided event. Artists and musicians are also showcased in the gardens, making this tour unique among garden events.

If you are interested in volunteering for this unique local event. You can call 204-485-4881 or email: info@redrivernorthtourism.com.

Those wanting to attend the event can purchase tickets and learn more at <https://www.redrivernorthtourism.com/-garden-and-art-tour>. Tickets for the tour are \$25.



RECORD FILE PHOTO BY KATELYN BOULANGER

The 2025 Garden and Art Tour is this weekend. Photo from previous year's events.

Ghosts of the Sea headlines GIFF with a story of family, shipwrecks and the search for truth

Tangvald's emotional documentary retraces the mysterious deaths of her father and brother at sea

By E. Antonio

Blending personal memoir and maritime mystery, *Ghosts of the Sea* headlines the Gimli International Film Festival with a powerful story of family, shipwrecks and the search for truth.

Written, directed and researched by Virginia Tangvald—the daughter and sister of the late sailors featured in the film—*Ghosts of the Sea* screens July 23 and 26 as part of this year's festival lineup.

The documentary follows Tangvald's journey as she searches for answers about the mysterious death of her brother, Thomas, who died in a 2014 shipwreck, much like her father, Peter, did in 1991.

Featuring a variety of real-life characters who crossed paths with both Thomas and Peter, *Ghosts of the Sea*

provides viewers with a candid look into Tangvald's quest. "I don't want to be lost the way you are lost," she states—a line that encapsulates the film's central theme.

She travels across the globe—Canada, France, French Guiana and Andorra among the stops—trying to understand the reasons behind Thomas's "unnautical" trek, as described by his godmother.

The documentary uses actual newspaper articles, photographs, nautical logs and a television interview with Thomas to add authenticity and emotional depth.

The cinematography heightens the emotional weight of the narrative. B-roll footage, lighting and a carefully written script support the cast's integrity. One notable artistic choice



PHOTO SUBMITTED

Virginia Tangvald steers through open waters in a scene from *Ghosts of the Sea*, her personal documentary about the deaths of her father and brother at sea. The film screens July 23 and 26 at the Gimli International Film Festival.

by Tangvald is the use of subtitles for francophone characters instead of dubbing, allowing viewers to hear the raw emotion in their original voices.

Ghosts of the Sea is ideal for anyone who enjoys solving puzzles. Stirring emotions of suspense, anger and sadness, the film invites viewers to draw their own conclusions through subtle foreshadowing, effectively casting them in the role of investigator alongside Tangvald. The thought-provoking themes remain engaging throughout the 97-minute runtime.

Although not forewarned, viewers should be advised that the film contains brief nudity, including several images of a woman's bare breasts.

Ghosts of the Sea plays at 9:30 a.m. on Wednesday, July 23 in the Asper Theatre at the Unitarian Church, and at 4 p.m. on Saturday, July 26 in the Lady of the Lake Theatre. For tickets and a full list of GIFF programming, visit www.gimlifilm.com.

GIFF 2025 AT A GLANCE

July 23–27

Gimli, Manitoba

Screenings at venues including:

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- Lady of the Lake Theatre
- Johnson Hall
- Gimli Theatre

Tickets available online at gimlifilm.com or at the GIFF box office.

Featured Films:

A few of the 2025 lineup highlights:

- *Ghosts of the Sea* – July 23 at 9:30 a.m. (Asper Theatre)

July 26 at 4 p.m. (Lady of the Lake Theatre)

- *Odd Fish* – LGBTQ2SIA+ story set in Iceland

- *Snow Leopard Sisters* – Indigenous-led environmental documentary

- *Becoming Air* – short film documentary

- *Best in Show* – Canadian comedy throwback screening



GIFF celebrates 25 years with packed lineup of films, beach screenings and special events

By Annaliese Meier

The Gimli International Film Festival is celebrating its 25th anniversary this summer with a full slate of film screenings, special events and its signature beachfront cinema experience.

Running July 23 to 27, the festival will showcase more than 100 films, including international features, documentaries, short films and regional premieres. Programming will span themes such as social justice, climate action, Indigenous storytelling and LGBTQ2SIA+ voices.

Among the most anticipated titles is *Agatha's Almanac*, a Western Canada premiere that follows a 90-year-old woman's efforts to save her

family farm in southern Manitoba. Other feature highlights include *The Teacher*, a Palestinian drama set in the West Bank, and *U Are the Universe*, a Ukrainian-French sci-fi about a space-truck driver navigating distant worlds.

Festivalgoers can also expect animated fare like *Endless Cookie*, which tells the story of mixed-heritage siblings on a journey from Toronto to Shamattawa, and *How to Live*, a documentary spotlighting Nairobi's queer ballroom scene. Rounding out the lineup are *Tight Lines*, a story of female fishing guides in Iceland, and *When We Became Folk Fest*, a new film documenting the roots of the

Winnipeg Folk Festival.

The ever-popular RBC Sunset Screenings will return each evening with free films projected on a giant screen at Gimli Beach. This year's beachside lineup includes *Best in Show* (2000), *Space Jam* (1996), *Stop Making Sense* (1984, newly restored), *Almost Famous* (2000) and *The Thing* (1982).

In addition to film screenings, the festival will host the RBC Emerging Filmmaker Pitch Competition on July 26, where five finalists will present their ideas for a chance to win \$15,000 in production funding. Other events include the 48-Hour Film Challenge, a new Global Industry Summit, and a

25th anniversary awards gala.

Sunday morning is the family friendly screenings with the All-You-Can-Eat Cereal Cartoon Party for \$20.

Short film packages will highlight works from across the globe, with dedicated programs for circumpolar cinema, environmental storytelling and Manitoba-made films.

A special shuttle service between Winnipeg and Gimli will run daily during the festival to help attendees make the trip to the lakeside community.

Full program details and screening schedules are available at gimlifilm.com.

It's a unicorn, it's a spin class on wheels, it's the 2025 Selkirk Biz Parade!



RECORD PHOTOS BY KATELYN BOULANGER
The treats were flowing and the floats were bopping at the 2025 Selkirk Biz Parade. Businesses, local leaders, organizations and non-profits came together to create floats and give residents in Selkirk something to enjoy last weekend.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Strikeforce drop first half of home-and-home with WSP FC

By Kieran Reimer

Selkirk Strikeforce will be looking to bounce back against WSP FC on Monday after dropping the first half of a home-and-home series in Manitoba Major Soccer League Division 3B play.

The Strikeforce hosted WSP on Tuesday in Selkirk, but things didn't go as planned. Gareth Williams netted a hat trick and Troy Morison added a pair as WSP poured in six goals against the home side.

Devin Racicot and Ryan Coffin responded for Selkirk, but it wasn't enough to match WSP's red-hot of-

fence. The match ended in a 6-2 win for the visitors, dropping the Strikeforce to 6-2-2 on the season.

The result also allowed WSP to move within two points of Selkirk, who now sit tied for second place with 20 points.

The rematch was scheduled for Monday night at Buhler Recreation Park in Winnipeg, with WSP as the home side. Due to press deadlines, the score was unavailable at press time.

Strikeforce return to Selkirk Recreation Complex on Friday for a 7:30 p.m. kickoff against Pescara FC.



Strikeforce's Yaya Ramadan Adam lunges toward an airborne ball. Ramadan Adam scored three goals in four games back in June.



Erick Medina heads a ball towards his teammate. Medina scored a hat trick in Strikeforce's 4-2 win over Storm City on May 13 at Shaughnessy Park Field.



RECORD PHOTOS BY BRETT MITCHELL

Selkirk Strikeforce's Jordan Bruenig crosses a ball around a pair of defenders. Bruenig scored in Strikeforce's 5-3 win over Triumph on June 2 at Selkirk Recreation Complex.



Garion Lefteruk makes a sliding kick. Lefteruk had a goal in Strikeforce's 6-3 win over Maples FC on June 4 at Selkirk Recreation Complex, Maples FC's only loss so far this season.

The Selkirk Record

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Athlete Spotlight: Paulic succeeding on the field and in the classroom

By Kieran Reimer

Some student-athletes shine in one sport. Daniella Paulic is making a name for herself in two—while keeping her grades just as strong.

The East Selkirk teen is a rising star in both soccer and track and field, recently earning a place on Team Manitoba's U17 squad for the 2025 Canada Summer Games, and finishing her Grade 10 year with honours of distinction at Lord Selkirk Regional.

Finding time to juggle it all is no easy task, but Paulic has made it look that way.

"It definitely takes a lot of work," she said. "Once you're done practice and you have homework, you just have to come right back and get that done. But I found that making a list and trying your best to get as much sleep as you can—because if you're running on no sleep at all, it's really hard to balance that—helps. Making sure that you're staying up to date on everything, but also still trying your hardest in all your sports to make sure you get the most out of everything."

Her high-level goalkeeping skills have earned her selections to Team Manitoba, often crowding her schedule with training camps and travel tournaments.

Recently, Paulic was informed she had been selected for the Team Manitoba U17 girls squad for the 2025 Canada Summer Games in St. John's, N.L.

Her selection followed a year-long tryout process, which included travel tournaments and camps as Team Manitoba staff gradually trimmed the roster.

She stood out in a recent tournament in Saskatchewan, where she earned Game MVP honours in one of the matchups. The team finished 1-2 at the event.

Now, she's preparing to represent Manitoba at the Canada Games for the first time—a major opportunity to showcase her talent in front of university scouts.

"I'm looking forward to really getting the opportunity to get exposure out there," said Paulic. "There are a lot of people coming to scout, and looking for a university to continue soccer and school with is definitely one of my goals when I'm older. I'm also really excited to meet new people. They give you pins for the Games



RECORD PHOTOS SUBMITTED

East Selkirk's Daniella Paulic was recently named to Team Manitoba's U17 girls soccer team for the 2025 Canada Summer Games in St. John's, N.L. after winning silver for Team East U15 Girls at the 2024 Manitoba Summer Games.



At the Grade 9 Divisional track meet at the U of M she won Silver in discus and Gold in shotput.

that you can trade around, and I'm really excited to meet some new people from different provinces."

Paulic's soccer background has also translated into success in track and field, where she ranks among the top U18 throwers in Manitoba.

At the Kirk Cadman Memorial Classic in early July, she medalled in javelin, shot put and discus.

She also competed in both soccer and track and field at the 2024 Manitoba Summer Games.

"Soccer training has definitely helped me a lot in that category there in track and field," said Paulic. "You don't just use your arms—you use your legs to get that power and your



Paulic was also named Premier Goal Keeper of the Year FCNW 2024.

hips. A lot of the lower body training that I do for soccer definitely helped in track and field. But also that mental toughness from soccer translated to track.

"There's definitely way bigger competition in track and field. Some events, you could go there and you'll have as few as 10 girls, and next time

you'll go to another meet and there'll be as many as 80. That's definitely something that could get in your head if you're not paying attention or not focusing on yourself, and soccer has definitely helped me with that."

Paulic now shifts her focus to the 2025 Canada Games, which run from Aug. 8 to 25.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Sweeping changes to World Curling broom standards

By Siobhan Maas

Effective June 20th, World Curling (WC) has adjusted their compliance regulations for curling brooms in WC competitions—which includes the Olympics—based on sweep testing that took place at the Morris Cargill Curling Training Centre (CCTC) in May.

For three days, the CCTC was centre ice for broom manufacturers from around the world, world-class curling ice makers Greg Ewasko of Beausejour, current chief ice technician for Curling Canada, and former Olympic chief ice technician Hans Wuthrich of Gimli, as well as several athletes from across the country, including Brett Gallant and Kates Lawes, who acted as test sweepers.

“The world was in Morris to test existing brooms already on market in use by various companies,” explained Level 4 NCCP Olympic coach and host Lorne Hamblin. Together with wife Chris, the Hamblins hosted the event organized by WC director Jill Officer and designed by former WC vice-president Graham Prouse. “Broom performance was compared against each other, with the manufacturers watching.”

Many curling brooms currently on the market are made using multiple components, including sleeves or covers over moulded foam, bringing into question the accuracy of the different foams used.

“There is science to the testing,” said Hamblin. “With the CTCC’s Canadian rock thrower, we have achieved accuracy of 99.9 per cent on every throw.”

Throw consistency eliminates variability from the throw itself, allowing the broom’s impact to be the primary focus. Only two curling rocks were used in the testing—one control rock and one sweeping rock—to contain



SUPPLIED PHOTO

The results of sweep testing at the Morris Cargill Curling Training Centre this spring has led the World Curling organization to make changes to what brooms are allowed in its competitions, which includes the Olympics.

and control the results.

“After each throw, we weren’t allowed to push the rock down the ice,” Hamblin explained. “Instead, we dragged the rock back on a plastic board because even slight wear between throws can affect performance.”

To maintain a high level of consistency, “we threw over 2,000 rocks,” Hamblin noted.

The outcome of the testing has prompted changes to World Curling standards. Several broom models are now disqualified from competitions, including BalancePlus RS with Firm 2.0 foam, Goldline Impact with Evad-

er foam, Hardline Ice Pad with Competitive foam, and SmartBroom by Curling Tools with its current foam.

The updated regulations require component-style brooms to use softer, less-firm foams, ensuring greater minimum compression and promoting fairer play.

While this was an interim step to move the sport of curling forward from processes established in 2016, the game continues to modernize alongside elite performance. Longer-term testing

processes will continue.

“Fast forward to 2025, any new product needs to be sent for testing,” said Hamblin. “This testing is about what athletes want to try and is unique because it brings everyone together in a cooperative atmosphere.”

Full details of the regulation changes can be found at worldcurling.org.

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METAL RECYCLING

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

SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid. Phone Alf at 204-461-1649.

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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CAMPERS/TRAILERS FOR SALE

For sale, 2002 Other Flagstaff travel trailer, 22ft, fully loaded, air, awning, TV/VCR, sleeps 4, full bathroom w/shower, stove, fridge w/freezer, good condition. Asking \$6,000. Call 204-482-3550, leave message.

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For sale, 1985 Honda Big Red ATV, very good condition, kept indoors. For details call 204-781-7937.

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Mobile Home to be moved. 3 bdrm, 1 bath, all appliances. 952 sq ft. Fire commissioner inspection. Asking \$55,000. 204-792-0772.

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Wild grass hay bakes for sale, small squares \$5/each, smaller round bales \$55/each. Delivery available at extra cost. Call 204-981-1214 or 204-997-7336.

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RULE APARTMENTS located at 424 Eveline Street. 2 beds & 1 bath apartment suites available from \$1300/month to \$1400/month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amenities, Selkirk Park, public transportation, legion, fishing, shopping & more! Sorry, no pets & no smoking policy. Call/text Rule Apartments for more information 204-290-3805.

GARAGE SALES

Multi-family garage sale, power tools, household, etc. 2 weekends Fri. (12 p.m. - 4 p.m.), Sat. (9 a.m. - 4 p.m.) & Sun. (11 a.m. - 3 p.m.), July 18, 19, 20, 25, 26, 27. 942 Frank St., East Selkirk.

GARAGE SALES

Yard Sale - Cloverdale United Church, Saturday, July 19, 2025, 9 a.m. - 4 p.m., 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

HELP WANTED

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

Meadows Way Landscaping is currently conducting interviews for the position of landscape technician and labourer for the 2025-26 season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for advancement for those interested and able to learn. Class 5 license and own reliable transportation is required. Please send resume by email to: careers@meadowsway.ca No phone calls.

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HELP WANTED

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Wanted Part-time Mechanic. General help, heavy equipment. Lockport area. 204-955-9888.

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RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC NOTICE

RFP REC 2025-06 St. Clements Activity Centre Custodian Contract

The RM of St. Clements is seeking proposals from businesses, organizations, and individuals for a Custodian Contract for the St. Clements Activity Centre and Park, the build is currently underway and the building is set for opening in summer of 2025. When completed it will be a prominent facility dedicated to serving the local community through a variety of recreational, educational, and social programs.

Proposals are invited for:

- Daily Cleaning tasks
- Monthly Deep Cleanings
- Monthly Floor Polishing.
- Proper cleaning practices of wooden gym surfacing
- Garbage removal and disposal in bins.

Eligibility Requirements:

- Proposals must demonstrate alignment with the values and mission of the RM of St. Clements.
- Preference will be given to proposals that offer a mutually beneficial partnership with the local community.
- Preference will also be given to Canadian based and run companies

Proposal Submission Extended
Deadline: August 15, 2025 at 4:00pm

For more information and to request an RFP package, please contact:

Brenden Collins
Recreation Manager
(204)-482-3300
recreation@rmofstclements.com
Or visit the website for details
www.rmofstclements.com



Join us in supporting and enhancing our vibrant community through this exciting opportunity.

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC NOTICE

RFP REC 2025-07 Preferred Recreation Service Provider

The RM of St. Clements is seeking proposals from businesses, organizations, and individuals for a Preferred Recreation Service Provider for the RM of St. Clements' Recreation Infrastructure. The successful company will be responsible for the design and improvement of RM Recreation spaces.

Proposals are invited for:

- planning and designing recreation infrastructure that aligns with the municipality's long-term development goals.
- Ensuring all recreation projects are environmentally sustainable, cost-effective, and supportive of the community's needs.
- Improvement of the municipality's public spaces and recreation facilities.

Eligibility Requirements:

- Proposals must demonstrate alignment with the values and mission of the RM of St. Clements.
- Preference will be given to proposals that offer a mutually beneficial partnership with the local community.
- Preference will also be given to Canadian based and run companies

Proposal Submission Deadline
Deadline: August 15, 2025 at 4:00pm

For more information and to request an RFP package, please contact:

Brenden Collins
Recreation Manager
(204)-482-3300
recreation@rmofstclements.com
Or visit the website for details
www.rmofstclements.com



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NOTICE TO CREDITORS

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THE ESTATE OF DA-
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late of the City of Sel-
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ALL claims against the
above estate, duly ver-
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laration, must be filed
with the undersigned
at their offices at 389
Eveline St., Selkirk,
Manitoba, R1A 1N7,
on or before the 9th
day of August 2025.
DATED at the City of
Selkirk, in Manitoba,
this 10th day of July
2025.
JEREMY M. FEUER
LAW CORPORATION-
SELKIRK OFFICE
ADAM KELSO,
solicitor for the
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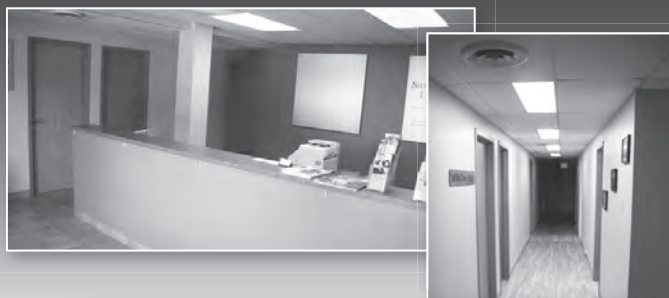
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Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography
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The Carman-Dufferin Standard is currently seeking a full-time
reporter and photographer who lives in the area to join its
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We are looking for someone who is both motivated and
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Qualifications:

- A post-secondary degree/diploma in journalism or English degree.
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of Canadian Press Style

**Please forward your resumé along with three writing and
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Lana Meier
Email: news@carmanstandard.ca

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> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Grandma's Humdinger Chocolate Chip Cookies

Recipe courtesy of "Cookin' Savvy"

Yield: about 32 cookies
1 1/2 sticks butter, melted
1/2 cup brown sugar
1/2 cup sugar
1 tablespoon milk
1 tablespoon vanilla
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cream of tartar
1 egg
2 cups flour

1 cup mini chocolate chips
Heat oven to 350 F.
In large bowl, mix butter and sugars. Add milk and vanilla. Stir in baking soda, salt and cream of tartar. Mix in egg, flour and chocolate chips. Mix well, spoon mixture into hands and roll into balls. Place balls on lined baking sheet. Bake 10 minutes. Let set on cookie sheet 10 minutes.



Sushi Board

Prep time: 10 minutes
Cook time: 2 minutes
Servings: 2-4
2 Minute Sticky Rice Cups
6 ounces fresh salmon, sliced into thin sashimi pieces
12 nori squares
12 thin slices cucumber
6 thin slices radish
1/2 avocado, sliced
1/4 cup pickled ginger

1/2 tablespoon wasabi (optional)
3 tablespoons eel sauce
3 tablespoons ponzu sauce
3 tablespoons soy sauce
3 tablespoons spicy mayo
2 tablespoons Sriracha sauce
1/2 tablespoon toasted sesame seeds (black, white or both)

Crispy Rice Squares:

1 Minute Sticky Rice Cup
1 tablespoon oil
Heat rice according to package directions.
On large board, place sticky rice in mound in middle.
Neatly arrange salmon; nori; cucumber; radish; avocado; ginger; and wasabi, if desired, around board.
Place eel sauce, ponzu sauce, soy sauce, spicy mayo and Sriracha sauce in small ramekins or bowls. Place on board.
Sprinkle sesame seeds over rice.
To make crispy rice squares: Preheat air fryer to 390 F. Heat rice according to package directions.
Flatten rice and divide into small squares. Brush each with oil.
Air fry 3 minutes, or until slightly golden. Add to board.
Tip: Other items such as tuna, shrimp, crab, edamame or seaweed salad can be added.

BINGO

SUNDAY NIGHT BINGO
Pots are as follows:

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In 52 Numbers

ANNOUNCEMENT

IN MEMORIAM



Leila Reeves (Swiderski)
January 21, 1974 - July 11, 2023

Mommy
You got us through our boobos,
Our owies and our fears;
When we were sad, sick or mad,
You kissed away our tears.
Through school, through dance and through boyfriends,
You taught us to be strong;
You taught us not to be afraid,
To admit when we were wrong.
For all of that and so much more,
Our sister bond is true;
And just to let you know, Mom,
It's all because of you.
We're studying hard, we're working hard,
We want to make you proud;
We know that you'll be watching,
So we won't let you down.
We miss you so much, mommy,
Our hearts are broke in two;
But we know you're always with us,
Although we can't see you.
We'll carry on together,
Just like you taught us to;
And just to let you know, Mom,
It's all because of you.
Sunflowers grow so beautiful,
So lovely and so bright;
And you're on every petal, Mom,
You are our shining light.

-Miss you so much
Love you so much
Cynamyn, Denvyr, Schye, Londyne

-Love you forever, like you for always.
Forever and always our baby you'll be.
Sleep well sweet baby girl.
Mom and Pal

-Miss you and
Love you always Leila
Chris

-Miss you so much Leila
Love you always
Nan and family

EXPRESS YOUR THANKS
with a message in the Record

ANNOUNCEMENT

BIRTHDAY



Happy 90th Birthday
Doreen Typliski
on July 19th
-With much love and best wishes
from your family

ANNOUNCEMENT

CARD OF THANKS

The Family of Eric Davidson would like to extend their heartfelt thanks to everyone who supported us during the loss of our beloved Eric. Your kind words, thoughtful gifts, delicious food, and the many visits - both at the hospital and at home, brought us deep comfort and meant more than we can express. A special thank you to the Reverend Sterling, Reverend Bouw, Reverend Hicks, and the entire Knox Presbyterian Church community. Your exceptional support, care, and presence during this time have been a true blessing, and we are deeply grateful. Your love and kindness will never be forgotten.

Remember your loved ones or send your special wishes to your friends and family.

Selkirk Record

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OBITUARY



James Brian Stewart
(1951–2025)

Brian Stewart, a pioneering advocate for disability rights whose work profoundly shaped Manitoba's approach to inclusion and accessibility, passed away peacefully at his Winnipeg home on June 25, 2025, surrounded by his loving family. He was 74 years old.

Born in Winnipeg on February 25, 1951 to Alice and Ellard Stewart, Brian grew up in the Fort Garry neighbourhood along with his brother Barry. Diagnosed at birth with cerebral palsy, he faced early predictions of a limited future - predictions he defied every day of his life through determination, optimism, and an unwavering belief in the power of opportunity and inclusion.

Brian attended Grant Park High School, where he became one of the first students with a significant disability integrated into mainstream classes. Supported by his family, he developed a strong and independent spirit, graduating and subsequently attending Red River College, where he studied social work. Driven by personal experience and a passion for social justice, Brian dedicated his career to removing barriers for people with disabilities.

In 1974, Brian co-founded the Manitoba League of Persons with Disabilities (MLPD), the province's first consumer-led, cross-disability advocacy organization. Alongside fellow advocates Jim Derksen, Henry Enns, Allan Simpson, and others, Brian fought tirelessly to achieve landmark advances in accessible transportation, housing, employment, and equal rights legislation. His early advocacy with MLPD significantly shaped Manitoba's accessibility policies and influenced national disability rights initiatives, contributing to Canada's Charter of Rights and Freedoms in 1982.

Brian's commitment to advocacy reached a broader public through his prominent role in the 1981 documentary film *The Disability Myth*. The groundbreaking film challenged society's misconceptions of disabled individuals and sought to educate viewers about the rights and dignity of all people. In one of the film's most memorable moments, Brian articulated his powerful vision of equality, saying: "Nobody knows what you can or can't do until you are given an opportunity to test out your own abilities. I need what everyone else needs—to be happy."

This profound statement encapsulated Brian's lifelong commitment to the principle that true equality begins with opportunity.

In the 1980s, Brian furthered his mission by becoming the Executive Director of Concept Special Business Advisors, a pioneering consultancy dedicated to creating employment opportunities and fostering entrepreneurial skills among people with disabilities. In his leadership role at Concept, Brian directly influenced Manitoba's approach to inclusive employment practices. He designed innovative vocational training programs, advised numerous businesses, and personally mentored individuals seeking independence through meaningful employment.

Building on his achievements at Concept, Brian was instrumental in founding Reaching E-Quality Employment Services (REES) in 1989, unifying community employment initiatives to provide streamlined support to Manitobans with disabilities. REES continues today as a testament to Brian's visionary approach to inclusive employment.

Brian's immense contributions did not go unnoticed. He received numerous accolades over the years. At the age 36, he was honored with a City of Winnipeg Community Service Award for his work with the Cerebral Palsy Association along with many other honors, certificates of appreciation, awards from disability organizations, and the genuine thanks of the individuals whose lives he touched. In 1995, he was appointed to the federal working group that helped shape Canada's approach to independent living.

Brian's advocacy extended into public service roles, including his influential tenure as a citizen member of the Manitoba Civil Service Commission in the 2000s. There, he actively promoted employment equity, accessibility, and inclusive hiring within government institutions. Additionally, Brian co-chaired the Joint Community and Government Committee on Disability and Employment Issues, partnering directly with provincial leaders to foster equitable workplaces throughout Manitoba.

Nationally recognized for his expertise, Brian served on several federal working groups, including committees on Independent Living and Employment Equity. His deep understanding and lived experience informed federal disability policies, ensuring meaningful representation of Canadians with disabilities at every level.

Brian's compassion extended beyond disability advocacy. Together with his wife Anne, Brian opened their home as foster parents, welcoming and caring for several children over the years. Their home provided not just shelter but a genuine sense of love, stability, and belonging. Brian's role as a foster parent reflected his core belief in the dignity and potential of every individual. His children benefited from his warmth, guidance, and unwavering support, experiencing firsthand the difference compassion can make in shaping young lives.

To colleagues and friends, Brian was far more than a skilled advocate; he was an exceptional mentor whose kindness, humor, and unwavering optimism inspired everyone he met. His steady encouragement fostered a new generation of disability rights leaders, ensuring his values and vision will endure.

Brian was deeply devoted to his family. He shared 47 years of marriage with his beloved wife Anne, his constant partner and strongest supporter in all aspects of life. Together, they raised their eight children: David, Lucas, Nick, Erica, Noah, Eva, Jon, and Harley—in a home filled with compassion, humor, and unwavering support. Brian found immense pride in each of his children, who grew up inspired by their father's integrity, resilience, and warmth. One of his greatest joys was being "Pop Pop" to his five cherished granddaughters, whose presence filled his later years with laughter and love.

Brian Stewart leaves behind an extraordinary legacy, a Manitoba and Canada that are measurably more inclusive, compassionate, and equitable because of his tireless efforts. His profound impact will continue to be felt in the lives of those he touched and the policies he shaped.

A celebration of Brian Stewart's life will be held at 6:00 p.m. on Tuesday, August 12, at the Qualico Family Centre, 330 Assiniboine Park Drive, Winnipeg, MB. Friends, colleagues, and all who knew Brian are welcome to attend. Please RSVP to CelebrateBrian2025@gmail.com

In lieu of flowers, donations may be made in Brian's memory to the Manitoba League of Persons with Disabilities (<https://www.mlped.mb.ca/donate/>) or a charity dedicated to disability advocacy, to carry forward the vision to which Brian dedicated his life.

Announcements

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ANNOUNCEMENT

ANNIVERSARY



Rhonda and Ron Riddle
Congratulations on your
40th anniversary.

July 20, 1985 - July 20, 2025

-Best wishes from
family and friends

ANNOUNCEMENT

ANNIVERSARY



July 17, 1965 - July 17, 2025
Happy 60th Anniversary to
Joe and Pat Lesko!

-With love and admiration,
Joanne, Joel, Georgia, and Simone
Marla, Mark, Tobin, Nik, and Chance
Blue, Buddy, and Leva

OBITUARY



Ashley Aylene Nelson

With unimaginable grief and profound sadness, the family of Ashley Aylene Nelson, announce that a senseless tragedy has taken our beloved soul who touched many lives, from us on July 1, 2025 in Selkirk, Manitoba.

Ashley was born September 27, 1985 in Selkirk, Manitoba to parents Sandra Freeman and Wayne Nelson. Ashley was known for her infectious laugh and remarkable smile. As well as her willingness to help anyone and everyone in need.

Left to cherish her memory are her beautiful daughters Kaydence and Kianna Duguid, whom she loved unconditionally. It was a love that endured challenges, mistakes, and setbacks but a love that does not fade with time or distance. It was there no matter what. Ashley's love for her girls involved making significant sacrifices for her children's well-being, putting their needs before her own.

Ashley is also survived by her mother Sandra (Louie) and biological father Wayne, brother Ryan, and niece Luci-anne, boyfriend Vance, grandpa Stan Freeman, grandmother Lila Thomas, numerous aunts, uncles, cousins, friends and anyone whom met Ashley along her many adventures.

She was predeceased by her good friends Brandy Bowers, Bruce Mayo and many B.C. friends, her beloved Nan Eileen Freeman, grandpa Doug Thomas and uncle Ed Freeman.

Ashley spent the majority of her life growing up in Surrey, British Columbia with her mom and Ryan. She was often hanging out with her friends in the neighbourhood and taking care of her brother.

Ashley's life changed for the better upon the birth of her girls and she was so proud to be their mom. She spent many days and nights taking care of them, giving them everything and anything they wanted.

In her later years, Ashley returned to Manitoba with Kaydence and Kianna allowing them to be with their dad and to have that experience. Ashley was then known for many more adventures meeting a lot more people and making new friends. She also spent a lot of time with her grandpa Stan whether it was going for coffee, a drive, or many adventures looking for scrap metal and anything worth picking up for that matter. Ashley would often go cook and clean for her grandma Lila and helping out when she could. Nevertheless, always making time for visits with her girls when they would come from the city, taking them swimming, to the parks, and anything she could think of. Ashley also spent a lot of time walking the streets of Winnipeg and Selkirk even though she had places to go but she was paving her own way of life. She would always be carrying her bags with her and never went without her makeup and toothpicks/toothbrush. It did not matter where she was or what she was doing she would always pull out her mirror and take the time to reapply her makeup and clean her teeth.

So DREAM BIG girls, you can do anything that you set your mind to! No matter what you do in life, just remember your mom is proud of you, will always be proud of you, and will be with you every step of your journey in life.

The family is heartbroken by this sudden loss and is asking for privacy while they grieve. The funeral service was held at Gilbert Funeral Home on Friday, July 11, 2025 at 2:00 p.m. with viewing 1 hour prior to the service.

In lieu of flowers, the family asks that you honour Ashley's spirit by paying forward an act of kindness to someone in need – just as she always did.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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Selkirk Record

OBITUARY



Lorraine Yuzwak (nee: Marcus)
1934 – 2025

Grace Lorraine Marcus (Lorraine) was born and raised in Lockport, Manitoba, with her parents, Grace (McKay) and Harry Marcus. She had seven sisters: Ethel, Lillian, Mabel, Muriel-Ida, Violet Milicent, Donaldal Belle, and Mary Irene. Lorraine was the youngest of the eight girls.

Lorraine worked at Skinners on the river (where she met Wally), Northern (Cloverdale) Paints and Lord Selkirk School Division. She spoke many times about the fun with friends and family in Lockport.

Lorraine married Walter Yuzwak, the love of her life, on July 16th, 1966, at the Saint Thomas Anglican Church. Shortly afterward, Lorraine moved to the Yuzwak farm, in St. Andrews. It was there that she mastered making Ukrainian dishes that kept Wally happy,

and made numerous of memories.

Lorraine and Wally loved to socialize. They were either at basement parties on the Marcus side, or in their summer kitchen' the Shack. Being a good carpenter, Wally made a vintage style bar in this little Shack. They had many card games in that vintage shack. Lorraine and Wally had a passion for travelling to small communities, collecting knick-knacks and other paraphernalia to adorn their Shack, where many memories were made.

Lorraine never had children, but felt her family and friends as if they were her own. She had her special way of connecting with them.

Lorraine enjoyed playing cards, golfing, dart tournaments, and going to the casino. Lorraine retired at age 60 and had a lawn dart tournament and party at the Lockport homestead. She continued to enjoy her hobbies, loved to laugh and have fun.

In the later years, with declining health, she was the last of the eight sisters alive.

Lorraine wanted to go home to Wally, the only man she ever loved. She always sat next to his picture and reflected on the good times.

Lorraine will be missed by all who new her, especially her partner in crime, Mabel, whom she spent a majority of her time with in her later years.

Heaven will be lit up by her unforgettable laugh and smile now that she has passed.

The family would like to thank IERHA Home care staff, especially Erika that gave Lorraine much joy.

Cremation has taken place and a private service has been held.

In lieu of flowers or donations, tell a joke and make someone laugh.



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Tribute link: www.glenedenmemorial.ca

OBITUARY



Vicki Elaine Nadwidny (nee Sunley)
July 29, 1951 - June 29, 2025

We are sad to announce the passing of Vicki, who passed away on June 29, 2025 at the age of 73 at Beausejour Hospital.

She leaves behind husband Harold; children Mike, Clint, Marcy, Keri and Jeff; siblings Glenda and Chris; grandchildren Jory, Phillip, Brooke, Chelsie and Cory as well as nieces and nephews.

Cremation has taken place, and a private memorial service will be celebrated on Sunday, August 10, 2025.

Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY

Edward (Ted) Geard

It is with great sadness that the family announces the peaceful passing of Ted Geard on the morning of July 12, 2025 at the age of 92 at the Red River Place Personal Care Home, Selkirk, MB.

In keeping with his wishes, cremation has taken place and a private family service will be held. Full obituary to follow in next week's Record.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Kyle Jerry Harrison

Suddenly, on Monday, July 7, 2025, Kyle Harrison, aged 58 years, of Matlock, MB passed away. Cremation has taken place and no formal service will be held.

Tributes: www.gilbartfuneralhome.com

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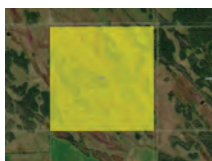









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