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RECORD PHOTO BY KATELYN BOULANGER

It was a balloon popping good time at the Selkirk Rodeo Grounds last weekend when the Manitoba Mounted Shooting Association held its annual Catfish Showdown. Competitors, while riding on horseback, took on a series of targets trying to be the fastest to safely complete the course. See more photos inside.

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# Chuck the Channel Cat recognized on the national stage

Chuck named as one of Canada's best and biggest roadside attractions

By Katelyn Boulanger

Chuck the Channel Cat has finally gotten the recognition that he deserves. *The Globe and Mail* put out an article on Aug. 3 naming Canada's best and biggest roadside attractions, and Chuck was amongst the 16 landmarks.

Selkirk resident Dave Wilkinson nominated Chuck for this honour after he saw that *The Globe and Mail* was asking Canadians to send in photos of the best local landmarks from their region.

He said that he was pleased when the article came out and he saw that Chuck had hooked the article writer's interest.

"I thought, why not add Chuck to the mix and see if he would make the cut? And frankly, I was a little surprised that he actually wound up as part of the article," said Wilkinson.

The nomination process was pretty simple.

"It started out as a piece in *The Globe and Mail* celebrating attractions, like Chuck across Canada, and there was an invitation to submit a picture. So, I went and took a photo of Chuck and sent it off with a bit of history. And, I guess that got their attention," said Wilkinson.

Residents in our region know that Chuck is the large catfish attraction on Main St. in Selkirk and will likely have seen him on the City of Selkirk's merchandise. A little more elusive is the Chuck mascot, who comes out at some of our region's community events. Something people might not realize, however, is the number of ways that Chuck is incorporated into other elements of our community. For example, events like the Strong-

mania competition that took place last month even had a special event dedicated to Chuck called the Chuck Walk.

The History of Chuck the Channel Cat is an interesting one. He was named after Chuck Norquay, a legend in our fishing community. Noquay was not just famous as a local fisherman but is the reason that Selkirk has the title of "Catfish Capital of North America". In the 1980s, Norquay put Selkirk on the map, taking the host of the TV show *Good Fishing*, Babe Winkelman, on the Red and reeling in over 200lbs of catfish in one day. The show tuned the rest of the world on to what Selkirkians always knew, that there's good fishing in the Red. And so, when the time came to name the large catfish statue that was unveiled in 1986, the name Chuck made sense.

Chuck, the statue, was unique among the 16 attractions as he was the only representative from Manitoba.

Larry Johannson, the mayor of Selkirk, said that he was tickled pink to find out about Chuck's inclusion on the list.

"It was fantastic (to find out). To be the only Manitoba attraction mentioned, and we're in great company there also," he said.

Johannson thinks that Chuck is more than just a symbol for the community because he represents a connection to our history. Selkirk was a fishing village for much of its history, and our waterfront, which now hosts community celebrations, was a fishing port. We can even see the importance of our waterway in the historic ships that used to traverse the Red, which

Continued on page 4

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> **CHUCK THE CHANNEL CAT, FROM PG. 3**

are now preserved at the Marine Museum.

“We’ve always been a fishing community, and to have Chuck the Cat-fish statue here just really cements that. And to have *The Globe and Mail* recognize him and recognize Selkirk, I think the citizens, our administration, our council, and everybody in the province should be very proud,” said Johannson.

He hopes that this article gives

people from all over Canada the idea that Selkirk might be a great place to visit on their next road trip. In addition to Chuck, people from near and far can have a great day in Selkirk. We have the Marine Museum of Manitoba, the Gwen Fox Gallery, Selkirk Park, annual events like Holiday Alley and the Triple S Fair and Rodeo and many businesses with great food and shopping.

“Come to Manitoba, see what we

have to offer. And above all, come to Selkirk. You will not be disappointed coming here, not only to see Chuck the Channel Cat but to see every-

thing that Selkirk has to offer,” said Johannson.

Chuck makes his home at 168 Main St. in Selkirk.



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RECORD PHOTO BY KATELYN BOULANGER

Selkirk's Chuck the Channel Cat.



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# Lockport Community Church closing its doors but congregation continues

## The building does not make the church

By Katelyn Boulanger

The congregation of Lockport Community Church (P.C.C.) are inviting residents to share their memories of the church and how it was part of their lives at their final services that will take place later this month.

Rev. Martha McDowell, who has been the church's Reverend for a little over a year, explained that the church is not closing because of a lack of support from the congregation but because of the maintenance of the building.

"We'd love to keep in the building, but the building needs lots of help, the shingles blow off, and the furnace needs this, and the water needs that, and our folks are trying hard to keep up with it, but they came to a decision at least two or two and a half years ago that they just couldn't keep up with it," she explained.

The congregation now consists of about 15 or so people, with more who come on holidays like Easter and Christmas. The group is quite tight-knit and McDowell enjoys her time with them.

"What I love about this congregation is they're very welcoming. Out of the 42 years (that I've been ordained), I have a lot of experience to tell you that," she said.

She explained that though it was decided that they would meet every second Sunday for services, the services

are more than just a place to connect with God. They are also a chance to connect with each other as everyone brings a little something, and the group shares a meal together after the service.

McDowell also said that the group has been wonderful about her taking over as Reverend and has been very accepting of her sermons.

She was even completely surprised when the congregation, who on her recent 70th birthday, brought in cake, food, and gifts.

"I've never had a congregation do that," said McDowell.

The Lockport Community Church was established in 1986 when the two congregations of Kirkness Church and MacKenzie Church came together. Though McDowell explained that the congregation's numbers, like any church, have waxed and waned over the years, the current group is planning to stick together after the end of this month, even without a permanent building.

"That's not the end of us worshiping together at all, and we want people to know that we're not just walking off into the sunset," said McDowell.

Going forward, the congregation will continue to gather in the homes of local members.

As for the final services in the building, McDowell is hoping to use the opportunity to share memories and



RECORD PHOTO SUBMITTED

The congregation of the Lockport Community Church will be saying goodbye to their church building but not each other.

important moments that took place in the building.

"(We're looking for the stories like) my parents were married in that church, or I was baptized in that church, or my grandmother's memorial service was there, so we can include all those memories in our last services," she said.

The next worship service will take place on April 17 at 10 a.m., and it will be the final one that McDowell herself will be taking on. The final service at the church will take place on August 24 at 7 p.m. McDowell invites past pa-

rishioners, area residents and anyone who would like to attend to gather with them on these Sundays.

As for her final service, she plans to talk about how this is the end of a chapter, but the story of the church will continue.

"I'm going to be talking about how the church is not the building. The church isn't the steeple. It isn't the chairs. The church will continue. And, this is kind of an overused phrase, but Jesus said, 'Wherever two or three are gathered, I'm there also.' I'm going

Continued on page 15



## Communities in Bloom 2025

The Selkirk Communities in Bloom Yard of the Week contest showcases well cared for yards within the City of Selkirk.

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# Mounted shooters pack some serious horsepower



RECORD PHOTOS BY KATELYN BOULANGER

The Manitoba Mounted Shooting Association welcomed residents to the Catfish Showdown mounted shooting competition held on Aug. 9 and 10. The competition was fierce as the riders both rode their horses through the course and took on their balloon targets, trying to get the fastest times. The competition welcomed spectators and is safe, as the shooters don't use any bullets and only use enough gunpowder to pop the balloons.





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## Keeping disease outside the barn

**By Cam Dahl, Manitoba Pork Council**

It surprises many people when I tell them they must shower before entering a hog barn, and that their outdoor shoes are nowhere near clean enough to be worn next to pigs — but both statements are true. Strict biosecurity is a critical component of animal care and welfare.

Biosecurity protocols help farmers keep production diseases like Porcine Epidemic Diarrhea (PED) and Porcine Reproductive and Respiratory Syndrome (PRRS) out of their barns. Biosecurity is also essential in preventing foreign animal diseases like African Swine Fever (ASF) from entering Canada. Good biosecurity helps keep animals safe and healthy.

The last major PED outbreak in Manitoba, which began in the fall of 2021 and lasted through the spring of 2023, is estimated to have cost the province more than \$100 million. Current estimates suggest PRRS is costing the U.S. industry \$1.65 billion annually.

Manitoba's hog and pork producers learned some key lessons from the last PED outbreak. The first is that the entire sector must work together to effectively protect the health of the animals under our care. The second is more difficult: at times, parts of the value chain need to take actions that are not in their short-term financial interest, but serve the long-term good of the industry. This collaboration shows the industry's willingness to do the right thing, even when it comes at a cost. The result of this teamwork is Manitoba's PED Elimination Plan, which has been effective in stopping the spread of disease.

Farmers sometimes express frustration when outside experts are quick to tell them how to farm, but slow to recognize the results of their efforts. That should not be the case here. Farmers and industry stakeholders should be recognized and commended for their collaboration on biosecurity, disease

prevention and containment.

Stringent biosecurity requirements are also why producers are concerned about unauthorized people entering their farms or coming into contact with their animals. If someone breaches biosecurity protocols, the effort to prevent the spread of disease could be undone. This is a key reason why farmers support anti-trespass legislation.

For farmers, doing the right thing goes beyond keeping disease out of the barn. Producers also work daily to safeguard the welfare of their animals. Hog farmers across Canada are guided by the 105 requirements in the Code of Practice for the Care and Handling of Pigs. Backing up the code is legislation such as Manitoba's Animal Care Act.

Confirming compliance with high standards for animal care also requires verification. The Canadian Pork Excellence (CPE) program is a national platform for producers to demonstrate adherence to food safety, animal care and traceability standards. Program registration is required to ship animals to federally inspected processors. Under these programs, animal care is assessed regularly, including visits from herd veterinarians.

The Code of Practice is not a public relations tool created by industry. It is the result of a rigorous development process that draws on the best available science on pig health and welfare, compiled through an independent, peer-reviewed process. The Code Development Committee includes independent scientists, representatives from animal welfare organizations, veterinarians, government officials, consumer-facing members — and farmers.

Doing the right thing also includes continuous improvement in environmental sustainability. For example, the modernization of agriculture has revolutionized nutrient management. Previous generations did not have access to the research or tools available today to minimize manure runoff. Now, over 90 per cent of hog manure in Manitoba is either injected below the surface or incorporated into the soil after application. This prevents leaching into waterways and places valuable nutrients near the seed, where they benefit crops most.

Technological advances are making manure application more precise. Modern equipment uses near-infrared technology to test flow rates in real time and adjust application rates accordingly. Farmers also use GPS, ultrasonic speed sensors and radar to ensure manure is applied in the right place and at the right rate. This technology helps maximize the benefits of natural fertilizer while reducing the risk of nutrient leaching.

Compliance with modern regulations also supports sustainability. Before applying manure, farmers must submit manure management plans to the provincial government. These nutrient plans are tailored to specific crops and include soil sampling to prevent over-application of nutrients.

The environmental and animal care record of modern Manitoba hog farmers is one they take pride in. It is also a record all Manitobans can take pride in. Nutritious, high-quality pork from Manitoba's farmers is raised in a sustainable way — supporting the long-term viability of the industry and contributing to our economy and local communities.

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# Selkirk's Nova House has received a generous donation from local dealerships

## Selkirk GM, Steeltown Ford, and Selkirk Chrysler team up to give

By Katelyn Boulanger

The second annual Battle of the Brands event from Selkirk GM, Steeltown Ford, and Selkirk Chrysler had our community win big. During the sale, \$200 from every vehicle sold went towards a donation to Nova House. The sale was a great success, and in the end \$15,000 was donated, \$5,000 from each dealership.

"We were absolutely thrilled that they have supported us in such a way. That all three dealerships gave us such a generous donation, I was just elated. We were just thrilled," said Viktoria Westgate, Executive Director of Nova House.

Nova House is a 24-hour, seven days a week emergency and transitional shelter for individuals with or without children experiencing Intimate Partner (domestic violence) and/or Family Violence. In addition, they provide individual counselling, life skills, coaching, and educational workshops to help residents in our community get out of difficult situations in whatever way is best for them.

This donation will be put towards their essential work.

"In the last two years, we have been expanding our services to include more transitional and long-term housing options for the individuals who stay with us and families that stay with us. Because there is definitely a housing shortage, especially in Selkirk, if someone comes into the emergency program and needs to relocate to a new home, the waitlist for Manitoba Housing is quite long. The private housing market is fairly expensive, so it takes a long time for them to then leave shelter," explained Westgate.

Because of the changes in the housing availability in the community over the years, Nova House has had to adapt to provide what the people they are helping need.

"In the last couple of years, one of our strategic objectives is to expand our services to help provide safe, stable and affordable housing. So, in 2023, we purchased our first house, and in the last year, we purchased three more. So, this money that we just received will be going towards renovating those homes," she said.

Renovations include changing the homes so that instead of only being able to house one family, each home has two units.

Being able to provide safer places to live is very important to the work of

an organization like Nova House.

"When families leave their abuser, first of all, it's a very brave and scary decision for them to make. They often leave with nothing but the clothes on their back, and so they have to start completely over. A lot of times, families have nothing, not even furniture, no beds, no backpacks for school. When the kids go back to school, they have nothing. They just leave. So, we have to start all over, and the first thing that they need is housing," said Westgate.

In these situations, every little bit helps, and a large donation like those received from Selkirk GM, Steeltown Ford, and Selkirk Chrysler is going to help a lot.

"Financial donations, of course, go a long way. For example, to renovate these houses that we received, we have to split them, which means we have to turn one single home into two, and that requires two separate furnaces. We have to replace all of the drywall so it's fire-rated because you have to have two separate entrances. Just to split the furnaces alone in one house is over \$10,000, right? So, it costs a lot and that's just one step. Then you have to make a whole suite—kitchen, bathroom, bedrooms. We want to do this because then you turn four homes into eight suites, and so you can help more families. Financial donations go a long way in helping us to achieve those goals," said Westgate.

They are still accepting donations from the community on their website, should anyone want to give to this project. Currently, two of the homes have residents on the main floors, so they have six units yet to complete.

Representatives from the three dealerships were happy to be able to support Nova House.

"We are very proud to support an amazing cause right here in our community. We have been honoured to support them during the Christmas season every year and will continue



RECORD PHOTO BY BRETT MITCHELL

Some of our local dealerships made a generous donation to Nova House. Pictured: Dianne Little and Josh Isfjord from Selkirk GM, Viktoria Westgate from Nova House, Kevin Mitchell from Steeltown Ford and Andrew Rewicki from Selkirk Chrysler with their donations.

to do so in the future. We are also ecstatic to announce Selkirk GM won the Battle this year," said Dianne Little, General Sales Manager at Selkirk GM.

"The Battle of the Brands is a fun and exciting event for both our customers and the dealership. But it goes even a step further. It was great to be able to donate to Nova House. We are happy to support such a vital organization in our community. I look forward to the Battle of the Brands again next year!" said Andrew Rewicki Jr. General Manager at Selkirk Chrysler.

"It is important to be able to support an organization like Nova House that does so much for the local community. Steeltown, along with the other two dealerships, truly appreciate the opportunity this community gives us to earn their business year after year, and it's great to be able to come together to give back. We have a lot of fun with Battle of the Brands, but we want to make sure the real winner was the community. It has been pretty successful the last couple of years, with the proceeds last year

going to CancerCare. We are going to continue to try to find ways to show our appreciation to our customers by giving back when and where we can," said Kevin Mitchell, General Manager of Steeltown Ford.

Westgate wanted to make sure that she thanked those who support Nova House throughout the year, and also the dealerships who participated in the Battle of the Brands event.

"The Board and Staff of Nova House would like to express extreme gratitude to Selkirk GM, Steeltown Ford and Selkirk Chrysler. This donation will help us in our expansion of transitional and long-term housing options for families using our services. The commitment they have shown Nova House over the years has been incredible. Their generosity will make a real difference," she said.

She also wanted to share a message of support for anyone in our community who is experiencing intimate

Continued on page 11

### Ed Teplyski

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*"Come unto me, all ye that labour and are heavy laden, and I will give you rest."*  
 (Matthew 11:28)



# Stepping back into early beach life at the new Winnipeg Beach Museum

By E Antonio

A beloved lakeside town is preserving its past with a new museum dedicated to capturing the spirit of early cottage and beach life.

The Winnipeg Beach Historical Society Museum officially opened its doors on July 26 at 30 Robinson Ave., the former home of Candies and Curiosities. Operated by the Winnipeg Beach Historical Society, the museum features a range of artifacts, including a rare town diorama from the 1940s, furniture from the Empress Hotel, and a growing collection of vintage photos and oral histories.

"It is this beautiful 12-by-8-foot display that captures what the town looked like 80 years ago," said Wendy Peters, president of the historical society. "The details on it are magnificent and we are proud to be able to share it with visitors."

The museum is housed in a building owned by co-historical society leader Donna Ferguson and has already become a hub for local heritage enthusiasts.

Peters founded the historical society after purchasing a historic cottage in the community and becoming frustrated by the lack of publicly accessible information.

"This heavily concerned me at the time because there is a lot of history to be shared in Winnipeg Beach," she said. "I was shocked that no one had ever taken the time to start something that would benefit the community by collecting the history."

Since then, residents have contributed hundreds of historical photos and more than 40 hours of recorded stories, which Peters described as "a treasure trove of information that needed to be shared."

A new exhibit on vintage bathing

suits and beach culture is currently in the works. Peters is encouraging the public to donate items from the 1920s, '30s and '40s that reflect early beach and cottage life.

"We are particularly looking for vintage bathing suits, children's beach toys, kitchenware from summer cottages, and memorabilia related to the CP Rail system—which all played a vital role in shaping the town," Peters said. "Our main goal is to make this a place where people can come and learn about the history of Winnipeg Beach."

Looking ahead, Peters also hopes to launch guided walking tours of the community. A 36-stop self-guided version is already available at [www.winnipegbeachhistory.com](http://www.winnipegbeachhistory.com).

"Winnipeg Beach has a very rich history and it is fun to go around and explore all these interesting artifacts," she said.

The museum's hours vary as it is currently volunteer-run. Plans are underway to hire students next year to offer more consistent access. Visitors are encouraged to email [winnipegbeachhistory@gmail.com](mailto:winnipegbeachhistory@gmail.com) in advance to confirm weekend availability. Admission is by donation, with proceeds going toward new exhibits and restoring a 1940s caboose donated by CP Rail.

Peters hopes the refurbished caboose will serve as a welcome centre and candy store, tapping into the beach's sweet past.

"A big nostalgia about the beach is the stores used to sell penny candy," she said. "We are looking to bring this back to the town to give them something that reminds them of the earlier days."



RECORD PHOTO SUBMITTED

Part of the 1940s diorama of Winnipeg Beach now on display inside the museum.





# Residents flock to the Fall Jam in St. Andrews



RECORD PHOTOS BY JOHN PODWORNIAK

The FallJam Field of Rock Music Festival took place on Aug. 8, 9 and 10 and residents were not disappointed. The festival featured some big bands like Bleeker, but local talent was also on show creating a uniquely Manitoban music event.

## > NOVA HOUSE DONATION, FROM PG. 9

partner or family violence, that Nova House is available if you need help.

"We are a safe space. Everything is confidential. You're not alone, and you can reach out to us at any time," said Westgate.

If you have the means and would like to support Nova House's work, there are a few ways you can, in addition to a financial donations. Twice Over Thrift Store on Manitoba Ave.

in Selkirk is run by Nova House with volunteer support, and making donations or shopping there means that they are able to help more people.

You can also go to their website at <https://www.novahouse.ca/> where they have a 'how you can help' tab. There, they have a list of immediate donation needs. There is also contact information.




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# Cyclists gear up for Gimli MS Bike Ride Aug. 23 and 24

By Jennifer McFee

More than 100 cyclists will be pedalling in an upcoming biking event to raise funds and awareness for multiple sclerosis.

In total, 11 MS Bike events are taking place across Canada over a four-month period, including one in Gimli on Aug. 23 and 24. The local event has a \$215,000 fundraising goal, with more than \$91,000 raised to date.

Depending on the route riders choose, they

can cycle either 81.4 kilometres or 40 kilometres over the two-day event. The ride starts and finishes at the Gimli Rec Centre, while also traversing along the scenic shores of Lake Winnipeg.

For cyclist John Wanke, who has participated in the Gimli ride for 11 years, it's a cause that's close to his heart. He was diagnosed with MS in 2012 after experiencing numbness in his feet.

"It's very unpredictable. There are so many

different symptoms. A lot of people get fatigue and then problems with balance and weakness, sensory changes such as tingling and numbness or vision problems. Everyone's got a different case and everyone has different symptoms," said Wanke, who lives at Falcon Lake.

"After I was diagnosed, I moped around for a couple years, just feeling sorry for myself. But you learn to live with it. My balance is not as good as it used to be, but I keep active."

He started off by buying a mountain bike from his neighbour's son and began to train by cycling on the TransCanada Trail from Falcon Lake to West Hawk.

This year, he's looking forward to reuniting with friends he's made over the years at the Gimli ride, while also trying out a new gravel bike.

"It's an amazing event," he said. "The best part is when you're almost finished and people are in their driveways cheering you on with bells and signs."

In fact, he liked one sign so much that he got the message tattooed on his calf: "Don't limit your challenges. Challenge your limits."

He encourages others to get involved, either as participants or volunteers.

"I look forward to this weekend every year. We make it into a little mini holiday," he said. "There are so many people that I see at this event every year and we keep in touch during the off-season. It's like a big family, and it's all for a good cause."

Paige Perron, coordinator of community fundraising for MS Canada, said Canada has one of the highest rates of MS in the world.

"Over 90,000 Canadians live with the disease, and every two hours, someone in Canada is diagnosed with MS. That's why community support for MS Bike-Gimli is so meaningful," she said.

"Every kilometre you ride brings us closer to a world free of MS, and the funds raised help improve the lives of people affected by MS across Canada, through critical support programs, groundbreaking research and advocacy."

Volunteers are essential to ensure the event runs smoothly. Organizers are looking for volunteers to support key areas of the event as well as to help at the Gimli Rec Centre. Anyone interested can sign-up and view volunteer opportunities at [msspbike.donordrive.com/events/1202](https://msspbike.donordrive.com/events/1202).

The Gimli event, which has been going strong since 1989, will include an outdoor beer garden, music, lawn games, food and more. A cocktail hour for top fundraisers will be hosted on Saturday, Aug. 23 from 4 to 5:30 p.m., followed by a dinner for all participants and evening ceremonies at 6 p.m.

On Sunday, Aug. 24, a barbecue lunch, music, games and team photos will take place at the finish line.

To learn more, register to participate or make a donation, visit <https://msspbike.donordrive.com/events/1202>.



**RECORD PHOTOS SUBMITTED**

Cyclist John Wanke of Falcon Lake will take part in his 12th MS Bike-Gimli ride on Aug. 23 and 24, raising funds and awareness for multiple sclerosis — a cause close to his heart since his 2012 diagnosis.



## JOIN US FOR THE AUGUST CONSIGNMENT SALES 2025

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**AUGUST 21 OFFSITE DAY 1 AUCTION**

**TIMED ONLINE AT 9:00AM**

**VIEWING : AUGUST 18 TO AUGUST 22**

**BIDDING STARTS: AUGUST 21 AT 9AM**

**OFFSITE WEEK 2 DAY 1 CLOSES**

**WEDNESDAY, AUGUST 27 - 10 AM**

**PICKUP DAYS: FRIDAY AUGUST 29 &**

**SATURDAY, AUGUST 30 9AM TO 5PM.**

**AUGUST 21 ONSITE DAY 2 AUCTION**

**TIMED ONLINE AT 9:00AM**

**VIEWING : AUGUST 18 TO AUGUST 22**

**BIDDING STARTS: AUGUST 21 AT 9AM**

**ONSITE WEEK 2 DAY 2 CLOSES**

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**VIEWING : AUGUST 25 TO**

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**BIDDING STARTS: AUGUST 28 AT 9AM**

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# St. Jude's Heritage Site celebration



RECORD PHOTOS BY KATELYN BOULANGER  
AND SUBMITTED BY MARILYN WILLIAMS

St. Jude's Anglican Church was named a heritage site by the RM of St. Clements in 2018. Since then, the Friends of Old St. Jude have taken on the challenge of keeping this historic building going for future generations. Last weekend, the group hosted a grand opening and celebration as some major work took place to the vestibule. Residents gathered, enjoying some food, and taking a look inside the structure that has been part of our community for nearly 130 years.



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# Experience historic modes of travel at Lower Fort Garry's Transpo Expo Aug. 16

By E. Antonio

Morning commutes weren't always as easy as hopping into a vehicle, and visitors to Lower Fort Garry's Transpo Expo will get to explore how people travelled since the late 1800s.

On Saturday, Aug. 16, from 10 a.m. to 4:30 p.m., Parks Canada, in collaboration with the Friends of Lower Fort Garry (FoLFG), will transport guests back in time to see, experience and learn about early-day transportation methods — from ox carts and canoes to cars and commuter buses.

"This year — based off participant feedback — we are really excited to call this a true Transpo Expo by shifting our focus to create learning opportunities about the history of transportation in Western Canada, specifically in Manitoba," said Ben Gillies, FoLFG vice-president.

This is the third year for the expo and the biggest yet, featuring interactive presentations, historic displays

and children's activities, before capping off the day with a parade around the Fort at 3:30 p.m.

"Without transportation, a lot of things that helped us grow in the past couldn't have happened," Gillies said. "We think it is a really important part of our history and the Transpo Expo is such a neat way to celebrate it."

The expo is special to Lower Fort Garry, which was home to the Motor Country Club from 1913 to 1962. Many cars similar to those once found at the club will be on display during the day with the All-British Car Show.

This year, the Manitoba Transit Heritage Association — an organization devoted to sharing the history of buses and public transit — will have three historic buses on display, including one from 1937, the oldest in its fleet. This bus impacted the lives of many former Selkirk residents as the first commuter bus chartered to and



RECORD PHOTO SUBMITTED

Visitors can experience Lower Fort Garry's Transpo Expo on Saturday, Aug. 16, featuring children's activities, historic displays and interactive presentations.

from Winnipeg and Selkirk. It passed by Lower Fort Garry daily and even came near the property, as a service road once ran next to the Fort.

"We think it is so exciting that we are able to bring that piece of history back to the site for one day," Gillies said. "People will be able to see and board the buses, giving them a true insight into what people used to take before personal vehicles took over."

Manitoba Public Insurance will also have historic bicycles on display.

In addition, Armand Jerome, a Métis

Red River cart builder, will be demonstrating how to build a cart from 12 to 3 p.m. Jerome has built more than 60 carts in his lifetime and taken them on trail rides through Manitoba and Saskatchewan. As part of Parks Canada's Knowledge Sharing Series, he will share the history of the carts, explain how they are made and reminisce about his carting adventures.

Mark Blieske, an expert birch-bark

Continued on page 15

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## > TRANSPO EXPO, FROM PG. 14

canoe and paddle maker, will also be sharing his talents all day. With more than 10,000 hours of canoe and paddle-making experience, he has mentored more than 3,000 Canadian students on how to make paddles of their own. On Saturday, he will demonstrate how to make canoes and paddles from start to finish, much like the Indigenous Peoples did early on. Younger history fans can take

part in the Ultimate Voyageur Obstacle Course — a kid-friendly event to show how people moved around in the past. There will be a variety of kid-sized transportation modes, including small ox carts with fur bales to pull and tumplines (a leather strap used for carrying loads with the head).

All Transpo Expo activities — including regular Lower Fort Garry

programs and building access — are free to attend and included with the Canada Strong Pass. The restaurant and gift shop, located in the reception building, will also be open with food, beverages and souvenirs for purchase.

"All that to say, we hope it will be a fun day out at Lower Fort Garry, made all the better because the site is free for this season," Gillies said.



RECORD PHOTO SUBMITTED

Canoe and paddle maker Mark Blieske will be on site all day demonstrating the craft of birch-bark canoe and paddle making.

# New tax credit saves Manitobans up to \$1,500 on property tax

By E. Antonio

Manitobans may notice a new property tax credit on their bills this year.

The Homeowners Affordability Tax Credit (HATC) has replaced the Education Property Tax Credit (EPTC) and will offer homeowners — including condominium and mobile home owners — a rebate equal to the lesser of \$1,500 or the gross school taxes on their principal residence.

That means if a property's gross school taxes are less than \$1,500, the credit will match that lower amount. If they are higher, the homeowner will receive the full \$1,500.

A provincial spokesperson said the change focuses on providing additional school tax relief for homes with lower and mid-range assessed values. The HATC was implemented in early 2025, benefiting Manitobans for the upcoming property tax year.

If homeowners already received the EPTC, they will automatically receive the HATC — assuming they have not moved. The HATC was or will be applied to the tax statement depending on when each municipality mails them out.

"Regardless of whether a homeowner has received their tax statement already or not, there is still an opportunity to claim the HATC for the current year," added the provincial

spokesperson.

Homeowners needing to declare their principal residence — including those who have recently moved — can apply within their municipality by Nov. 15, 2025, to receive the credit for the year. If the tax statement has already been sent out, eligible applicants will receive an adjustment to their tax owing or a refund cheque. Homeowners can also claim the HATC on their personal income tax return if they did not receive the credit on their property tax statement or as a credit on their account.

If a homeowner owns more than one residence, they cannot claim the credit twice. Only one owner can claim the credit if two owners live on the same property. Renters are not eligible for the HATC but can claim the Renters Affordability Tax Credit.

The Province of Manitoba has been communicating with residents about the HATC through municipal news and provincial bulletins, striving to inform as many eligible property owners as possible.

More information about the HATC is available at [www.gov.mb.ca/finance/tao/hatc.html](http://www.gov.mb.ca/finance/tao/hatc.html), including how to check if you have declared your principal residence for the credit.

## > LOCKPORT COMMUNITY CHURCH, FROM PG. 6

to talk about, yes, it's sad to leave the building, but the building is an earthly thing. What's really important is that we continue to grow in our faith and reach out to others," said McDowell.

McDowell asks that residents please reach out to share memories, and she can help share more information on future church gatherings. She is available by phone at 204-487-1890, and her email is [martha-mcdowell@shaw.ca](mailto:martha-mcdowell@shaw.ca).

McDowell would also like to thank everyone who has shared their journeys with the church.

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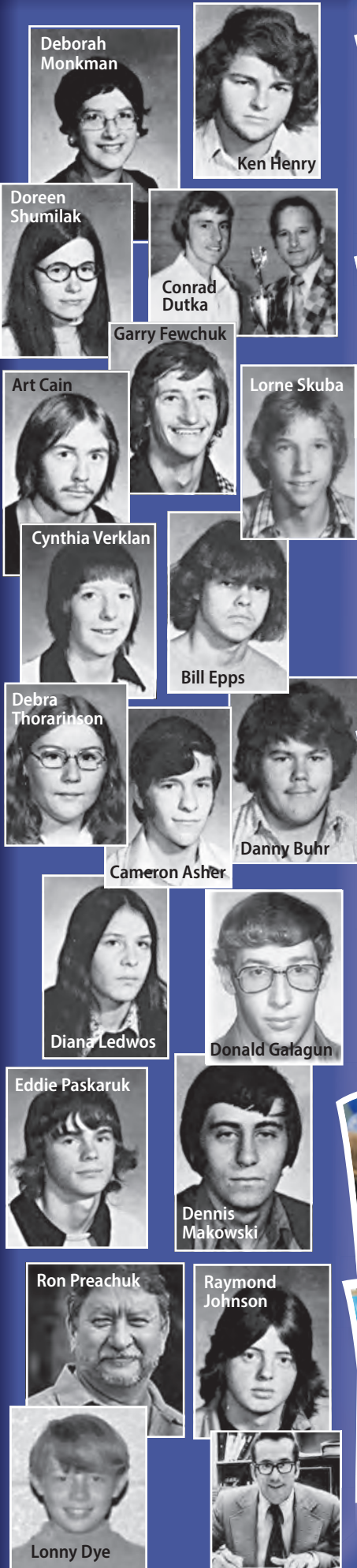
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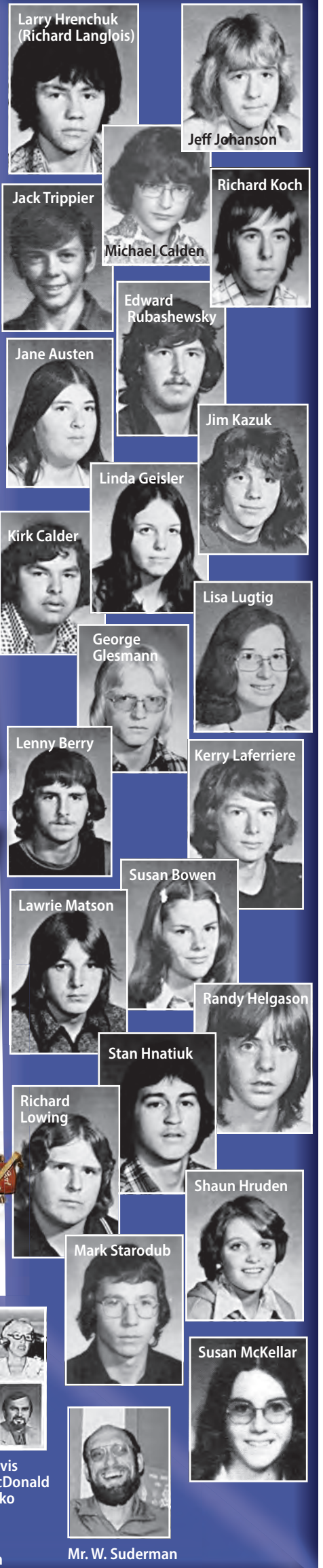
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*Gone, but not forgotten*





# get inspired

> MEAL IDEAS



Servings: 4  
 Honey-Lemon Marinated Grapes:  
 2 tablespoons extra-virgin olive oil  
 3 tablespoons lemon juice  
 1 tablespoon honey  
 1 tablespoon fresh basil  
 1/4 teaspoon sea salt  
 freshly ground pepper, to taste  
 3 cups halved red Grapes from California  
 1/2 cup thinly sliced red onion  
 1 small handful arugula  
 Salmon:  
 3/4 cup walnuts, chopped  
 2 tablespoons roasted, unsalted sunflower seeds  
 2 teaspoons honey  
 2 teaspoons spicy brown or Dijon mustard  
 1/4 teaspoon sea salt



## Walnut Sunflower-Crusted Salmon with Honey-Lemon Grapes

4 salmon fillets (6 ounces each)  
 Heat oven to 350 F and line baking sheet with parchment paper or lightly oiled foil.  
 To make honey-lemon marinated grapes: In medium bowl, whisk oil, lemon juice, honey, basil, salt and pepper, to taste. Stir in grapes, onion and arugula; set aside.  
 To prepare salmon: In small bowl, stir walnuts, sunflower seeds, honey, mustard and salt until thick paste forms.  
 Place salmon on prepared baking sheet, skin side down, and press equal amounts walnut mixture over surface of each. Bake 20 minutes, or until salmon flakes easily with fork.  
 Set salmon on plates; using slotted spoon, spoon marinated grape and onion mixture over salmon and around plates.



## Lasagna Rollups

Recipe courtesy of "Cookin' Savvy"  
 Servings: 4-6 (1 rollup per serving)  
 8 lasagna noodles  
 1 pound hamburger meat  
 1 tablespoon garlic powder  
 1 tablespoon onion powder  
 15 ounces ricotta cheese  
 1 teaspoon rosemary (optional)  
 1 jar marinara sauce  
 2 cups mozzarella cheese, divided  
 In pot, boil noodles according to package instructions. Drain under cold water and set aside.  
 In same pot, brown hamburger meat then add garlic powder and onion powder. Mix in ricotta cheese; rosemary, if desired; marinara sauce; and 1 cup mozzarella cheese.  
 Heat oven to 350 F.  
 Line baking dish with layer of ham-



# BINGO

**SUNDAY NIGHT BINGO**  
Pots are as follows:

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<b>Mini Loonie - \$1,130+</b>
<b>Loonie Pot - \$1,119+</b>
<b>Poker Flush - \$19,284+</b>
<b>Bonanza - \$9,938+ in 52 numbers</b>
<b>Jackpot - \$16,300 in 51 numbers</b>

# What frequency works best for muscle development?

By Fitness Expert Julie Germaine Coram

Often, clients come to me confused by all the conflicting information out there when it comes to exercise and nutrition. One of the most common questions I get on the workout side is: How often should I train to maximize muscle gains without over-training?

It's a great question — but there's no quick, one-size-fits-all answer.

The first thing to consider is your current fitness level. If you're a beginner who has been training for less than six months, then hitting each muscle group once per week is likely enough to see strength improvements. The key is allowing your muscles time to recover fully between sessions. A good rule of thumb: avoid training the same muscle group if you're still feeling sore in that area.

For example, if you're coming back to leg day and your glutes are still aching from Monday's squats, you'd benefit more from light cardio followed by stretching. This will aid recovery and reduce the risk of injury.

However, if you're more of an experienced lifter — and perhaps using supplements to speed up the recovery process — then designing a workout split that targets the same muscle group more than once a week is a great way to break through frustrating training plateaus. Adapting your routine this way also allows for a more complete workout, since you can incorporate a wider variety of exercises that focus on your trouble areas.

Research shows that increasing training frequency can result in greater muscle growth.



Fitness Expert Julie Germaine Coram

Sometimes, a small change — like doubling your shoulder workouts — can lead to faster results. That kind of progress can boost motivation and strengthen the mind-muscle connection, which is crucial to long-term success in fitness.

The best way to make changes is to assess your current fitness level, consult a certified coach to create the right training split, align your nutrition to your goals, and commit to your new program before diving in.

Good luck — you've got this!

Want to discuss your fitness goals or challenges? Book a free online consultation at [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine) or email me directly at [julie@juliegermaine.com](mailto:julie@juliegermaine.com).

*Coach Julie Germaine Coram is an active mom, registered personal trainer, two-time pro fitness champion, certified nutrition expert and fitness specialist. She has helped thousands worldwide improve their health since 2005.*

burger sauce. Line cooled noodles on cutting board or parchment paper. Add hamburger sauce to each noodle and roll. Place lasagna rollups, seam sides down, in dish. Cover

with remaining hamburger sauce and sprinkle with remaining mozzarella cheese.

Bake 20 minutes.



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# Offroad Adventures Family Campground opens in Gimli

By E. Antonio

Families looking to camp under the stars without leaving town now have a new destination in Gimli.

Offroad Adventures Family Campground, a 66-lot full-service site nestled in the trees off Loni Beach Road, officially opened this summer—offering a rustic, nature-connected getaway just minutes from the heart of town.

Located at 59 Loni Beach Road, the 44-acre campground features lots serviced with water, sewage, and either 30- or 50-amp power.

"We are a camping family and we wanted to give our kids and other Gimli families another space to get away. We knew Gimli needed it, so we turned it into a little family project over the last 10 years," said Laura Leger.

She owns the campground with her husband, Dennis. Both were born and raised in Gimli but had been living in Alberta. Laura and their three children moved back to Gimli in 2020, while Dennis commutes back and forth between his two jobs.

"It's a lot being apart from him so often, but we both knew we wanted the kids' roots to be back in Gimli," she added.

The Legers always knew they wanted to develop a campground, buying the land from the municipality in 2015. The property has potential for 200 lots, with both seasonal and nightly options available.

Over the past decade, the couple worked on the campground during their off time from their Alberta-based businesses: Offroad Industries Ltd., Offroad Excavation Ltd., and now Offroad Adventures Family Campground.

"This campground was a little side project that quickly turned into something big. We didn't necessarily know what we were getting ourselves into each year—taking on one big project annually—but we were excited to see where things went."

They opened the first 66 sites over the May long weekend—something that happened sooner than expected.

"There was so much demand. We had to push the opening forward because so many people wanted a site. We didn't promote the campground in any way—it just travelled by word of mouth. So, we set up a temporary office and we've been near capacity since we opened."

Offroad Adventures Campground has welcomed visitors from across Canada, along with a few American guests. At the moment, most employees are family members.



RECORD PHOTO SUBMITTED

The Leger family opened Offroad Adventures Family Campground in Gimli this summer. Pictured (L-R) are Brady, Colten, Laura, Dennis and Ava. , with plans to develop more in future years.

"From our parents to our children—it's a true family venture," said Leger. "Our children have been involved since day one. From the planning stages, to development and now daily upkeep... our kids have been a huge part of this process."

The campground also employs four students to maintain and clean the grounds.

Leger said many campers make the most of their stay by shopping and exploring Gimli's local shops, restaurants, and activities.

When developing the campground, the family worked with local and provincial governments to ensure all standards were met. Nature preservation was also a priority. They aimed to maintain a "wilderness feel" by keeping as many trees as possible for wildlife—especially deer—to roam freely.

They are already developing Phase 2, which includes 33 additional sites set to open next

Continued on page 24

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# Your

# Health

## Local stroke awareness advocate Shannon Bayluk has received a King Charles Medal

From being involved with research, to presenting to crowds, and being honoured for her work, Bayluk is bringing stroke information to our community and beyond



RECORD PHOTO SUBMITTED

Shannon Bayluk at a presentation she made about stroke awareness last year.

**By Katelyn Boulanger**  
Local Selkirk stroke health advocate Shannon Bayluk has had a very busy time recently advocating for cardiovascular health research and spreading the word about how important it is to keep stroke health top of mind.  
Her recent adventures include working with the Heart & Stroke Foundation as a presenter, spreading the word about things that people need to know in order to be stroke smart and giving interviews during Stroke Awareness Month.  
“I also participated in a webinar to raise awareness for vascular cognitive impairment. It was with two really prominent doctors out of Calgary, and I was their guest, which was just phenomenal to me, that I was the guest. There were al-

most 1000 people on the webinar. It was just incredible that that many people were on, it was family physicians and people who have had experiences themselves,” she said.  
Bayluk herself had her first stroke in 2020. She was working from home at her cottage in Lac du Bonnet and was planning to head into the office later that day. She described her experience when it happened as making a call with a headphone in her ear and then feeling like it had fallen out, then going to reach for it and nothing happening. She didn’t know what was going on but was concerned enough that she called her neighbour for help. They went through

the FAST acronym, which stands for face droopiness, arm weakness, speech difficulty, and time is time to call 911, as the thought that it might be a stroke crossed her mind. Unfortunately, though she was experiencing numbness and tingling on her left side at that point, she didn’t know that you need to hold your arms up for a while to make sure to test for one-sided weakness and hadn’t started exhibiting the other symptoms yet. Because of that, she assumed that she had pinched something, and her neighbour went home so that she could rest. Luckily, Bayluk couldn’t get the feeling that something might be

Continued on next page

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Continued from previous page

wrong out of her head and called Healthlinks. The Healthlinks nurse on the phone recognized the signs that something was wrong and called an ambulance for Bayluk.

Bayluk was 46 when her stroke happened, and, as a younger person, a stroke might not have been the first thought to come to mind, but strokes do happen in younger people and Bayluk advocates for resources for all ages of stroke survivors.

"I love to be a part of that kind of good— spreading information and telling the story from my perspective. The doctors speak, but sometimes it's tough for people to really take in the numbers and stuff like that, right? It's (important) to get the personal side, and often that's where my piece comes in and wraps things in a different light," she said.

The interviews that she gave during Stroke Awareness Month, like the webinar, went well.

"I always make sure that when I'm giving information outward, that along with my story, I point out that I didn't present as a typical stroke patient, right? Forty-six years old, healthy, and I didn't have the stroke symptoms," she explained.

Bayluk also makes sure that she emphasizes the acronym FAST— face droopiness, arm weakness, speech difficulty, and time is time to call 911 because time is very important when it comes to treating strokes. The sooner that people can get to the hospital, the better, as the medications that help to treat strokes need to be given as soon as possible to work best.

"I always say that no two strokes are the same, and if you're unsure, you should always attend an ER.

The other thing I often reference is the fact that strokes in young adults are often misdiagnosed or it's just dismissed, which is, in my view, a tragedy, because I know a couple of people from my stroke survival group, from my own personal group of friends, that have had people attend a hospital with migraines and they have been sent home," she continued.

She feels that it's important that she take on this role as an advocate and spreads this information.

"We don't know what we don't know. A lot of the (presenting) that I try to do is on pre-(stroke information), but also a lot of the (info) is on post-(stroke information) because the post-stroke is where you really find out what you need to do and where the struggles can start. I'm working with a team in Calgary right now. I'm part of a project there, and it is to help patients, survivors, and their caregivers to assist them in what are the next steps? What are the needs of a survivor and the care that they need? It's not just in Alberta, it's Canada-wide. We're having participants from everywhere provide input so that this information can be disseminated everywhere," said Bayluk.

The name of the research project that she's involved with is the strokePro research group, and she is on the board as a representative of Manitoba. If other stroke survivors from our region would like to participate in the group, they can contact Bayluk by email at shannon.bayluk@icloud.com for more info.

Bayluk also recently had the honour of receiving a King Charles III Coronation Medal. She was nominated for this honour by Heart & Stroke in recognition of her outstanding contributions to the foun-



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dation and their collective efforts to advance heart and brain health in Canada.

She described feeling gobsmacked when she found out that she was going to be presented with this honour.

"There really was no way for me to put into words how it made me feel. I received it in May. There were 22 recipients here in Manitoba (at that presentation), and it ranged from doctors, scientists, philanthropists, Heart and Stroke members, board members, to lowly old me, and some other survivors. It was just incredible people sitting there. It was just a very, very surreal moment to be surrounded by these amazing people," said Bayluk.

An advocate's work is never done, however, and she said that in addition to the honour, she was able to make some more connections at the event that she hopes to build on in the future.

As for her near future plans, she'll be presenting at an event called, 'The Heart's Truth Shannon's Story' on Aug. 21 in Winnipeg. This event is a fundraiser for the Heart and Stroke Foundation of Canada and those who might like to go and hear Bayluk speak can learn more at <https://heartandstroke.crowdchange.ca/112901>.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## MJBL MVP nod a full-circle moment for Giants' Duguay

By Kieran Reimer

Dylan Duguay of the Elmwood Jr. Giants had a summer to remember — and now he's getting the recognition he deserves.

The 21-year-old from Lockport entered the 2025 Manitoba Junior Baseball League season as one of the league's top veterans in his final year of junior ball.

He'd spent the past six seasons with the Giants, fine-tuning his game, and had recently finished his college career with South Suburban College in South Holland, Ill.

Duguay came into this summer ready to put on one final act with the Giants.

Playing second base for a championship-contending

team, he was nearly unstoppable at the plate.

On July 28, Duguay's success came full circle when he was named the recipient of the Carey Candy Award as the 2025 MJBL's Most Valuable Player and the All-Star Second Baseman.

"The one thing that I did was just to go out there and have fun, because before in the past sometimes, pressure got to me a little bit, but this year I decided I'm just going to trust my talent and just go out there and have fun and have no pressure behind my back," said Duguay.

This summer, Duguay led the MJBL with six home runs and 55 quality at-bats, while batting .413 with 24 runs batted in.

He had succeeded in past seasons, but this year he did it all — from playing multiple positions when needed to staying calm under pressure when games got tense.

Duguay credited his experience throughout his baseball career for those abilities. His journey has taken him to several countries, but possibly his favourite place to play has been back home with his Giants crew.

"Baseball could be the hardest sport to play, so playing the game a long time really got me comfortable with it with all the travelling I've done around the country, even in the States, around the world," said Duguay. "That's probably one of the main reasons. Another reason is at the end of the day, it's just a game. It doesn't matter on or off the field if you do good or bad, or if you're having a tough day at the plate, or if you have a good day — every day's a new day, so

that's handling pressure. Some people, it's hard for them to handle, but the way I handle that is I just say it's a game. Nothing's going to affect you personally, so you kind of just leave it on the field and whatever happens there, there's a new day the next day."

That mentality led to plenty of team success for the Giants this summer as they finished the regular season second behind only the Carillon Sultans, who they later met in the MJBL finals.

The Giants dropped games one and two of the series before forcing a game four with a 10-9 win in game three on July 29.

The following evening, the Sultans ultimately closed out the series with a 2-1 win at Koskie Field.

Duguay, however, won't let the loss take away from his time in the league.

"The competition, the guys I play with, my team, and even the other teams. Since I've been growing up, I've been playing these guys since I was young, like my whole life, so I know the other guys well and even off the field we're friends, but on the field it's always competition. I always liked that about the MJBL — it's always fun. There's no really sugar-coating anything. It's always to the grind, you're always working to get better, and that's probably the most fun — probably the competition."

Duguay now has to decide where he will play in future seasons, whether it will be the Winnipeg Senior Baseball League, competitive slo-pitch, or somewhere completely different.

Regardless of where he goes, he has proven to be a player most any team would want in their clubhouse.



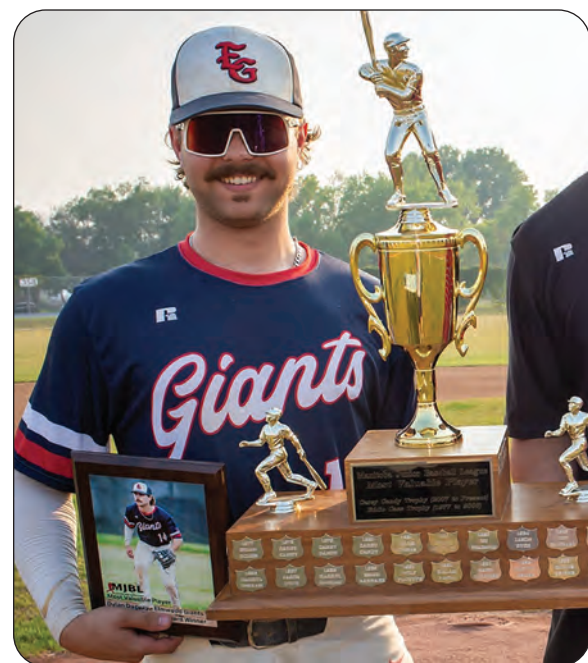
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RECORD PHOTOS SUBMITTED

Elmwood Jr. Giants second baseman Dylan Duguay, 21, capped his final Manitoba Junior Baseball League season by being named MVP and All-Star Second Baseman for 2025. The Lockport native led the league in home runs and batting average, helping the Giants reach the MJBL finals.



McKyla Poponick won the Ladies' Championship Flight at the 2025 SGCC Club Championship last weekend. Poponick shot a +15 (161) through two days to finish well ahead of her competitors.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## East St. Paul Skating Club summer camp in midst of record year

By Kieran Reimer

The East St. Paul Skating Club continues to reach new heights on the ice.

Now in its ninth year of running summer figure skating camps out of Seven Oaks Sportsplex, the club has once again set a record for participation, with 48 skaters registered so far this year.

This summer's camp began July 2 and runs until Aug. 14, and program coordinator Tanya Pilat expects even more registrations before it wraps up.

"You want your programs to be growing and the kids to be excited to come back year after year," said Pilat. "What's really encouraging, too, is the skaters who come for one week and then decide they want to skate more, so they add weeks as they go. That's really encouraging—when they want to keep coming back."

Pilat, 51, has been coaching since she was 14. She grew up in rural Manitoba, where she received an exemption to begin coaching two years early. A quadruple gold-level skater, she is also a two-time recipient of the Sport Manitoba Female Coach of the Year Award.

The East St. Paul Skating Club also received national recognition this

past spring, winning the National Club/Skating School Award.

After decades of coaching in Winnipeg, Pilat wanted to create a summer skating opportunity for youth and adults in the north end of the city and surrounding areas, including Selkirk, East St. Paul and West St. Paul.

When Seven Oaks Sportsplex was preparing to open its doors a decade ago, Pilat connected with the planning committee and was invited to start the club's summer camp the following year.

The program has grown steadily since, thanks to the club's high-end offerings.

There are multiple on-ice and off-ice training options, no age limits, and a team of 11 coaches who help skaters build their skills.

This year's participants range in age from six to 39, including one skater who has travelled from Iowa for the past two summers.

"It's really good—especially the seniors—just because they've been around a lot longer," Pilat said. "A lot of them are much more familiar. I've probably worked with most of the skaters at some point. Even if I haven't been their primary coach,

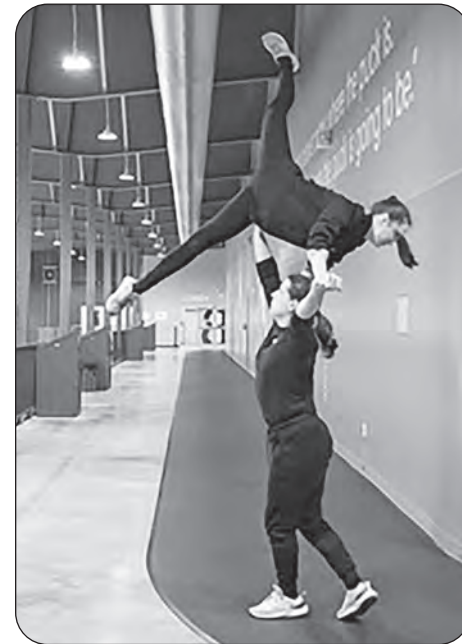


Jillian Popeski is one of the 48 skaters who have been on the ice with East St. Paul Skating Club this summer. The 48 is a record number for the summer camp.

I've often given them lessons when requested by their coach. So the kids know me quite well.

"It's really great when they ask, 'Are you doing the program again next year? How many weeks are you doing?' They're asking those questions already because they're excited to come back."

Pilat also focuses on the little things—such as posting daily motivational messages for participants—to enhance the experience.



RECORD PHOTOS SUBMITTED

East St. Paul Skating Club participants Emmet Dewar and Jade Pilat practice lifts off-ice at Seven Oaks Sportsplex.

Unlike hockey, the skating club organizes athletes by skill level rather than age, which has helped newcomers learn more easily and allowed advanced skaters to continue progressing.

## Strikeforce surpassed by Thunder FC after key loss

By Kieran Reimer

The Selkirk Strikeforce were stopped short in their effort to get back in the win column last Tuesday.

Hosting Thunder FC, Strikeforce entered the match needing a victory to hold on to second place in the Manitoba Major Soccer League Division 3B standings.

Both teams found the net through

top scorers—Selkirk's Aaron Bell and Thunder's Cole Bragg—but it was Bragg who struck twice. Bell's lone goal was the only marker for the home side, as Selkirk fell 2-1.

The loss cost Strikeforce more than just three points, as Thunder FC leapfrogged them in the standings to take over second place.

With the season series now even at one win apiece, Selkirk dropped to third place in the division. The squad holds an 8-4-2 record through 14 matches—more than any other team in the division as of Tuesday.

Still, Selkirk has a healthy chunk of regular season action ahead, with at least four games remaining and the

potential for more.

They'll look to snap a two-game skid next Tuesday at 7 p.m. when they host Storm City at the Selkirk Recreation Complex.

Storm City has struggled this season and is still searching for its second win. The match is a rescheduled meeting, originally set for July 29.

### > OFFROAD ADVENTURES, FROM PG. 19

year. In total, the campground will be completed in three phases, with the timeline still in the works as the Legers split their focus between their other businesses.

Currently, all lots are surrounded by trees, offering campers a private outdoor experience. The campground is attached to the sports park, offering amenities such as

a dog park, walking trails, playground, and green spaces.

"The biggest thing is that we are right in the Town of Gimli. We're within walking distance to the many great things the town has to offer," said Leger.

The family hopes to eventually build their own green spaces and playground, but for now, campers

can take advantage of Gimli's nearby recreational facilities.

"We didn't realize how lucky we were to live and grow up in Gimli. After we moved away, we realized just how fortunate we were to have this right outside our front door. We want to create this opportunity to bring more families to Gimli and let them enjoy the town just like we

always did. Gimli is a special place and we can't wait to create chances for families to relax and get away."

Overnight camping spaces are still available until the campground closes for the season on Sept. 30. Families can book a campsite online at [www.offroadcampground.com](http://www.offroadcampground.com) or call 204-671-0550 for more information.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Selkirk-area athletes heading east for Canada Summer Games

By Lana Meier

Athletes from Selkirk and surrounding communities are preparing to don the green and gold as they represent Manitoba at the 2025 Canada Summer Games in St. John's, Newfoundland and Labrador, from Aug. 8 to 25.

The national multi-sport competition, held every four years, brings together more than 4,000 top young athletes from across the country—and the Interlake and Capital regions will be well represented.

Selkirk boasts one of the largest local contingents, led by a strong box lacrosse squad featuring Mason Grant, Brody Desjardins, and Delainey Kiteley, with Maria Riddell of Warren also joining the team. Teagen Purvis (swimming), Ivan Doerksen (athletics), and Victoria McPherson and Zoey Purvis (volleyball) will also compete. Behind the scenes, Tessa Zander and Josh Poponick are part of the lacrosse coaching staff, with Cruz Jimenez serving as team manager. Jess Friesen is attending as a venue pass holder.

From West St. Paul, Jackson Vandersteen will play volleyball, Logan Waller will represent Manitoba in

soccer, Liam Palmer will compete in athletics, and Ronan Tracy is part of the baseball team.

East St. Paul is also sending a deep roster, including Fynn Baydock (box lacrosse), Ewan Dalling (cycling), and Kalen Booth and Noah Cambly (swimming). Volleyball siblings Gavin and Eli Ulrich are both on the roster, as are Isabela Faria and Ana Jankovic (soccer and volleyball respectively). Team manager Maia Dalling is also travelling with the cycling squad.

St. Andrews will be represented in track and field by Arianna Pilat, Danica Kubay, and Keenan Allen, with Marko Kruglyy competing in soccer.

Clandeboyne's Nevaeh Marynowski will compete in athletics, and Garson's Cassie Molina joins the soccer team, alongside local baseball coach Brittney Langlais.

The 2025 Canada Summer Games will showcase competition in over a dozen sports at venues across the greater St. John's area. Team Manitoba's athletes from the Selkirk region will look to make their mark and bring pride to their communities.



RECORD PHOTO BY DAVE HOWELLS

Team Manitoba kayaker Luke Enns carries the provincial flag during the Opening Ceremonies of the 2025 Canada Summer Games in St. John's, N.L., on Aug. 9.

## Allen earns silver at Peace Gardens triathlon

By Annaliese Meier

Trevor Allen of Selkirk raced to a second-place finish in the Olympic-distance event at the International



RECORD PHOTOS SUBMITTED

Selkirk's Trevor Allen powers through the bike leg en route to a second-place finish in the Olympic-distance race at the International Peace Gardens Triathlon on Aug. 3. The event's 1500-metre swim, 40-kilometre bike and 10-kilometre run course crosses the Canada-U.S. border multiple times, attracting athletes from Manitoba, Saskatchewan and North Dakota.

Peace Gardens Triathlon on Aug. 3.

The 1500-metre swim, 40-kilometre bike and 10-kilometre run course is a unique challenge, taking competitors across the Canada-U.S. border multiple times. The annual event draws athletes from Manitoba, Saskatchewan and North Dakota.

Allen was second out of the water after a strong swim and closed the gap on the leader early in the bike leg. He surged ahead and held the lead for the full 40 km before being caught by eventual winner Matthew Hildebrand during the run.

The Peace Gardens Triathlon has become known for its cross-border route, scenic views and international field. Full results are available at [zone4.ca](http://zone4.ca).



RECORD PHOTO SUBMITTED

Allen pushes through the final stretch of the 10-kilometre

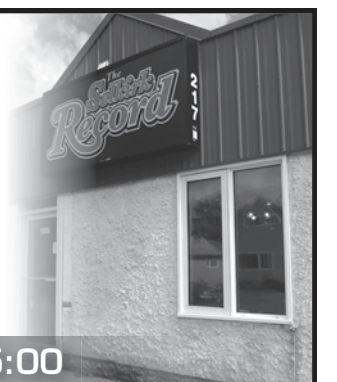
### The Selkirk Record

217 Clandeboyne Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline  
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Office Hours: Monday-Friday 9:30-5:00





# Classifieds

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## EMPLOYMENT OPPORTUNITY

### Full-Time Mental Health Counsellor, FYRST Gimli

F.Y.R.S.T. supports youth and adults in Gimli, Arborg, Riverton and Winnipeg Beach through a consent-based, culturally inclusive, and client-centred community mobilization model.

We are seeking a dynamic and flexible, culturally competent individual to join our team as our Mental Health Counsellor (with an Indigenous lens). This position will work individually to support existing clients who require mental health supports in collaboration with F.Y.R.S.T. Coordinators. This is a full-time (37.5 hrs/wk) daytime position paying \$33.85/hr.

#### We are seeking candidates with:

- Comprehensive knowledge of and experience in clinical assessment and treatment modalities and working with youth & adults, crisis intervention, and trauma-informed care
- Knowledge of mental health problems and illnesses, including signs, symptoms, treatment and prognosis of mental illness and emotional distress
- Knowledge of and experience with cognitive behavioural therapy, dialectical behaviour therapy and motivational interviewing
- Experience providing supportive counselling, conducting interviews, performing assessments and creating treatment plans
- Knowledge of co-occurring disorders
- Knowledge of psychopharmacology
- Knowledge of relevant Acts and legislation pertaining to mental health, familiarity with the Truth & Reconciliation Commission's Calls to Action
- Knowledge of Indigenous historical and current experience and cultures
- Experience working with diverse populations
- Experience facilitating cultural connections and groups.

#### Qualifications:

- B.Sc. M.H., B.Sc. P.N., RPN, BN, RN, BSW or MOT; combination of Indigenous Studies education and (lived) experience
- Registered/licensed with applicable professional designation (including liability insurance)
- ASIST Certificate (Applied Suicide Intervention Skills Training)
- Minimum of two (2) years experience in a relevant mental health area required
- Proficiency in Microsoft Office applications
- Valid driver's license and a vehicle are required
- Ability to attain a satisfactory criminal record check, child and adult abuse registry check, and enhanced law enforcement security clearance (successful completion is necessary for employment).

#### Assets:

- Training in direct action and experiential therapeutic technique (such as action therapy)
- Experience with land-based or ceremonial healing practices, connections to Indigenous communities, resources, and events.

Please submit your resume to: Rob Gray, S/Sgt Gimli RCMP  
[Robert.gray@rcmp-grc.gc.ca](mailto:Robert.gray@rcmp-grc.gc.ca)

#### SUPPORT LOCAL BUSINESS

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- High-End Alfalfa
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Rob: 1-204-209-1066

[redriverforagesales@gmail.com](mailto:redriverforagesales@gmail.com)

[redrivforage.com](http://redrivforage.com)

#### METAL RECYCLING

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

#### SCRAP METAL

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

#### SHOP LOCAL

#### SCRAP METAL

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

#### FIREWOOD

Birch, Tamarack, Ash, Poplar, Pine and Oak for sale. Delivery extra. Call or text 204-904-8441.

#### HOUSE FOR SALE

3 bedroom plus 1 home for sale. 419 Nelson Ave. \$425,000. Call 204-481-3124.

### Online McSherry Auctions

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[McSherryAuction.com](http://McSherryAuction.com)  
204-467-1858  
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[mcserrytld@gmail.com](mailto:mcserrytld@gmail.com)

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Common #1 Algonquin alfalfa seed, inoculated, 50 lb. bags at \$3.50/lb. Call 204-298-4099.

#### FEED

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#### GARAGE SALES

Multi-Family Yard Sale. Glassware, toys, books, electronic and computer accessories and more! 955 Frank Street, East Selkirk. Fri., Aug 15 & Sat. Aug 16, both days 9 a.m. - 7 p.m., Rain or shine.

Garage & Yard Sale - 2 miles south of Teulon on #7 Hwy. Watch for signs. Clearing the last of the stock from "Poole's Place Antique & Flea Market". Friday, Aug. 15th, noon - 5 p.m. & Sat., Aug. 16th, 10 a.m. - 5 p.m.; Fri., Aug. 22nd, noon - 5 p.m. & Sat., Aug. 23rd, 10 a.m. - 5 p.m.

#### APARTMENT FOR RENT

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.

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

#### SUPPORT LOCAL BUSINESS

#### ADVERTISE IN THE RECORD

### ST. GEORGE WAKEFIELD CEMETERY CLANDEBOYE, MB

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

Thank You - Cemetery Committee



### TENDER 2025-03

### Construct Pedestrian and Bicycle Paths at the Access Centre Recreation Site

The Rural Municipality of West St. Paul is seeking tenders from qualified bidders for the construction of pedestrian and bicycle paths at the Access Centre Recreation Site.

Specifications and Tender packages including submission documents are available online at [www.weststpaul.com](http://www.weststpaul.com).

Sealed submissions clearly marked "Tender 2025-03 - Construct Pedestrian and Bicycle Paths at the Access Centre Recreation Site" will be received by the undersigned at the address below until 11:00am on August 28, 2025. Late submissions will not be accepted.

The Municipality retains the right to reject the lowest or any bid if it does not meet the needs of the Municipality.

All inquiries related to the Tender should be directed to Rick Friesen, Public Works Manager by e-mail [rfriesen@weststpaul.com](mailto:rfriesen@weststpaul.com) or by phone 204-334-0092.

Mr. Jeffrey Simpson, CAO  
Rural Municipality of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3

## HUGE 3 FAMILY GARAGE SALE

HWY #7, 2 KM NORTH OF  
STONEWALL HWY #67  
FRI/SAT - AUG 15/16  
9am - 6pm

## NOTICE TO CREDITORS

IN THE MATTER OF the Estate of **Gerald Abraham Sawatsky**, late of the City of Selkirk, in Manitoba, who died on May 23, 2025. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at 200 - 1135 Henderson Highway, Winnipeg, Manitoba, R2G 1 L4 on or before October 4, 2025. Dated at Winnipeg, Manitoba this 8th day of August, 2025.

**PKF LAWYERS**  
Solicitors for the Estate  
Per: WALDY DERKSEN



# Classifieds

The Selkirk Record

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1950's-70's Scandinavian, Danish, Canadian Mid-Century Modern Furniture (Teak, Walnut, Rosewood), lighting, ceramics, textiles, stereo or design. Contact Daniel at TEXT/PHONE: 204-918-1607.

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

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## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelkranch@gmail.com](mailto:stonewoodelkranch@gmail.com)

**SUPPORT LOCAL BUSINESS**

## EMPLOYMENT OPPORTUNITY

**Teulon Esso - Hwy. 7!**



**Full-time Front Cashier**

*Must be available evenings and weekends, as well as Monday to Friday.*

Apply in person,  
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Call Dave or Anne at 204-886-3777

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## Announcements

### ANNOUNCEMENT

#### BIRTHDAY



Happy 90th Birthday  
Martha MacIver  
on August 15

-Love from your family

*Do you have a unique service you would like to advertise?  
Get the word out with an ad in the Record!*

## Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news?

The Carman-Dufferin Standard is currently seeking a full-time reporter and photographer who lives in the area to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage.

### 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 photography samples to:**

Lana Meier  
Email: [news@carmanstandard.ca](mailto:news@carmanstandard.ca)

*The Carman-Dufferin*  
**STANDARD**

## CLANDEBOYE AVE in Selkirk Executive Mall

OFFICE SPACE FOR LEASE

### Property Features

Total square Footage 1700, includes six offices of various sizes, a board room and a front reception area. Current tenants include The Selkirk Biz, two Massage Therapists, a Lawyer, an Accountant, a Women's Gym and the Local Newspaper. The building has been renovated and board room are shared. There are currently one office available for lease.

**For information please contact:**  
204-485-0010 email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)

### Maintenance Driver Operator (MDO) St. Andrews Airport Inc.

Reporting to the Senior MDO, the successful candidate is responsible for maintaining the airfield for the safe operation of aircraft. Duties included, but are not limited to, snow clearing, grass cutting, wildlife control, security, crack sealing, building maintenance, airfield inspections, basic electrical maintenance, and equipment maintenance.

#### Job requirements:

Valid class 5 driver's license (driver abstract required before employment);  
Air Brakes endorsement or ability to obtain;  
Experience operating heavy equipment;  
Ability to pass several in-person and online training courses;  
Ability to obtain an Airside Vehicle Operator's Permit (AVOP);  
Ability to obtain an Aeronautical Restricted Radio Operators License;  
In possession of a Firearms Possession Acquisition Licence or willing to obtain;  
Ability to work with a minimum of supervision;  
Must be available for emergency call-outs after hours based on a shared rotating schedule.

**Job Type:** Full-time, Permanent

**Pay:** Starting at \$28.87 per hour

**Summer Shift:** 0700 to 1530, Monday to Friday

**Winter Shift:** 0700 to 1530, Tuesday to Saturday

**Overtime Hours:** As required (primarily for snow events and construction)

**Benefits:** Pension, Dental Care, Extended Health Care, Life Insurance, Paid Time Off, Vision Care

**Resumes will only be accepted via email sent to**  
[kdecosse@standrewsairport.ca](mailto:kdecosse@standrewsairport.ca) before August 29, 2025, at 4:00 PM.





# Announcements

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*The Selkirk Record*

**ANNOUNCEMENT**

**IN MEMORIAM**



August 28, 2023  
Wendy Hartenberger  
Miss you  
Miss all your cards  
And special words  
Miss my pen pal

-Love Olga

*There is a link death  
cannot sever,  
Love and remembrance  
last forever.*

**ANNOUNCEMENT**

**IN MEMORIAM**



In Remembrance of  
Tim Loane

September 23, 1982 - August 16, 2020  
Though it has been five years since you've been gone.  
We miss you more than words can say.  
We wish we could hold you, talk to you,  
see your smile just one more time.  
We wish you could see how much you are still loved,  
How deeply you are missed by all of us who carry you in our hearts.

-Love you forever  
Mom and Dad

**OBITUARY**



**Evelyn Margaret Francis Bracken (nee Begg)**

With family by her side, it is with gratitude and deep sadness that we announce the peaceful passing of our dear mother, mother-in-law, nan, great nan, aunt, great aunt, sister-in-law and friend, at the age of 93 1/2 years at the Tudor House Personal Care Home, Selkirk, MB., on Sunday, July 13, 2025.

Left to grieve her are her children: Cheryl, Marilyn (Owen), Gordon (Jennifer), Brenda (Chris); grandchildren: Austin (Tina), Kyle, Justin (Kim), Tory (Briane), Jasmine (Greg), Richard (Lori), Nathan (Sam), Stella (Jaimie), Chloe (Willy); great-grandchildren: Peyton, Blake, Cole, Merick, June, Drew, Ruby, Sadie, Hayes, Lane, Isaac, Nora, Matt, Joe, Lucy, Sophie, Ben and Lilly; brother-in-law Laverne (Ruth), sisters-in-law Mabel and Sue; good friends Bev, Brian, Helen, Joyce, Doretta as well as numerous nieces and nephews.

Mom was predeceased by her parents Reuben and Sarah (Sadie) Begg, in-laws Manford and Violet Bracken, husband Gerald, her brother John, sister Beatrice, Dad's five sisters and seven of his brothers.

Mom was born December 17, 1931 in Selkirk and grew up in Old England, now known as Mapleton. After school she went to Winnipeg to learn hairdressing.

Mom and Dad met at a dance, as they both enjoyed old time music and dancing. They were married on a beautiful snowy evening, December 12, 1953 at the St. Clement's Anglican Church in Mapleton.

Mom went from a single town gal to a hardworking, devoted farm wife and mother in record time. Home was at the mixed grain and dairy farm known as Brackendale Farm in Clandeboye, MB. Farming alongside Dad's brother Alvin, sister-in-law Mabel, children Linda, Wendy and Blair provided us with numerous opportunities for fun, togetherness and shared learning through sometimes, hard work. Our two families bonded in a closeness of love and respect that is not shared by many families.

Mom was very involved in the Clandeboye United Church and volunteered as a 4-H leader. She drove us to most of our sports, dance and music lessons as Dad was busy with the farm. Mom also opened our home up to a couple of girls needing a place to live so that they could attend school.

In retirement, Mom enjoyed playing cards, old time music, clogging into her 70's, quilting, doing puzzles and playing bingo. Mostly just being with her family whenever it was possible was always the most important thing to her.

Mom felt truly blessed at age 50 when she became a "Nan." When she earned the title of "Great Nan," she was over the moon with gratitude. She dearly loved all her grandchildren and great-grandchildren.

Our mom was a kind, loving, spiritual person with a really good sense of humor. She was our Rock. Her quiet gentle strength guided each of us through our own personal difficult times. Her love, support and devotion to Dad during his journey through dementia, was profound. She will be greatly missed by all of us, our families and friends.

We are at peace knowing Mom and Dad are reunited and with our grandparents, free from pain and uncertainty.

Mom, you will be Forever in Our Hearts and in our Memories. We love you Mom, Rest in Peace. We are tremendously grateful to all of Mom's doctors, nurses, health care aides, home care workers and friends who loved and cared for mom over the years.

A Celebration of Life will be Saturday, August 23, 2025 at 11:00 a.m. at the Clandeboye Community Hall, 111 Main Street, Clandeboye, MB. with Reverend Marilyn Anderson Corkum officiating. Honourary pallbearers will be nieces: Linda, Wendy, Lorraine and family friend Dena.

If so desired, in lieu of flowers, donations may be made in memory of Evelyn to:

Selkirk & District Community Foundation, "Families of the Clandeboye Cemetery Fund", 200 Eaton Avenue, Selkirk, MB. R1A 0W6 or Alzheimer Memory Garden, C/O Tudor House PCH, 800 Manitoba Avenue, Selkirk, MB., R1A 2C9.

Friends and family are invited to visit Evelyn's memorial page at [www.interlakecremation.ca](http://www.interlakecremation.ca), where memories and condolences may be shared.

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

**OBITUARY**



**Jill Lorraine Young**  
September 5, 1948 - August 5, 2025

It is with heavy hearts that the family announces the peaceful passing of Jill Lorraine Young of Selkirk and Gull Lake. Jill passed away on August 5th, 2025 at the Selkirk Regional Health Centre at the age of 76.

Jill was born on September 5th to Ross and Edna Hambly. She was an "air force brat" and as such the family moved around a lot before settling in Winnipeg and Gimli.

She met the love of her life Craig while they were both attending Silver Heights Collegiate in Winnipeg. Jill and Craig were married in 1967. They had two sons, Robert and Brad. Her family was her greatest joy!

Jill will always be remembered for her kindness, her compassion, and her gentle spirit. She gave constant support and inspiration

to her many nieces and nephews who were always welcome to visit or even live with her family when necessary. She was very dedicated to her family and to her friends. Jill had great inner strength, was a good listener, and could always be counted on for advice or help when needed.

With close friends Bev and Denny Janz, Craig and Jill opened and operated Interlake Brewers in Selkirk for many years. She was a contributing factor to the store's success. In particular, she very much enjoyed meeting and assisting customers select their beer and wine making supplies.

Over the years, Jill and Craig hosted numerous social events at their homes in Minnedosa, Selkirk, and Gull Lake. Kinsmen parties in Selkirk were famous, but the annual Gull Lake "feasts and skits" were the most memorable to all those fortunate enough to attend. She also loved to host family get togethers for special occasions such as Christmas, Easter, and Thanksgiving.

Jill was an excellent cook and homemaker. Her flowers and gardens at the lake drew constant praise. Gull Lake was her "happy place". It was Jill and Craig's retirement home before recently moving back to Selkirk. It was there that they shared so many good memories with family and friends. Thanks to the girls that walked with her most mornings. One of her great joys in life. She loved you all!

Jill will be lovingly remembered by her husband of 58 years Craig, her son Brad, her brother Doug (Burma), and her many nieces, nephews, in laws and friends.

She is predeceased by her parents (Ross and Edna Hambly), her son Robert, three brothers (Gary, Grant, and Rick), as well as some aunts, uncles and cousins.

Cremation has taken place. Interment will follow in the near future. A "Celebration of Life" is planned for a future date, which is yet to be determined.

Many thanks to the staff at the Selkirk Hospital for their kindness and care.

Donations may be made to CancerCare Manitoba.

Friends and family are invited to visit Jill's memorial page at [www.interlakecremation.ca](http://www.interlakecremation.ca), where memories and condolences may be shared.

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

**OBITUARY**

**Ray Ford**

Please join us for the celebration of life for Ray Ford.

Ray was "well" known for his big heart, warm smile, storytelling and his ever "flowing" sense of humor.

If you came to Ray with an issue or problem he would help you "drill" down on it, get into the "trenches" and try to "rig" up a solution even if it was in "bits" and pieces, good or bad!!

On August 24, 2025 we will be "saddling" up to celebrate Ray's life. Sharing all the "bits" and pieces of the man we loved with, laughed with and shared many good times with.

Place: Hunt's Road House 748 Hall Rd West, Petersfield, MB

Time: 2:00 p.m. - 5:00 p.m.

RSVPs are not necessary just drop in.

In lieu of flowers, share your favorite story(s) of Ray with us.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.





# Announcements

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## OBITUARY



### John Benson Orvis

It is with great sadness we announce the passing of John Benson Orvis, on Thursday, July 29, 2025 at the Selkirk Regional Health Centre, at 52 years of age.

Left to mourn his passing is his wife Penny Thomas; mother Lori (Lorraine) Cooke; father Ross Orvis (Mary); mother-in-law Donna Thomas; two daughters Candra and Evelyn; his Nana poo Marlene Cooke; he was papa to Tiffany and Abigail; step-father to Breanne (Shayla), Jerred (Chantel) and Ryan

Spence. John also leaves to mourn his special uncle Dwight Cooke; sisters and brothers-in-law; many other aunts, uncles, cousins, nieces, nephews and friends.

John was predeceased by his grandfather Kelly (Kelvin) Cooke; grandparents Ben and Eileen Orvis and father-in-law Harry Thomas.

John was born on December 20, 1972 in Selkirk, MB. John attended Ruth Hooker School, Selkirk Junior High and the Lord Selkirk Comp.

During his younger years, John had odd jobs which included delivering papers, Grand Beach Provincial Park, Franks Pizza and he worked on the boats.

John obtained his grade 12 in 1993. He then left Selkirk, MB to start a career in the oil fields. John did this for 25 years. His advancements within the rigging profession moved him up from entry level positions to Red Seal Certification, making him a Rig Technician and supervising a drilling crew. John left the oil fields and obtained his Class 1 license he worked for Mel Stuart and George Walker.

John loved his family and friends dearly but his cars were his passion and love. Wherever he was you could see the big guy and hear his hearty laugh. If he wasn't making fun of you, he was making up a nickname for you.

He will be remembered as a generous, down to earth, supportive and loving husband, dad, son, papa and friend.

A heartfelt thank you to the dialysis units in Selkirk, Pine Falls, Winnipeg and Brandon.

In keeping with his wishes, cremation has taken place and a celebration of his life will be held on Thursday, August 7, 2025 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB. Interment will take place at a later date. Luncheon to follow the service in the Gilbert Reception Centre.

Rest in peace John – Forever remembered, never forgotten.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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**The Selkirk Record**

Call 204-785-1618

## OBITUARY



### Bruce Christiansen

On August 6, 2025, Robert Bruce Christiansen passed away peacefully at the age of 59 at the Selkirk Regional Health Centre after a courageous and lengthy battle with illness.

He was predeceased by his father Ed and leaves behind his mother Claire, sister Karen (John), brother Ian (Carla), sister Terry, his five nieces and nephews: Neil (Chris), Jeff (Ashley), Laura, Andrea (Matt), Trevor (Jordan), grandnieces Claire and Hannah, and many dear cousins and good friends.

Although he never had children of his own, he enjoyed spending time with his nieces and nephews as well as the children of his friends. Claire and Hannah brought special joy to Bruce even when he was not feeling well.

Bruce was genuinely kind and considerate and never hesitated to lend a hand to anyone. He loved to tinker with and restore to life

anything in need of repair.

He was a very social person known for his story telling. He could turn the most mundane event into an epic saga sprinkled with his trademark humour.

He loved being outdoors whether it was manicuring the lawn, clearing away the snow or playing a round of golf or mini putt. He was an avid snowmobiler and made a few long haul trips to Clear Lake in Riding Mountain National Park, one of his favourite places.

Bruce was very loyal to his lifelong employer, Gillis Quarries Ltd. Over the past several years of his career as foreman he was committed to enhancing the success of the company with ingenuity and novel ideas.

We are grateful to HSC Transplant Manitoba and the Selkirk RHC for their compassionate care. Bruce's life will be celebrated at a private family function.

To honour his memory, donations can be made to the Winnipeg Humane Society, or the Health Sciences Centre Foundation, and please consider registering for organ donation.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Cameron John Alexander

On July 24, 2025, Cameron John Alexander, aged 71, passed away peacefully in hospital with his family at his side. Cam was the oldest of six children to Jack and Lorna Alexander of Clandeboye. Cam loved his big family, the wildness of nature, the potential of imagination, the thrill of adventure. He spent his life enjoying each one to the fullest.

Cam is survived and missed by his loving wife Nancy of 41 years, as well as his children Neil (Danielle) and Meagan (Matt); grandchildren, brothers, sister, and many cherished friends and family.

Cam had many interests and a broad knowledge through reading, experience and formal education which was reflected in a variety of careers and hobbies. He often styled himself a generalist.

Cam loved to fly. He had his Private Pilot's License, and at various points in his life owned an airplane, hang gliders, ultralights, and radio-controlled planes. He had a knowledge of and interest in anything mechanical, whether it was gas, hybrid, or electric. Cam had a variety of motorcycles and dirt bikes, taking many memorable trips throughout his life. He enjoyed boating, and owned a variety of boats over time, including the sailboat, canoes and a kayak he built himself. Cam loved putting down the creek. Wandering was a long term interest of his, and he liked to talk about "going with the flow". Cam believed travelling well meant not worrying about the destination but enjoying the process; curiosity and the right attitude was all you really needed to wander successfully. He travelled extensively in Canada, Mexico, and the U.S., visiting other countries briefly. In 2015, he and Nancy began travelling in their RV throughout the U.S. and Mexico for six months each year until 2020. They loved the time spent each year in La Peña de Jaltemba at their RV site with a gorgeous ocean view, and made many friends along the way. He followed a number of travel blogs by RVers with disabilities and once noted in his own blog that, "Since I've been permanently disabled for nearly a decade, their travels are proof to me that adventure is necessary and possible". Above all else, he loved his family and friends. Inquiring about his grandchildren every morning, and checking in with family often. He loved to share news articles and videos with friends about their shared interests, or things he "thought they should know". Cam was a source of sage advice and a sounding board for many, never telling one what to do but helping them come to their own conclusions. He was proud of his Metis heritage, and enjoyed researching the family genealogy and sharing what he learned with his family.

A Celebration of Life will be held at a later date.

We would like to extend our thanks to staff at Selkirk Regional Health Centre and Health Sciences Emergency.

In lieu of flowers, donations may be made to Selkirk Regional Health Centre.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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