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THURSDAY, APRIL 2, 2026

VOLUME 17 EDITION 12

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Making Paska

RECORD PHOTO BY KATELYN BOULANGER

Happy Thought School and East Selkirk Middle School students took a hands on approach to learning about Ukrainian traditions last week when they made paska, also known as Ukrainian Easter bread. See more photos inside.

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Selkirk Biz calling for more board members to strengthen business community

Working together helps to keep shop local message strong

By Katelyn Boulanger

The Selkirk Biz is our local Chamber of Commerce, representing Selkirk and the surrounding areas of St. Andrews, St. Clements, East St. Paul, and West St. Paul. They support, connect, and advocate for businesses while helping strengthen our local economy and community.

With their Annual General Meeting taking place last month, there was a switch-up of members moving into

different roles, and a few board member seats are still free. The Biz is looking for local business owners who want to learn the ropes and strengthen local businesses to fill them.

Meaghan Chromy, Executive Director of the Selkirk Biz, says that it's very beneficial for businesses to work together like this.

"It creates a stronger voice, builds

Continued on page 5



RECORD PHOTO SUBMITTED

Meaghan Chromy, Executive Director of the Selkirk Biz and Selkirk Mayor Larry Johannson at the Selkirk Biz's recent AGM.

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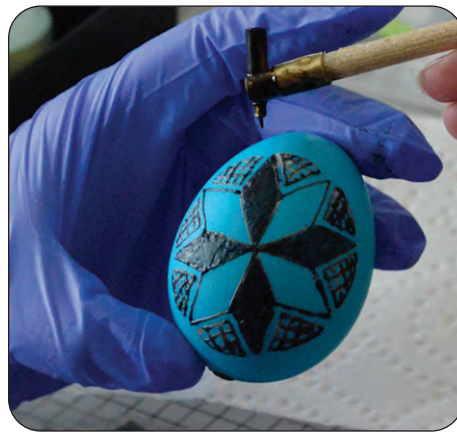
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Pysanky making workshop spreads spring tradition



RECORD PHOTOS BY KATELYN BOULANGER

Professional pysanky artist Loris Sargeant recently hosted a pysanky making workshop at the St. Andrews Heritage Centre. The creation of pysanky or Ukrainian Easter eggs is a Ukrainian tradition that takes place every spring. Sargeant learned how to make pysanky from her mother and is now passing the traditional knowledge onward.



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MLA Richard Perchotte celebrates locals at Legislature

Daniel James Martin and Growing Years Family Resource Centre make their marks in Manitoba's historical record

By Katelyn Boulanger

Selkirk MLA Richard Perchotte acknowledged Daniel James Martin and Growing Years Family Resource Centre on the floor of the Manitoba Legislature last month.

On March 5, our local MLA told the story of Daniel James Martin, who was born on November 28, 1957, in the Roseau River First Nation and died July 28, 2019, in Winnipeg at the Health Sciences Centre after losing

his battle with cancer.

Martin was a residential school survivor who became a self-taught Indigenous artist.

Though he struggled with mental health and addiction, he brought his artistic talent to Selkirk, walking around the community and offering to create art for those he met.

Perchotte said at the Legislature, "Many people have great memories of visiting with Danny in a restaur-

ant, cafe or even a store while he created art for them to take home. While working in my family's business, I would often see Danny walking by carrying his art supplies, heading uptown. One day, I went outside, and I asked him in for a cup of coffee. And that started a tradition for the next four to five years. He would come in a couple times a week. He would enjoy a hot cup of coffee while creating art for me," said Perchotte.

Perchotte personally purchased over 300 pieces of art from Martin.

Perchotte lost touch with Martin

when he moved to Winnipeg, where he later learned Martin became homeless before passing away.

"I am saddened by the hardship this wonderful man had endured throughout his life. My only hope is that his artwork will carry on his memory and bring joy to those who view it," said Perchotte.

In remembrance of Martin, Perchotte offered to gift any interested MLA their very own personal, original piece of Daniel James Martin's artwork.

Continued on page 6

> SELKIRK BIZ, FROM PG. 3

relationships, and helps businesses grow through shared ideas, support, and collaboration," she said.

By just joining a group like the Selkirk Biz, there are some clear benefits.

"Members gain networking opportunities, promotion, access to programs and resources, and a platform to be heard and supported," said Chromy.

The Biz is involved with many local events that people might not even realize are put together by the local business community.

"(We host) events like networking events and workshops to larger initiatives like our State of the Region Address on April 24 at Gaffer's in Lockport, the ALL FORE Local Multi-Chamber Golf Tournament on June 18 at the Selkirk Golf Course, our Annual Selkirk Biz Parade in July, and the Business Awards in October. Member support, volunteers and sponsorships are always welcome," said Chromy.

If you're a local business owner who has a few free hours to volunteer as a board member, however, there are some increased benefits to putting yourself out there.

"It's a chance to make a real impact, build leadership skills, expand your network, and help shape the future of our business community," said Chromy.

In addition to the board positions that are open, there are also a few positions on the executive committee, and for people who may or may not be business owners who'd like to support their local business community, there are volunteer opportunities that pop up throughout the year.

"We are always in need of volunteers to help make events possible, like our Annual Selkirk Biz Parade in July," she said.

Something about the Biz that ben-

efits the community that Chromy doesn't think enough people realize is how effective their efforts have been at encouraging residents to shop in our local community.

"Much of our impact happens behind the scenes through initiatives like the Selkirk Biz Bucks card program, which keeps money in our local business community. Since 2022, over \$3.1 million has circulated through the support of 33 members participating as merchants," she said.

If bringing attention to and strengthening our local business community is something that you'd like to be a part of, Chromy says they'd like to hear from you.

"(You can) email info@selkirkbiz.ca, reach out on social media, on our website or attend one of our events—we're always happy to connect," she said.



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> PERCHOTTE CELEBRATES LOCALS, FROM PG. 5

On March 12, Perchotte was back at it again, bringing attention to people and groups that make a difference in our region. This time, he acknowledged the Growing Years Family Resource Centre.

He said at the Legislature, "The Growing Years Family Resource Centre originally started as part of the Selkirk Friendship Centre. Growing Years has been a trusted resource in the community for 27 years, supporting families who are prenatal and those with children who are up to six

years old. All of their resources, services and programs are free, and they offer many different programs, most on a drop-in basis, so families can come when it works for them. They have a prenatal program, postnatal mental health program, specific programs for both infants and toddlers, a drop-in playgroup where families get to come and talk to a pediatric physiotherapist, a group specifically for those children who are neurodiverse and a Circle of Security Parenting program. All of the programs include an

educational component where they give presentations to parents and caregivers on topics related to their children's health and development. They work with preschool children in the community, providing them with health and therapy services that provide early intervention for many different challenges before they get into the school system, which gives them the best chance at success when they get there."

He continued talking about the broad impact that Growing Years has in our community, "Last year, they served 257 parents and guardians, as

well as 348 children. Their goal is to build lasting, trusting relationships. Most people don't care how much they know until they know how much they care. It's through these relationships that they build lasting trust. Growing Years are often the bridge to other support programs and services in the community."

Perchotte concluded by asking his colleagues at the Legislature to thank the wonderful people of Growing Years for the hard work that they have done and continue to do.

Free fishing, park entry offered for spring break

By Haley Cvar

Manitobans are being encouraged to get outdoors this spring break with free fishing and free entry to provincial parks from March 27 to April 5.

Ian Bushie said the initiative is aimed at making outdoor recreation more accessible for families across the province.

"Affordability matters, and we want to ensure every Manitoban can enjoy the incredible lakes, forests and landscapes our province is known for," Bushie said in a release. "Free fishing and free park access open the door for more families to explore the outdoors together this spring break."

During the promotion, anglers can fish without a provincial licence. However, all existing regulations

remain in place, including possession limits, size restrictions and rules specific to certain bodies of water. Federal angling licences are still required in national parks.

The province is also reminding anglers to use caution on late-season ice and check conditions before heading out.

In addition to free fishing, entry to all provincial parks will be waived during the spring break period, with free park access continuing through-

out April.

"Spring break is a perfect time to enjoy Manitoba's outdoors and removing the cost barrier helps more people do just that," Bushie said. "I encourage Manitobans to explore our parks, try fishing and enjoy the beauty of our province while always staying safe and checking ice conditions."

More information on angling regulations is available through the province, while details on park access can be found on Manitoba Parks' website.

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Road rage incident involving firearm leads to arrest in West St. Paul

By Haley Cvar

A road rage incident involving a firearm has led to charges against a West St. Paul man.

At 8:11 p.m. on March 21, 2026, Red River North and Selkirk RCMP responded to a reported weapons offence on Highway 8 in the RM of West St. Paul.

Police said a 35-year-old man was driving near Grassmere Road when another driver allegedly pointed a handgun at him following a road rage incident.

Officers located the suspect vehicle at a residence in the RM of West St. Paul at approxi-

mately 8:30 p.m. The driver was arrested without incident.

A subsequent search of the residence, executed under warrant, led to the seizure of a CO2-powered air pistol and two long guns.

Jagdeep Dhaliwal, 38, of the RM of West St. Paul, has been charged with pointing a firearm, careless use of a firearm and unsafe storage of a firearm.

He was released on conditions and is scheduled to appear in court on April 21 in Winnipeg.

The investigation is ongoing.



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Don't miss out on the Gwen Fox Gallery's All Members Show this month

Thirty-four artists team up to create beautiful show highlighting local art

By Katelyn Boulanger

It's one of the best times of the year to be an art lover in our area, as this month is the Gwen Fox Gallery's All Members Show.

The All Members Shows at the Gwen Fox Gallery highlights the best of our region's artists. Any member of the gallery is welcome to take part in this multi-artist show, which means the gallery is filled with all types of art for visitors to enjoy.

"There's all different kinds of artwork. There's watercolour, there's acrylic, there's oil, we have Indigenous art this month, photography, and we even have an instant coffee piece," said Brenda Hedberg, Volunteer Coordinator for the Gwen Fox Gallery.

She hopes that residents will come by anytime this month, but wants to highlight the show's reception as many of the artists will be there on that day. The reception is on April 11 from 1 to 3 p.m.

"Stop by if you want to see all kinds of varieties of art and different styles, different everything. Come and see," she said.

The Gallery is open Tuesday to Saturday from 11 a.m. until 4 p.m. and late on Thursdays to 8 p.m.

The *Selkirk Record* couldn't interview all 34 artists in the show, but below are three participating artists.

Darrell Bear Sr.

Bear has brought two pieces to the gallery's April show, Aurora Thunderbird Woman and Beauty of the Humming Gems.

"I would describe (my art) as beauty in motion. I'd also describe it as storytelling because a lot of the art that I do now that I've gotten into it and I love it, is that, it's stories," said Bear.

He explained that his journey into creating art has come along with his journey to sobriety, as well as his mental health journey.

"The person that most helped me get into it was



RECORD PHOTO BY KATELYN BOULANGER
Darrell Bear Sr. and Aurora Thunderbird Woman.

my daughter. She is a beautiful artist and very talented. I always did black and white pencil drawings on paper, right? And that's all I did. (It) was just what my art was, black and white, just drawing. And one day, she took one of my drawings and painted it on the canvas, and she brought this colour. The colours that she used, she gave life to my little rough draft of a drawing. And then asked her and said I'll try it out. She kind of pushed me into getting into it, and it's something that I enjoy doing now," said Bear.

He explained that he finds the creation of art to be very therapeutic.

"Living in chaos while I was suffering with mental health issues and addiction, my life was so chaotic and so dark. Now, when I paint, it's like I got life. I got life of me, as you can tell, from the colours, and it's one thing I'm very blessed and grateful for," he said.

Bear said that his work is inspired by his three children as well as the stories that people have entrusted to him along the way.

"The main thing I would say (is my inspiration) would be my recovery, my children. They love when I do a nice little piece, and they see me doing something constructive. And, what inspires me the most too, is the people I meet along this path that I'm taking while I pursue my art," he said.

One of the two pieces that he's brought to the gallery this month is Aurora Thunderbird Woman, inspired by his family and the story of Thunderbird Woman.

"(Aurora Thunderbird Woman) is inspired by my daughter. She is such a young, strong, beautiful woman. She's graduating this year from the Selkirk Comp. And I painted that one because she got me into pursuing my art. She got me loving the art and seeing colour again. So there's my daughter, and then the way I painted, it was a Thunderbird, and then you can see two other birds on the wings of it. She has two brothers, and she's the one that's holding those two brothers, watching over them. She's always looking out for all the family members," said Bear.

The other piece from Bear this month is Beauty of the Humming Gems, which one of his sons helped him name.

"The story with that one, with me personally, is that, you know how a hummingbird has to always fly and flap its wings, to live, to survive, to keep going. So, the story behind that one is like I always have to flap my wings, keep going, to keep living, to keep surviving," he said.

Bear said that he painted the second piece with his hands to add energy to the piece and chose the colours to represent the elements and aspects of his life now. Purple represents healing, blue is gaining his life again, green is growth, and the yellow and orange are the fire that's burning inside him.

Bear wanted to be part of the Gwen Fox Gallery after learning about the supportive artist community when he lived in Selkirk.

He's a recent addition to the gallery's members.

His advice for people taking their first steps on their artist journey as an adult is to share your gift.

"If you're going to paint, draw or do whatever art that you do or whether it be a craft,

it's a gift that you are blessed with. Share it with the world, share it with your friends, share it with your family, because if you have a gift of art, that is a gift that God or Creator has given us, and art is very therapeutic. Art is very healing," said Bear.

He encourages residents to check out the Gwen Fox Gallery's show this month.

"Stop in, take a look around, because you never know. Your eyes might be drawn to a certain piece that will make you feel something, like a good memory that you probably forgot, or a feeling that you had when you were a child. That's what my pieces give me. They give me a feeling. They'll make me remember something (from) when I was a child. Stop in. Take a look, then take something from it. Just really look at the artwork," said Bear.

If you'd like to keep up with Bear, you can check out his social media online at Mooshum Mukwa Arts on Facebook, TikTok and Instagram.

Lucy Kowalchuk

Kowalchuk has brought her graphic, joyful style to the gallery with her two pieces, Contemplating Farmer and Sunday Afternoon.

Continued on page 10



RECORD PHOTO BY KATELYN BOULANGER
Lucy Kowalchuk and Sunday Afternoon.



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Patricia Barrett



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The power of showing up

How families can support loved ones who are aging or ill

By **Harvey Max Chochinov**

For many families, visiting a loved one who is aging or seriously ill can feel surprisingly difficult. We may love them deeply, yet hesitate before walking into a hospital room, nursing home or hospice. Often, that hesitation stems from a sense of helplessness.

When someone we care about is unwell, our instinct is to fix what is wrong. If we cannot make them better, we may feel what we offer is inadequate — or that our presence only highlights our powerlessness. Yet families matter enormously in the lives of people who are ill.

What if the issue is not that families have too little to offer, but that we misunderstand what truly helps?

Presence eases suffering

Palliative care research points to an approach called Intensive Caring, which reframes caregiving not as fixing, but as being with. Though developed for health-care professionals, its lessons apply equally to families.

At its core is a simple idea, expressed by hospice pioneer Dame Cicely Saunders: “You matter because you are you, and you matter to the last moment of your life.”

For families who feel “it just doesn’t feel like enough,” this offers reassurance — presence itself eases suffering.

Families often feel like bystanders as doctors, nurses and institutions manage care. Compared with medical interventions, what they offer can seem small.

An old family friend once put it this

way while his wife was in hospice: “All I do is hold her hand and try to feed her a little. We often fall asleep in front of the TV. It just doesn’t feel like enough.”

Yet these moments are not only enough — they are essential.

Showing up is the most fundamental act. Presence can mean the difference between feeling cared for and feeling abandoned. For someone whose world has narrowed because of illness, knowing a familiar face will return again and again is profoundly comforting.

Dignity-affirming presence

Families often worry about not knowing what to say, but tone matters more than words.

Holding a hand, making eye contact or sitting quietly together conveys care and respect. Even silence, when grounded in genuine presence, can be deeply affirming.

Being attentive, calm and emotionally available signals that the person matters. By contrast, distraction or discomfort can unintentionally suggest the opposite.

Taking an interest

Illness can reduce a person to a diagnosis or a list of limitations. Families are uniquely positioned to counter this by taking an interest in who their loved one is beyond their illness.

That may mean talking about books, family news, hobbies or memories, or simply spending time together listening to music or watching a favourite program. Reminiscence can be especially powerful, affirming that a person’s life and experiences still matter.

Families also play an important advocacy role. By reminding health-care providers who the patient is as a person — their values, preferences and life story — they help ensure care remains respectful and person-centred.

Even when a cure is not possible,



Harvey Chochinov

there is still meaningful work to be done. Near the end of life, hope often shifts from recovery to comfort, meaning and peace — and families help sustain that hope.

Letting go of fixing

The hardest shift for families is letting go of the need to fix. In everyday life, problems are often solvable. Illness, especially in later life, does not always follow that pattern.

When families cling to outcomes that are beyond reach, they may feel they have failed. Letting go of fixing allows space for something else: comfort, connection and presence.

It means recognizing that while suffering cannot always be removed, it can be eased through attention, affirmation and love.

For families, this shift can be liberating. Caregiving becomes not a series of failed repairs, but an act of accompaniment — walking alongside someone through one of life’s most vulnerable moments.

If you can and want to visit someone who is aging or ill, remember this: showing up matters. Being present matters. Taking an interest matters.

In the quiet economy of human connection, these acts are not small at all. They are enough.

> Got something you want to get off your chest? How about an act of kindness to share?

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Brett Mitchell: 204-485-0010

Email: bigandcolourful@mymts.net

Laura Platt: 204-999-1514

laura@selkirkrecord.ca

Brittany Hiebert: 204-485-1419

Email: ads@selkirkrecord.ca

EDITORIAL

Katelyn Boulanger 204-485-3337

news@selkirkrecord.ca

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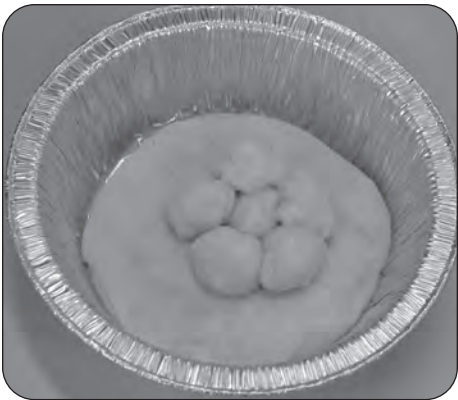
TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

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Paska make the perfect snack at Happy Thought



RECORD PHOTOS BY KATELYN BOULANGER
Students from Happy Thought School and East Selkirk Middle School celebrated a Ukrainian Easter tradition last week by making paska, or Ukrainian Easter bread. The paskas were decorated traditionally with birds, flowers, and braids, which symbolize the awakening of nature, resurrection and rebirth that come along with the spring season. Registrations are open for the English-Ukrainian Bilingual Program for Kindergarten, Grade 2 and Grade 3 for the 2026-2027 school year. Visit the Happy Thought School website or call the school for more information.

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> GWEN FOX GALLERY, FROM PG. 7

"I like my art to tell a story. I like it to have something living in it, either a person or bird or an animal of some sort," said Kowalchuk.

She explained that her work is very detail-oriented but that she'd like to try painting in a looser style in the future.

This attention to detail likely comes from her work as a graphic designer for the *Selkirk Record*, where she regularly brings her creativity to advertisements for local businesses.

Kowalchuk says that she's inspired by creating work that makes people think, but she also strives to create work that puts people into her paintings.

The first piece that she brought to the gallery this month is *Contemplating Farmer*.

"I just started painting in the wintertime. I haven't been outside to (find inspiration), but I've got hundreds of old National Geographics in my basement. And so, I flipped through them for inspiration and ideas. The farmer was actually an old man. He was sitting in the back of a truck, and I liked the way his hands were intertwined. And so, I took that, and I thought, well, I want to put him on something more interesting. So, being a farm girl, I thought, I'll put him on a bale of hay, and then the background just grew around that," she said.

Kowalchuk's second piece is *Sunday Afternoon* and definitely embodies the feeling of relaxing in a peaceful place with nothing pressing to do.

"For Sunday afternoon, it was the same thing. I saw a picture in National Geographic of these two girls sitting on the grass, and I took the swans from a different picture I found, and I added to them, and I just thought it was kind of peaceful," she said.

Kowalchuk turned her art into a profession when she went to Red River College for Art Advertising in her twenties, but she had a passion for art well before then.

"My mom's cookbooks have circles with dots all over them. She asked me, 'What are these?' I was about four years old, and I said, 'They're babies.' So, I started drawing babies when I was four or five years old. In fact, (my) mom's old treadle machine, I actually scraped at the back. I still have the old sewing machine where I scraped the babies into the back of it," she said.

As for painting, Kowalchuk had done some in the past, but with the unfortunate death of some of her former classmates, she came to the realization that the laundry and dishes can wait or be done by someone else, but only she can make time to do her

art.

"I just got myself some new canvases, found my old oil paints, they were in a box. They were all dried up, and I had to stick them in boiling water to open the caps. Then I just started painting," she said.

As for joining the Gwen Fox Gallery, Kowalchuk said she was aware of how the volunteers work hard to bring the artist community in the area together, as *Record* reporters regularly cover their monthly shows in the paper. Thanks to some encouragement from Hedberg, she took the plunge to participate in this month's show.

Her advice to artists like herself who might be coming back to a new medium after some time away is to just go for it.

"If it's been on your mind for a long time, like mine was, just do it. Get it off your mind. Free your mind by actually doing it, so it's not a weight on your shoulders, always thinking, 'Oh, I want to do this.' If you actually (pick up a paintbrush) you'll feel lighter because it's something you can cross off your list," said Kowalchuk.

She hopes that residents stop by the art gallery this month.

"There's something for everybody, whatever their interests are," said Kowalchuk.

Autumn Robbie-Draward

Robbie-Draward is a long-time Gwen Fox Gallery artist who has brought her paintings *Hear Me Roar* and *Along the Prairie Marsh* to the gallery this month.

"I do different subject matter, flowers, pet portraits, landscapes and abstract work. And, I work primarily in watercolour, but I also do acrylic and mixed media. And also, I'm doing some writing too. So, I sort of have this eclectic mix of what type of things inspire me," said Robbie-Draward.

Her first piece at the gallery this month is *Hear Me Roar*.

"It was made through experimentation and looking at colour, and also using a bit of stencil work in there. The name is because it looks like a dragon, and it also kind of looks like a peacock. I was actually going more for the peacock, and then all of a sudden, because I was experimenting, I had no idea about what the outcome would be or no feeling that I would be creating a masterpiece. I just had this, like, feeling that whatever happens, I'm just going to let it happen. And so, when I stepped back, I saw that little dragon head, and then I started to pull that out," she explained.

Her second piece is called *Along the Prairie Marsh* and is part of a series.

"It's a landscape scene, not abstract, but not really realistic, and that too was from the experimenting (with) colour and using a technique on there that just ended up being kind of (a) magical placement for me."

Her art is overall inspired by her property, which is on the Brokenhead River.

"Everything was overgrown (when we moved there), which looked really cool and everything, but we've sort of made it more of almost a park-like setting. There are still wild pieces to it, like our coulees are still very much unmanaged. It's got interesting things. There's a trestle (bridge) across the river. The Pacific Rail it's their trestle, and it's still in use. It's a main line, actually, so there's sort of interesting things happening along there.



RECORD PHOTO BY KATELYN BOULANGER

Autumn Robbie-Draward and *Hear Me Roar*.

Right now, that is the focus of the series I'm doing. And, I also love to paint pet portraits, and so if somebody wants me to do one, I'm always (saying yes)," said Robbie-Draward.

Having been an artist in the gallery for over 20 years, she says there's a lot to love about being a member.

"We have very diverse work that we do, and the gallery is very supportive of making sure that everybody is included and that they have these opportunities to show their work, either at an All Members Show or in a show with fewer members, but you have an opportunity to show more of your work," she said.

Robbie-Draward explained that art has always been a part of her life. From art classes at school as a child to sewing, photography, and then taking classes as an adult. Recently, she's even started sharing her knowledge as a watercolour art teacher.

As a teacher, her best advice to her students is to learn to have fun learning.

"Don't be really attached to the end product. Be attached to the process. Think more about the process and not really like 'I'm gonna create this masterpiece,' because you won't in the beginning. You may one day, which would really be awesome, but just enjoy the process, because creativity will come out. I've seen it for myself when I'm not so much attached to the end product, I end up doing my best work," she said.

Robbie-Draward hopes to see residents stop by the gallery this month and also welcomes residents to check out the Beauhead Arts Fest, which she will be a part of in Beausejour this August.

"This gallery is amazing. You'll actually be surprised at the very variety of work. And not everything's going to appeal to you, but you will find something that will catch your eye," she said.

You can keep up with Robbie-Draward online at <https://www.instagram.com/autumncreative-works/> on Instagram and <https://www.facebook.com/autumnrobbiedrawardart/> on Facebook.

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Are you a local author? Consider entering the SALP writing contest

Writers of all skill levels and many genres of writing welcome

By Katelyn Boulanger

Whether you're a writer just starting out or you've been writing for years, all local authors are welcome to enter the Selkirk Adult Learning Program's (SALP) Community Writing contest.

"The Community Writing Contest is a contest that is open to all adults in Selkirk and area, and it's inviting people to, if writing is something they enjoy doing, whether it's fiction, non-fiction, poetry, or lyrics, they're welcome to submit it to this contest. And there's some great prizes to be won thanks to our donors," said Adele Plett Bartel, Program Coordinator for the Selkirk Adult Learning Program.

Plett Bartel explained that though there is a category for SALP students, this contest is for people throughout our community, and everyone is welcome to participate.

"Anybody from the community is welcome to submit. The only requirement is that you're 18 or older," she

said.

The idea behind the writing contest is to give people who are interested in writing the extra push to flex those creative muscles, to promote literacy in the region, and to make it so that more people know what the SALP has to offer.

"We want to raise awareness about adult literacy. We understand that it's part of reconciliation, it's part of improving people's quality of life. (Increased literacy) can have such an impact on individuals, and so, we think it's really valuable. Also, sometimes people are not aware that Selkirk has an adult literacy program based out of the Friendship Center, so definitely there is that component to it. (We also want to) strengthening community connections. We are bringing together people from our adult learning programs, people from the community, as well as the donors who have generously supported us each year," said Plett Bartel.



RECORD FILE PHOTO

Winners from last year's Community Writing Contest were Suzette Marceline, Loretta Petri, Nadiia Provalniuk, Don Dempster, Tamara Jenkins, and Danielle Noguet. The prizes were presented by the Knights of Columbus, the Rotary Club, the Selkirk Legion and Gerdau.

The SALP itself is a very interesting program. It helps people improve basic skills that they may have missed out on their first time around the education system, but also addresses things like computer basics, which might not have been available for people to learn about, as a lot has changed very quickly in that field. And, because it's for adult learners, the program is very flexible.

"We offer literacy, math, and computer or digital learning classes. They are informal, which means you can start and stop throughout the year. They are free. There's no cost. Newcomers to Canada are welcome in our program. And so, we work with individuals taking them at (the) level they're at, depending on what their education goals are," said Plett Bartel.

Continued on page 15

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WEDNESDAY, APRIL 8TH



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Provincial government to axe PST from prepared foods, other edible items

By Patricia Barrett

With the cost of food continuing to push some Manitobans to the brink of food hunger, the provincial NDP government plans to implement a tax break on select products in grocery stores.

As part of Budget 2026, released last week, the government will remove the provincial sales tax (PST) from ready-to-eat food and other edible products starting July 1.

The PST cut is intended to apply only to grocery stores; products sold in small convenience stores and restaurants will still be subject to PST.

Manitoba premier Wab Kinew announced the tax-relief measure last week, saying he recognizes the pressure faced by many Manitobans.

"Manitobans are feeling the cost of groceries every week," said Kinew in a March 25 news release. "Budget 2026

offers real relief for Manitoba families on the items you pick up when you are in a rush to feed the family before hockey practice and swimming lessons."

The list of items that will be exempt from the PST include ready-to-eat sandwiches, soups, rotisserie chicken, prepared fruit and vegetable platters, chips, salted nuts, candy, muffins, cupcakes and other baked goods, and carbonated drinks and fruit juices.

The government embarked on a study earlier this year to look at the overall affordability of food.

"In February, we launched a government grocery study to examine food prices and affordability province-wide, including access, availability, market concentration and unfair pricing practices that contribute to higher grocery costs," states the budget. "This study will help us identify steps the provincial government can take to lower grocery costs."

The high cost of food continues to exert undue pressure on household budgets, with fruit, vegetables, meat, bread and milk becoming unaffordable to some Manitobans.

Winnipeg-based Harvest Manitoba welcomed the PST cut, saying in the news release that any means of saving money on groceries can make a difference to those forced to make choices between eating and other expenses.

Although the PST cut is sure to be appreciated, many of the items the government is exempting are ultra-

processed foods (UPF), which scientific studies have linked to poor health outcomes.

UPFs are industrial formulations that may contain some measure of food ingredients, but also contain combinations of fat, salt and sugar and other substances harmful to health. UPFs undergo chemical modifications when they're made and include additives that make the final product hyper-palatable, according to a 2019 report titled *Ultra-processed foods, diet quality, and health using the NOVA classification system* published by the United Nations' Food and Agriculture Organization.

UPF products include breakfast cereals, energy bars, cookies, fruit and carbonated drinks, packaged snacks, chocolate, candy, ice cream, yoghurts, mass-produced breads, margarine and other spreads, pies, nuggets and sticks made from chicken or fish, sausages, hot dogs, instant soups and meal replacement shakes.

The consumption of UPF products can lead to excessive levels of sodium, sugar and fat intakes. They can also fail to deliver adequate intake of dietary minerals such as potassium and magnesium, vitamins, fibre and protein.

UPFs are associated with a range of harmful health conditions, including obesity, cardiovascular disease, cancer, depression, asthma, gastrointestinal disorders and frailty.

Continued on page 13



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WEDNESDAY, APRIL 8TH

Richard Perchotte
MLA for Selkirk
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- **2nd essay:** 500 words on either an innovation, safety measure, or community service or activity that you feel would benefit the Interlake and how you would propose making that happen.

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> **AXING PST FROM PREPARED FOODS, FROM PG. 12**

"In sum, the evidence from analyses of nationally-representative data sets collected in 11 countries from 2001 to 2015 shows that the displacement of non-ultra-processed by ultra-processed foods is consistently associated with an overall deterioration of the nutritional quality of diets," states the report. "This has several important implications for public health including a clear potential to increase the

risk of several non-communicable diseases."

The provincial government declined to comment when asked whether it has concerns that removing the PST may encourage people to turn to UPF products as the cost of real food increases, and whether it anticipates rising health-care costs associated with the consumption of UPF products.

The plan to cut the PST on grocery

store items comes after a number of provincial government interventions to help lower the cost of living for Manitobans. Those included the elimination of the gas tax and a price freeze on a one-litre carton of milk.

In Budget 2026 the government will be extending measures to lower the cost of groceries, including banning algorithmic pricing that uses consumers' data to raise item costs, potentially implementing regulatory oversight over "shrinkflation," in which stores charge the same price for

a product that has shrunk in weight or volume, and allowing competition in the grocery industry by removing grocery chains' exclusive property agreements that prevent other grocery chains operating in their vicinity.

The government is also introducing supports for people with disabilities, free transit for children, free child care for low income families, increasing the renters affordability tax credit for Manitobans - including a top-up for seniors - an affordability tax credit for homeowners, and measures to lower costs for farmers.



RECORD PHOTOS BY PATRICIA BARRETT

The provincial government intends to remove the PST from prepared food items, such as the fruit tray (top row middle), and from ultra-processed foods such as chips, cupcakes and donuts. The price of fresh fruits and vegetables continues to skyrocket, with items such as cherry tomatoes priced at \$11 to \$12, and peaches, pears and plums from South America priced at \$4.99/lb at one city grocery store last week.

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Lily Pad Cruisers don't touch brakes on donations



RECORD PHOTOS BY KATELYN BOULANGER

The Lily Pad Cruisers aren't falling flat this pothole season. They've just made two donations to our location community. The first was to the Our Daily Bread Soup Kitchen, where they donated \$1000. Pictured left: Cruiser Marcel Lemire, Cruiser and Soup Kitchen volunteer Faye Drummond, Soup Kitchen Volunteer Dawn Kardashinski, and Cruisers Dale Hiscock. The second was to the Selkirk Regional Health Centre, where they generously gave \$2000. Pictured right: Cruisers Lemire, Drummond and Hiscock with Averill Stephenson, Executive Director of the Interlake Eastern Health Foundation (centre left).

International Day of PINK

April 8, 2026



What is SILENT BULLYING and how can you spot it?

WHAT'S SILENT BULLYING?

Silent bullying, sometimes referred to as quiet bullying, doesn't involve loud words or physical harm. Instead, it happens through actions that can be difficult to notice, such as ignoring someone, giving them the "silent treatment," spreading rumours behind their back, leaving them out on purpose or using subtle looks or gestures to make them feel unwelcome. Because it can be hard to detect, silent bullying can be just as damaging as more overt forms of bullying.

HOW TO SPOT IT

To recognize silent bullying, keep an eye out for certain patterns of behaviour, such as:

- **Exclusion.** If you notice that someone is often excluded from group chats, activities or conversations, it could be a sign of silent bullying.
- **Subtle gestures.** Look for non-verbal signs of bullying. For example, if classmates roll their eyes, whisper or give dirty looks when an individual

speaks, those are warning signs of silent bullying.

- **Changes in behaviour.** Keep an eye on how the person being targeted behaves. If a typically outgoing individual becomes withdrawn or avoids school and social events, these could be red flags that they're experiencing silent bullying. Spotting silent bullying means paying attention to what *isn't* being said, as much as what is. Silent bullying may be quiet, but its impact is loud. By noticing it and speaking up, you can help build a culture of respect every day.

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> WRITING CONTEST,
FROM PG. 11

People can participate in the contest regardless of if they've been part of the SALP community or not. They accept writing in many different genres, so that people who want to write something new aren't limited, and the deadline to enter is May 8, 2026.

Plett Bartel explained that past winners have come with stories about many different subjects.

"Adults have such rich life experiences. So certainly, adults often write about different life experiences that they have had. Also, I remember one year, a community member was so gifted in humour, and she just had, it was a funny story. It was fiction, and it was hilarious. We have also had beautiful poetry submitted, so incredible, well-worded and inspiring," she said.

She is also hoping that this contest encourages people in our community who aren't writers yet to give it a go.

"It gives a meaningful reason to write. I feel like in this digital era, writing is almost getting lost. The contest is something that gives you a reason that you may not have otherwise, and writing allows you self-expression and creativity. (I hope people entering the contest can be) recognized for that gift, and connect with the community, gaining confidence.

Once the submissions are written and the judges make the hard decision about the winners, there will be an official awards ceremony that takes place at the Gwen Fox Gallery in May.

The contest is made possible by generous donations from community groups. In past years, the Selkirk Legion, the Rotary Club of Selkirk, Gerdau and the Knights of Columbus have made this great community event possible.

Plett Bartel encourages residents to participate in this contest and to encourage their friends and family members who are storytellers to submit their writing.

"If there's somebody in your circle who loves writing, or is a gifted writer, and you think this would be a good opportunity, encourage them. It takes a little bit of time and effort, but not a whole lot, so just give it a try. I don't think people regret submitting, and it can be a good experience for people to participate in the community and celebrate their writing skills," she said.

You can learn more about contest guidelines as well as grab yourself an entry form on the SALP's website: <https://selkirkadultlearning.wixsite.com/salp>. You can also call or text 204-904-8792 or email aplettbartel@lssd.ca for more info.



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Music lessons: undeniable benefits at any age!

Flute, piano, guitar, drums, saxophone and French horn... no matter the instrument, playing music has countless benefits for children and adults alike. Here's an overview.

Music is a powerful art form that allows you to express emotions and share ideas in unique ways. Learning to play an instrument develops critical and analytical thinking, broadens perspectives and strengthens social connections. Like all art forms, it sparks creativity and refines esthetic sensibilities. It can also help improve your overall well-being by reducing stress, boosting self-confidence and lifting your mood.

On a physical level, playing an instrument improves coordination, dexterity and control of movement. It strengthens independence of the hands, fingers and even the feet, while also encouraging good posture. These benefits support healthy growth in children and help older adults maintain mobility. Wind instruments, in particular, teach proper breathing techniques and help improve lung capacity.

Learning an instrument also teaches discipline and perseverance. It sharpens concentration, strengthens memory and encourages creative problem-solving. These abilities often translate into better academic performance, especially in math and science, as well as stronger decision-making skills.

Contrary to popular belief, there's no age limit for learning to play an instrument. In fact, music improves brain plasticity in adults, helping preserve cognitive function. Additionally, retirees and seniors often have more time to practice, which means they can progress quickly.

Studies even show that music lessons improve self-control in children. In other words, kids learn to better manage their impulsivity, sustain focus and ignore distractions more effectively.

Do you want to enjoy the benefits of music? Explore music schools in your area to get started.



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The Last Wife brings modern conversation on women's rights to MTC

Reimagining of the story of Katherine Parr on now until April 18

By E. Antonio

A centuries-old story is taking on new relevance at the Royal Manitoba Theatre Centre (MTC), where *The Last Wife* is running now through April 18 at the John Hirsch Mainstage.

Written by Canadian playwright Kate Hennig, the production reimagines the story of Katherine Parr — the final wife of King Henry VIII — through a contemporary lens, blending historical drama with timely conversations about gender, power and political agency.

The play examines Parr's complex and often precarious position within the Tudor court as she navigates an obligatory marriage while quietly advocating for Henry's daughters and their right to rule.

Artistic director Kelly Thornton said the decision to stage the production was driven by a desire to spark discussion around current social and political issues.

"Programming *The Last Wife* came as a direct response to the second failed attempt of a woman to win the White House, even against an opponent who challenged democracy itself. It made me want to agitate a

deeper conversation," Thornton said in a news release. "While *The Last Wife* is written under the guise of history, Hennig is provoking a dialogue very much about today, asking us what we are willing to risk to effect change."

Hennig's work reframes a largely overlooked historical figure, presenting Katherine Parr not simply as a survivor but as an influential force in shaping England's future. She said the idea for *The Last Wife* began in 2011 during the Arab Spring, when she noticed that most political leaders at the forefront of global change were men, prompting her to consider the role of women in shaping history.

A longtime enthusiast of both general and women's history, Hennig said reimagining Parr's story felt like a natural fit.

"She was young and beautiful, and after reading about the influence she had on Mary I and Elizabeth I, it was just so fascinating," Hennig said. "We've been handed down such a male point of view on women in history, and when we incorporate the

Continued on page 19



RECORD PHOTOS CREDIT TO DYLAN HEWLETT
Blake Beachell of Rosser and Amelia Sargisson appear in *The Last Wife*, now running at the Royal Manitoba Theatre Centre through April 18.



Amelia Sargisson as Kate and Sébastien Heins as Thom in *The Last Wife*.

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Interlake horse camp helps veterans reclaim confidence

By E. Antonio

A horse camp in Manitoba's northern Interlake is giving veterans and first responders the opportunity to reignite their spark this September.

Red Rose Ranch Veterans Horse Camp (R3VHC) is a free, overnight camp near Dallas, Man., that teaches participants the fundamentals of horsemanship while offering a supportive environment for healing and connection.

For Stonewall resident Becky Lemon, the camp has been life-changing.

A retired Canadian Air Force traffic technician with 19 years of service, Lemon first attended R3VHC as a participant in 2023. She later returned as a volunteer ranch handler in 2024 and 2025 and plans to return again this year.

During her military service, Lemon developed an occupational stress injury — something she describes as closely related to post-traumatic stress disorder — which brought frequent episodes of depression and anxiety into her daily life.

"It makes your world very small," she said.

Lemon first learned about the camp through Soldier On, a program that helps serving members and veterans adapt and thrive after physical or mental injury. She applied in hopes of regaining some of her self-confidence.

"I had nothing to lose, and this camp had everything to give," she said. "It was an opportunity that helped me not let my world get as small as it could."

Although she arrived with few expectations and no prior experience with horses, Lemon said the experi-



Stonewall resident Becky Lemon, a 2023 R3VHC participant and current volunteer, is pictured with Melody. Lemon says attending the camp helped her regain confidence and a renewed sense of purpose.

ence quickly exceeded anything she had imagined.

"This was a turning point in my life," she said. "I got part of the old me back."

Throughout the week, Lemon said she not only learned horsemanship skills but also gained a deeper understanding of herself. Despite the initial nerves of working with such large animals, she now considers the experience transformative.

"There is something about this place — it inspired me to continue my story," she said. "I know how much this place can make a difference in people's lives. It is something that saved mine."

A key part of the camp's impact,



RECORD PHOTOS SUBMITTED

Participants at the Red Rose Ranch Veterans Horse Camp (R3VHC) take part in hands-on horsemanship training during the weeklong overnight camp near Dallas, Man., where veterans and first responders build skills, confidence and connection.

Lemon noted, is the strong sense of peer support. During her first year, she formed a close friendship with fellow Stonewall veteran Kate Shields. "When you're with people who

Continued on page 20

Happy Easter
 May this season be filled with hope, renewal, and new life.

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Jason, Shauna and their boys



> THE LAST WIFE, FROM PG. 16

female perspective, their stories become much more filled out."

Blending contemporary and historical themes, Hennig said the play connects past struggles with ongoing conversations about equality.

"The play is about the force of patriarchy for women and men," she said. "The women are just trying to assert their own individual desires in an environment where the world stands between them."

Hennig was in Winnipeg for the production, which she described as a special experience, offering a fresh perspective on her work each time it is staged.

"The energy the audience creates is shared with everyone else, and that energy is unique each and every night," she said. "I have been doing this for about 45 years, and experiencing this energy never gets dull."

She added one of her favourite elements of the play is watching the negotiation of power between Katherine and Henry unfold, raising the question: how do people negotiate power within marriage and family?

The production also highlights the royal family dynamic, including Henry's son Eddie, played by 11-year-old Blake Beachell of Rosser.

Beachell said his interest in acting began through school and church productions.

"I like watching movies and seeing people act, and I thought it would be something cool for me to do," he said.

He added working with Royal MTC has been a meaningful step toward

pursuing larger theatre opportunities.

"Just realizing this could lead to other opportunities and bigger roles is exciting," he said. "It's taught me to be more confident on stage while still being true to myself."

Beachell said he relates to his character, describing Eddie as a young person trying to live up to expectations while navigating life in a royal family.

His favourite part of the experience so far has been the technical rehearsal, where he saw the full production come together for the first time. He said audiences can look forward to a particularly dynamic scene between Eddie and his uncle that involves detailed choreography.

Hennig said audiences can expect an emotional and thought-provoking experience.

"The audience will laugh, they will cry, and they will see themselves on the stage," she said. "They will see a classic engagement between the sexes and leave with a sense of hope."

The Last Wife runs through April 18 at the John Hirsch Mainstage and is recommended for mature audiences due to strong language, depictions of violence and sexual themes. Tickets and show information are available online and through the Royal MTC box office.

Food Bank gets helping hand



RECORD PHOTO BY BRETT MITCHELL

Last December's Annual Holiday Food Bank Fundraising Campaign at Safeway in Selkirk made a big impact in our community. They collected \$21,450.22 from Safeway shoppers at check-out and have donated it to the Selkirk Food Bank. Funds raised by this initiative go to purchasing mostly perishable items like bread and milk for people in need in our community throughout the year. Pictured: Selkirk Food Bank Volunteer Tracy Slyker and Chair Bonnie Singleton with Selkirk Safeway staff receiving the \$21,450.22 in Safeway gift cards.

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3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
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 - **2nd essay:** 500 words on a time where you saw a need in your community and an innovative solution you came up with to meet that need.

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4-H members showcase skills at area communications event

By Lana Meier, with files from Jennifer Greigson

Young speakers and presenters from across the South Interlake region took centre stage March 22 as Balmoral Elementary School hosted the 2026 South Interlake 4-H Area Communications event.

Participants from the Balmoral 4-H Club, Selkirk Silver Spurs, East Selkirk 4-H Club, Teulon 4-H Club and Argyle 4-H Club delivered speeches and visual presentations, demonstrating confidence, creativity and strong communication skills.

Organizers noted that all members performed exceptionally well throughout the day.

Top finishers in each category earned the opportunity to advance to the 4-H Manitoba Provincial Communications event, scheduled for April 18 in Brandon. Second-place competitors were named as alternates.

In the speech competition, Felicity Martens of Balmoral placed first in the Cloverbud category, followed by Eberly Wicklund of Argyle. In the junior division, Katie Marohn of Balmoral claimed first, with Alexa

Dumond, also of Balmoral, finishing second. Reese Moore of Balmoral earned top spot in the intermediate category, while Charlee Tronrud of Teulon placed second. Evelyn Westdal of East Selkirk secured first place in the senior division.

In the one-person visual presentations, Lucas Young of East Selkirk placed first in the Cloverbud category, followed by June Holtmann of Selkirk Silver Spurs. Peyton Marohn of Balmoral won the junior division, with Molly Wlock of Selkirk Silver Spurs finishing second. In the intermediate category, Melodie Versavel of Balmoral took first place, followed by Allison Mushaluk, also of Balmoral.

Two-person visual presentation winners included Diesel Blue and Rheo Blue of Teulon in the Cloverbud category, and Rose McLean and Adley Rempel of Balmoral in the junior division.

The event was supported by a team of judges and volunteers. Judges and timekeepers included Magdalena Melnychuk, Diane-Mae Boychuk, Bev Wait, Maegan White, Barb Melnychuk and Karen Olafson, 4-H Manitoba's



RECORD PHOTO SUBMITTED

South Interlake 4-H members gather following the Area Communications event held March 22 at Balmoral Elementary School. Pictured left to right, back row: Adley Rempel, Rose McLean, Alexa Dumond, Katie Marohn, Evelyn Westdal, Allison Mushaluk and Melodie Versavel; Front row, Eberly Wicklund, Felicity Martens, Molly Wlock, June Holtmann, Diesel Blue and Rheo Blue.

club support coordinator. Volunteers included Teresa Melnychuk, Kim Marohn, Lance Marohn, Kim Mushaluk and Jason Mushaluk. Balmoral members Annika Marohn and Aiden Ver-

savel served as room chairpersons.

Event organizers expressed appreciation for the strong community support and the dedication of the participating members.

> RED ROSE RANCH, FROM PG. 17

share a similar background, it creates a powerful bond — not just with each other, but with the horses as well.”

The five-day camp, which offers separate weeks for women and men, fully immerses participants in ranch life. Each day begins with a 6 a.m. coffee chat, followed by chores such as cleaning stalls and mucking fields. Campers then gather for a family-style breakfast in the more than 100-year-old barn.

Mornings and afternoons are dedicated to horsemanship training, where participants learn about saddles, halters, equine equipment and

riding techniques. Evenings include shared meals, downtime and bonfire discussions before campers turn in for the night in the barn loft.

While the schedule is full, Lemon said organizers strike a careful balance.

“It’s busy, but it never feels overwhelming,” she said. “They make sure it stays fun and manageable.”

The week culminates in a long horseback trail ride on Thursday, complete with a fireside lunch and a visit from a Knowledge Keeper from Peguis First Nation.

One of the most important aspects

of R3VHC is that the program is completely free for participants.

“We know that cost can be a major barrier, and we want to eliminate that obstacle,” Lemon said.

As a non-profit organization, the camp relies on community donations and sponsorships to cover expenses such as horse rentals, food and utilities.

Bobby Wuskynyk, a founding member of R3VHC and current board director, said the camp has had a profound impact — not only on participants, but on himself as well.

A 22-year veteran of the Canadian Armed Forces and a current RCMP member, Wuskynyk said he understands the challenges that come with high-stress careers.

He turned to horses as a source of peace and well-being, finding benefits for his emotional, physical, social and spiritual health.

The idea for an equine therapy program in Manitoba began nearly 15 years ago, but it wasn’t until 2021 that the vision became reality.

“I met a group of veterans who shared the same love of horses,” he said. “Conversations started, and one thing led to another. I’m so proud of what this camp has become.”

Looking ahead, Wuskynyk hopes to expand the program to include a family or spouses’ week, recognizing the important role loved ones play in the

healing process.

“To see the traction and the impact we’re having is incredible,” he said. “This wouldn’t be possible without our directors, volunteers and donors who continue to support us year after year.”

R3VHC hosts several fundraising events throughout the year and accepts ongoing donations through its website.

Its next fundraiser, the R3VHC Charity Horse Show, will take place Saturday, May 16. The event marks the start of the horse show season and is sanctioned by both the North Interlake Show Circuit and the Manitoba Horse Council. This year’s event will feature 10 competitions, along with food, music and family-friendly activities.

Additional details will be shared on the organization’s Facebook page closer to the date.

The camp is also seeking sponsors to support the event. More information is available at www.r3vhc.com.

Applications for the September camps are expected to open later this spring. With only eight spots available per week, interest is high and applicants are carefully selected based on established criteria.

“This camp can change your world,” Lemon said. “So apply and try and see the life-changing difference R3VHC can make.”

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> MEAL IDEAS



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Spring Greens Salad with Mozzarella

Recipe adapted from Organic Authority

Servings: 4

- 4 cups baby arugula or spring mix
 - 1/2 cup cubed mozzarella cheese
 - 1 tablespoon lemon zest
 - 2 tablespoons extra-virgin olive oil
 - 1 tablespoon fresh lemon juice
 - sea salt, to taste
 - freshly ground black pepper, to taste
 - halved cherry tomatoes (optional)
- In large mixing bowl, combine aru-

gula or spring mix, mozzarella and lemon zest; set aside.

In small bowl, whisk olive oil and lemon juice vigorously with fork until smooth. Season with salt and pepper, to taste.

Pour vinaigrette over greens; toss gently to coat. Top with halved cherry tomatoes, if desired.

Photo courtesy of Unsplash



Lime-Rubbed Chicken Avocado Tacos with Corn Guacamole

Recipe courtesy of Pati Jinich on behalf of Avocados From Mexico

Servings: 8

Chicken:

- 1 tablespoon fresh-squeezed lime juice
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper, or to taste
- 1 tablespoon chopped fresh rosemary, or 1/4 teaspoon dried

1 pound boneless, skinless chicken breasts

corn or safflower oil

Corn Guacamole:

- 1 jalapeno chile, roasted and chopped, or to taste
- 2 garlic cloves, skin on
- 2 large ripe Avocados From Mexico, halved, pitted and diced
- 3/4 cup corn kernels shaved from corn, or cooked from thawed
- 3/4 cup cherry or grape tomatoes, halved or chopped

1 tablespoon fresh-squeezed lime juice

3/4 teaspoon kosher or sea salt, or to taste

Tacos:

16 corn tortillas

To make chicken: In bowl, mix lime juice with olive oil, salt, ground pepper and rosemary. Pour on top of chicken in container. Cover and refrigerate 30 minutes or up to 12 hours.

Heat medium-sized saute or grill pan over medium-high heat. Add corn or safflower oil; once hot but not smoking, add chicken. Saute until golden brown and cooked through, about 5 minutes per side. Remove from pan; place on chopping board to cool. When cool enough to handle, slice into diagonal strips about 1/2-inch wide.

To make corn guacamole: Place jalapeno and garlic cloves in small baking dish under broiler 6-9 minutes, or until completely cooked through, soft and skin is charred. Once cool enough to handle, peel garlic and mince along with chiles.

Place diced avocado in mixing bowl. Add charred and minced garlic and jalapenos, gently tossing together. Incorporate corn and tomatoes. Squeeze lime juice on top and sprinkle with salt. Mix together.

To assemble tacos: In hot skillet or comal set over medium-low heat, heat tortillas about 1 minute per side.

Place tortillas in tortilla warmer or wrap in clean kitchen towel or cloth napkin. Serve with guacamole and chicken.

Spotting nutrition deficiencies

By Fitness Expert Julie Germaine Coram

Scientists have long focused on longevity and often report that nutritional deficiencies can have a significant impact on ongoing performance and overall health. Thankfully, there are symptoms you can watch for to slow the signs of aging — and help you keep up with your children or grandchildren for many years to come.

Often, my clients come to me with concerns about chronic pain, such as bone or muscle aches, and even flu-like symptoms that hold them back from living life to the fullest. My first thought is always vitamin D. When your intake of this essential vitamin is lacking (less than 1,000 IU per day), you not only risk poor bone health, but may also be more likely to fall ill due to a weakened immune system. Adequate intake is also important for wound healing and mood regulation, helping reduce the risk of developing depression.

How can you increase your intake? Eat more fatty fish and fortified dairy products or cereals. Supplements can also help boost your levels if needed.

Another sign to be aware of is feeling tired, unmotivated or weak during your workouts, especially if you follow a vegetarian diet or do not consume animal products regularly. You may also experience memory problems in this scenario. The vitamin of concern here is B12.

Maintaining bone strength is a major concern as we age, as fractures from falls are a significant risk in older adults. Consuming adequate amounts of calcium is crucial to keeping teeth and bones healthy. This relates closely to vitamin D intake, as the two work together in the body for maximum absorption. It is best to obtain calcium through your diet — such as dairy products or canned salmon with bones — although supplementation can help prevent bone loss if necessary.

There are also other important nutrients to support skin health (biotin), the immune system (vitamin C) and energy levels (magnesium). Eating a balanced diet with a variety of protein sources, along with plenty of fruits and vegetables, is key.

Adding a daily multivitamin can also help prevent



Fitness Expert, Julie Germaine

deficiencies.

To discuss your health goals or fitness challenges, schedule a free online consultation at www.calendly.com/juliegermaine or email julie@juliegermaine.com.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fishermen trail championship series after marathon Game 3

By Kieran Reimer

The first three games of the best-of-seven Capital Region Junior Hockey League championship series were played last week between the Selkirk Fishermen and La Broquerie Habs.

La Broquerie drew first blood Tuesday with a 6-3 victory in Game 1 at the Selkirk Recreation Complex, fueled by an eruption of goals in the opening frame.

Theo Courchene opened the scoring for Selkirk early in the first before Drew Heide, Luka Tetreault and Connor Tallaire scored three consecutive goals for La Broquerie.

Felix Asselin and Heide then added to the Habs' lead early in the second to make it 5-1.

Selkirk's Cole Baker ended the onslaught with his third of the post-season to cut the deficit to three later in the middle frame.

Dawson Bergagnini later made it 5-3 with his fourth of the playoffs, but the score held until Mario Gagnon sealed the win with an empty-net goal — the Habs' first-ever victory in a championship series game.

Action then shifted to the HyLife Centre in La Broquerie on Friday, where the Fishermen evened the series with a 3-2 win.

Ashton Schroeder opened the scoring with a power-play marker early in the second period.

The Habs tied the game with 41 seconds left in the frame on a goal by Tetreault, setting up a pivotal third period.

Ryan Dupont restored Selkirk's lead early in the third, followed shortly after by Deacon Kemp, who made it 3-1.

La Broquerie's Ty Mistelbacher cut the lead to one midway through the period, but both goaltenders shut the door from there as Selkirk secured its first win of the series.

The teams met again Sunday afternoon in Selkirk, where La Broquerie earned a 4-3 double-overtime victory in Game 3 to take a 2-1 series lead.

Selkirk held a 2-1 lead after a back-and-forth first period, with goals from Dupont and Izzy Aime, while Colton Pakoo replied for La Broquerie.

Asselin scored the lone goal of the second period to tie the game before Tallaire gave the Habs their first lead with 13 minutes remaining in the third.

That lead lasted just three minutes before Drake Vermeulen tied the



Selkirk's Gaven Berry looks to fend off a La Broquerie scoring chance. Berry recorded an assist in Selkirk's 3-2 victory on Friday at the HyLife Centre.

game 3-3 with his second of the playoffs.

Neither team scored in the final 10 minutes of regulation, sending the game to overtime, where the deadlock continued into double overtime.

Mistelbacher finally ended it with 2:24 remaining in the fifth period.

In goal, Jaxon Loewen made 54 saves for La Broquerie, while Selkirk's Johnny Enns-Demchuk stopped 56 shots in the loss.

The series returns to the HyLife Centre for Game 4 on Tuesday at 7:30 p.m., followed by Game 5 and, if necessary, Games 6 and 7 later in the week.

UPCOMING GAMES:

- Game 4: Tuesday, March 31, 7:30 p.m. at HyLife Centre

- Game 5: Thursday, April 2, 7:30 p.m. at Selkirk Recreation Complex

- Game 6: Saturday, April 4, 7 p.m. at HyLife Centre*

- Game 7: Sunday, April 5, 3 p.m. at Selkirk Recreation Complex*

* If necessary



RECORD PHOTOS BY JOHN PODWORNIAK

Selkirk Fishermen goaltender Marcus Sharpe scrambles outside the crease as teammates collapse to block a scoring chance from La Broquerie's Gabriel Asselin during CRJHL championship series action.



The La Broquerie Habs currently lead the best-of-seven CRJHL Championship series 2-1 following a 4-3 double overtime victory in last Sunday's game three at Selkirk Recreation Complex. Action now shifts back to La Broquerie for game four on Tuesday, with a 7:30 p.m. puck drop from the HyLife Centre.

NEXT HOME GAMES

at the Selkirk Rec Centre

PLAYOFFS VS. La Broquerie Habs

Game 1: March 24, 7:30pm in Selkirk *Fish Lost*

Game 2: March 27, 7:30pm in La Broquerie *Fish Won!*

Game 3: March 29, 3:00pm in Selkirk *Fish Lost*

Game 4: March 31, 7:30pm in La Broquerie

Game 5: April 2, 7:30pm in Selkirk

Game 6: April 4, 7:00pm in La Broquerie

Game 7: April 5, 3:00pm in Selkirk

PLEASE CHECK THE CRJHL WEBSITE FOR UPDATES



Meet the
Fishermen
2025-2026



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INSIDE > OUTSIDE > UPSIDE DOWN

Steelers' season marked by adversity, growth and missed playoffs

By Kieran Reimer

The 2025-26 season was one of ups and downs for the Manitoba Junior Hockey League's Selkirk Steelers.

The club had stretches where it sat first in the league, saw players selected to all-star and Team Canada events, and secured various commitments to college hockey programs.

The low point, however, was missing the playoffs for the fourth consecutive season — a surprising outcome after opening the year on an eight-game winning streak.

Selkirk faced its share of mid-season adversity, including the departure of top scorer Rohan Guevarra, who headed west to finish the season with the Blackfalds Bulldogs of the British Columbia Hockey League.

Illness around the holidays also resulted in a stretch of shortened line-ups and even a game postponement.

Selkirk ultimately finished 20-35-2-1, placing fifth in the seven-team MGEU East Division, 29 points back of Winkler, which claimed the fourth and final Eastern playoff spot.

"Falling short of the playoffs was definitely disappointing for us and how everything kind of finished up in the second half was not how we kind of first saw our season going," said head coach Hudson Friesen on Friday. "We had a really good start, and we ran into some injury issues later in the first half which kind of affected our group and just our ability to put a full roster on the ice. After Christmas, we were really excited that we

were getting fully healthy. For whatever reason, in the second half we just had a really hard time scoring and lost a lot of one-goal games. I think it was up to 15 games we lost by a goal. We competed, we were in the mix, and we just weren't able to get over the hump in a lot of those big games, especially early on in January. Unfortunately, that put us behind the eight ball where we were chasing and it put us in a spot where the mountain was too big to climb near the end."

The MJHL has since carried on without the Steelers, with the start of the 2026 Turnbull Cup playoffs.

Friesen and staff, meanwhile, are spending their time reflecting on the season and what comes next.

The club will be without forwards Evan Mayer, Carter Zalischuk, Dawson Madden, Owen Branson, Wyatt Witham, and defencemen Jules Delepouille and Nolan Wytrykusz next season as part of its 2025-26 graduating class.

Their departures leave a hole, particularly on offence, where players like Witham, Branson and Madden paced the club this season.

"They're definitely going to be missed and all those guys — all seven of our graduating players — have helped lay a foundation in the room and on the ice as well, with just the habits and the detail that we want our guys to play with. They definitely embody what it means and what it takes to be a Steeler," said Friesen.

Their absence, however, creates op-

portunities for younger players to step up. Forwards Carter Haney and Landon Pue, who both surpassed the 30-point mark as rookies in 2025-26, will look to help fill the offensive gap.

Rookies Isaac Sousa, Jayton Frederick, Madden Simard and Dylan Line will also have opportunity knocking as they enter their sophomore campaigns.

"Those guys are going to be relied upon to take a big step next year," said Friesen. "The baton's going to be passed from the 20-year-olds — the guys vacating — and those are going to be the players we are going to really lean on to take big steps to help push this program forward and help the team have more success."

They will also be joined by newcomers brought in over the off-season.

With more than five months before the 2026-27 season, Friesen said the team is already evaluating potential players, some of whom may be skating in Steeltown as early as May's spring camp.

The coming months will also provide clarity on which graduating players will move on to the college level.

Senior commitments so far include Branson (Niagara Univ., ACHA), Delepouille (SUNY-Plattsburgh, NCAA III) and Wytrykusz (Anna Maria College, NCAA III).

Friesen expects that number to grow. "It's looking like a few of our other 20-year-olds will also have some commitments that we're not ready to an-

nounce quite yet, but it looks like most of them will have an opportunity to continue playing next year," said Friesen. "All of them deserve that opportunity and we're excited for them to keep playing, and obviously having an opportunity to get their education at the same time. At the end of the day we're very happy with that, and it's great to see success and for these guys to get that opportunity here for next season."

Selkirk officially put a bow on the 2025-26 season at its annual awards banquet on March 17, where nine awards were handed out.

Major award winners included goaltender Ethan Sawyer (Most Valuable Player), Witham (Top Forward) and Delepouille (Top Defenceman).

AWARD WINNERS:

- Most Valuable Player (MVP): G Ethan Sawyer, 40 GP, 14-23-1, .909 SV%, 3.34 GAA, 1 SO
- Top Forward: F Wyatt Witham, 54 GP, 25-34-59
- Top Defenceman: D Jules Delepouille, 46 GP, 8-17-25
- Rookie of the Year: F Carter Haney, 53 GP, 12-21-33
- Most Improved: F Kayden Turner, 58 GP, 10-24-34
- Top Defensive Player: F Owen Branson, 55 GP, 20-33-53
- Unsung Player of the Year: D Ayden Collins, 45 GP, 2-14-16
- Most Inspirational: F Dawson Madden, 43 GP, 18-19-37, and D Jules Delepouille
- Leading Scorer: F Wyatt Witham

Interlake locals heading to MJHL semis with Wolverines and Nighthawks

By Kieran Reimer

Interlake talent set to clash in MJHL semifinals

Interlake hockey talent will be front and centre in the Manitoba Junior Hockey League semifinals, with six local players split between the Niverville Nighthawks and Waywayseecappo Wolverines.

Both teams advanced with commanding first-round sweeps and will now meet in a best-of-seven series, with a berth in the Turnbull Cup final on the line.

The Nighthawks punched their ticket with a four-game sweep of the Winkler Flyers, led by Interlake products

Hayden Wheddon (Stonewall), Adam Vigfusson (Gimli) and Dawson Zeller (St. Andrews).

Zeller played a key role in the series, scoring twice in Game 2, including a shorthanded marker, while Wheddon and Vigfusson contributed in Game 3 as Niverville took a 3-0 series lead. Vigfusson, the team captain, capped the sweep with a two-goal performance in a 4-0 Game 4 win.


Goaltender Austin Dubinsky was also instrumental, turning aside 24 shots in both Games 2 and 3 before making 38 saves in a shutout performance in the clinching game.

Meanwhile, the Waywayseecappo


Wolverines stunned the Dauphin Kings with a four-game sweep of their own, marking the franchise's first trip to the semifinals.

The Wolverines feature their own trio of Interlake players in Noah

Continued on page 24



217 Clandeboye Ave., Selkirk
Proof Deadline Fridays at 4 p.m.
Booking Deadline
Mondays at 4 p.m.
Office Hours: Monday-Friday 9:30-5:00



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

West St. Paul wins the Junior Interlake Interclub finals

By Haley Cvar

Stonewall curlers delivered strong performances as the Junior Interlake Interclub League wrapped up its 2025–26 season on Sunday, March 15 at the East St. Paul Curling Club.

The league featured 11 teams representing Stonewall, East St. Paul, West St. Paul and Selkirk, bringing together young athletes from across the region for a competitive season of play.

West St. Paul's Team Friesen captured the Grand Aggregate title to top the overall standings.

Stonewall teams made their presence felt across multiple divisions, highlighted by a championship performance in the A event. The Stonewall rink of Josh Tristram, Judah Hidlebaugh, Nick Turner, Niam Wedel and Jayden Slatcher claimed top spot in the division with a strong showing on finals day.

In the B event, another Stonewall squad — Spencer Goddard, Evan Searcy, Camryn Lecoq and Andrew Sheldon — earned top honours.

Stonewall also secured the C event title, with Maddox Keeping, Holly Fitzpatrick, Chelsea Thomas and Olivia Wirgau rounding out a successful weekend for the club.

The results capped off a solid season for Stonewall's junior curling program, with multiple teams reaching the podium and showcasing the depth of talent coming up through the local ranks.

Cutlines:

A Event:

Members of the Stonewall rink of Josh Tristram, Judah Hidlebaugh, Nick Turner, Niam Wedel and Jayden Slatcher celebrate after winning the A event at the Junior Interlake Interclub League finals March 15 at the East St. Paul Curling Club.

B Event:

Stonewall's Spencer Goddard, Evan Searcy, Cam-



RECORD PHOTO SUBMITTED

West St. Paul's Team Friesen captured the Grand Aggregate title to top the overall standings.

ryn Lecoq and Andrew Sheldon captured the B event title at the Junior Interlake Interclub League finals held March 15 in East St. Paul.

C Event:

The Stonewall rink of Maddox Keeping and Oliv-

ia Wirgau are pictured after winning the C event at the Junior Interlake Interclub League finals March 15 at the East St. Paul Curling Club. Missing from the photo are teammates Holly Fitzpatrick and Chelsea Thomas.

> MJHL SEMIS, FROM PG. 23

Oughton (St. Laurent), Blake Farthing (Stonewall) and Ryder Kirk (Stonewall)

Waywayseecappo set the tone early in the series, jumping out to a 2-0 lead before securing a dramatic 3-2 double-overtime victory in Game 3 at Credit Union Place.

Back on home ice, Oughton opened the scoring in Game 4 — his first of the postseason — as the Wolverines completed the sweep with a 3-1 win in front of 850 fans at Waywayseecappo Arena Complex.

The semifinal matchup will guarantee that Interlake representation continues into the MJHL final, with players on both sides set to play key roles.

Niverville enters the series as the

regular-season champion and will hold home-ice advantage, while Waywayseecappo finished third in the MGEU West Division but has already proven it can upset higher-ranked opponents.

The other semifinal will see the Steinbach Pistons take on the Virden Oil Capitals.

Semifinal schedules have yet to be released.

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To see more photos of your favourite Interlake Athletes

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Ignite capture provincial gold with thrilling final win

By Annaliese Meier

The U14C Interlake Ignite capped off a strong season by winning gold at the Ringette Manitoba provincial championships, battling through a competitive week and finishing with a dramatic 5-4 victory in the final.

The Interlake-based squad, made up of players from across the region — including Fraserwood, Selkirk, East Selkirk, St. Andrews, West St. Paul, Warren and Balmoral — showed resilience throughout the tournament.

Ignite opened provincials Wednesday with a narrow 5-4 win over the Northstars. They then faced a setback Friday night, falling 6-1 to the St. James Boom. The team rebounded Saturday with a 4-3 victory in a rematch against the Northstars to secure a spot in the gold-medal game.

In Sunday's final at Seven Oaks Arena, Ignite once again met the Boom and delivered their strongest performance when it mattered most, edging their opponents 5-4 to claim the provincial title.

The championship caps a season of steady growth for the team, which finished second overall in the regular season and earned bronze in the city playoffs. Coaches credited the group's development, teamwork and perseverance as key factors in their success.



RECORD PHOTO SUBMITTED

Members of the U14C Interlake Ignite celebrate after defeating the St. James Boom 5-4 to win gold at the Ringette Manitoba provincial championships at Seven Oaks Arena. Pictured left to right, back row: Emily Lazaruk (coach), Neve Robbins, Darren Pott (coach), Gabby Sookermany, Trinity Walker-Ross, Lyla Cieszynski, Natalie Pott, Avery Jones, Emily Hempel, Keira Wilson, Tyler Erickson (coach), Kelsey Erickson (coach); middle row, Brooklyn Doll, Kaycie Margetts, Maya Manguiat, Isis Robinson, Leona Bruce; front row, goaltender Ellie Anderson. Missing from the photo is Hailey Surzyshyn-Ruud and Michelle Anderson (manger).

Nine former Steelers playing pro hockey in 2025-26

By Kieran Reimer

The Selkirk Steelers have a history of advancing players from the Manitoba Junior Hockey League to the next level.

Names like Darren Helm, Neil Wilkinson and Andrew Murray headline the list of former Steelers who went on to National Hockey League careers.

In 2025-26, the Steelers had multiple players commit to college hockey programs as the next step in their academic and playing careers.

In recent years, the jump to college hockey has served as a stepping stone for numerous former Steelers who have since turned professional.

This season, nine former members of the club are playing professionally in North America and across Europe.

East St. Paul's Brendan Shinnimin is among the most notable, having spent a full season with the Steelers before going on to play 12 NHL games with the Arizona Coyotes.

In 2025-26, Shinnimin began his 14th professional season with HC Slovan Bratislava of the Slovak Extraliga, recording one goal and four assists in nine games.

He later returned to his former Swedish Hockey League club, Luleå HF, where he has five goals and six assists in 34 games since joining mid-season.

Since turning pro in 2012-13, the 35-year-old forward has played more

than 600 games across the NHL, AHL, NL, KHL, SHL, DEL and Slovak Extraliga.

His lone season with the Steelers in 2007-08 was memorable for both him and the club, as Selkirk finished first in the regular season with a 44-12-1-5 record before bowing out in the first round of the playoffs.

That season also marked his junior debut as a 16-year-old, when he recorded seven goals and 19 assists in 51 games before moving on to the Tri-City Americans of the Western Hockey League the following year.

He is now seeking his third career SHL title with Luleå, which is currently competing in the second round of the playoffs.

Defenceman Joel Messner is another former Steeler playing overseas, suiting up for Fehérvár AV19 of the ICEHL in Hungary.

In 48 regular-season games, Messner led all Fehérvár defencemen with seven goals and 18 assists.

Now 32, he is more than a decade removed from his junior days but spent more time with the Steelers than any other current pro.

He played his entire junior career in Selkirk, appearing in 165 games from 2010 to 2014 and recording 15 goals and 72 assists before moving on to the University of Nebraska Omaha.

His four seasons included a Turnbull Cup final appearance in 2010-11 and an Addison Division title in 2013-

14, when he also earned the MJHL's top defenceman award.

He has since built an eight-year professional career with stops in the AHL, ECHL, DEL2 and Slovak Extraliga, and is now chasing an ICEHL title with Fehérvár, which is currently in a semifinal series against the Graz-99ers.

Back in North America, former Steeler forward Caiden Gault is beginning his professional career with the Greenville Swamp Rabbits of the ECHL.

The 23-year-old recently completed his senior season at Northern Michigan University before signing his first pro contract. He has already appeared in six games with Greenville.

Gault began his junior career with the Steelers in 2018-19 as a 16-year-old. After recording one goal in two games, he returned the following season and posted 25 goals and 22 assists in 59 games.

He later spent two seasons in the Alberta Junior Hockey League before starting his college career.

With Greenville, Gault will look to help the Swamp Rabbits — currently 24-28-7-1 — in their playoff push, as they sit six points out of a playoff spot with 12 games remaining.

Former Steelers teammate Jackson Kobelka is also in his first professional season, playing overseas with Laser HT of the Suomi-sarja in Finland.

The 25-year-old centre joined Laser

after four seasons at Albertus Magnus College and Castleton University (NCAA Division III).

He recorded six goals and five assists in 28 games in his rookie season, helping Laser finish fifth in the regular season. The team went on to earn a silver medal after falling to Haukat in the league final.

Kobelka played 50 games with Selkirk over the 2018-19 and 2019-20 seasons, registering four goals and eight assists.

OTHER FORMER STEELERS IN PRO HOCKEY:

F Nolan Dawson — played 17 games with Selkirk in 2019-20

2025-26: 25 GP, 7-12-19, with Indiana and Blue Ridge (FPHL); 11 GP, 1-6-7, with Muik (Suomi-sarja)

F Adam Ingram — played eight games with Selkirk in 2020-21

2025-26: 25 GP, 3-10-13, with St. Cloud State University (NCAA); 3 GP, 0-1-1, with Idaho (ECHL)

G William Desmarais — played five games with Selkirk in 2020-21

2025-26: 26 GP, 4-15-0, 2.66 GAA, .934 SV%, 1 SO, with Nantes (France2)

D Chase Harrison — played one game with Selkirk in 2012-13

2025-26: 22 GP, 1-1-2, with Manchester (EIHL)

F Ryley Lindgren — played one game with Selkirk in 2012-13

2025-26: 47 GP, 35-30-65, with Herforder (Germany3)

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April 25 & April 26, 2026, DUGALD GUN & COLLECTIBLE SHOW AT SPRINGFIELD CURLING CLUB. FROM WINNIPEG, 10 MILES EAST ON DUGALD RD, OR 5 MILES NORTH OF HWY #1 ON HWY #206. BUY-SELL-TRADE. OPEN SATURDAY 10 A.M. - 5 P.M, SUNDAY 10 A.M. - 4 P.M. FOR INFO PHONE SHERYL 204-4-250-8766 OR CORNELIUS 204-242-2320.

UPCOMING EVENTS

Dr. Doug Tataryn is hosting a Men's Therapy Group for Chronic Anger, PTSD, Anxiety, and Depression. Teaching Healthy Emotional Processing. Mondays 7:00 to 8:20 p.m. Eligible for Insurance Coverage. Contact info@bioemotiveframework.com for more info. Women's+ Group Available, please contact.

COINS

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SUPPORT LOCAL BUSINESS



Engineers Geoscientists Manitoba is hosting FREE On-line and In Person Public Open Houses to discuss potential updates to *The Engineering and Geoscientific Professions Act*

Sessions are being held: April 7 & April 16, 2026

For more information about the potential changes to the Act, or to Register, or to provide Feedback, if unable to attend, please visit:

<https://www.EngGeoMB.ca/News.html#675>

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PUBLIC NOTICE

Notice is hereby given that Larters at St. Andrews Golf and Country Club intends to conduct the following pesticide control program from May to November 2026.

1. To control weeds within the property of the golf course. The herbicide used will be Par III, Trillion and Roundup.
2. To control fungal diseases within the property. The fungicides used will be Banner Maxx, Heritage Maxx, Instrata Fusion, Instrata II, Disarm, Honor, Mxtime, Secure, Ascernity and Polarosc.
3. To control insects within the property of the golf course. The insecticide to be used is Acelepryn and Delta Guard.

The public may send written submission within 15 days of the publication of this notice the department below:

Environment and Climate Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, MB R3Y 0L6

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PUBLIC HEARING NOTICE

2026 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Rural Municipality of Alexander intends to present its Financial Plan for the fiscal year 2026 at a public hearing in the Council Chambers of the RM of Alexander on Tuesday, April 28, 2026 at 2:00 p.m. Council will hear any interested person who wishes to make a representation, ask questions or register an objection to the Financial Plan as provided.

A copy of the Financial Plan is available for review and may be examined by any person during the regular office hours of 8:30 am - 4:30 pm at the municipal office located at 1 Bouvier Trail, St. Georges, Manitoba. A copy will also be available for review on the municipal website.

Dated this 11th day of March 2026.

Gisele Smith
Chief Administrative Officer



RURAL MUNICIPALITY OF ST. ANDREWS PUBLIC HEARING NOTICE

REGARDING THE 2026 FINANCIAL PLAN

Thursday, April 9, 2026
6:00 P.M.

Council Chambers of the Rural Municipality of St. Andrews
500 Railway Avenue, Clandeboye, MB.

At this time Council will present the proposed 2026 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum to allow any interested person to make a representation, ask questions or register an objection.

Written submissions can be filed with the Chief Administrative Officer at cao@rmofstandrews.com or dropped off at the R.M. office. A Zoom link to the public hearing will be available for anyone who has provided a submission and would like to participate virtually.

A copy of the 2026 Financial Plan will be available for review on Thursday, April 2, 2026 at the Municipal Office and on the municipal website at www.rmofstandrews.com.

Any person who has questions, needs clarification, or requires further information either prior to or following the hearing, is encouraged to contact Carrie Osabutey BA., BComm(hons), CPA, CMA, Director of Finance at dir.finance@rmofstandrews.com.

The public hearing can be viewed live through the R.M. of St. Andrews YOUTUBE Channel.

Dated this 9th day of March, 2026 and issued in accordance with Section 162(2) of *The Municipal Act*.

Brent Olynyk
Chief Administrative Officer
R.M. of St. Andrews

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Reporting to the board of directors, the requirements for the position include good supervisory, administrative, creativity and problem solving, written communication, and interpersonal skills, as well as a commitment to seniors' health and well-being and community.

University or college credentials, plus related experience, or some equivalent combination are required, as are a car, valid driver's license and pre-employment checks.

The hours are Monday to Friday 8:00 am to 3:30 pm, with some potential evenings or weekends.

We offer a competitive starting wage which includes pension and benefit package.

Deadline for applications: Friday April 10, 2026.
Please submit a resume including 3 references to:

Gimli Seniors Resource Council
Box 1928, Gimli Mb. R0C 1B0
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PUBLIC NOTICE

PUBLIC NOTICE is hereby given that the SELKIRK GOLF & COUNTRY CLUB intends to conduct the following pesticide control program during 2026.

1. To control noxious weeds within the property of the Selkirk Golf Course. The projected dates of application will be from May 15, 2026 to October 31, 2026. The herbicides to be used include Spreader Sticker, Mecoprop, Trillion and Banvel VM.
2. To control fungal diseases within the Selkirk Golf Course property. The projected dates of application will be from May 15, 2026 to October 31, 2026. The fungicides to be used include Daconil, Primo Maxx, Instrata, Medallion, Posterity, Heritage Max, Dedicate Stressgard, Disarm, Polaro and Instrata Fusion.
3. To control insects within the property of Selkirk Golf Course. The projected dates of application will be from May 15, 2026 to October 31, 2026. The insecticides to be used are Acelepryn and Merit.

The public may send written submission within 15 days of the publication of this notice to the department below.

Manitoba Environment and Climate
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, MB R3Y 0L6

JOIN US AT THE OPEN HOUSE

Selkirk's Development Plan Update

Selkirk Memorial Hall
(376 Jemima Street)
on Wednesday,
April 15, 2026
6:30 - 8:30pm

As required by provincial legislation, the City of Selkirk is updating its Development Plan.

As the Plan moves through the formal adoption process, you are invited to join us at a Public Open House to learn about the proposed updates.

At the Open House, you can:

- Review information about the proposed updates
- Ask questions
- Speak with City representatives

What's A Development Plan?

We're glad you asked! Development plans are provincially required long-term documents that guide community growth.

Scan to visit the project website or learn more at MySelkirk.ca/DevelopmentPlanUpdate



NOTICE OF PUBLIC HEARING

ZONING BY-LAW AMENDMENT APPLICATION
RM of East St. Paul

Under authority of *The Planning Act*, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions.
For more info on how to register for the public hearing please contact the municipality at 204-668-8112

Tuesday
April 28th, 2026
5:30 PM

Council Chambers,
3021 Birds Hill Rd,
RM of East St. Paul, MB

Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File: ZBA BL 2026-04

Applicant: Waterside Development Corp.

Property Location: A portion of 3401, 643 Mowat Road, East St. Paul, MB.
Roll: 54203, 55800, 57300, 57400, 58460.
Legal: CT2043814/1; CT1992810/1; CT1992807/1; C3134971/1; CT1992729/01 respectively.

Application Purpose: To amend the R.M. of East St. Paul Zoning By-law No. 2009-04 by rezoning the subject property zoned as "DR" Development Reserve into "RM"- Multiple Housing Dwelling, "R1-8"- Single Housing Dwelling, "RT"- Two Housing Dwelling zones and "PR" - Park and Recreation zones to allow future subdivision for single housing dwellings, two family housing dwellings, condominium development and Parks and Recreation areas.



Current Zone of Zoning By-law	Proposed Zones by Applicant
"DR" Development Reserve Zone	"RM"- Multiple Housing Dwelling, "R1-8"- Single Housing Dwelling, "RT"- Two Housing Dwelling zones and "PR" - Park and Recreation zones

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



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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

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OBITUARY



Gladys Humeniuk (nee Davidow)
1927 – 2026

It is with profound sadness, our family announce Mom's passing on Monday, March 23, 2026.

Mom was a true pioneer, having lived a full 99 years of age. She was able to live independently surrounded by friends and a community she loved. She journeyed through life on her own terms, travelled extensively, worked tirelessly, always impeccable in her life and style.

Cremation has taken place and a Celebration of Life for Mom will be held at a late date.

Rest In Peace, Mom.

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

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

OBITUARY



Kimberley Joyce McRae

Suddenly, on Sunday, March 29, 2026 at her residence, Kim McRae, aged 63 years, of Selkirk, Manitoba, passed away.

In keeping with her wishes, cremation will take place and a Celebration of her Life will be held in the Gilbert Funeral Chapel in Selkirk, Manitoba.

Full obituary to follow.

Tributes: www.gilbartfuneralhome.com



Gilbert Funeral Home, Selkirk in care of arrangements.

ANNOUNCEMENT

IN MEMORIAM



Stanley Russell
October 4, 1932 - April 3, 2025
Miss you Dad.

- Love Steve

ANNOUNCEMENT

CARD OF THANKS

The family of Cathy Sveinson would like to sincerely thank everyone who supported us during her final weeks and after her passing. We are deeply grateful to all who visited, brought food or meals, sent flowers, texts, emails, FaceTimes and phone calls, made donations in her memory, and attended her memorial service. Your kindness, compassion, and support meant so much to Cathy and to our family and will always be remembered.

-With heartfelt thanks,
Roy, Kelly, Kyle and Families.

ANNOUNCEMENT

IN MEMORIAM



Sheri Breland (Telke)
Fifteen years have come and gone.
You're our angel in heaven now.
We still miss you.

Your life was a blessing,
Your memory a treasure;
You will never be forgotten,
And still loved beyond measure.

-Love Mom, Len,
Sandy, Shelly and Cliff,
Sharon and David

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OBITUARY



Rose Laverne Johanson

It is with deep sadness we announce the peaceful passing of Rose Laverne Johanson (nee Eames) on March 19, 2026, at the age of 77, after a lengthy illness.

Laverne is survived by her children, Billy, Michael (Laura), Richard (Nadia), Dennis (Jessica), and Keri (Garrett); her grandchildren, Haley, William, Katey, Devon, Mason, Alexia, Ava, Ella, Sophia, Jayce, and Everly; and her great-grandchildren, Emma and Jasper. She is also survived by her brother, Doug (Linda); her sisters, Carol (Dale) and Linda; her brothers-in-law, Bruce and Leslie (Evelyn); her sisters-in-law, Judy (Dave), Colleen (Dave) and Carol; as well as many nieces, nephews, cousins, friends, and her beloved cat, Molly.

Laverne was predeceased by her husband, Bill, in 2015; her parents, Albert ("Cowboy") in 1996 and Kathleen (nee Flett) in 2013; her brother, Allan, in 2026; her infant sister, Kathleen, in 1943; and her in-laws, William in 1980, Myrtle (nee Frost) in 2014, Inez in 2012, Linda in 2015, and Gale in 2024.

Laverne was born and raised in Selkirk, Manitoba. She and Bill were married in 1968, and together they raised five children. She enjoyed a long career with the Provincial Government, retiring in 2012.

Laverne was a devoted mother and grandmother who enjoyed spending time with her family, always making sure everyone felt cared for and welcomed. She loved bringing people together, whether around the table for a home-cooked meal or during quiet moments filled with laughter and stories over a cup of tea.

She was rarely far from the kitchen, where something warm and comforting was always on the go, no matter the hour. In her downtime, she enjoyed settling in with puzzles, puzzle books or unwinding with episodes of Little House on the Prairie or The Waltons.

Laverne always maintained her sense of humour. One of her favorite things to say was, "When I win the lotto..." She never did, but somehow, being loved by her felt like winning anyway.

Laverne was kind, strong, and loving in ways that felt steady and real. Her kindness showed up quietly, never needing recognition. She had a way of making people feel seen and always seemed to have the right words when advice was needed. That same gentle compassion extended to her love for cats. Over the years, she took in many strays and gave them a warm, caring home, as if they somehow knew to choose her.

Laverne was strong in a way that carried our family and kept us going through the toughest of days. Her strength gave all of us comfort. It is through her strength that we find courage to keep going, just as she would have wished.

Laverne loved and was loved beyond measure. She was the glue that held our family together. She will be remembered and deeply missed every day.

Thank you to the staff at Selkirk Regional Health Centre and Health Sciences Centre for their care during this difficult time.

In respecting Laverne's wishes, cremation has taken place and a private family service will be held at a later date.

In lieu of flowers, donations may be made in Laverne's name to a charity of your choice.

OBITUARY

Noreen Spence

Peacefully, on Sunday, March 29, 2026, at Tudor House, Selkirk, MB, Noreen Spence, aged 94 years, passed away.

In keeping with her wishes, cremation has taken place and a private graveside service will be held at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Elizabeth Constance Perrick

Peacefully, on March 25, 2026, at the Tudor House, Selkirk, MB., Elizabeth passed at the age of 90 years.

As per her wishes, cremation has taken place and no formal service will be held.

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

Arrangements entrusted to: Interlake Cremation & Memorial Services
204.482.1040

OBITUARY



Vera Catherine Thomas (née Allberg)

Vera passed away peacefully, with family by her side, on March 17, 2026. She was known for her deep love of family and friends.

Vera is survived by her daughter Eileen; son Shane; sisters, Linda (Glenn) and Faith (Dave); grandchildren, Vanessa, Andrea, Ashley (Linda), Shaun (Sue), T.J., Carly, Derek, and many other beloved nieces, nephews, great-grandchildren, and great-great-grandchildren.

She was predeceased by her husband Earl; sons Mundy and Terry; daughter-in-law Pat; parents, Carl Teodor and Myrtle Catherine Johnson; brother Bob and sisters Jean and Dorothy.

Vera was born on December 28, 1932 and raised on the shores of Lake Winnipeg in Beaconia, Manitoba. She went on to raise her own family there, alongside her beloved husband and best friend, Earl. Together, they built their home right across the street from her parents. Family was her cornerstone and the center of her life.

Vera exemplified what it meant to be a mother, wife, and caregiver. She loved her family with a fierce devotion - from caring for her aging mother to nurturing her children, grandchildren, and extended family - she was always there. People were naturally drawn to her - she listened, she supported, and she gave of herself in more ways than she likely ever realized. There was always room at her table, and always a pot of tea ready for anyone who stopped by.

Earl and Vera were one of the hardest-working couples. Through love, dedication, and perseverance, they built a life and a business together, from raising cattle to running Earl Thomas Trucking.

Vera's love for Earl was unwavering. She reflected, in her own words, that from the age of 14 she knew their love would last forever and a day, and that "love in death just comes to let us see what love in life should really be." Her family takes great comfort in knowing she is going home now to join the love of her life, Earl.

We would like to extend our heartfelt thanks to the ER staff at Selkirk Regional Hospital, who were so caring and compassionate during such a difficult time.

A celebration of life for Vera will be held in the summer. Family and friends will be invited to gather, share memories, and honour her life.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

James Arthur Nelson

It is with heavy hearts and deep sadness that we announce the passing of our beloved father, grandfather, great-grandfather and dear friend to so many. James Arthur Nelson passed away with his two children beside him on March 24, 2026.

Jim was born in Dryden, Ontario on April 25, 1947. Jim is survived by his loving and devoted children, Shelley Nelson Fournier (Barry) and Zachary Nelson, as well as his precious grandchildren, Justin Fournier and Chantelle Sabourin (Logan), in addition to his beloved great-granddaughters, Lark and Violet; he was so proud of each of them and was so grateful to be a part of their lives. Jim maintained special and loving relationships with both mothers of his children, NormaLee Nelson and Roxanne Hooker.

Jim leaves behind his sisters, Lynn, Shirley, Lori and Holly, as well as many nieces, nephews and friends that he loved dearly.

Jim enjoyed many areas of work with Imperial Esso Oil (Winnipeg, MB and Saskatoon, SK), le Canot (St. Boniface, MB), Parks Canada (Lower Fort Garry), Red River Place (Selkirk, MB) and a Retirement Senior Home (High River, AB). Jim's love for his family, flawless work ethic, tenacity, joie de vivre, thirst for knowledge and passion for politics and crosswords brought him so much satisfaction throughout his life.

Jim lived a life marked by witty humor, perseverance and strength, wisdom and deep devotion for those he loved dearly. He adored nature and spending time in the place where he connected with God; "Grand Manitou"; canoeing extensively through the Canadian Shield and to York Factory, sitting in the Rocky Mountains and sharing peaceful bonfires with those he most cared about was what brought him true joy.

He will be remembered for his resilience, honor, guidance with his children; he is deeply loved and will be forever missed.

A memorial will be held for his family and friends to celebrate Jim's life together this coming summer.

No donations or flowers are necessary; Jim would ask you to love your people and go plant a tree.

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Selkirk
\$289,900

1,236 SQ FT BI-LEVEL!

905 Vaughan Ave
Selkirk
\$424,900

2 ACRE LOT!

41 Tom Prince Dr
St Andrews
\$79,900

BUILD NOW!

45 Tom Prince Dr
St Andrews
\$79,900

BUILD LATER!

49 Tom Prince Dr
St Andrews
\$79,900

2 ACRE LOT!

53 Tom Prince Dr
St Andrews
\$79,900

ZONED C2!

206 Dufferin Ave
Selkirk
\$189,900

DUNARA DELIGHT!

403 Dunara Ave
Petersfield
\$289,900

TREED LOT!

16 Greening Ave
Libau
\$49,900

BUILD IN PETERSFIELD

201 Dunara Ave
Petersfield
\$79,900

78' X 197' LOT!

128 Autumnwood Dr
Gimli
\$69,900

5 ACRES, TREED!

0 Hall Road
Petersfield
\$149,900

2.2 ACRES, TREED!

9 Fuller Road
East Selkirk
\$109,900

JUST SOLD!!!

YOUR HOME HERE
CONTACT US TODAY
TO SELL YOUR HOME!
204.202.1922

HERITAGE GROVE ESTATES
Building Lots & Executive Homes

Build your dream home in East Selkirk!

- 2.19+ acre lots
- build now or build later
- East Selkirk School catchment area
- just minutes to Highway 59 & Selkirk
- 30 minutes to the Perimeter

lots starting at **\$109,900**
*applicable GST

GP GATEWAY PROJECTS | CUSTOM HOME BUILDER

- lots of plans to choose from
- 9+ months to build

homes starting at **\$579,900**
Including lot & GST

WHISKEY JACK	GOLD FINCH	CARDINAL	BLUE HERON
• 1,735 sq ft	• 1,420 sq ft	• 1,711 sq ft	• 1,484 sq ft
• 3 bedrooms	• 3 bedrooms	• 4 bedrooms	• 3 bedrooms
• 2.5 baths	• 2 baths	• 2.5 baths	• 2 baths

EASTER SUNDAY EGG HUNT

APRIL 5TH, 12 PM - 7 PM

WIN AN EASTER SURPRISE!

EIGHT WINNERS TO OPEN EASTER EGGS, UNVEILING HIDDEN TREASURES OF \$200, \$400, OR \$600 IN SHINY GOLDEN EGGS!

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Simply Irresistible!

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