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Perchotte announced that he's not planning to seek reelection

By Katelyn Boulanger

MLA Richard Perchotte who represents the Selkirk area recently announced that he will not be seeking reelection when the next provincial election comes around.

In a statement that he put out with his announcement, he discussed how serving as the region's MLA has been a privilege and after great reflection and numerous conversations with family and loved ones, he decided politics is not the best fit for him.

Perchotte made his announcement on March 5, 2026 and discussed with *Record* staff the decision further as well as what his time in office has been like.

"I'm a person who likes to accomplish tasks, and being elected to represent the people in Selkirk is truly an honour that I will cherish forever. But, I had an opportunity to peek behind

Continued on page 4



RECORD FILE PHOTO BY BRETT MITCHELL

MLA Richard Perchotte has announced that he won't be running for reelection in the next provincial election. Perchotte is pictured above with wife Janice.

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> **PERCHOTTE ANNOUNCEMENT, FROM PG. 3**

the curtain and to see how things actually work, and I don't have a lot of faith in our government systems. I've said it many times in the chamber. I respect the people that are there because it's their duly elected right to represent the people that sent them there, but I don't respect the behaviour that goes on. I have seen so many people that were elected, that I met in the first couple of weeks of myself be-

ing elected, and we had nice conversations, and we respected each other, and then I saw an ugly side take over a lot of people. They became something they're not in this whole partisan political movement where you hate the opposition. And, I really think that that we deserve better as citizens, that we should have people that represent us," said Perchotte.

He explained that the partisan na-

ture of politics as well as the inability to work together to find common ground or compromise is part of his decision to not seek reelection.

As far as representing his constituents, Perchotte feels that that aspect of the job was an amazing opportunity.

"I found that people that I met knew how genuine I was, being involved in local things around . . . and I often heard from people, 'Oh my goodness, it's so nice that you're here, that you engage, that you became a part of what we were trying to bring out today,'" he said

Perchotte is not a stranger to supporting our local community, however, as a private citizen before his time in office, he was a sponsor of the Indigenous Day Celebrations held annually at Selkirk Park as well as part of the Selkirk Fair and Rodeo Com-

mittee for a number of years.

He recalled that this community connection allowed him to help constituents when they came to him with issues, even if the solution wasn't strictly tied to his role as MLA.

"When I had constituents who would come forward with issues, I was also able to help them out with their issues without having to get government bodies involved. It was simply getting them to the right people to help them, sometimes through personal contacts. That was tremendously satisfying to be that person, and I will continue to be that person moving forward. If I can help somebody with my personal contacts, or I know of a way to get people help, or

Continued on page 5

Supporting local cadets



RECORD PHOTOS SUBMITTED

The Royal Canadian Legion Branch 42 (Selkirk) presented a generous donation of \$4400 from the Royal Canadian Legion Poppy Campaign Fund to the local 96 Lord Selkirk Navy League Cadet Corps . These funds are raised each year through poppy donations across the country. Pictured: Selkirk Cadet Branch President Brent Evanshenko, Able Cadet Verceles, Ordinary Cadet Grexton, Lt. Matt Blachar, Petty Officer 2nd Class Famoso, Selkirk Legion Cadet Liaison Glenn Kozan, Selkirk Legion President Heather Austin.

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> PERCHOTTE ANNOUNCEMENT, FROM PG. 4

to the appropriate bodies, I certainly will do that. I don't have to be the MLA to do that," he said.

After seeing provincial politics in action, he feels that not enough people understand the challenges that MLAs face.

"When you peek behind the curtain and you see what's going on, I think that if people would really know how partisan politics is, and how shameful it is, I really wish there was a different system. I really wish that all 57 ridings were set up as independents, and we had to go there and we had to work together. If you want to bring something forward, everybody has an equal turn and location to speak to represent their communities, and if we all had an opportunity to bring forward the concerns that we have, we might highlight some concerns that people didn't know about in your own communities, and we could work together to find solutions instead of talking about what you didn't do when you were in government or highlighting stuff that is more for talking points and headlines than it is for actually helping people," he said.

He plans to serve the rest of his term as MLA representing his constituents, and wishes the next person to take the

role as MLA the best.

"I did become firm in my decision for quite some time before I made the post, and I wanted to make sure that I gave ample opportunity for other candidates to come forward to run for the Progressive Conservative Party of Manitoba, so they know that they have the ability to run. Anybody that wants to put their name forward, I certainly have a tremendous amount of respect for people that do serve in public life," he said.

As for the future of the region, he hopes that work can be done to certain intersections to make them safer and also that passing lanes on Manitoba Highway 8, which he's advocated for in the Legislature, come to be.

"I would hope that the government, instead of ramming through a temporary bridge repair that's only going to last 15 to 20 years, would actually build a brand new bridge. Instead of giving a bunch of poorly thought out options, come forward with some real, concrete decisions, and say, 'Yes, a new bridge with an aqueduct leading up to it to have flood mitigation, and allow transportation to continue year round, it is the only option,' not a \$10 million or \$20 million refurbishment of 80 year old bridge," said Perchotte.

He also hopes that now that the new Selkirk hospital has been established, repairs can be made to the old hospital building and that that space can be used for increased health care services such as increasing the number of surgeries offered in the province in the future.

Perchotte thanks residents in the region for their support, restating how much of an honour it has been to serve the community.

"When I made my announcement that I was going to not seek reelection, I thought there'd be some haters online that would say, 'You know what, good for you. Good riddance. But

I've had hundreds of people reach out to me and thank me for stepping forward. Thank me for my honesty. Thank me for the work that I did. Thank me for staying genuine. And, it's a situation where, if you stay true to the community that you're a part of, you'll never do wrong, and it's the people in this community that I truly love. That's why my family chooses to be here. My children stay in the area. There's opportunities that people have, but this is home, and that's why I represented. I thank everybody who cast their vote for me, and I thank everybody who didn't, but appreciated the work that I did," said Perchotte.

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ID & Benefit Information Clinic and Resource Fair coming to Selkirk Jr. High

One stop shop to meet many local organizations and connect to resources

By Katelyn Boulanger

Whether you're new to the area or you've been in Selkirk all your life, learning more about what local resources are available is always a great idea. If you'd like to learn about a bunch of organizations conveniently all in one place, or have any questions about obtaining many different sorts of identification, École Selkirk Junior High (Stanley Avenue entrance) has you covered with their ID & Benefit Information Clinic and Resource Fair on April 17.

"We're going to have organizations from around town out to support, (in particular) newcomer families with connecting to the work that's being done in our town. There will be the ID clinic for SIN (Social Insurance Number) cards, and for health cards, IERHA will be there. Those are the big

ones, and The Southern Chiefs will be there to do Treaty Cards," said Krystal Wilkinson, who is the International Student Program Director at the Lord Selkirk Regional Comprehensive Secondary School.

The clinic and resource fair will take place from 10 a.m. until 3 p.m. and help people obtain documents like their Treaty Cards, Birth Certificates, Social Insurance Numbers, Government benefits & applications.

Though the event is geared to help newcomers to our community, you don't have to be a newcomer to attend. Anyone wanting to learn more about local resources or who needs help obtaining their ID and Benefit Information should be able to be helped.

"It's open and inclusive to anyone in the community, so anyone who could benefit from learning more about

getting those legal documents or connecting to benefits or if somebody is looking for a new job or a hobby. We're trying to make it a one stop shop for all things Selkirk. We're hoping to do this maybe



RECORD PHOTO SUBMITTED
Krystal Wilkinson, Monique Cruz, and Mihiret Kumbi preparing for the ID & Benefit Information Clinic and Resource Fair.

once a year or so, and grow it each time we host it. The idea being that there are groups in town organizing similar events already, but it's awesome to have multiple opportunities throughout the year for people to find what they're looking for," she said.

Wilkinson explained that it's important to be able to connect people with

local resources that they might not even know are available to them, and, for new Canadians, getting support when they are starting out helps the whole family.

"A big thing for me, in education, is when we support the adults in the family, we can help take down barriers for the children to be more successful. This event specifically being geared towards immigrant families is because there's a lot of immigrant students that we work with at the Comp and in other schools who are sort of taking on a very adult role as they help navigate school and life in a new place with their parents. There are a lot of kids taking care of younger siblings, while their parents work hard to start fresh, and they do things

Continued on page 7

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> INFORMATION CLINIC AND RESOURCE FAIR, FROM PG. 6

like help with translation services if the parents have a lower level of English. A lot of these kids are sort of carrying the worries that come with immigration, because there's so much uncertainty, there's so much red tape, there's so much paperwork in general for these folks to do. So, if we want our newcomer students to be successful, the best way for that to happen is for us to make sure that their families are getting what they need," she said.

For anyone planning to attend to get help with identification, as anyone who's previously had to do this kind of paperwork knows, it's best to bring as many resources as you can to make the process easier.

"I would say, bring a portfolio of the most important things that you already have. A lot of it is tied together. To get your SIN, you need a birth certificate. If you're applying for your passport, you need some kind of proof of ID. So, if you have bits and pieces of those already, it's important to bring your driver's license, some kind of photo ID, or whatever you already have with you, because all of those agencies work together to put together the final product," said

Wilkinson.

The Lord Selkirk School Division isn't hosting this event alone, as they are teaming up with Seven Oaks Immigrant Services, which received federal funding to work in our school division.

Seven Oaks Immigrant Services is already connected to Ruth Hooker and Lord Selkirk Regional Comprehensive Secondary Schools, helping newcomer students and their families. They have staff who can communicate in over 15 languages, which really helps eliminate the language barrier between home and school.

Jana McKee, Program Director for Seven Oaks Immigrant Services, said, "We support newcomer families who are settling into their new community with employment, education, language, finance, community engagement and navigating systems. We can help Permanent Residents for 6 years. We love to partner with community organizations and leaders."

In addition to getting help with government paperwork, connecting to our community is important for everyone, and there's a long list of organizations that will be at the clinic and

fair for just that. They are:

- Community Wellness
- Adult Ed
- AIM for Work
- Selkirk Employment Services
- Gaynor Family Regional Library
- Community Mental Health
- Growing Years
- START program
- MB Key Worker
- Families First
- Harm Reduction
- City of Selkirk
- Huddle
- Selkirk Community Pool
- Red River Recreational Soccer Association
- LSEC
- Selkirk Canoe & Kayak Centre
- Selkirk Ukrainian School of Dance
- Regional Connections
- Selkirk Community Church
- Inclusion Selkirk
- Lord Selkirk School Division
- Our Daily Bread Soup Kitchen
- ...and more

Wilkinson hopes that this event helps out attendees with their needs and also helps them connect to the community.

"I'm from this community, and I know that there's a lot of good folks doing a lot of good work, and so if

we can bring those people together and form connections between those agencies, but also introduce people who are new to the community to all the good work that's being done, I think that connection is a really powerful thing that makes us stronger. I also think that when we're focusing on our newcomer families in the community, that diversity is such a great thing for our community. I see my own kids going to school with people who are from different countries, and I think it's beautiful when they come home, and they're curious about these cultures and languages, and we have so much to learn from one another," she said.

She encourages anyone who feels they might benefit from attending this event to stop by.

"There's going to be lots of nice people looking to help. There's going to be some grocery gift cards up for grabs as door prizes, which also helps at a time when things are really expensive and costly for families. So, if that's a little bit of an incentive to come, meet some new people in the community and build some new relationships, I think that's a really positive thing," said Wilkinson.

Manitoba minimum wage to rise to \$16.40 on Oct. 1

By Patricia Barrett

The provincial NDP government announced last week it's increasing the minimum wage this fall to reflect the province's inflation rate in 2025.

The wage will increase from \$16.00 to \$16.40 and take effect on Oct. 1.

The government has increased the minimum wage several times since it returned to power in 2022 in order to help Manitobans facing financial challenges with rising inflation.

The cost of living rose significantly during the COVID-19 pandemic when worldwide supply chains were

interrupted. The current American-Israeli war on Iran, which began on Feb. 28, resulted in an immediate and painful jump in gasoline prices. The war is expected to drive up global inflation and possibly spark a recession depending on how long it continues.

From a low of \$11.95 in 2022, the provincial government increased the minimum wage that year to \$13.50, then to \$14.15 in 2023, \$15.30 in 2023, \$15.80 in 2024 and \$16.00 in 2025, according to the province's "Historical

Continued on page 10



RECORD PHOTO BY PATRICIA BARRETT

The provincial government is increasing the minimum wage to \$16.40 starting Oct. 1.



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A call to leadership

By Cam Dahl, GM, Manitoba Pork

A former boss once told me something that has stayed with me for 25 years: "Often you have a choice between being seen to be trying to get something done or actually getting something done." Collaboration, which is critical to achieving key objectives, can mean credit for hard work is unevenly recognized. However, now is the time in agriculture when getting things done must take precedence over recognition of individual organizations.

Almost all agricultural commodities are facing existential threats and significant uncertainty. War has disrupted supply chains and driven up input costs. The review of the Canada-U.S.-Mexico Agreement (CUSMA), along with the threat of U.S. tariffs, has created uncertainty for North American trade. Protectionism is rising globally, not just south of the border, with Chinese tariffs on pork and Europe's non-tariff trade barriers among the leading examples.

Agriculture must take a "whole plate" approach to these challenges rather than addressing them commodity by commodity. By stepping outside individual commodity silos and regional perspectives, the industry can not only respond to these threats but also realize the vision of making Canada a global food powerhouse.

There are positive steps in this direction. The Canadian Federation of Agriculture has brought together a coalition under the banner "Let's Grow Canada" to support policies encouraging investment in research and development. CropLife Canada's "Grow Canada Strong" initiative has similar objectives. Canada currently ranks last in agricultural research in-

vestment among the top seven countries in the Organisation for Economic Co-operation and Development. This must change if we are to weather current geopolitical challenges.

Canada is at an inflection point. Agriculture has an opportunity to present governments with a vision for attracting private-sector research and development investment that partners with industry, farmers and governments, rather than relying solely on public-sector solutions.

Farm Credit Canada has launched a "Let's Grow Canada" website aimed at showcasing the stories of Canadian farmers and food producers. The goal is to promote a better understanding of the strengths of Canadian agriculture and help drive investment from both domestic and international sources. While initiatives from the CFA, FCC and CropLife demonstrate leadership, this level of collaboration is not yet standard practice.

The review of our most important trade agreement, CUSMA, is underway, with major implications for Canadian agriculture. These include the risk of new tariffs and origin rules that could disadvantage Canadian exports such as live animals, red meat and biofuels. The shift in U.S. trade and foreign policy in recent years, across political lines, signals that renegotiations will be challenging.

Agriculture must be better prepared. Export-oriented sectors need to come together to develop a unified strategy for these negotiations. This includes delivering real-time, consistent advice to negotiators, engaging effectively with U.S. partners, and being willing to present governments with difficult truths. Commodity groups cannot afford to act alone and hope for favourable outcomes.



Cam Dahl, GM, Manitoba Pork

Achieving a united front will require leaders willing to step outside traditional commodity and regional silos.

Labour is another critical issue requiring a unified approach. Most sectors face labour shortages, and new Canadians play an essential role in meeting these needs. While immigration policies are under scrutiny due to pressures in major cities, rural Canada and processing facilities have distinct labour requirements. Agriculture must clearly communicate how stable employment in the sector supports community growth nationwide.

Rather than relying on short, social media-driven messaging, governments need thoughtful immigration and labour policies tailored to regional and sectoral needs. Achieving this will require agriculture leaders to deliver clear and consistent messaging.

The Canadian economy faces significant threats from geopolitical instability and rising protectionism. Agriculture and food production can play a key role in mitigating these challenges. To seize this opportunity, the sector must present governments with unified, consistent policy solutions. Agriculture must lead rather than wait for others to act.

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

Send your letters to the editor or acts of kindness to news@selkirkrecord.ca. Please include your name, address, and phone number for confirmation purposes.



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

TROUBLE WITH PAPER DELIVERY?

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

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Local Gordon Howard members learn about the single senior tax penalty

Seniors learning about how those single, widowed, or divorced, get caught paying more

By Katelyn Boulanger

Sharmain Donovan has been working in finance, law enforcement, and health care industries for almost 30 years. She brought that expertise to the Gordon Howard Centre on March 27, just in time for tax season, to help our local seniors learn what they can do to reduce their tax burden with her presentation The Single Senior Tax Penalty. This event was hosted by our local business and professional women's group (BPW).

She started by talking about how single seniors, and in particular single women, pay more in taxes in Canada.

"I come here with some information about how we, as single women, can strategize ourselves for income tax season and how we can plan for not having to pay so much in taxes. Because if you really think about it, the Canadian tax laws are against single women," said Donovan.

She explained that when you're single you shoulder all of the expenses in a household but don't get access to all of the tax breaks that couples might.

Donovan's presentation explained how we can structure ourselves to not eliminate taxes, but be more wise about how we pay taxes, with some tips and takeaways that we can utilize today to help us lessen our taxes.

The first subject that she took on was why single people pay more in tax in Canada. According to Donovan, there are six reasons that affect single people and women in particular more.

The first is that single people cannot split income.

"Couples can use pension income splitting, which will shift up to 50 per cent of eligible income to the lower-earning household (member). It can reduce taxes between \$2,000 and \$6,000 per year as compared to a single person, whether you (are a) widow, divorced, or never been married, we cannot do income splitting," said Donovan.

She then went on to explain that single people are eligible for fewer credits and deductions on their taxes because many tax credits are designed around households not individuals.

"Single older women often miss out on spousal amount, pension income splitting credit, and age amount, which is phased out, so they're hit sooner with one income home-related costs, and shared cost versus one person paying for everything," said

Donovan.

She explained that women in particular are more likely to have taken time from their careers to raise children, which leads to lower lifetime earnings, which is reflected in lower CPP(Canadian Pension Plan) payments.

"It means it's lower CPP, which is taxed higher, reliance on RRSPs(Registered Retirement Savings Plan) withdrawals, which are also taxable, or RRIFs(Registered Retirement Plan Income Fund), and a greater risk to old age security clawback. An old age security clawback is when you reach a certain threshold of income, then the government, even though they give you Old Age Security, they have clawed you back because you're in a higher tax bracket. That's another disadvantage. So, ironically, lower lifetime earnings can lead to higher taxes at retirement because you have fewer tax-efficient income sources," said Donovan.

Her fourth point is that with all expenses of a household paid by one person and no adjustment from the tax system for this, single people may rely more on their RRSP withdrawals, which are taxable.

Donovan's fifth reason that single people pay more is that when they become single due to their spouse dying, there can be a sudden tax shock, going from two people to one.

"When your spouse dies, your income splitting disappears, and survivor benefits are taxable. RRIFs may be transferred, increasing your taxable income, and the household goes from two people to one. The tax burden does not adjust proportionately, so many widows see their taxes jump anywhere between \$3,000 to \$10,000 per year after their spouse passes. That is a huge shock, and it can actually cause a lot of hardship," she said.

Should couples divorce, the burden can similarly cause them to withdraw from RRSPs earlier, causing the same issues as the above scenarios.

"Women over 55 are disproportionately affected (by taxes) because they live longer. They are more likely to be widowed. They have lower lifetime earnings. They often carry more caregiving responsibilities, and they rely more on taxable retirement income sources. The result is a systemic tax disadvantage," said Donovan.

Though the situation can seem



RECORD PHOTO BY KATELYN BOULANGER

Sharmain Donovan discussing tax strategies that specifically help single seniors.

bleak, she also shared her top tax-saving strategies, which can help to reduce tax burdens for single seniors.

Donovan's first piece of advice is to claim every tax credit you are eligible for.

She advised that seniors look to see if they qualify for the age amount, pension income amount, disability tax credit, which many seniors qualify for due to mobility, chronic illness or cognitive decline, and the Canada Caregiver credit.

Some provincial credits to look out for include the Manitoba Seniors' School Tax Rebate, Manitoba Seniors' Benefit, and property tax credits and rent assistance, though these can vary by income and living situation.

Since senior women often have higher medical costs, Donovan drew attention to maximizing medical home-care deductions by keeping every receipt for expenses, which include home care and attendant care, mobility aids, prescription drugs, dental work, and travel for medical treatment.


Home-related senior credits are also something to look out for to maximize your ability to age in place. Some to look for are the

home accessibility tax credit and the multigenerational home renovation tax credit.

Donovan then went on to discuss optimizing RRSP, RRIF and pension withdrawals.

"Some of the key strategies here are to start your RRSP withdrawals before you reach 71, because when you reach 71, it's mandatory that you start taking them. By doing this before 71, it helps to avoid large forced RRIF withdrawals later. If you want to do some withdrawals right now, if you're under 71, withdraw small amounts early to avoid Old Age Security clawbacks. Coordinate withdrawals with low-income years, for instance, early retirement or widowhood. These are widely recommended retirement tax-saving strategies for you to follow. One of the things that you can also do

Continued on page 11



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Crowds were amazed and entranced at Hypnosis and Hilarity



RECORD PHOTOS BY JOHN PODWORNIAK

Comedic Hypnotist Matao hosted the 8th annual Hypnosis and Hilarity Event at the Matao Event Centre on March 28 in support of the The Heart & Stroke Foundation. By all accounts it was a mesmerizing show.



> MINIMUM WAGE, FROM PG. 7

Summary of Minimum Wage Rates in Manitoba." It shows the minimum wage having hovered in the \$11 dollar range between 2015 and 2021.

Following the 2022 increase, the government sought to cushion the impact on small businesses by offering a Small Business Minimum Wage Adjustment Program, which provided a time-limited, one-time payment.

Although some businesses may feel the impact of the upcoming wage rise, some organizations say the \$16.40 increase won't meet the needs of many Manitobans.

Manitoba Federation of Labour president Kevin Rebeck said the 40-cent increase is well short of a living wage, and will keep minimum-wage earners "trapped below the poverty line."

"The small 40 cent increase to the minimum wage announced today falls well short of what minimum wage earners need to afford essentials like groceries and rent," said Rebeck in a March 31 statement. "No one should work full time and still live in poverty, but that is the harsh reality for many minimum wage

earners in Manitoba, because ... our minimum wage falls well below a living wage."

Although the provincial government's budget includes affordability measures such as free bus passes for youth, free menstrual products paid by employers, and free child care for low-income families, Rebeck said instituting a living wage would do "far more" to help workers by adding hundreds of dollars to their paycheques.

Citing a analysis by the Canadian Centre for Policy Alternatives, Rebeck said workers in Winnipeg would need to earn \$19.77 an hour to meet their basic needs.

"The punishing price increase in groceries, housing and other essentials are something that all working families are dealing with, but the cost of living crisis is hitting our lowest wage workers the hardest," said Rebeck.

A living wage enables people to avoid having to live in poverty, but may not help them address future inflationary pressures, help them save for a home or a car or help them pay down personal debt.

The *Record* contacted a number of Interlake businesses in different communities, as well as the Gimli Chamber of Commerce, for comment on the minimum wage increase.

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City of Selkirk hosting come-and-go open house for development plan questions

New Development plan process underway learn more on April 15 at Memorial Hall

By Katelyn Boulanger

Following its withdrawal from the Red River Planning District and the Capital Planning Region, the City of Selkirk is updating its Development Plan. In a recent release by the City, they say that this change will ensure future growth decisions are guided by local priorities and community input.

Development plans must be generally consistent with provincial land use policies while establishing a long-term framework for sustainable development and are updated every 5 years.

"This update is about taking back local decision-making and making sure Selkirk's future is shaped by the people who live here," said Mayor Larry Johannson in the release.

"Leaving the Red River Planning District and the Capital Planning Region means decisions about growth and development will be made here at the local level, with Selkirk residents and their priorities at the centre."

The three key objectives of this update will be:

- Tailoring the document specifically to Selkirk by removing references to the RRPD and policies that no longer apply;
- Aligning the Plan more closely with the City's Community Strategic Plan and Council-ap-

proved strategies as informed by citizen engagement;

- Updating policies to meet current local and provincial legislative requirements

In November 2024, the city launched a public survey and hosted two open houses in order to gain public participation in the plan update. A total of 265 people attended the open houses, including representatives from 15 stakeholder groups. The survey received 278 completed responses and more than 2,300 views.

The update reflects what the city heard from residents throughout the engagement process," said Erika Blackie, the city's Urban Planner.

"We heard clearly that people want growth that respects existing neighbourhoods, supports local services, and reflects Selkirk's character. Public feedback is directly informing the proposed updates, and the Development Plan reflects the priorities and concerns raised by the community during engagement."

A point reflected in the feedback that the city plans to address is the public's desire for more retail and restaurant choices.

"While the city does not determine which businesses open up in Selkirk, nor do we control private business investments, but we can take steps to ensure that there are lands available



RECORD PHOTO SUBMITTED

The City of Selkirk is updating its Development Plan following its withdrawal from the Red River Planning District and the Capital Planning Region. Pictured: An aerial view of the city.

for that kind of investment into Selkirk. We are eager to welcome new restaurants and stores and that means we have to have spaces for businesses to go," said Duane Nicol, Selkirk's CAO.

The update will also revise some land use designations across the city.

"The proposed changes do not affect how properties are currently developed or how residents use their land," Blackie said.

"These designations are long-range planning tools meant to guide future development, not impose new rules on existing properties."

Should land use designation changes raise questions, the public is in-

ited to a come-and-go open house at Memorial Hall, located at 376 Jemima Street, on April 15 between 6:30 and 8:30 p.m.

This open house has been scheduled in advance of a formal Public Hearing and is intended to provide an opportunity for two-way dialogue, as the Public Hearing is a formal process that doesn't allow for discussion.

The City of Selkirk is encouraging citizens to attend the open house, review the proposed Development Plan update, and take part in shaping Selkirk's future.

More information is available at MySelkirk.ca/DevelopmentPlanUpdate.

> SINGLE SENIOR TAX PENALTY, FROM PG. 9

is, through your bank, you can also get an investment advisor to help you pre-retirement or just after retirement, to help you strategize," said Donovan.

She recommends keeping up with submitting your taxes annually to the Canada Revenue Agency(CRA) so that benefits like old age security, the guaranteed income supplement and others are kept active, and also making sure to apply for these benefits. In addition, completing your taxes annually means that you can gain access to tax credits and rebates.

Another strategy that can work for those who are generous is to combine your charitable donations strategically, as donations receive a higher credit rate after the first \$200.

Donovan then discussed tax-efficient investment accounts.

"Your TFSA(tax-free savings account) withdrawals are tax-free and do not affect old age security or guaranteed income supplement. Move interest-earning investments into

your TFSA when possible. Your TFSA is your best friend. Whenever you're taking out money from something that's taxable, hide it away in your TFSA. Let it sit there. Use that TFSA as an augment to your income. Pull it out when you need it, but otherwise, leave it in your TFSA. It's still earning interest, but that interest is not taxable. Avoid old age security clawbacks. The clawback begins when income exceeds the annual threshold. To avoid it, spread your RRIF withdrawals over many years. Use your TFSA for income, avoid large one-time withdrawals. That's what hurts you the most," she said.

Tangential to what she said about using your tax-efficient investment accounts, to avoid old age security clawbacks, time capital gains over multiple years, spread RRIF withdrawals over multiple years, avoid large one-time withdrawals, and use your TFSAs for income when needed.

Donovan explained that the best time to prepare is early.

"Use the golden window. This is the period before mandatory RRIF withdrawals begin at 71. Your goal is to withdraw enough to stay in a low tax bracket, but not so much that you trigger old age security clawbacks later. Why this works is that your RRIF and your RRSP withdrawals are fully taxable. If you wait until 71, the RRIF premiums can push you into a higher tax bracket. Early controlled withdrawals reduce lifetime tax. The practical approach is to start small RRSP withdrawals in your early 60s, fill up the lowest tax bracket every year and move the withdrawal funds into your TFSA, but there is a maximum to your TFSA as well," she said.

The presentation ended with a question and answer session.

Some resources that Donovan recommends seniors check out are the Government of Canada's website's articles 'Adults 65+: We've got tips to help you this tax season!' and 'Taxes when you retire or turn 65 years old', taxbreak.ca, Blueprint Financial, and taxtool.ca's article 'Retirement Tax Planning'.

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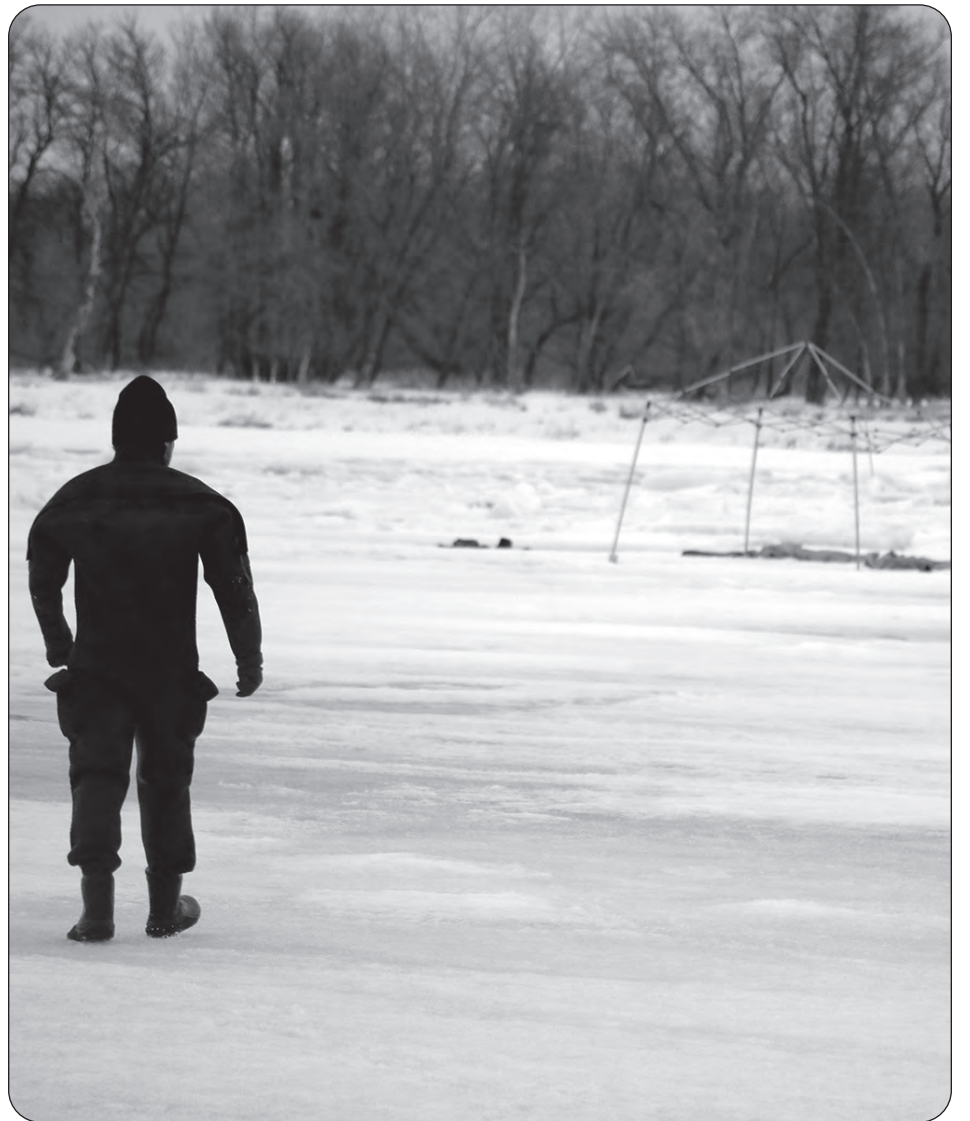
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RECORD PHOTOS BY BRETT MITCHELL

RJ Kusmak from Red River Revival, and Dakota Gunderson, Shawn Goertzen, and Ethan Hrehirchuk from Submerged Underwater Services took on the task of removing an iceshack from the Red River which was left on the ice. Had these guys not teamed up on the clean up, when the ice melted, the garbage would have ended up littering the River floor. While the group picked up the debris, Kusmak's children Izzy and Bear waited on shore with the garbage bags.

Province warns of possible measles exposure locations in Selkirk

People who visited exposure locations should check their immunization records

By Katelyn Boulanger

Manitoba Health, Seniors and Long-Term Care officials recently notified the public that exposure to measles may have occurred at the Selkirk Regional Health Centre - Laboratory Waiting Room on March 26 from 10:20 p.m. to March 27, at 1:45 a.m. and at the Easton Place Medical Clinic waiting room in Selkirk on March 28 from 11 a.m. to 2 p.m.

Immunization is the only means of protecting people from contracting measles. Public health asks anyone who was at these locations during these times to check to see if they are up to date with the measles vaccine (MMR or MMRV). To find out if you have been immunized, contact your local public health office, physician, nurse practitioner or pharmacist.

Measles is a highly infectious communicable disease that is spread by coughing or sneezing. An infected person can spread the virus from four

days before the rash appears until four days after. The disease tends to be more severe in infants and young children and can be life-threatening.

Symptoms of measles generally appear seven to 21 days after exposure. Initial symptoms may include fever, runny nose, drowsiness, irritability and red eyes. Small white spots may also develop on the inside of the mouth or throat. Several days after the initial symptoms, a red blotchy rash appears on the face and progresses down the body. Measles can lead to complications including ear infections, diarrhea, pneumonia (lung infection) and encephalitis (brain inflammation).

If symptoms develop, individuals who may have been exposed are advised to isolate at home and contact their health-care provider and advise them of the potential exposure to measles. Anyone else in the household who is unimmunized should limit ex-

posure to others until the symptomatic person has received advice from their health-care provider. It is best to call ahead so health-care staff can take steps to reduce the exposure of other people to the virus.

If you may have been exposed at the recent exposure locations, have never received a measles vaccine or infection, and were born in 1970 or later, officials recommend that you get a measles vaccine. From the fifth day after exposure to the twenty-first day after exposure, officials recommend reducing exposure to others, especially anyone who has a weakened immune system or is unimmunized. For possible March 26 exposure, monitor for symptoms until April 17. For possible March 27 exposure, monitor for symptoms until April 18. For possible March 28 exposure, monitor for symptoms until April 19.

Certain people should not get the measles vaccine, including infants less than six months of age, pregnant people and people with weakened immune systems. These individuals should contact their health-care pro-

vider or public health should they require more information

In Manitoba, a two-dose measles vaccine program for measles, mumps, rubella and varicella (MMRV) is routinely provided for children who are at least one year of age and again when aged four to six. In the case of a measles exposure, a second dose may be given earlier than four to six years of age. There is also an outbreak eligibility for some children aged six months to under 12 months.

The complete eligibility criteria can be viewed at: www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html#MMR.

Close contacts may be asked by public health to isolate and consider vaccination.

For more information about possible measles exposures and further information on measles, visit <https://gov.mb.ca/health/publichealth/diseases/measles-exposures.html>. You can also contact Health Links-Info Santé toll-free at 1-888-315-9257.

Province expanding access to measles vaccines through pharmacies

By Katelyn Boulanger

On March 31, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced that the provincial government is expanding access to measles vaccines by enabling pharmacists to administer the publicly funded vaccine to eligible children and young adults.

The order that the minister signed will allow pharmacists to administer measles containing vaccines to Manitobans aged two to 19 and this change takes effect immediately, though access to vaccines is expected to start in the coming weeks once the program rolls out.

"This is a common-sense step that will help more Manitobans get protected," said Asagwara in a recent news release.

"Pharmacists are trusted, accessible health-care providers in communities across Manitoba, and expanding their role makes it easier for families to get vaccinated and protect those most at risk."

This expansion is being implemented after a request from Pharmacists Manitoba. This increase will allow for increased access to this immunization, but the measles vaccines will continue to be provided at no cost through Manitoba's publicly funded

immunization program.

Manitoba's immunization program recommends that children receive their first dose of measles vaccine at one year and their second dose between four and six years of age for routine immunizations.

There have been outbreaks of measles in the province and in Selkirk specifically.

Children living in regions impacted by the current outbreak may be eligible for an additional dose as young as six months.

The addition of pharmacists will expand access and provide more convenient options for families to get this vaccine, but vaccines remain available through existing providers, including public health clinics, physicians, nurse practitioners and midwives.

"This is a good first step in making these vaccines more available," said Gayle Romanetz, president of Pharmacists Manitoba, in the recent provincial release. "Pharmacists are ready to work with Minister Asagwara and Public Health to support convenient access to care and the continued expansion of services in communities across Manitoba."

Measles is a highly contagious dis-

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Writing a letter to the editor is one of the most efficient ways of reaching large audiences. The *Selkirk Record* has an approximate readership of 37,368 readers weekly.

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A letter to the editor is a very short piece of writing, meaning that you don't need to invest an inordinate amount of time in it. Shoot for less than 300 words.

Tips for Writing a Letter to the Editor

Connect your letter to a specific article, op-ed, or topic recently covered by the newspaper.

Structure your letter in three parts:

- Refute or promote a certain

claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

- Write from your own perspective and show how the topic relates to your local community.
- If you have expertise in the topic you're writing about, let the readers know.

If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

Stick to a single point. Have more points to make? Write more letters.

Be respectful – don't attack anyone when expressing your concerns.

Letters must include your name, your location, and a telephone number where you can be reached. Please keep letters to 300 words or less.

The *Selkirk Record* reserves the right to edit letters for length, content and/or taste as well as the right to refuse publication of any letter.

We look forward to your submission: news@selkirkrecord.ca

Continued on page 27

Services to Seniors brought together community for open house



RECORD PHOTOS BY KATELYN BOULANGER

Services to Seniors is an organization that helps seniors in our community and connects them to other groups that offer additional services that seniors might benefit from. It turns out that there are a lot of organizations that offer options to keep local seniors living their best lives. To make it more convenient for our seniors to learn more, they hosted an open house last week, bringing organizations together and highlighting important resources that local seniors have at their disposal, such as Emergency Response Information Kits(ERIK), which can assist emergency responders in situations where a patient may not be able to communicate their conditions, medical history, or allergies. (ERIK pictured above with Services to Seniors staff Colleen Laroque and Jayme Anderson.)



Interlake-Eastern RHA providing access to midwifery services, future home births

By Patricia Barrett

The Interlake-Eastern Regional Health Authority launched a midwifery program last November to improve residents' access to prenatal, labour, birthing and postpartum care, and has plans to expand the program in future to accommodate home births.

The IERHA is offering midwifery satellite clinics in different communities and has a midwifery clinic at 100 Easton Dr. in Selkirk.

"We are really committed to increasing access to prenatal care in the region," said Beckie Wood, the IERHA's midwifery access and coordination lead. "We're caring for families who need prenatal care and experience barriers to accessing health services."

The provincial government announced last year it was strengthening access to sexual and reproductive care, and prenatal and family care in the IERHA by introducing a midwifery program, which is integrated with existing obstetrical services at the Selkirk Regional Health Centre.

The region's midwives have admitting privileges at the Selkirk hospital, which is the only hospital in the Interlake-Eastern region that offers delivery services for uncomplicated births.

A midwife is a health-care professional who supports women and pregnant people through pregnancy, labour and the postpartum period.

Wood said it's a rewarding profession.

"Midwives find it very rewarding

to get to know the families they work with, and the families say they really appreciate the continuity of care and the relationship-building," she said.

Midwifery training is offered through a direct-entry, four-year bachelor of midwifery program at the University of Manitoba, and graduates are then registered and regulated under the College of Midwives of Manitoba.

"We can order routine tests for pregnancy and prescribe needed medications. If you develop a complication, we'll make sure you have a referral to a specialist," said Wood. "People have access to all the needed services at the Selkirk hospital. You can get an epidural for pain relief if you need one. You'll get nursing and midwifery supportive care during labour. And you can get support with infant care and, breastfeeding."

Midwives can also treat infections and provide contraceptive care. If a complication arises during a birth, Selkirk has a team of surgeons.

"The midwives also have access to emergency and planned caesarian sections," said Wood. "It's a wonderful hospital and a great place to be for low risk pregnancies."

Selkirk doesn't handle pre-term deliveries, and high risk pregnancies are transferred to either the Health Sciences Centre or St. Boniface Hospital in Winnipeg.

The midwife program started in November with prenatal support services then midwives started attend-



EXPRESS IMAGES COURTESY OF INTERLAKE-EASTERN REGIONAL HEALTH AUTHORITY
The IERHA's midwife team from left Taylor Hein (Administrative Assistant), Susie Penner (Midwife), Laura Mackin (Midwife), Beckie Wood (Midwifery Access and Coordination Lead).

ing births at the hospital in January, said Wood. The program is currently offering a satellite clinic in Lake Manitoba First Nation.

"As we develop our program and increase the number of locations

Continued on page 18

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New Sensory Spa Brings ASMR Experience to Selkirk

By E. Antonio

A new wellness experience has quietly opened its doors in Selkirk. Relax ASMR Spa, located at the back of The Gypsy Traders, offers clients a unique sensory environment designed to soothe the mind, body and spirit using ASMR techniques.

The spa's founder, Anna Massey, owner of The Gypsy Traders, discovered ASMR — short for Autonomous Sensory Meridian Response — a few years ago through online videos. Fascinated by the calming effects, she decided to bring the practice to Selkirk.

"Your body responds to certain cues and gets tingles or shivers," Massey explained. "That sensation is what calms you down."

ASMR involves triggering a tingling sensation through gentle sounds, light touch or focused attention, creating a deep sense of relaxation. Massey describes the experience as similar to massage therapy, but instead of working on muscles, it targets the senses to help release tension and stress.

Becoming an ASMR'tist — the term for someone who administers ASMR sessions — is, for Massey, a way to offer a unique wellness service to the community. She is self-taught and emphasizes that anyone can benefit from ASMR, especially those dealing with stress or anxiety.

Massey's vision for a Selkirk-based ASMR spa began last year. While ASMR spas have gained popularity in larger cities such as Toronto, she believes Relax ASMR Spa is the first of its kind in Manitoba. Unlike other services that focus on scalp massages



RECORD PHOTOS BY E. ANTONIO

Anna Massey, ASMR'tist and owner of Relax ASMR Spa, offers a therapeutic experience using ASMR tools and techniques.

alone, her sessions provide a full sensory experience, primarily from the upper back and up, with optional grounding techniques for the legs and feet.

The spa's interior reflects Massey's vision of a cozy, welcoming space. "After looking at a few locations, the back of The Gypsy Traders felt perfect," she said. "The store already has a warm atmo-

sphere, and I wanted my clients to feel immediately comfortable."

Relax ASMR Spa offers three appointment options: a 15-minute introductory chair session for

Continued on page 18

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RCMP launches local community Facebook pages

Selkirk residents can follow RCMP news

By Jennifer McFee

New local RCMP Facebook pages aim to share community-focused information with residents of the Interlake and beyond.

In addition to the main provincial RCMP Facebook page, a local detachment page launched for Stonewall-Headingley on March 19. Other local RCMP detachment Facebook pages focus on the communities of Selkirk, Thompson, Flin Flon, The Pas, Swan River, Dauphin, Portage la Prairie, Steinbach, St. Pierre-Jolys and Niverville.

“Our goal is simple — to strengthen communication, share important safety information, highlight the great work of our officers and celebrate the partnerships that make our communities safe and welcoming,” said Cpl. Melanie Roussel, media relations officer.

“Together with our dedicated team of police officers, support staff and community partners, we’re committed to providing professional, transparent and community-focused policing.”

Community members can expect to find information that will help them to keep on top of local issues, including property crime or missing people.

“These pages will help residents

stay informed about local public safety issues, crime prevention tips, community events and policing initiatives happening in their area. The page may also request community assistance in relation information on possible crime in the area,” Roussel said.

“We encourage community members to follow their local RCMP’s Facebook page for updates on community initiatives, public safety tips and events. Their feedback and engagement is important to us — we’re here to listen and work with them to make their community an even safer place to live, work and visit.”

At the same time, Roussel encourages community members to also follow the RCMP’s main page.

“The main Royal Canadian Mounted Police in Manitoba Facebook page will continue to carry news and information with province-wide appeal,” she said. “Be sure to follow both the main page and your local page to stay up to date on all Manitoba RCMP news.”



RECORD PHOTOS SUBMITTED

New RCMP Facebook pages are helping connect communities across the Interlake and beyond, providing residents with timely updates on public safety, local policing initiatives and community events.

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> SENSORY SPA, FROM PG. 16

\$25; a 30-minute chair or table session for \$60; and a 50-minute full chair or table session for \$85.

Sessions incorporate a variety of tools, including brushes, scalp massagers, aromatherapy with essential oils, sage smudging and a singing bowl. The longer appointments allow clients to experience all tools, while shorter sessions can be tailored to personal preference.

Appointments are by booking only and are available by call or text at 204-793-1721 or by email at anna@relaxasmrspa.com. Massey is flexible with scheduling, offering sessions in the evenings or on weekends. The spa space is private, with appointments scheduled outside of The Gypsy Traders' operating hours, creating an intimate and serene experience focused solely on relaxation.

Clients are encouraged to arrive about 10 minutes early to settle in and to wear comfortable, lightweight clothing such as a tank top or thin T-shirt. For hygiene, all equipment is sanitized between appointments. Massey communicates with clients through whispers, providing affirmations and guided relaxation; however, clients are not expected to respond.

While Massey dreams of expanding Relax ASMR Spa to multiple locations or hiring additional ASMR'tists in the

future, her current focus is creating a welcoming and calming space for her clients.

"I want to calm your mind, body and soul," she said. "I know how much this relaxes me, and I see how much tension it takes off your body."

Relax ASMR Spa is located at the back of The Gypsy Traders, 238 Manitoba Ave., Selkirk. For more information or to book an appointment, visit www.relaxasmrspa.com or follow the spa on Instagram at @relaxasmrspa.

> MIDWIFE SERVICE, FROM PG. 15

where we can offer the midwife service, we'll be able to meet community needs for prenatal care

and fill in the gaps for other services including contraceptive care," said Wood.

Pregnant people can either ask their health-care provider for a referral to a midwife or they can set up their own referral to become a client of the program.

"We're accepting referrals from nurse practitioners, family doctors and public health nurses from anywhere in the region," said Wood. "And anybody can request the service of a midwife."

There are currently two full-time midwives, said Wood, and the IERHA is hoping to hire a third midwife in the next month or so as it has funding for three full-time positions.

In the meantime, the health authority has limitations on the number of people it can currently accept. Despite that, Wood said the midwives are "working very closely with the family medicine and obstetrical team in the region to make sure that everybody who calls for prenatal care will have a provider."

In the past three months since the program got off the ground, there have been almost 100 referrals, she said. The program started a central intake where people can be assigned to either a midwife depending on availability or a family physician.

There's a movement called "free" birthing or "wild" birthing in which people give birth at home without doctors, midwives or other health-care professionals present, but the medical establishment has concerns that it can be dangerous for mothers and babies should complications arise such as hemorrhaging or breach births. The movement has been linked to permanent injury and child deaths around the world.

When asked about the trend, Wood said people can get "really good care with a midwife" and that midwives will be eventually offering planned home births.

"Down the road, we'll be attending planned home births once we have everything in place with the hospital and the emergency services," she said. "The only thing that makes a planned home birth safe is if you have access to emergency services when you need it. Midwives are trained to recognize emergencies and complications."

People can access a midwife or other care provider at any stage in their pregnancy.

"We'll make sure people get prenatal care whatever stage they're in. It will be with a midwife or the family medicine group," said Wood. "We're very integrated; we work really closely with doctors and nurses to find out where the needs are and to provide care to families."

To request a midwife, call (204) 482-2150 or email: pregnataintake@ierha.com

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Viewing: April 12th -16th from 9 AM to 5PM. Bidding starts: April 16th, 2026 at 9:00AM. Lots start closing on April 22nd, 2026 at 10:00AM. Pick up days: Friday, April 24th & Saturday April 25th from 9 AM to 5 PM

April ONSITE Week 2 Consignment Sale

Viewing: April 13 -16th from 9 AM to 5PM. Bidding starts: April 16th, 2026 at 9:00AM. Lots start closing on April 23, 2026 at 10:00AM. Pick up days: Friday, April 24th & Saturday April 25th from 9 AM to 5 PM

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Your Health

Run, walk, or roll the Lockport River's Edge Run/Walk for HD 2026

Early bird registration pricing on until April 16, regular registration online until May 8, run takes place May 9

By Katelyn Boulanger

The Lockport River's Edge Run/Walk for HD is an annual run with distances of 5K, 10K, half-marathon, and 30K, as well as the National Huntington Walk Manitoba. All distances support the Huntington Society of Canada.

"It's the most beautiful walk/run that's done in the province. It's absolutely gorgeous. It's along the Red River, right along River Road, and there's lots of interesting things to see. It's just beautiful, and it's good for all ages," said Vern Barrett, Race Director and the Chapter President of the Manitoba branch of the Huntington Society of Canada.

Serious runners will be happy to know that the run is sanctioned by the Manitoba Runners' Association, but you don't have to be a professional runner, or a runner at all, to join. This event is wheelchair, scooter and stroller accessible.

"(Participants) can start gradually,



RECORD FILE PHOTOS

Sign up now for the Lockport River's Edge Run/Walk for HD 2026. Photos from the 2024 run.

do a little bit, turn around, do whatever distance they like, or they can do the entire 5K. We have it marked where the turnaround is, and we have people there. We have water, and we also know that some people are coming out with their skateboards or their dog, and we want to encourage those people to come. They can go whatever distance," said Barrett.

On the day of the race, the process of getting signed in is pretty easy.

"When they come, they get registered, they get their bib, and so on. Then, they get all warmed up, and we start. We try and start right on

time," he said.

There is chip timing for the 30K, 10K and half-marathon distances, and Barrett encourages those in the 5K to utilize the large clock that is at the event to determine their time if that's something that is of interest to them.

Once participants have completed the run, there's also the post-run breakfast and completion medal to look forward to.

"When they finish. We have a free deluxe breakfast for them with pancakes, sausages, and strawberries and whipped cream. It's free

Continued on next page

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Your Health

Continued from previous page for participants when they finish, and they also get a finishing medal. Just a wonderful event, and it's all for such a good cause," said Barrett.

The run is put on in support of people with Huntington disease, which is a devastating, degenerative brain disorder that one in every 7,000 Canadians has. The symptoms are like having aspects of Alzheimer's, Parkinson's and ALS in one disease. Every child of a parent with this disease has a 50 per cent chance of inheriting it. There is currently no cure.

The funds from the run go to support the Huntington Society of Canada, which aspires to create a world free from Huntington disease. The funds go towards maximizing the quality of life of people living with Huntington disease through services and support. And, they also support research which is looking more and more promising every year.

Exciting news for this year is that any money raised at this event will be matched.

"This year, all of the money raised will be matched by an anonymous donor. So, every \$10 becomes \$20, and every \$40 becomes 80, and so

on. We're really excited about that," said Barrett.

The run itself starts at 8 a.m. for the 30K and half-marathon distances and at 8:30 a.m. for the 5K, 10K and National Huntington Walk Manitoba. Racers who signed up online in advance are asked to show up at least a half hour in advance of their start times to get signed in, and runners who are planning to register the day of should allow for additional time for that process.

The race starts at Skinner's restaurant on River Road in Lockport, which is the location by the Lock and Dam right by the river. There is plenty of parking for runners at the restaurant and also down the street.

Barrett suggests that racers sign up online in advance to secure their spot in the run, not just because early bird pricing is on until April 16 but because with interest in this run increasing every year, it's best to secure a spot early.

"For this time of year, to have 88 people registered already is way above where we were (in previous years). We hope we don't have to in putting cut-offs, but if the numbers get too high, we will have to start restricting, so I would encourage people to register," he said.

Currently, registration fees are a little cheaper because of early bird pricing, but another way that residents can save if they want to participate in the 5K run/walk is by registering under the Family Fun 5K category. This option allows up to five immediate family members to register at once for a reduced cost.

In addition to running as a family, Barrett also wants residents to



know that, in addition to the individual fundraising option, participants can create running/walking teams to fundraise together, and fundraising is greatly appreciated.

"People have already raised \$5,300 online (as of the beginning of April), and we're still quite a ways away. We're over five weeks away. We've set a goal of \$20,000," he said.

Barrett encourages anyone in the area who has some time on Saturday, May 9 and who might want to participate in this event to give it a go.

"The snow is disappearing. We've lived here long enough to know that it will. This is a beautiful spot, and we really need your help. If you

could register online, we'd have a much better idea who's coming and be able to provide a full experience for you. And, we would really appreciate it if you could fundraise.

On the website, the race roster link is shown there, and you can send an email to your friends and ask them to sponsor you and remind them that every dollar they sponsor is going to be matched," he said.

You can register for the Lockport River's Edge Run/Walk for HD 2026 at <https://raceroster.com/events/2026/112991/lockport-rivers-edge-runwalk-for-hd-2026> and learn more about Huntington disease at <https://hdmanitoba.ca/>.



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5 proven tips for a healthy mouth

Healthy teeth and gums help you smile with confidence and give you the courage to take a bite out of life! April is Oral Health Month, making it the perfect time to review your habits and prevent common issues like bad breath, cavities, gingivitis, abscesses, gum recession and even certain oral cancers. Here are five proven tips to keep your mouth healthy.



1. Maintain a rigorous daily hygiene routine

Brushing your teeth at least twice a day is essential. You should also floss or use an interdental brush daily to remove plaque between your teeth. Choose fluoride toothpaste and mouth rinses to strengthen enamel and protect against cavities.

2. Eat a balanced diet

Eat a variety of foods rich in fibre, vitamins and minerals. Limit sugary snacks, such as candies and cookies, as well as highly acidic foods and drinks like citrus fruits and soft drinks. And don't forget to drink plenty of water.

3. Visit the dentist every year

Schedule routine dental checkups to catch problems early, before they

become painful—or expensive! Professional cleanings remove tartar buildup and help prevent gingivitis.

4. Avoid harmful habits

Certain habits can increase your risk of developing oral health problems. Smoking, for example, seriously damages your oral health and increases your risk of gum disease and oral cancer. Don't use your teeth as tools—to open packages, for instance. Avoid oral pierc-

ings, which can lead to fractures and infections.

5. Examine your mouth regularly Stand in front of a well-lit mirror, open your mouth wide and pull open your lips and cheeks. Look for sores, white or red spots, bleeding or unusual swelling. If you notice any sudden changes, book a visit with your dentist.

Consult your local dental care experts for personalized advice.

Do you participate in activities with a risk of head impacts? If you play sports like hockey, football, boxing, soccer, skiing, baseball or basketball, don't forget to wear a custom-made mouthguard to prevent dental injuries!

April Awarenesses

- Functional Neurological Disorder Awareness Month
- Hypoxic Ischemic Encephalopathy Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Oral Health Month
- Parkinson Awareness Month
- Rosacea Awareness Month
- Stress Awareness Month
- World Autism Awareness Day – April 2*
- National Dental Hygienists Week – April 4 to 10*

- National Caregiver Day – April 7
- World Health Day – April 7*
- Canadian Public Health Week – April 11 to 13
- National Medical Laboratory Week – April 12 to 18
- Advance Care Planning Day – April 16*
- World Hemophilia Day – April 17*
- National Organ and Tissue Awareness Week – April 18 to 24*
- Canadian Fertility Awareness Week – April 19 to 25
- World Osteopathic Healthcare Week – April 20 to 26
- World Primary Immunodeficiency Week – April 22 to 29*
- National Immunization Awareness Week – April 23 to 30*
- National Day of Mourning – April 28*

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It's registration time!

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If you have a busy schedule but want to spend more quality time with your child, a parent-child class or workshop is the perfect solution. It lets you share an activity while making memories together. You get the best of both worlds!

BENEFITS

Parent-child classes are a great way to introduce young children to new activities, especially if they feel shy or hesitant about joining a group of strangers alone. Participating together helps your child build confidence, gaining a sense of independence gradually. This positive first experience may encourage them to continue seeking such activities later.

These classes also strengthen your bond with your child. By taking part, you show your child that being active is fun—it's not just about performance. You also get to spend time together without needing childcare. Some programs are even designed specifically for new mothers who want to stay fit or get back into shape after giving birth.

ACTIVITIES

There's a wide range of parent-child classes and workshops available to suit your child's age and your shared interests. Here are a few examples:



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- Sewing
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Selkirk RCMP arrest suspect after reported home invasion

By Haley Cvar

Selkirk — A 41-year-old man has been charged following a reported home invasion late Tuesday night in Selkirk.

Selkirk RCMP say officers were called to a residence on McLean Avenue at approximately 11:40 p.m. on April 1 after receiving a report that a home invasion had just occurred.

Police say a male suspect, known to the victim, allegedly forced entry into the home by kicking in the door before demanding money.

During the incident, the suspect is alleged to have assaulted the victim with a knife. The victim sustained injuries described as non-life-threatening and was treated at the scene by emergency medical services.

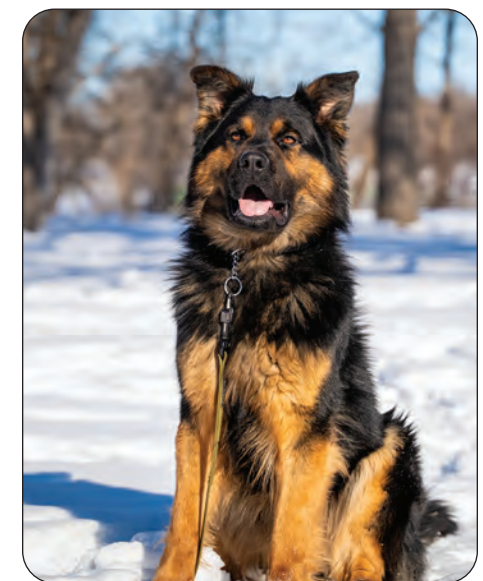
Officers, including Manitoba RCMP Police Dog Services, began searching the area after receiving a description of the suspect.

A short time later, police dog Stewie located a suspect walking on Main Street, where he was arrested without incident.

Chad Langlois, 41, of Scanterbury, has been charged with three counts of assault with a weapon, assault causing bodily harm and breaking and entering with intent.

Police believe the incident was targeted and say the victim and suspect are known to each other.

Selkirk RCMP continue to investigate.



RECORD PHOTO SUBMITTED
 Police Dog Services canine Stewie assisted Selkirk RCMP in locating and arresting a suspect following a reported home invasion on April 1.



2026 SPRING & SUMMER RECREATION PROGRAM GUIDE

REGISTRATION DATES:

Tuesday, April 7, 2026 at 10AM
Campground registration opens

Tuesday, April 14, 2026 – 10AM
Registration opens for all recreation programs

Thursday, April 16, 2026 – 10AM
Registration opens for all aquatic and swim programs

Aquatic Programming

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Swim Lessons

Lifesaving Society Swim for Life lessons available for all levels from parent-and-tot to adults.

Dates: Various sessions throughout July & August

Time: Varies

Location: Selkirk Park Pool & Splash Pad
Age: Minimum six months old

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Dates: Tuesdays July 7- Aug 25, 2026

Time: Varies

Location: Selkirk Park Pool & Splash Pad
Age: 10-15 (must be able to swim 50m and tread water for 1 minute)

Free Aquatics Public Swim

Daily public swimming, free for Selkirk residents— must show proof of residency.

Dates: June 30 – August 30, 2026 (weather dependent)

Time: 12 PM – 8 PM daily

Location: Selkirk Park Pool
Age: All ages

K9 Swim & Splash

When the Selkirk Park Pool & Splash Pad closes for the summer, it goes to the dogs – literally!

Date: August 31, 2026

Time: Small dogs 2-4 PM | Large/all dogs 4-7:30 PM

Location: Selkirk Park Pool & Splash Pad
All dog owners welcome.
Donations for Animal Retention Centre appreciated

Recreation Programs

Resident and non-resident rates apply

Canadian Firearms Safety Course

Build the knowledge and skills to safely handle non-restricted firearms, including rifles and shotguns.

Date: May 6, 2026

Time: 9 AM – 5 PM (Testing begins at 5:30 PM, 15 min per student)

Location: Memorial Hall
Age: 12+

Indian Traditions Workshop Series

Explore India's colours, flavours, and traditions through engaging workshops.

Dates: April 19 – Mandalas & Meditation
May 24 – Henna Tattoos

Time: 1 – 4 PM

Location: Selkirk Recreation Complex - Banquet Hall

Age: All ages welcome (children must attend with an adult)

Stained Glass Workshop

Create two stained-glass ornaments while learning basic techniques.

Date: May 30, 2026

Time: 9 AM – 5 PM

Location: Memorial Hall

Age: 12+ (Youth 12-17 must attend with an adult)

Standard First Aid & CPR-C

Gain lifesaving skills and confidence in this nationally recognized course.

Date: June 13, 2026

Time: 9 AM – 4:30 PM

Location: Memorial Hall

Age: 16+

Walk, Jog & Roll Program

Stay active with flexible indoor walking hours perfect for all ages and fitness levels.

Date(s): Sept 15, 2025-May 8, 2026

Time(s): 8 AM – 2 PM

Location: Selkirk Rec Complex – Lobby Entrance



Summer Camps

A nature-based camp where children explore, play, and develop leadership skills through outdoor learning.

Dates: Weekly camps

July 6 – Sept 4, 2026

Time: 9 AM – 4 PM (Early drop-off and late pick-up available)

Location: Camp Awesome Building – Selkirk Park

Age: Kinder camps (4-6 years) and weekly camps for Grade 1 to age 11

Cost: Program rates apply - see website

Free Programs

FREE – registration required



Block Party Bookings

Host a neighbourhood block party with support from the City including insurance and access to recreation equipment. A flexible, supported way to bring your street together for a summer barbecue or potluck!

Dates: May 1 – September 30

Time: Flexible

Location: Your neighbourhood

Age: Must be 18+ to book

Available to Selkirk residents

Lil' Nature Explorers

A parent-and-tot outdoor program introducing young children to nature through stories, crafts, and exploration.

Dates: May 5 – June 30, 2026

Time: Tuesdays 10 – 11:15 AM

Location: Camp Awesome Building – Selkirk Park

Age: 2-5 with parent/guardian

Play Zone

A structured recreation program offering sports, outdoor games, crafts, and team activities.

Dates: July 2 – September 4, 2026

Times: Tuesdays 9:30 AM – 12 PM OR
Thursdays 1 – 3:30 PM

Location: Kin Centre

Age: Completed Kindergarten – Grade 6

Youth Leadership Program

Build leadership skills through training sessions and volunteer opportunities at City events and camps.

Dates: Bi-weekly Wednesdays May 13 – August 26, 2026

Time: 6 – 7:30 PM

Location: Kin Centre

Age: 12-17

Resident and non-resident rates apply

In-Service Day Camps

A full day of fun featuring games, crafts, outdoor play, and themed activities on school in-service days.

Dates: April 17, 2026 | June 5, 2026

Time: 8 AM – 5 PM (Programming 9 AM – 4 PM)

Location: Kin Centre (Water Tower Park)

Age: Grade 1 to age 11

Cost: Program rates apply - see website

Free Drop-In Programs

FREE – no registration required

Equipment Lending Program

Borrow free play equipment, including balls, chalk, and outdoor games.

Dates & Times:

Spring Hours May 2-June 30, 2026:
Wednesdays 4 – 8 PM; Fridays 4 – 8 PM;
Saturdays 10 AM – 8 PM

Summer Hours July 2-September 5, 2026: Tuesday-Saturday; 10 AM – 8 PM

Location: Kin Centre

Age: All ages welcome

Exploration Bins

Explore hands-on nature with themed bins for outdoor play.

Date(s): Ongoing

Time(s): Available 24/7

Ages: All ages welcome

Location: Selkirk Park / Kin Centre

Kin Centre Youth Drop-In Zone

A welcoming youth space with games, music, and friends.

Dates & Times:

Spring Hours May 2-June 30, 2026:
Wednesdays 4 – 8 PM; Fridays 4 – 8 PM;
Saturdays 10 AM – 8 PM

Summer Hours July 2-September 5, 2026: Tuesday-Saturday; 10 AM – 8 PM

Location: Kin Centre

Age: 12-17

Movie in the Park – Under the Stars

Enjoy storytelling, bannock, and a free outdoor movie.

Date: September 18, 2026

Time: 6 – 9 PM (Movie at 7:30 PM)

Location: Selkirk Park

Age: All ages

Park Pop-Ups

Weekly park pop-ups with games, equipment, and activities.

Dates: Fridays July 3 – August 28, 2026

Time: 1 – 3 PM

Location: Various Selkirk parks

Age: All ages welcome (activities geared to ages 6-12)

ParticipACTION Community Challenge

Track your physical activity throughout June and help Selkirk compete to become Canada's Most Active Community.

Dates: June 1 – June 30, 2026

Time: Anytime

Location: Various locations across Selkirk

Age: All ages



For more information on all programming, visit our website

MySelkirk.ca/CityPrograms

get inspired

> MEAL IDEAS



Prep time: 10 minutes
Cook time: 24 minutes
Servings: 4
Potatoes:
1 cup all-purpose flour
1 teaspoon salt
1 teaspoon garlic powder
1/2 teaspoon pepper
1 cup milk
1 1/2 cups panko breadcrumbs
1 1/2 pounds Little Potatoes
Chimichurri:
1 bunch cilantro
1 bunch parsley
3 limes, juice only
2 tablespoons honey
2 teaspoons salt
1/2 teaspoon pepper

RED RIVER CO-OP FOOD STORE

Crispy Air Fryer Potato Nuggets and Dip

1 teaspoon chili flakes
1 cup canola oil
Heat air fryer to 390 F.
To make potatoes: In a shallow bowl, combine flour, salt, garlic powder and pepper. Whisk in milk until smooth. Place panko in a separate shallow bowl.
Working in batches, coat potatoes in batter then toss in panko until fully coated.
Place potatoes in the air fryer and cook 24 minutes, flipping halfway.
To make chimichurri: In a blender, blend cilantro, parsley, lime juice, honey, salt, pepper, chili flakes and canola oil until smooth.
Serve potato nuggets with chimichurri.



Prep time: 5 minutes
Cook time: 15 minutes
Servings: 2
1 Minute Jalapeno Rice Cup
1/4 cup diced onions
1/2 teaspoon cumin
1/2 cup Mexican cheese blend, shredded
1 egg, beaten
1/2 cup breadcrumbs
nonstick cooking spray
salsa (optional)
sour cream (optional)
Preheat air fryer to 375 F. Heat rice according to package directions.
In large mixing bowl, combine rice, diced onions, cumin and Mexican

Cheesy Mexican Rice Bites

cheese blend. Mix well.
Add beaten egg to rice mixture and stir until fully combined.
Using hands, shape about 2 table-
spoons rice mixture into ball. Repeat with remaining mixture.
Roll rice balls in breadcrumbs, ensuring they are fully coated.
Lightly coat air fryer basket with nonstick cooking spray to prevent sticking.
Place rice bites in single layer in air fryer basket, leaving space between each for even cooking. Work in batches, if necessary. Spray tops of each ball with nonstick cooking spray to help with browning.
Cook 15 minutes, or until golden brown and crisp, flipping halfway through for even browning.
Allow to cool slightly and serve with salsa or sour cream, if desired.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I can't believe it. This is my birthday month, and it feels like I just wrote last year's April column!
Now that I'm most definitely in my fifties (if there was any doubt the last couple of years, ha), when it comes to health — and sickness — I think my friends are catching up with me. One friend needs a hysterectomy. Another needs prolapse surgery. Yet another has stomach issues and is waiting for test results to see if they are benign or cancerous. Knee surgeries, hip replacements and back surgeries — my male and female friends alike are heading in for hospital holidays.
So I find myself in a different seat. Sure, I still have my ongoing chronic illnesses such as gastroparesis and Type 1 diabetes — and, and, and — but now I'm not the only one keeping the doctors guessing. I'm also in a position to understand what my friends are going through and offer compassion and support. I find all my past medical traumas (think: brain surgery, biopsies, blindness and eye surgeries) have led me to this moment — a moment to give back.
And that's good for their health and mine.
I've said it before and I'll say it again: research shows that helping others helps us. According to the AXA Health UK web-

site: "When you're kind to another person, your brain's pleasure and reward centres are activated, as if you were the recipient of the good deed — not the giver. This phenomenon is called the 'helper's high.'" It goes on to say, "There's growing research that your body benefits too, with kindness associated with lower blood pressure and levels of the stress hormone cortisol," and "...[kindness] is connected with living longer and functioning better as we age."

I can attest to this. It brings a warmth to my body and mind to help my friends. This could mean offering a ride to an appointment, but in my case, it usually means regular text messages or phone calls to check in and offer love and hugs. I don't do it for any reward, but I have to say, I feel like I've been hugged back just by offering one. (I guess it takes two to tango, doesn't it?)

So, as I celebrate another year on this planet, I plan to be the best support to my friends that I can in the coming months and years.

Everyone wins from kindness and support.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz and at www.lesshealthstress.com. Email: info@lesshealthstress.com. Author of *Help the Doctor Help You: 41 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments*.



BINGO

SUNDAY NIGHT BINGO

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- o **Lucky 7 - \$1,154.00+**
in 25 numbers
- Poker Flush - \$24,576.00+**
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Local couple brings fresh vision to Interlake garden centre

By Lana Meier

A new chapter is underway at the Interlake Garden Centre, where local owners Rayme and Michelle Thomson are blending community roots with a renewed vision for growth, customer experience and long-term sustainability.

The couple recently purchased the well-established business, now operating as Georgetown Acres & Interlake Garden Centre, and say the opportunity came at just the right time.

"After selling our former business, we were preparing to build new commercial greenhouses on our agricultural land when the opportunity presented itself," said Michelle. "We loved the idea of elevating an already successfully operating business and knew we could bring longevity to the community as local residents already established here in the Interlake."

Located in Winnipeg Beach, the garden centre is positioned in a community the Thomsons describe as being in a period of exciting renewal.

"There is a sense of revitalization happening in Winnipeg Beach that is very exciting, and it is a privilege to be able to add to the existing community," she said.

Both bring diverse backgrounds to the venture. Rayme, who is Icelandic and Métis, was born in Gimli and returned to Manitoba after working in Alberta's automotive sector before taking over his father's businesses. Michelle, originally from Newfoundland, also worked in the automotive industry and previously operated a music studio as a vocal instructor and piano teacher. She later pursued graduate studies in counselling psychology.

The new name pays tribute to Rayme's late father, entrepreneur George Thomson, while reflecting the couple's desire to honour the past and build for the future.

Since taking over, the Thomsons have already completed a number of upgrades aimed at improving both operations and customer comfort. Renovations include finishing the store ceiling, adding drywall, repainting, remodelling the washroom and checkout areas, and upgrading electrical systems throughout the greenhouses. New temperature monitoring systems and backup power have also been installed.

"We are also planning on creating rest areas with seating and shade for our customers, so as to enjoy shopping with more relief from the hot temperatures," she said, adding that ongoing maintenance and structural improvements will continue in phases.



Michelle Thomson holds one of the thousands of plants beginning to flower inside the greenhouses

Michelle has further strengthened the business's foundation by pursuing a horticulture diploma this winter, driven by a growing fascination with plant science and greenhouse production.

"Most valuable was studying Integrated Pest Management to ensure



Rayme Thomson waters plants inside the greenhouse at Georgetown Acres & Interlake Garden Centre as the couple prepares for the upcoming spring opening.

RECORD PHOTOS BY RAYME AND MICHELLE THOMSON

Continued on page 26

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The Holy Hams of Selkirk United Church present the 80's retro comedy...

Your Flake or Mine?

By Playwright Jack Sharkey
Directed by Shannon Dubé

A greeting card writer who can't stop talking in quirky rhyming couplets, is trying to win back his wife who's looking to leave him for her boss. All kinds of characters - helpful and not so helpful - show up along the way.

Theatre Only - Tickets \$25.00
Wednesday, April 29th, 2026 - 7pm
Thursday, April 30th, 2026 - 7pm

Theatre with Dessert - Tickets \$35.00
Friday, May 1st, 2026 - 7pm
Saturday, May 2nd, 2026 - 2pm Matinee

Cheesecakes and decadent desserts served following Dessert Theatre.

All performances take place at
Selkirk United Church - 202 McLean Ave., Selkirk

Reserved Seating only - Call Carol 204 485 0291

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> GARDEN CENTRE, FROM PG. 25

the healthiest growing environment possible, as well as plant identification," she said. "With just under 400,000 documented plant species,



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RECORD PHOTOS BY RAYME AND MICHELLE THOMSON

Rayme and Michelle Thomson unveil the new Georgetown Acres & Interlake Garden Centre signage, marking the start of a new chapter for the locally owned business in Winnipeg Beach.

it is fascinating how similar and yet vastly different each one can be."

She hopes that knowledge will translate directly to customers, not only through plant care advice but also by encouraging a deeper connection to gardening.

"We are in a shifting time, where growing plants can establish not only a decorative sense of pride, but also a more cost-efficient food source," she said. "It helps people reconnect with nature, learn new hobbies and engage with community gardening efforts."

The garden centre will feature a wide selection of locally sourced products, with a strong emphasis on Manitoba-grown trees, shrubs and plants suited to the Interlake climate.

"Supporting local is paramount," ac-

ording to Michelle. "Local supports us, and by doing so we create a cycle that benefits both our community and our province."

Among the unique offerings customers can expect is the "Sensitive Plant," a houseplant known for responding to touch, alongside a full range of seasonal favourites.

Looking ahead to opening day — tentatively set for April 22, weather permitting — the couple says their goal goes beyond simply selling plants.

"We hope that anyone who walks in our door leaves better for having come through it," said Michelle. "We want people to say, 'that's the place,' and continue to use coming to the garden centre as a reason to visit and support other local businesses."

Plans are already in motion for workshops, partnerships with industry professionals and on-site educational opportunities aimed at both new and experienced gardeners.

"We want to keep things simple as well — offering basic gardening practices, tips and learning from our customers too," she added.

As the growing season approaches, the Thomsons encourage patience among eager gardeners.

"Remember to wait for the last frost and keep coverings handy," she said. "Nourish your soil with compost once the snow melts, and check for animals that may have made a home in your garden over winter."

With full greenhouses and a clear vision for the future, the Thomsons say they are ready to build on the garden centre's legacy while adding their own personal touch.

"Our goal is to provide dependable products and to be straightforward in how we work," said Michelle. "We're proud to be part of the community and to offer something people can rely on."

SELKIRK FISHERMEN 2025-2026

CONGRATULATIONS
and thanks for another exciting
year of hockey in Selkirk!

FISHERMEN
Est. 1917

Rockwood's Peter Derksen takes on 4,625-kilometre trek to support Ukraine

By E. Antonio

Rockwood resident Peter Derksen has set out on a remarkable journey — hiking more than 4,600 kilometres from Mexico to Canada — to raise funds and awareness for soldiers fighting in Ukraine.

The retired police officer officially began his six-month trek along the Pacific Crest Trail in April, carrying everything he needs on his back and taking on the challenge completely unsupported. For Derksen, the journey is about far more than endurance — it's about continuing a mission that began years ago.

"I was born into freedom and I don't take it for granted," he said. "We are privileged and have worked for this. We have to cherish what we have and fight for those who don't. It's a foundation of being human."

Derksen's connection to Ukraine is deeply personal. In 2022, following a 35-year career with the Winnipeg Police Service, the military and Manitoba Justice, he travelled overseas and spent a year supporting efforts on the ground. During that time, he delivered more than 900 kilograms of aid — much of it donated by members of the Winnipeg Police Service — to soldiers in need.

Now, three years later, he is continuing that commitment in a different way.

"I have always been driven by making a difference through the service of others," he said. "Through my three careers, helping serve others was always there, and I want to continue to do that now."

Rather than returning to the front lines, Derksen chose to fundraise. Through his hike, he is collecting donations for the Canada-Ukraine Foundation through his personal fundraising page, with all proceeds going directly toward supporting Ukraine. He is also matching the first \$2,000 raised over the course of the journey.

The Pacific Crest Trail stretches from the U.S.-

Mexico border to British Columbia, taking hikers through some of North America's most challenging terrain, including the deserts of California, the Sierra Nevada mountains and the rugged Cascades of Washington. The trek begins with hikers touching Mexican sand through the fence at the U.S.-Mexico border before heading north.

While thousands attempt the trail each year, far fewer complete it, with more people successfully summiting Mount Everest. For Derksen, reaching the Canadian border will represent more than a physical accomplishment — it will symbolize meaningful support for a cause he believes in.

This level of endurance hiking is new territory for him. His previous experience includes completing the 70-kilometre Mantario Trail, but the Pacific Crest Trail presents a far greater challenge.

To prepare, Derksen spent months training through Manitoba's winter, hiking daily in temperatures as low as -20 C. Much of that training took place near Rockwood, where he repeatedly climbed Pikes Peak for hours at a time while carrying a roughly 40-pound pack. His dog, Bella — who will stay at home with loved ones — often joined Derksen during his training sessions and was "no doubt confused" about why they were walking the same path so many times.

Other training included strength building and stretching to develop the resilience needed for the journey.

Even with that preparation, the trail presents extreme and unpredictable conditions. He began his hike during a California heat wave, with temperatures climbing above 38 C. After crossing roughly 700 miles of desert, Derksen will return to cold and snowy conditions, including tackling Mount Whitney — the highest mountain in the contiguous United States. He said the drastic change in conditions will be a "complete shock" to his body.

"I will either be a dried-out prune or I will be a well-established desert traveller," he said. "Either way, I will have lost my skills to travel in the snow."

Other challenges he is preparing to face include wildlife encounters, staying on the trail, reaching towns to replenish supplies and the general dangers of remote hiking — something easier said than done, with risks such as fast-moving mountain streams, steep terrain and extreme weather. But Derksen said these risks are worth taking.

"It's a lot safer than going back to Ukraine and fighting in the military," he said. "As an outdoorsman, I have the skills to prepare me for the wilderness. Now it is time for me to use them."

Throughout the journey, he plans to share updates through a blog, allowing supporters back home to follow along and stay connected to the cause.



Scan the QR code to donate to Derksen's Hike for Ukraine. He is matching the first \$2,000 in donations.



RECORD PHOTOS SUBMITTED

Rockwood's Peter Derksen is hiking 4,625 kilometres from the United States-Mexico border to British Columbia along the Pacific Crest Trail while raising funds for Ukraine. Pictured is Derksen training at Pikes Peak in Stony Mountain with all of his gear and his dog, Bella.

For Derksen, staying motivated comes down to perspective.

"There are soldiers still fighting for the land their parents were born on," he said. "I have the ability to support their people and their right to be free, and I will — I have to open up the door to have a success at making a difference."

He hopes his efforts will inspire others to act in their own way.

"Wherever, whoever and whatever you are, time is limited, so the best opportunity is now. See you all soon — ish."

Updates on Derksen's journey will be posted at www.thetrek.co/author/peter-derksen/. Donations can be made at <http://weblink.donorperfect.com/HikeForUkraine>, with tax receipts available for Canadians.



Derksen served with the armed forces in Ukraine in 2022.

> MEASLES VACCINE ACCESS, FROM PG. 13

ease, and vaccination remains the most effective way to prevent infection and protect vulnerable individuals, including infants and those with underlying health conditions.

For more information about measles and outbreak locations in the province, visit <https://gov.mb.ca/health/publichealth/diseases/measles-exposures.html>. More information is also available via Health Links-Info Santé toll-free at 1-888-315-9257.

Provincial budget prioritizes jobs, lower costs, better health care: Sala

By Lorne Stelmach

The Manitoba government emphasized such things as good jobs, lower costs, and better health care for Manitobans as it unveiled its 2026 budget last week.

Finance Minister Adrien Sala also particularly touted his belief that the budget positions rural and northern Manitoba for long term growth, safer communities, and better health care.

He suggested the government is making responsible investments that align with Manitobans' priorities while making progress on the path to balance the budget within four years.

"Budget 2026 reflects the priorities we heard from Manitobans every day, strengthening health care, lowering costs and creating good jobs," said Sala. "We're delivering real progress with relief at the grocery store, more front-line staff in our health care system and new opportunities for workers. This budget is about building a healthier, more affordable Manitoba for families."

Sala billed it as a budget that leaves no Manitoban behind.

"For the third year in a row, our government is making historic investments outside of Winnipeg. This budget includes policies and projects for every region every region of the province, every town, every city and ever regional municipality.

"Each section of the budget contains policies and projects that will have a positive effect on rural, northern and remote families, whether it's for health care, public safety, infrastructure, affordability or agriculture, there's something positive for your community in this budget."

Some key highlights included investing more in health care for the third consecutive year, adding 4,054 net new health care staff to the front lines, and focusing on new initiatives to reduce the number of emergency

rooms wait times.

Sala also suggested Manitoba is leading the country in tackling rising grocery prices through new legislation that would ban predatory pricing and restrict property controls. He said this budget goes further by removing the provincial sales tax from all food sold in grocery stores starting July 1. Additional measures to lower costs for Manitobans include an increase to \$1,700 to the homeowners affordability tax credit, increased rent relief, and free transit for children and youth.

The budget also builds on economic growth with a commitment to train 40 per cent more apprentices in the skilled trades and a new \$10-million Churchill Catalyst Fund to attract more private-sector interest in an energy corridor that will create good jobs.

Sala further suggested the budget reflects the values of everyday Manitobans who want to see everyone succeed with progressive policies that give families with the lowest incomes the most help. This includes the change to the homeowners affordability tax credit to help Manitobans with the most give back to those with the least, new investments in free child care for low-income families, and a \$2.5-million investment in adult literacy programs to help more Manitobans graduate and find a good job.

In reference to economic development, Sala touted a number of key investments in various infrastructure projects that will serve as catalysts for further growth.

"All across Manitoba, we're building, and we know that those investments in capital are going to not only help to ensure that Manitobans have the resources and infrastructure that we need to support our local economies, but it's also going to help put people to work."

In a press conference, Sala fielded a

question about producers facing lower crop prices and higher input costs, and what the government was going to do to help farmers maintain their profitability beyond the usual supports and loan programs.

"I think we're doing the important work of making sure they have adequate access to those programs that we know will help our producers across the province," he said. "We know that producers are the backbone of the provincial economy, and we know that trade disruptions are creating increased risk and uncertainty, and I think it's critical our government is stepping up with more support to help producers."

"Our government is investing in the strength of rural and northern Manitoba," Sala emphasized. "These communities deserve reliable infrastructure, good jobs and health care they can count on. Budget 2026 delivers real support to help families build a stronger future, close to home."

The budget raises municipal funding by close to \$6 million, bringing total base support to \$198 million by 2026-27, along with new commitments for water infrastructure, Northern Affairs communities, and the Manitoba Growth, Renewal and Opportunities for Municipalities (Manitoba GRO) program.

Sala also emphasized that they are aiming to improve rural and northern health care as a priority with several initiatives to continue the provincial commitment to improving the quality of health care in those areas.

While physician recruitment and retention are at an all-time high, according to Sala, the budget adds an additional \$6.3 million to recruit more doctors to Manitoba, and it also provides funding for new training pathways for nurses, paramedics and internationally trained physicians. Major capital projects include the con-

struction or expansion of a number of hospitals, including Boundary Trails Health Centre in Morden-Winkler.

And for agricultural producers, Sala noted the budget will freeze crown land leases for the third year in a row, and producers will also benefit from the continuation of both the 50 per cent school tax rebate for farm properties and the farmland school tax rebate.

ADDITIONAL FUNDING INCLUDES:

- \$45.6 million for AgriStability to help Manitoba producers manage the risks of changing weather and markets.

- \$71.8 million for AgriInsurance to lower premiums and protect producers against crop production shortfalls caused by natural perils.

- \$18.5 million for AgriInvest to help producers manage minor income fluctuations.

- \$7.8 million for the wildlife damage compensation program to expand eligibility for claims on agricultural losses from predatory wildlife.

And to encourage young Manitobans to enter the agriculture sector, the government increases the cap on the young farmers rebate and the lifetime maximum rebate rises.

Sala also touted what he called record investment in rural and northern infrastructure ranging from twinning of the Trans-Canada Highway to Ontario to rebuilding highway 2 in southwest Manitoba.

A federal-provincial investment in 2025 of \$76.9 million in water and wastewater capacity across rural Manitoba will include 22 million for the Pembina Valley Water Co-op capital plan and \$4.4 million for the Morden-Winkler sewer line as well as other wastewater capacity projects totalling \$28.5 million.

Provincial financial plan gets mixed reviews

By Lorne Stelmach

There were mixed reviews for the Manitoba NDP government's new provincial budget released last week.

Midland MLA and Conservative finance critic Lauren Stone was disappointed the budget lacks any serious plan to make life more affordable.

"Wab Kinew and his NDP are once again letting down Manitoba families," she said. "They promised Manitobans that they would make life more affordable, but this budget fails to deliver real, tangible relief for fami-

lies struggling with rising costs."

Meanwhile, skyrocketing education property tax increases are what Manitobans continue to get from the NDP, Stone suggested. According to Statistics Canada, homeowners in Winnipeg experienced a near 20 per cent increase in property taxes between 2025 and 2026.

"When education property taxes in Winnipeg and across Manitoba are going up by hundreds and thousands of dollars, increasing the tax credit by only \$100 and not until next year

is a drop in the bucket," said Stone. "Manitoba families need affordability relief now, not next year."

"Manitoba families deserve affordability," said Obby Khan, leader of the Opposition. "They deserve stability. They deserve a government that understands what they're going through and is ready to act. I see moms and their kids in the grocery store, picking up fruits, vegetables, meat or coffee and putting it back on the shelf because it is just too expensive.

"We're focused on putting more of

your hard earned money back in your pocket. Because Manitoba families deserve affordability now."

The Conservatives are proposing zero provincial income tax on the first \$30,000 earned, which they estimate would save an individual about \$1,500 per year and the average family up to \$3,070 annually.

"That's real relief, right now. It's not a rebate at tax time. It's higher paycheques every week, every two

Continued on page 29

West St. Paul Citizens on Patrol highlights safety efforts at annual meeting

By Lana Meier

Strengthening community safety and collaboration was the focus of the West St. Paul Citizens on Patrol Program's (WSP COPP) annual general meeting held Jan. 24 at the Access Centre.

The meeting drew 48 attendees, including 37 of the program's 53 volunteers, along with representatives from multiple levels of government, law enforcement and neighbouring patrol groups.

Guests included Manitoba Justice Minister Matt Wiebe, MLA J.D. Devgan, RCMP Const. Paul Human, West St. Paul Mayor Peter Truijen, Coun. Giorgio Buscetti and local community and bylaw safety officers. Coordinators from citizens on patrol programs in Beausejour, Oakbank-Springfield and

East St. Paul also attended.

During the meeting, Wiebe and Devgan reaffirmed provincial support for the program, which continues to receive funding through the Department of Justice. The funding supports essential resources such as safety vests, signage and public awareness materials.

Community safety officers outlined their roles within the municipality and plans are underway for further collaboration between the officers and COPP volunteers to enhance safety efforts across the rural municipality. Buscetti also pointed to recent initiatives aimed at improving safety, including the addition of community safety officers, installation of speed bumps, security cameras and

increased signage.

The organization also recognized several long-serving volunteers for their contributions, including Bev Bragg, Ken and Evelyn Miller, Peter and Laura Truijen, and Bill and Evelyn Myskiw.

Organizers emphasized that communication remains a key component of effective community safety, noting that ongoing coordination between community safety officers, citizens on patrol, RCMP and residents helps ensure timely awareness and response to suspicious or criminal activity.

Residents interested in joining the volunteer patrol program can contact WSP COPP at info@wsp-copp.com.



RECORD PHOTO SUBMITTED

Members of the West St. Paul Citizens on Patrol Program are joined by provincial, municipal and law enforcement representatives during the group photo at the organization's annual general meeting Jan. 24 at the Access Centre.

> PROVINCIAL FINANCIAL PLAN, FROM PG. 28

weeks, every month," said Khan. "It's shocking and surprising that Wab Kinew and his NDP have failed Manitobans on affordability, on growing the economy, on health care, and on crime. That's not leadership. That's failing to understand what Manitoba families are going through."

Manitoba Federation of Labour president Kevin Rebeck saw some positives in the budget.

"As the global economy continues to face strain, it is encouraging to see the provincial government focused on creating good, family-supporting construction jobs here at home by putting Manitobans to work first in building our province up," he said.

"This budget's commitments to build and renew critical infrastructure, like schools, hospitals and Manitoba Hydro projects, through the Manitoba Jobs Agreements is good news for Manitoba workers and higher wages and bad news for out of province license plates on job sites. And this budget's greater invest-

ment in our apprenticeship system will mean more Manitobans can build their future here at home."

Rebeck noted the budget also includes several other good supports for workers to join and succeed in the labour force.

"Higher wages for child care workers and more child care spaces will mean more parents, especially women, can participate in the labour force," he said. "More investments in personal care homes and long term care mean more workers, especially women, will not have to limit working hours or exit the labour force altogether to provide care for loved ones.

"And increased investment in adult learning centres will help to boost employment by ensuring more Manitobans can achieve their high school diploma."

The cost of living is high on every worker's mind these days, and Rebeck saw the budget as taking steps to "help make life more affordable for working families by providing free

transit for kids and youth, free menstrual products in the workplace and free child care for low income families.

"Finally, we all count on public services to be there for us when we need them, and we know that workers in Manitoba's public sector continue to struggle with understaffing and high vacancy rates after years of cuts and chaos under the former PC government," Rebeck continued. "The provincial government's important goals of ending mandatory overtime and ensuring safe patient ratios will only become a reality through a sustained commitment to recruitment and retention in health care.

"And understaffing is a major contributing factor to health care and the public service having the highest workplace injury rates in the province. This budget's additional funding for new workplace safety and health officers is welcome, but it only addresses enforcement. We would have liked to see commitments in this budget to bring these injury rates down through injury prevention pro-

grams as well.

"We know that these problems cannot be fixed overnight but we encourage the government to focus its efforts on staff recruitment and retention to strengthen our public services.

Cynthia Leach, an assistant chief economist at RBC, saw some reason for hope in the budget.

"Manitoba is the seventh province to table its 2026 budget, and the new numbers look not as challenged as several others," she suggested. "Despite the negative surprise in 2025/26, Manitoba claims the smallest 2026/27 deficit-to-GDP ratio and is one of few provinces charting a path to balance.

"Spending pressures and the uncertain economic environment could erode planned fiscal balances, and the province will need to continue to make fiscal room to support growth oriented spending. These are similar to the fiscal challenges faced by other provinces, but Manitoba will need to keep an eye on a debt ratio that is on the high end of the provincial average."

Annual Family Fun Ice Fishing Derby in Grand Marais



RECORD PHOTOS BY JOHN SCHNEIDER SUBMITTED

Even being rescheduled due to the weather didn't keep people off the ice for the Annual Family Fun Ice Fishing Derby in Grand Marais hosted by the Eastern Beaches Development Corporation last month. Residents stopped by for snacks, fun, and to catch the big one.



Manitoba Anglers' Guide 2026 now available ahead of fishing season

By Annaliese Meier

Manitoba anglers are being encouraged to prepare for the upcoming fishing season with the release of the 2026 Anglers' Guide, now available online.

Natural Resources and Indigenous Futures Minister Ian Bushie said the annual guide provides essential information for both residents and visitors heading out on the water this spring.

"The release of the Manitoba Anglers' Guide 2026 marks the start of another exciting fishing season," Bushie said. "During these free fishing days, I encourage Manitobans and visitors to enjoy their time out-

doors safely and responsibly."

As part of spring break, anglers can fish without a provincial licence until April 5. However, federal licences remain required for those fishing in national parks.

New regulations for the 2026 season took effect April 1, including updated angling licence fees and changes to some possession limits and size restrictions. The full guide is available online, with printed copies expected to arrive later this month at retailers that sell angling licences.

Anglers targeting walleye and sauger are reminded to pay close attention to seasonal closures across Mani-

toba's fishing divisions.

In the southern division, the season closes April 6 and reopens May 9, except on Lake Winnipeg, where the season opens May 16. In the northwest and north central divisions, the season closes May 1 and reopens May 16.

Fishing for these species is prohibited during the closed periods.

Additional restrictions are also in place for specific waterways. Dauphin Lake and its tributaries — excluding the Vermilion Reservoir — close to fishing April 1. From April 6 to May 8, several areas are closed to all fishing, including sections of the

Red River between Lockport Dam and Lake Winnipeg, as well as parts of the Assiniboine River downstream of the Portage Diversion.

Officials are also reminding anglers to help prevent the spread of aquatic invasive species by ensuring all watercraft and related equipment are properly cleaned, drained and dried after each use.

More details on regulations, fees and fishing zones can be found in the Manitoba Anglers' Guide 2026, available online, with print editions to follow later in April.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake boxers triumph at Larry Sharpe's 'Resilience' card

By Kieran Reimer

A boxing card jam-packed with Interlake representation took place Saturday at South Beach Casino and Re-

sort.

Resilience, the name of the card hosted by former Canadian middleweight boxing champion Larry 'Razor'

Sharpe and his Razor Sharpe Boxing Promotions, featured six bouts, including two that saw local talent have their hands raised as winners.

Sharpe's son Markus was one of the local victors, earning a unanimous decision over Winnipeg's Arsenii Sukhan in the fifth bout of the evening, just minutes after Selkirk's Grayson Gilbert defeated Sagkeeng First Nation's Stanley Dorie-Daniels by referee stoppage in bout three.

Twelve-year-old Mason Bird of Powerview also stepped into the ring for a sparring exhibition against 18-year-old Seth Kalinski of Beausejour.

The remaining bouts saw Winnipeg's Sandeep Singh defeat Kenora's Matt Carhalvo by decision, Seddons Corner's Chad Betker-Modjeski and Winnipeg's Cody Vanbour engage in an exhibition, and Beausejour's Mason Dekezel defeat Winnipeg's Cole Batson by decision in a back-and-forth main event.

Spectators had front-row, second-row and rush seating for the event, which proved to be a successful debut

for Resilience.

Sharpe chose the name to highlight how boxing has positively changed the lives of himself and others he has come into contact with over decades in the sport.

Sharpe struggled with alcohol abuse, particularly as a teen and young adult growing up in Pine Falls.

Now 52 and still living there, he credits boxing for his sobriety.

"I hit rock bottom at 22, and I started going to Alcoholics Anonymous meetings and quit drinking, and then I joined a kickboxing club about a year into my sobriety. It just gave me a whole new focus on life, and it just kind of made everything go better," said Sharpe.

He added that his sobriety led to better grades in school, which helped him earn an arts degree and an education degree at the University of Winnipeg, later landing his first teaching job.


During the same period, Sharpe be-

Continued on page 33




RECORD PHOTOS BY JOHN PODWORNIAK

Selkirk's Grayson Gilbert (left) defeated Sagkeeng First Nation's Stanley Dorie-Daniels by a referee stoppage in the third of six bouts in last Saturday's Resilience boxing card at South Beach Casino and Resort.



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

Selkirk Judo Club excels at Balmoral Open

By Lana Meier with files from Brian Jones

The Selkirk Judo Club turned in a strong performance on the mats at the 2026 Balmoral Open on March 28, with multiple athletes reaching the podium at Stonewall Collegiate.

The one-day tournament drew approximately 145 entries from clubs across Manitoba and northwestern Ontario, offering a competitive field across all age categories. Selkirk entered 15 athletes and saw success at every level.

In the U10 division, Cruze Janke, Ragen Sterzer and Hudson Yosyk gained valuable experience, with no medal standings awarded in that age group.

Selkirk found early success in U12 competition, where Piper Yosyk captured gold in the female Group 4 division. Jackson McPherson added a silver medal in the male Group 5 category.

The U14 division proved to be a stand-out for the club, highlighted by multiple podium finishes. Ella Faris earned silver in the female under-52 kilogram division, while Addisson Laudy Krasey topped the podium with gold in the female

-63 kg class. Teammate Samantha Mayman joined her on the podium with silver in the same division.

On the boys' side, Hunter Kennedy claimed gold in the male over-66 kg division, while Braxon Lightfoot secured bronze in the under-46 kg category. Jake Friesen Joss and Koltin Chura delivered a strong one-two finish in the male under-50 kg division, earning gold and silver respectively.

In U18 competition, Kelton Troia rounded out the medal count with a silver performance in the male under-66 kg division.

The results capped off a successful outing for Selkirk against some of the top competitors in the region.



RECORD PHOTOS SUBMITTED

Selkirk Judo Club's U10 competitors Cruze Janke, Ragen Sterzer and Hudson Yosyk took part in the 2026 Balmoral Open in Stonewall on March 28.



Selkirk's Kelton Troia (in blue gi) executes a throw for ippon during U18 competition at the 2026 Balmoral Open in Stonewall on March 28 as referee Stan McFarlane looks on.

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The Selkirk Record

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

> TRIUMPH, FROM PG. 31

came a local phenom in kickboxing and Muay Thai.

His 10-0 start, with nine knockouts, drew interest from promoters as a self-trained fighter out of Pine Falls.

That led to his first big break — a professional boxing match televised on TSN just two days later.

Despite being a kickboxer, Sharpe accepted the opportunity and won the fight via second-round knockout.

The rest was history, as he went on to compile a 25-9 professional boxing record with two Canadian titles before retiring at age 36.

"I would never say I was the best boxer in the world, but I always prepared one hundred per cent and came in better shape than my opponent, and used my strength to my ability," said Sharpe. "Whether it was my awkwardness as a southpaw, having a good chin or using good range, I just kind of played to my strengths all the time. I wouldn't say I had the best reflexes, but I was able to use being tough and resilient and my strategy to come up with a game plan and stick to it."

Sharpe spent his following years as a teacher and principal, where he witnessed youth facing similar struggles to those he experienced at their age.

He saw that as an opportunity to introduce them to boxing, going on to coach out of his home gym in Pine Falls, which features a ring, multiple heavy bags and a speed bag.

He got to witness that work pay off Saturday when a couple of his fighters competed on the Resilience card.

"When you're dealing with kids who are making poor choices and going down a certain path, I know it's easier for them to relate to somebody who's kind of walked that same road," said Sharpe. "You can share your experiences and how you've changed things for yourself. They see your success — you're a principal, a champion, a boxer and kickboxer — but they want to know what you were like when you were young. That creates a bond and helps them, and it gives me drive as well."

That drive has also helped him maintain his sobriety, which became a greater challenge again after retiring from pro boxing.

Since returning to coaching, Sharpe said he has been alcohol-free for the past six months, crediting his renewed involvement in the sport.

On Saturday, he also witnessed his 20-year-old son Markus claim a unanimous decision victory — a proud father moment he won't soon forget.



Winnipeg's Sandeep Singh (left) defeated Kenora's Matt Carvalho via decision.

Strikeforce pull plug on historic soccer program

By Kieran Reimer

It's the end of an era for men's soccer in Selkirk.

For the first time in more than 50 years, the city won't have a club in the Manitoba Major Soccer League's outdoor season.

The absence comes after the Selkirk Strikeforce, the city's longtime entry, decided not to enter the league due to a lack of player availability.

"For me, it hurts. I've played on the team for 25 years," said player-coach Kris Pellaers on Thursday.

Pellaers and co-coach Jordan Bruenig were forced to "pull the plug" on the 2026 outdoor season at last Monday's league registration deadline.

The two have run the club together for the past two years, during which they have witnessed a rapid decrease in player attendance.

That decline forced the team to play short-benched for much of the 2025 outdoor season, which ultimately af-

fects its finish.

Selkirk was strong early in the campaign, at one point sitting first in MMSL Division 3B, before running out of gas late in the season to finish fourth and be eliminated in the quarterfinals.

The struggles then carried into the recently concluded indoor season, where the team won just two games in Division 4 HF.

Pellaers said the team knew hard times were coming, but was still surprised by the magnitude.

Selkirk previously had two MMSL clubs — Selkirk FC, the original men's team, and the Tri-S Strikeforce, formed by Al Ganski in the early 2000s.

The two clubs merged ahead of the 2024 outdoor season due to declining numbers.

The move initially appeared to solve the attendance issue, with the team fielding a full roster on most nights early in the season.

But as the year wore on, the bench gradually shrank — a trend that continued through the winter and into a difficult 2025-26 season, to the point where the club could no longer field even one combined team.

Pellaers said the primary reason is that many players are starting families. The club has also struggled to recruit new players, a problem that didn't exist in earlier years.

"The team's been around for eons. It's just the first time other than COVID that we're not putting a team on the field, which is really disappointing," he said. "I tried to keep the team alive so the community had an option. Not every kid plays soccer, but the ones that did, they had an option. Now this year they don't. It's just been a tough go for quite a while trying to get kids to come up through the ranks."

He added that while he would like to see the team return in the future,

the chances are "slim to none."

If that proves to be the case, the Strikeforce's final game will stand as a 4-2 loss to Storm FC on Feb. 18 at Winnipeg Soccer Federation North in indoor league play.

Pellaers pointed to winning the 2024-25 Skylight Adult Soccer League indoor season alongside his son as his favourite moment with the club.

He also reflected on the program's early days, when players wore hockey jerseys as their on-field kit.

"Ted Hotchkiss started the team. One of my favourite stories is when they started the team, they all wore hockey jerseys. Ted's wife would wash these hockey jerseys in the tub with her feet and then get sores on her feet from washing all these guys' jerseys," said Pellaers.

Selkirk eventually transitioned to proper soccer kits. Both now likely sit collecting dust — at least for the near future.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Magical playoff run ends in CRJHL silver for Fishermen

By Kieran Reimer

For the first time in their Capital Region Junior Hockey League history, the Selkirk Fishermen have finished as finalists.

Their run came to an end last Thursday with a 3-0 loss to the La Broquerie Habs in Game 5 of the championship series at the Selkirk Recreation Complex.

The Habs captured their franchise's first CRJHL title, powered by Top Goaltender Award winner Jaxon Loewen, who stopped all 34 Selkirk shots.

His perfect night paved the way for Colton Pakoo and Mark Plett to open the scoring, giving La Broquerie a 2-0 lead after the first period. Luke Tetreault added another in the second to put Selkirk in a 3-0 hole heading into the final frame.

With Loewen continuing his shut-out performance, Selkirk was unable to claw back within striking distance.

The loss marked the Fishermen's first appearance in a league final since their Keystone Junior Hockey League days. They are now three years removed from their last CRJHL title in 2022-23.

"We just didn't have the finish for whatever reason," said Fishermen head coach Chris Poponick on Friday. "It was almost like we couldn't hold onto the puck for a half a second longer for that opportunity to develop a little bit further. They (La Broquerie) did a really good job. It was a very fast game, especially in La Broquerie's rink, which is a little bit smaller."

The Habs' victory completed a stretch of three straight wins after the series was tied 1-1 through the opening two games.

They grabbed a 2-1 series lead with a 4-3 double-overtime win in Game 3 on March 29 — a turning point in the series.

"We had chances, we had a penalty shot, we had all kinds of opportunities to finish it, and we just couldn't put it away," said Poponick. "In our opinion as a coaching staff, we thought we outplayed them in that game, and they just got the bounces. They were able to get the pucks through to the net and in the net when they needed it."

La Broquerie followed with a 4-3 win in Game 4 last Tuesday to take a commanding 3-1 series lead.



Selkirk's Markus Sharpe is congratulated by Fishermen executive director and CRJHL past president Rick Olson. The 19-year-old netminder has a 24-11-0-1-2 record over his career and is eligible to play another two seasons in the league.

Selkirk's Connor Bruyere and La Broquerie's Carson Tallaire traded goals in the first before Ashton Schroeder gave Selkirk the lead in the second.

The Habs responded with back-to-back goals from Mario Gagnon and Yanik Gagnon for a 3-2 advantage.

Zach Gallinger tied the game midway through the third, but a late slew-footing penalty against Selkirk put La Broquerie on the power play. Tetreault capitalized, scoring the Game 4 winner with 1:45 remaining.

Despite the series loss, Poponick viewed the season as a significant step forward following semifinal exits the previous two years.

Selkirk finished 17-10-0-1-2 to place third in the regular season before eliminating the sixth-ranked Lundar Falcons and second-ranked Beausejour Comets in the playoffs.

The run also provided valuable experience for the team's 10 rookies.

"I love the way the team progressed," said Poponick. "It sure sets us up nicely for next year and going forward. We've had to rebuild the last couple of years, and I was extremely happy with the production of the rookies that we brought into the program, and some of the guys that we got back from the MMJHL who came back home to play hockey."

La Broquerie followed a similar path, finishing fourth in the regular season before knocking off the Arborg



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Fishermen and La Broquerie Habs shake hands at the conclusion of game five of the CRJHL Championship on Thursday at Selkirk Recreation Complex. The Habs defeated the Fishermen, 3-0, in the game to capture their first-ever league title.



Defenceman Ty Johnson is one of six graduating players on the Selkirk Fishermen roster. He finished his CRJHL career with 143 games played between the regular season and playoffs.

Ice Dawgs and top-ranked, defending champion St. Malo Warriors.

They also return several players eligible for 2026-27, setting the stage for potential rematches.

As for Selkirk, the team will move forward without Ty Johnson, Logan Saluk, Dawson Bergagnini, Zach Gallinger, Ryan Dupont and Izzy Aime, who graduate from junior following lengthy Fishermen careers.

Johnson, Dupont and Aime were members of the 2022-23 championship team and now add a silver medal, while Saluk, Bergagnini and Gallinger earned their first CRJHL hardware.

"They became Fishermen, they became Fish hockey players, and now they've got something," said

Poponick. "I told them last night, it might not be the colour of medal that we wanted, but there are five other teams that wish they were in the situation to get a silver medal. One day they'll look back on that silver medal fondly and remember the times they spent with the team and the players involved — and now you've got brothers for life."

"It's a strong thing, and those six guys were a big, big part of it. Tough group to see go, I can tell you that right now."

Next up for the Fishermen is their annual team awards dinner, which is expected to take place in the coming weeks. The date and time have yet to be announced.

Classifieds



Book Your Announcement or Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

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

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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 204-250-8766 OR CORNELIUS 204-242-2320.

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Selkirk NOTICE OF PUBLIC HEARING

DEVELOPMENT PLAN BY-LAW

The City of Selkirk, under the authority of the Planning Act, will hold a public hearing to receive representation from any persons in respect to **By-law No. 5399** being a by-law to adopt an updated Development Plan. Any person wishing to make a representation to Council can do so during the public hearing.

APPLICATION DETAILS

Proposal Intent:

As required under Manitoba's Planning Act, the City is updating its Development Plan.

A Development Plan is a high-level policy document that outlines the City's general approach to land use and development. It is required by the Province and must align with provincial land use policies.

By-law No. 5399 proposes to adopt an updated Development Plan that is tailored to Selkirk, aligns with existing strategies, provides clear and consistent direction for managing development, and reflects long-term priorities shaped by our own citizens.

A copy of the above proposal and supporting material may be inspected and copied by any person from 10:00 AM to 4:00 PM, Monday to Friday, at 200 Eaton Avenue, Selkirk, MB.

PUBLIC HEARING DETAILS

Date & Time: 6:00 PM, April 27, 2026

Location: 376 Jemima Street (Memorial Hall)

We ask that anyone wishing to submit advance written statements to do so prior to 2:00 PM on Friday, April 24, 2026. Materials can be sent by email to citizensupport@cityofselkirk.com or by regular mail.

INFO ON CONTACTING US

CitizenSupport@CityofSelkirk.com

204-785-4900

MySelkirk.ca/PublicHearing

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



Classifieds



Book Your Classified Ad Today - Call 204-785-1618 or Email lucy@selkirkrecord.ca

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

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC HEARING NOTICE

REGARDING THE 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 St. Clements intends to present its Financial Plan for the fiscal year 2026 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday May 5th, 2026 at 7:00 p.m.**

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan as provided.

The public hearing will be live streamed with interactive chat. A link to the hearing will be made available on our website.

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Friday, May 1st, 2026. Your written submissions can either be emailed to info@rmofstclements.com, dropped off at our office or mailed to our office if time permits.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact Shannon Plischke, Finance Officer at 204-482-3300.

Copies of the 2026 Financial Plan will be available for review after April 24, 2026 at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at www.rmofstclements.com

Dated this 1st day of April, 2026
Deepak Joshi
Chief Administrative Officer



CITY OF Selkirk PUBLIC NOTICE

REGARDING PESTICIDE CONTROL PROGRAM

The City of Selkirk intends to conduct the following Pesticide Control Program to control the following insect pests during 2026.

- Larval mosquitoes using Aquabac
- Adult mosquitoes using DeltaGard

The projected dates of application for the above programs will be from May 1 to October 31, 2026.

All of the pesticides used and procedures followed will be in accordance with federally approved label recommendations.

The public may, within 15 days after this notice is published, submit written comments to the department or register a written objection to the use of pesticide next to their property.

Manitoba Environment and Climate
Environmental Approvals Branch
Box 35, 14 Fultz Boulevard
Winnipeg, MB R3Y 0L6
pesticideusepermit@gov.mb.ca

Questions can be referred to **CitizenSupport** at citizensupport@cityofselkirk.com

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204-785-1618**

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"

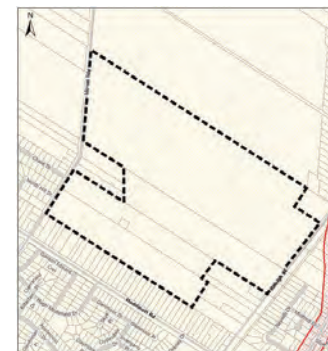
APPLICATION INFORMATION

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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The Selkirk Community Renewal Corporation (SCRC) is hiring a **COMMUNITY SAFETY & WELL-BEING COORDINATOR.**

Qualifications:

- Knowledgeable in all aspects of crime prevention and community safety.
- Minimum Grade 12 education supplemented with relevant post-secondary education.
- Must be able to work effectively with minimal supervision.
- Must have experience in supervising and coordinating volunteers.
- Strong communication skills both orally and in writing.
- Must have experience in public speaking.
- Must qualify for, and maintain, an enhanced RCMP security clearance.
- Must hold a valid MB Driver's License.
- Experienced with automated office equipment including computers, fax machines, photocopiers, etc.
- Established community relations and networks.
- Must possess the ability to effectively communicate and interact with a variety of people from differing cultural, ethnic, religious and economic backgrounds.
- Must have a working knowledge of restorative justice programs.
- Strong leadership skills.
- Sound interpersonal skills in effectively communicating and interacting with a variety of people from differing cultural, ethnic, religious and economic backgrounds.
- Must be a resident of the City of Selkirk

Resumes will be accepted until **4pm on Monday, April 20, 2026.**
Apply to SCRC by Email: scrc@selkirkcc.ca or contact us for full job duties.

We thank all candidates for applying; however, only those selected for an interview will be contacted.



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OBITUARY



Agnes Bosko

With deep sadness we announce the passing of Agnes Bosko, who left us peacefully on March 29, 2026, at Betel Home in Selkirk, MB.

Born in Rosssdale, MB. Agnes worked as a hairdresser for a short time, then as a custodian at Lord Selkirk School Division for 10 years. She also helped care for Dad's auto wrecking business for years.

Agnes loved working in her garden, canning and making dill pickles in the fall. Agnes enjoyed going to Wanipigow Lake, camping, fishing and fish fries. She really enjoyed family gatherings and cooking for those she loved. Agnes cherished having family and friends over for a good card game, sometimes twice a week!

Agnes will be missed by many people. Predeceased by husband Clarence. Survived by siblings, Isabel (Harold), Donna, Richard

and Kathy; children Jim (Leslie) and Sherry (Phil); grandchildren Alisa (Chris), Brandon (Tiana), Shelby (Will), TJ, Nicholas (Leah) and Samantha (Adam); great-grandchildren, Wyatt, Huntleigh, Gracelyn, Lorelai, Hunter and Olive. She also leaves behind many family members and friends who will deeply miss her.

Memorial services will be held, Wednesday, April 8, 2026 at 2:00 p.m. in the Gilbert Funeral Home, Selkirk, with luncheon to follow.

Tributes: gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

Larry Meger

September 14, 1958 – April 4, 2026

At the age of 67, Larry passed away at the Selkirk Regional Health Centre with his daughter by his side, after a short and courageous battle with cancer.

He was predeceased by his parents, Pat and Elmer Meger and sisters Lori and Christine. Larry will be remembered by his daughter Sabrina (Dustin), his granddaughters Aaliyah and Niyah, sister Stacey (Gord) Berry, many nieces and nephews and his grand dog Charlie.

Larry was employed at Gerda for 32 years and took an early retirement to enjoy golfing and hunting and purchased a motorcycle to ride the roads. His greatest joy was being with his daughter and granddaughters who will miss Papa Larry.

As per Larry's wishes, cremation has taken place and interment will take place at a later date. Sabrina would like to thank the staff at the Selkirk Regional Health Center for the care given to her dad as well as the staff at Interlake Cremation & Memorial Services.

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

Arrangements entrusted to:



OBITUARY

Stanley "Allan" Sinclair Sr. (Red Thunderbird Man)

Surrounded by family, Allan, our beloved Dad, papa and brother, long time resident of Brokenhead Ojibway Nation, passed away on Sunday, March 29th at the age of 74 years.

Allan is survived by his daughters Bettie-Ann (Dennis), Dianna, son Chris (Randi) and his grandchildren: Maggie, Beth, Koby-Tray, Tyrell, Ava (Joel); great-grandchildren Matilda, Luna, Aylah and Dawson; sisters: Gertie (Bill), Debbie (Mark), and Stella; brothers: Wendell, Manny (Marcella), Joe (Drew) and sister-in-law Theresa Ryder; plus numerous nieces, nephews, cousins, aunts, uncles and friends.

Allan was predeceased by his sons, Brian and Buddy, parents Marie (Johnston) Sinclair, Rod Genaille, father Stanley Sinclair and brothers Glen and Gary, sisters Phyllis and Roselyn.

Corporal Stan Sinclair did two tours of Peace-Keeping in Cyprus from 1969 – 1975 then retired with a Honourable Discharge.

The family would like to thank: Brokenhead Ojibway Nation, Gilbert Funeral Home in care of arrangements, Selkirk General Hospital, Transitional Unit and Tudor House Care Home for his care.

Pallbearers will be Richard Sinclair Jr., Ogimaa Sinclair, Glen Sinclair, Roger Ballantyne, Mark Johnston, Daniel Black and Brent Thompson.

A wake service will be held at the Private Tom Chief Memorial Center on Tuesday, April 7th at 3 p.m. and funeral service will be on Wednesday, April 8th at 1:00 p.m. with Elder Bill Ballantyne officiating. Interment will follow at St. Philips Cemetery, Scantebury, MB. A feast will follow the interment.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Laury James Ward

August 31, 1966 - April 2, 2026

With profound sadness, mingled with gratitude, we announce the sudden, yet lengthy death of Laury, who "marched to the tune of his own drummer". He no longer struggles with either emotional nor physical pain. He's free.

He worked at the Selkirk Mental Hospital kitchen when he was 18, until December 15, 1984. Early on that morning he lost an argument with a telephone pole. Hospitalized in HSC for 10 months, saw him lose the use of his left leg and amputation of his left arm, plus repair of multi-area of his body. He sustained a lower back injury, which caused decades of pain, only alleviated by strong medical pain killers.

Over the years he deteriorated until on March 20th at 3:00 a.m. his dad and him travelled to Selkirk and District General Hospital

where he was admitted with an infected left foot. His condition continued in a downward spiral until having been transferred back to HSC, he succumbed to his injuries on April 2, 2026.

Flowers are gratefully declined. If desired, donations to a cat shelter is suggested.

He was loving and loved by mom, Joyce, his 2nd dad, Peter; his brothers Michael (Sue), Rick (Shauna), and niece Hayley (Seth).

He was predeceased by his father, Don.

No memorial event is planned, however, friends and family are welcome to come by for coffee should they so wish.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM

Jeff Nazimek

September 23, 1975 - April 6, 2013

April 6th will always have me feeling a void in my heart.

The friendship between you and me has remained and always will.

We miss you,

Till the day we meet again.

-Darren and Cheryl and family

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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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RURAL MUNICIPALITY OF ST. CLEMENTS

PRE-BUDGET CONSULTATION

OPEN HOUSE

The Council of the Rural Municipality of St. Clements has scheduled a Pre-Budget Consultation Open House at the Municipal Office Council Chambers to allow informal conversation with members of Council and staff about the 2026 fiscal year and current projects.

Location: RM of St. Clements Municipal Office.
1043 Kittson Road, East Selkirk

Date: Monday, April 27, 2026
Time: 7:00 pm

Any person who has questions, needs clarification or requires further information, either prior to or following the open house, is encouraged to contact the:

Chief Administrative Officer
Deepak Joshi, by phone at 204-482-3300 or by email at cao@rmofstclements.com



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FEATURE OF THE WEEK! | 7 FULLER ROAD, EAST SELKIRK | \$579,900



The GOLD FINCH, a 1420 SqFt MONUMENTALLY MODERN home, is ready to be built on this 2.2 acre FULLY TREED lot. Boasting both high sloping roof lines & a grand entryway, this home is DESIGNED TO IMPRESS. You too will be impressed by it's well thought out floor plan & generously sized living spaces. Being a bi-level, the front foyer is the starting point to equally reach both the upper floor primary living spaces & the developable basement. Plus the extra high ceiling & display space above the closet will set the tone for what is ELEVATED LIVING. The upper floor features large open concept entertaining spaces, including a kitchen feature that could be a banquette or maybe a coffee station. No square footage has been wasted for a hallway either. Both the primary suite & secondary bedrooms are easily accessed from the main spaces yet still remain secluded. Plus, the living room & primary suite will be southwest facing, for sure a SUN-SOAKED paradise. If monumentally modern isn't your thing, we have plenty of other plans to choose from. Plus, Gateway Projects is a CUSTOM HOME BUILDER, so the sky really can be the limit!

1,236 SQ FT BI-LEVEL!



905 Vaughan Ave
Selkirk
\$424,900

ZONED C2!



206 Dufferin Ave
Selkirk
\$189,900

78' X 197' LOT!



128 Autumnwood Dr
Gimli
\$69,900

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

CREEK LIFE LIVING!



73 Tom Prince Drive
St Andrews
\$79,900

DUNARA DELIGHT!



403 Dunara Ave
Petersfield
\$289,900

2.2 ACRES, TREED!



9 Fuller Road
East Selkirk
\$109,900

TREED LOT!



16 Greening Ave
Libau
\$49,900

BUILD IN PETERSFIELD



201 Dunara Ave
Petersfield
\$79,900

80' X 166' LOT!



81 Harry Waytiuk Dr
East Selkirk
\$128,900

5 ACRES, TREED!



0 Hall Road
Petersfield
\$149,900

3 BED, 1 BATH BNG!



733 McLean Ave
Selkirk
\$289,900

JUST SOLD!!!



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

SOLD							SOLD							SOLD							SOLD								
LOT 1	LOT 2	LOT 3	LOT 4	LOT 5	LOT 6	LOT 7	LOT 8	LOT 9	LOT 10	LOT 11	LOT 12	LOT 13	LOT 16	LOT 17	LOT 18	LOT 19	LOT 20	LOT 21	LOT 22	LOT 23	LOT 24	LOT 25	LOT 26	LOT 27	LOT 28	LOT 29	LOT 30	LOT 31	LOT 32

FORWARD TO SUMMER

WIN YOUR DREAM GOLF PACKAGE!

SATURDAY, APRIL 25

Enter daily for a chance to win a golf cart, golf club sets, & more!

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