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THURSDAY, APRIL 24, 2025

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RECORD PHOTO BY BRETT MITCHELL

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Selkirk Community Pool is celebrating 50 years in the region

Get your water wings out it's time to celebrate with an afternoon of great activities

By Katelyn Boulanger

It's been 50 years since our community banded together to fund a pool in the then brand new Lord Selkirk Regional Comprehensive High School. Our elders had the forethought to know that this resource would be a welcome addition to our community for generations. In celebration of the people who worked to make sure that we had this resource, as well as the many people over the years who have worked at and used the pool, Selkirk Community Pool staff are hosting a 50th anniversary celebration on May 10.

"Right now, we host school swimming for grades, (3 to 7) and next year we're moving into (9 to 12). We also service about eight schools outside of our division for daytime swimming lessons. We have our lap swim every morning. We have Aqua Fit and Aqua Zuma classes throughout the week. We do the Life Saving Society swimming lessons now because the Red Cross is no longer offering swimming lessons and we still host the swim team," said Michelle Stamm, the Pool's Manager.

The 50th anniversary celebration will take place from 1 to 4 p.m. and will celebrate where we are now and where it all started.

Pat Croy who worked at the pool as an instructor and lifeguard when it first opened and later moved up to the pool manager role before retiring, said that it was a very different place at the beginning.

"When I was first there in the last part of the '73/74 school year, it was just newly open, and I was the life-

guard for any school class that wanted to come in and have a free swim that was organized by their schools. But then in the next year, '75 the school division took over, and they started making arrangements for school children, at that time it was (grades) 3,6,7, and 10 that had swimming lessons as part of their Phys. Ed. program," Croy said.

She explained that one major change to the rules from then to now is, in the past, the pool wasn't allowed to be opened before noon on Sundays because that was thought to be family time.

The idea to have a pool in our community wasn't a new one when the, then new, school high school opened. As Stamm explained, it's something that had been on people's minds since the '60s.

"There was a lot of funds donated from many different community businesses. Back then, the community, we didn't have the box stores we have now. So, there were a lot of family-owned businesses that donated money. I remember hearing that, the students did a lot of walk-a-thons and knocking on doors," said Stamm.

The people who made those donations all of those years ago clearly knew that this was going to be something that would benefit not just themselves but future people from our area as well.

"As we recover from COVID, I am seeing the trends again towards aquatic fitness, the swimming lessons, the safety aspects, therapy, and

Continued on page 6

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Phase 2 pre-leasing begins for The Renaissance

By Jennifer McFee

Pre-leasing is now underway for Phase 2 of The Renaissance in Stonewall, with occupancy to begin next fall.

Ventura vice-president Tim Comack describes The Renaissance as an age-friendly building targeting empty-nesters who are looking to downsize into an amenity-rich environment. At the same time, they're able to join an active community of like-minded peers.

"What makes The Renaissance unique is that we have a full-time, live-in Building Ambassador — think caretaker, brand ambassador, plus event planner and curator — who hosts a bunch of exciting events for residents, whether they be seasonal, holidays or monthly gatherings and outings," Comack said.

"These get-togethers ensure that residents don't just live in our building, but rather become part of a vibrant community of their peers. Residents enjoy Thanksgiving dinners together in the main floor amenity room, listen to live music, enjoy barbecues on the outdoor patio, have fun going to

sporting events together, do exercise classes and get involved in a variety of speakers we bring to the building to help them stay connected to the community."

Phase 1 is already complete and has been occupied for many years. The first phase building is home to 33 suites, complete with an indoor community gathering space with kitchen and outdoor patio.

Some other highlights include indoor heated parking, two elevators, quartz countertops and nine-foot ceilings. The suites also feature large balconies, master bedroom ensuites (some with roll-in showers), extra wide corridors and entrance areas, storage spaces for each suite and a garden courtyard out front with seating areas.

Now Phase 2 is about to begin, offering 26 luxury suites — most of which are large two-bedroom, two-bathroom spaces.

The second phase will add indoor garbage and recycling, as well as more indoor parking, indoor bike storage, a three-season games room and an extended patio. There's also a huge fit-

ness centre with an outdoor wellness patio and a new pet park area.

"The pick-up and drop-off area out front is now completely covered, enabling a safe path to vehicles picking up and dropping off residents," Comack added.

Adding to the amenities, the Phase 2 building will offer a top-floor visitors' guest suite that residents can book for family or friends.

"This guest suite will be fully furnished and offer luxury finishes," Comack said. "This is something not offered in any other building in the area."

In addition, Phase 2 features a few bachelor and one-bedroom suites that are designated for "market affordable" rents via Canada Mortgage and Housing Corporation requirements.

"This makes living in The Renaissance uniquely affordable for a few lucky residents who might not otherwise be able to afford to live in such a luxurious setting," says Dimitrios Cotsianis, director of property management for Renaissance Property Management Inc.

"The remainder of the suites are well-appointed, luxury-driven suites

with walk-in closets, ensuite bathrooms, comfort height vanities and toilets, quartz counters and large open-concept spaces. These are all very large two-bedroom suites with two bathrooms, which makes this building a little different than Renaissance 1."

All 33 suites are currently occupied in Phase 1, although some suites will be available in the short term and tours of the existing building are being offered for viewings. Pre-leasing opportunities are available for Phase 2, and these much-anticipated suites are already generating a lot of interest in the community and beyond with more than 25 per cent now pre-leased.

"We are now accepting non-refundable deposits on suites, meaning residents can put down \$2,000 and hold a specific suite for themselves at a known all-inclusive rental rate per month," Cotsianis said. "The estimated move-in is late fall 2026."

For more information, email Dimitrios Cotsianis, director of property management, at dimitrios@venturadevelopments.ca or call 204-942-7744.



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Manitoba invests \$13M in downtown agriculture tech hub

By Annaliese Meier

The Manitoba government is investing \$13 million in a new Global Agriculture Technology Exchange (Gate) to be developed in Winnipeg's Exchange District, Premier Wab Kinew announced.

The funding will support construction and equipment costs for the Cereals Canada-led project, which will provide research, innovation and training facilities to help grain producers and processors expand into global markets.

"Agriculture is the backbone of Manitoba's economy, and this investment will protect jobs as farmers and producers are facing a trade war on two fronts," said Kinew. "This new exchange will help showcase Manitoba's grains to the world and help drive up global demand for high-quality Canadian grain products."

Gate is set to feature space for specialty milling, a pilot bakery, pasta extrusion, as well as training and office areas. The new centre aims to attract international buyers and investors while retaining Cereals Canada's headquarters in Winnipeg.

"Canada produces some of the highest quality grains in the world and that

gives us a unique advantage," said Agriculture Minister Ron Kostyshyn. "Retaining Cereals Canada in Winnipeg will solidify Manitoba as the centre of the Canadian grains industry and a hub for global trade."

Business, Mining, Trade and Job Creation Minister Jamie Moses said the government is working with Cereals Canada to bring more investment to the province.

"This partnership will protect Manitoba jobs and deliver opportunities for long-term growth," said Moses.

Cereals Canada CEO Dean Dias said the centre will help diversify markets and reduce trade risk.

"Gate is an essential investment in providing global buyers with trusted technical knowledge and expertise, and maintaining Canada's leadership as a supplier of high-quality cereal grains," said Dias.

The province said the investment aligns with its commitment to downtown revitalization, which includes funding for Portage Place redevelopment, the Your Way Home homelessness strategy, upgrades to the downtown YMCA and support for community events such as Winnipeg Jets whiteout celebrations.

Lockport River's Edge Run/Walk for HD coming May 10

Dust off your runners and raise some money to help people living with Huntington's Disease

By Katelyn Boulanger

With warmer weather taking hold in the region, walkers and runners are invited to head down to Lockport for a beautiful day of fundraising for a good cause. The Lockport River's Edge Run/Walk for HD 2025 is taking place on May 10 and, with 30K, half marathon, 10K, 5K and walking options, there's a way for almost everyone of any level to participate.

"What it is, is a walk, and run of various distances, right along River Road," said Vern Barrett, the Lockport River's Edge Run/Walk for HD race director.

This is the second year that this race has been a fundraiser for Huntington's Disease as previously there was a walk in Assiniboine Park that took place for the cause. Fortunately for our region, the support for the walk outgrew the previous location and when the opportunity to host the run in Lockport opened up, the hard work of volunteers made it happen.

This race takes place annually in May which is Huntington's Awareness Month and the funds raised from it go to the Huntington Society of Canada.

"It's supporting people who are living with Huntington's disease in their family. So, individuals or people supporting them, or people who are at risk of getting Huntington's disease, it supports all of those people. The Huntington Society of Canada provides services to all those people right across Canada because we're a rare disease and the services don't exist in the health systems. We provide information and referrals to Huntington families right from the start when they hear that they've got Huntington's in their family," said Barrett.

Huntington's Disease is a hereditary, neurodegenerative illness. It's genetic and each child of a parent with Huntington's has a 50 per cent chance of inheriting the disease. Symptoms include cognitive difficulties like those in dementia, physical symptoms like involuntary movement and diminished coordination and emotional symptoms like depression, apathy, irritability, anxiety, and obsessive behaviour.

Barrett understands firsthand the benefits of the work that the Huntington Society of Canada does as his wife received a Huntington's diagnosis.

"Our social worker, who works out of the Manitoba Huntington Disease Resource Centre, in front of Deer Lodge (Centre), provides education for all sorts of medical professionals, also meets with families and counsels them through the process of dealing with Huntington's disease in their life, and also does referrals to genetics people, physiotherapists, psychologists, psychiatrists, speech and swallowing disorder people, and anybody else that our people need as they deal with this disease," explained Barrett.

With these supports, that are made possible through these fundraising efforts, Barrett explained that people with Huntington's can have good productive lives.

Last year the event took place at the same new location in Lockport and was a great success.



RECORD FILE PHOTOS BY BRETT MITCHELL

Two hundred and twenty-five runners participated in last year's Lockport River's Edge Run/Walk for HD and they are hoping for the same support again this year.



"We had about 225 participants. Many of them, about 60 or so, were people who just came for the walk, and walked 5k or less, maybe 2k or 3k whatever they could. We also had people running the 30k which is down to Larters (Golf & Country Club) and back in a little bit of a loop, and then the half marathon as well. The route is spectacular. It's right along the river. It's the most beautiful run in Manitoba we believe. We have marshals along the way. We have water stations and everything a person would

Continued on page 7

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> SELKIRK COMMUNITY POOL, FROM PG. 3

just having a fun time. I have a lot of party bookings. Every weekend, people are looking for something to do with their kids for a party. And just, being in the water is so much fun. You feel so good and invigorated when you get out. And we service individuals that are four months old to almost 90," explained Stamm.

Croy said that she herself feels that swimming has contributed to her health and that having this resource that allows people to exercise in a way that's less likely to cause injury is wonderful.

Stamm explained that the pool is not just a nice thing to have to encourage our community to be healthier but it's also something that has created a social group in our community.

"Especially for our older adults, it's become a very social community. The people will come and swim, and then they'll go out for coffee. There's a quite strong community of individuals from a vast area that come together for the same purpose. It's so wonderful to see. Years ago, when we first introduced our lap swim in the afternoons we had a handful of people, even in the mornings it was just a small handful, and now I'm having to sort through lanes, or get the staff to sort through lanes, because we

have 18 people coming to do lap swim," said Stamm.

Clearly the Selkirk Community Pool has only become more important as a community hub over the last half-century.

As for the 50th anniversary event, it's going to be a bit of a party and a bit of a commemoration with some great activities. There will be an alumni/staff vs students swim meet, a cannon ball contest, a duck drop, a photo booth, a scuba diving demonstration, a historical interactive photo display, poolside eats and refreshments, prizes, and more.

There will also be commemorative merchandise made in partnership with local business Keystone Sports including T-shirts, hoodies, hats, sweatpants and more.

Tickets can be purchased on the pool's website or from the LSSD Board office (cash only) at 205 Mercy St. Tickets are \$5 and include a duck for the duck drop. Funds raised will go towards future improvements and maintenance of the Selkirk Community Pool.

Residents who can't make it can also take part by purchasing a support ticket which also gets you a duck for the duck drop. Duck quantities are limited though, so either way, grab your



RECORD PHOTO SUBMITTED

The Selkirk Pool is celebrating it's 50th anniversary.

ticket early at <https://selkirkcommunitypool.weebly.com/>.

Stamm encourages residents to grab a ticket and attend the anniversary celebration.

"There are a lot of people in the community that don't even realize we

have a pool. And I think it would be encouraging to see people come and just see the history and the foresight that the that our elders in the community had to have this facility," she said.

Managing Diabetes and the Importance of Blood Sugar Testing: How Pharmacies Can Help

Diabetes is a growing concern, with millions affected worldwide. One of the most essential aspects of managing diabetes is keeping blood sugar levels in check. Effective blood sugar monitoring can help prevent complications and ensure that individuals lead healthy, active lives. However, managing diabetes can sometimes feel overwhelming. That's where your local pharmacy and pharmacist can play a vital role.

Pharmacists are an often overlooked but invaluable resource for diabetes care. They can provide personalized advice on the best medications, insulin therapies, and lifestyle changes needed for managing diabetes. Many pharmacies offer blood sugar testing services, enabling individuals to monitor their blood glucose levels regularly. This is important because consistent monitoring helps identify trends and allows for better decision-making regarding treatment adjustments.

Pharmacists are also experts in educating patients on how to properly use diabetic testing equipment, such as glucose meters, and interpret their results. They can offer tips on how to ensure accuracy during tests and guide patients in making adjustments to their treatment plans based on their results.

Moreover, pharmacists can offer advice on managing diet, exercise, and medication. With their in-depth knowledge of drugs, pharmacists can explain potential side effects, drug interactions, and how lifestyle choices affect blood sugar levels. Regular consultations with a pharmacist can ensure that your diabetes management plan is tailored to your unique needs and evolves with your health.

At **Selkirk Pharmacy**, we are committed to supporting our community with diabetes management and blood sugar testing. Our pharmacists are always available to offer personalized advice and provide resources that help you manage your diabetes effectively. If you're looking for guidance or testing services, don't hesitate to visit us—we're here to help you live your best life.

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Thank you!



RECORD PHOTOS BY BRETT MITCHELL

The IERHA Five Dollar Club made a generous donation of \$1923 to Growing Years Family Resource Centre. Growing Years offers free programs, supports and resources for families with children who are newborn to age 6. They have a whole host of classes and information that residents can take part in and learn from. Learn more about their programs at <https://www.facebook.com/growing.years.5/> or <https://www.instagram.com/growing.years/>

Back Pew Boys invite residents to their end of year choral concert

See a group of local men sing live music in our community

By Katelyn Boulanger

The Back Pew Boys are an all-male choir who were brought together by a Mother's Day service in 2003. Since then, they have continued to sing and gather together weekly bringing together song and community. They are a community-based group and they are inviting residents to their end of year concert which will take place on May 8.

The Chair of the Back Pew Boys, Brian Kaltenberger says that the group consists of men ages 18 and up and, though they meet in Selkirk, they have members from all around the region.

"(Our music) varies from all different varieties of music, from country to show tunes to 60s and 70s to we're doing some scenes from movies. It pretty much covers everything," he explained.

Residents should know that, though the group continues to practise at the Selkirk United Church weekly and is hosting its concert there, they are not a church choir and they sing from a variety of music genres which includes more modern music as well.

Kaltenberger explained that they have a group that decides what music they are going to learn and they purposefully try to choose music that people from different age groups might like.

"Right now, we have a younger guy for the first time in a long time joining and so we're doing a Bruno Mars song," said Kaltenberger.

The concert itself is going to be a great chance to see live local music in our community and this year there is a bit of a twist.

"What's really important to me this year is that we are doing all new music. We've never done any of these pieces before. We've worked very hard trying to learn some different music, so I guess, ourselves and other people can have a new, fresh concert not repeating songs from 5 or 10 years ago. It's all going to be brand new. I'm really excited about that," he said.

The only song that will be a repeat will be You Are My Sunshine. The lore of why the song became so important to the Back Pew Boys has been lost to history but Kaltenberger explained that it's become their signature song that they sing at the end of every concert.

"It's kind of our theme song, and everybody seems to know it, or knows the tune, or knows that we do it. A lot of people sing along and after every practice, every Thursday, at nine o'clock when it's over, we sing that song. So, it is definitely our go to theme song," he explained.

The concert will take place on May 8 at the Selkirk United Church. The performance starts at 7 p.m. and tickets are \$15 and can be purchased at the door or from a member of the Back Pew Boys.

Kaltenberger says that this concert will likely appeal to a variety of people.

"I would think all different ages,

and hopefully family members and community members, and I just think anybody that likes a different kind of choral group because there are not too many men choral groups, especially around the area here, that are (over 20 members). So, I think we're kind of something special and I think most people, because we sing such different varieties of music, are going to be quite impressed. I think it's there's something for everyone," he said.

This concert isn't the only concert that they perform annually with usual appearances at St. Peters Old Stone Church, Interlake Christmas Concert, and Holiday Alley but this final spring concert is one that you don't want to miss if you're a fan of the group.

"One of my favourite parts is actually the challenge of learning all the different songs. All of us guys, really like having fun and also perfecting the songs and performing them for people and seeing the smiles and people singing along, because we always have a sing-along (as part of the concert). We're going to put something up on a PowerPoint (so attendees know the words and can participate during those songs if they want)," he said.

Kaltenberger explained that it's important to have a variety of live music

opportunities in our communities so that people, regardless of their experience level, can find a group and sing if they want to. He said that you don't have to have any experience to join the Back Pew Boys and that all are welcome.

"We don't turn anybody down. Everybody is welcome to come and it ends up, I would say 95% of people that try out the Back Pew Boys stick with the Back Pew Boys. It's just fun. I'm not saying it's not challenging, but it is a fun thing to do, and it's not something I think a lot of people expect men to do," he said.

The Back Pew Boys will be taking a break for the summer after this performance but, if residents would like to join the group when they start up again in September, they are welcome to check it out.

For now, those who are interested in being part of a group, supporting live performances in our community, or just like to listen to live music are invited to grab a ticket and head to the spring concert.

"Just come and experience something different. I think we put on a very good show. We are very welcoming to everyone. And plus, if you want some coffee and dainties after, it's a great atmosphere after to talk with everybody," said Kaltenberger.

> LOCKPORT RIVER'S EDGE RUN/WALK FOR HD, FROM PG. 5

need," he said.

The race starts at the Skinner's River Road location in Lockport. There is a large parking lot at that location and in addition to medals, participants will also receive a pancake breakfast.

Barrett has explained that he is hoping that the community comes out and supports them again this year. They have once again received great support from local businesses including 4L Communications, the event sponsor, and the Running Room is once again partnering with them to help facilitate online sign-up as well as advertise the event.

"We would really appreciate it if people registered so that we know how much food to buy, how much to pre-

pare for them, and how to make it the best experience they could possibly have. They can register and our website, <https://hdmanitoba.ca/>," said Barrett.

Something extra special this year is that an anonymous donor has generously agreed to match all donations which means that attendee's generosity is going to go even further.

Barret encourages residents to lace up and head on down.

"Support a great cause, help us out. Come walk or run, even if you only walk 500 meters or a kilometer. You're still part of it, and we would love to see you on the 10th and we would really appreciate your registering," he said.

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Targeted spring COVID-19 vaccination program will run May 1 to June 30

Program to provide COVID-19 protection for those at highest risk of serious outcomes

Submitted by Manitoba government

Manitoba Health, Seniors and Long-Term Care is advising the targeted spring COVID-19 vaccination program will run from May 1 to June 30. The spring program is timed to provide the best protection to Manitobans at highest risk of serious COVID-19 outcomes during the summer months when COVID-19 circulation may increase.

An additional dose will be available to individuals who haven't received a dose of a COVID-19 vaccine since fall 2024 (provided it has been at least three months since this dose) and meet one of the following criteria:

- adults 65 years of age and older;
- Indigenous people 45 years of age and older, regardless of place of residence;

- adult residents of long-term care homes and other congregate living settings for seniors; and
- individuals six months of age and older who are moderately to severely immunocompromised (due to an underlying condition or treatment).

Note, COVID-19 vaccines for individuals aged six months to under 12 years will only be available until June 14 when vaccine supply for this age group will expire.

Any Manitoban who has not yet received a COVID-19 vaccine as part of the fall 2024 COVID-19 vaccination program is encouraged to receive a dose before June 30. Starting July 1, routine COVID-19 immunizations will only be available in special cir-

cumstances based on guidance from a health-care professional for a specific medical condition, as this will ensure a three-month interval before the start of the fall 2025 COVID-19 immunization campaign.

The COVID-19 vaccine is available free of charge from medical clinics, pharmacies, nursing stations and rural public health offices. To find a convenient location, visit the flu and COVID-19 vaccine provider map at www.manitoba.ca/respiratoryviruses/vaccinefinder.html. Contact the location directly to confirm they have supply on hand. For assistance locating a vaccine provider, the provincial call centre is available Monday to Friday from 9 a.m. to 5 p.m. at 1-844-626-8222. For more information and resources regarding vaccine-preventable respiratory illnesses, visit: <https://manitoba.ca/respiratoryviruses/index.html>.

New fire trucks coming to St. Laurent, Winnipeg Beach

Submitted by the Manitoba government

The provincial government is investing more than \$500,000 to help two Interlake municipalities upgrade their crucial fire protection services and safeguard rapid response during emergencies, Municipal and Northern Relations Minister Glen Simard announced April 16.

"We want to make sure that our first responders have the equipment they need to protect Manitoba families in communities across the province," said Simard. "We're proud to support municipalities to purchase new fire trucks and equipment that will keep you safe."

The Rural Municipality of St. Laurent will be receiving \$472,500 for the purchase of a new 2026 fire truck and the Town of Winnipeg Beach will be

receiving \$40,000 for the purchase of a specialized fire truck with the capacity to tow its 16-ft. boat, improving response times for water rescues and other water-related events, noted the minister.

"Our council has been working diligently to improve services for the residents of the RM of St. Laurent including finding a replacement for our aging fire engine," said Richard Chartrand, reeve, RM of St. Laurent. "We are so grateful to Premier Kinew and Minister Simard for approving our Manitoba GRO grant application and for helping us ensure that our dedicated volunteer fire department is able to continue to provide crucial fire services to the people of our community."

The funding announced today is

part of the \$42-million Manitoba Growth, Renewal and Opportunity (GRO) program, which funds critical infrastructure projects to support growing and sustainable communities. In total, the province is contributing \$424.3 million in funding for municipalities and Northern Affairs communities. Budget 2025 builds on the two per cent increase in municipal funding started in 2024 with another two per cent increase in 2025, plus four per cent of the gas tax through the new One Manitoba Growth Revenue Fund.

For more information on the Manitoba GRO program, visit:

www.gov.mb.ca/mr/mfpp/mgro.html.

> 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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View the Selkirk Record online at selkirkrecord.ca



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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MLA Richard Perchotte recognizes Ruth Christie and Dylan Collins

Local knowledge keeper and Special Olympic Athlete honoured at Legislative Assembly of Manitoba.

By Katelyn Boulanger

MLA Richard Perchotte is making sure that the many community members who make our region a wonderful place to be are recognized beyond our region. Earlier this month, he took the time to recognize both local Elder, Mentor and Knowledge Keeper Ruth Christie as well as Special Olympic Gold and Silver medal winner Dylan Collins at the Legislative Assembly of Manitoba.

Perchotte said that he was proud to honour both Christie and Collins with Private Member Statements.

Ruth Christie

Christie is well known in our community for her work as an Elder, storyteller, knowledge keeper and mentor.

She was born in Loon Straits, Man. and her grandmother recognized her abilities as a storyteller from a young age. In her career, Christie decided to use her talents to become a nurse and helped residents throughout our region.

Christie is now known in our community for her work as an Elder for the Promoting Aboriginal Student Success program at the Comp as well as her 20-year stint at Lower Fort Garry where she spent her days educating students and tourists of Indigenous history and depicting life during the period of settlement.

She has received recognition as Selkirk's Citizen of the Year, received a Manitoba 150 Trailblazer Award from the Nellie McClung Foundation, been named to the Order of Manitoba and is a Member of the Order of Canada. She also received an Honorary Doctor of Law from the University of Winnipeg in 2019.

In Perchotte's speech, he recognized Christie for her dedication to sharing a preserving the rich history of our province.

He also said, "Elder Ruth Christie is a true treasure of Selkirk and Manitoba. Her work as a knowledge keeper, storyteller, and historian has preserved the voices of our ancestors and ensured that future generations understand the richness of our shared history. Being named Selkirk & District Community Foundation's Citizen of the Year in 2024 is just one of many honours that reflect her ex-

traordinary impact. From her portrayal of Isabella Monkman at Lower Fort Garry to receiving the Order of Canada, Ruth's lifelong dedication to community, education, and reconciliation continues to inspire us all."

Dylan Collins

Collins is a Special Olympic Athlete who competes in alpine skiing.

In the recent Special Olympics Winter World Games, despite harsh weather conditions on his final race, Collins persevered. As one of 90 people representing Team Canada, he won the gold medal in his first race, the Giant Slalom. He then won a silver medal in the Super G race and another gold in the Slalom.

In Perchotte's speech, he recognized Collin's hard work making history as the first Manitoban on Special Olympics Team Canada to win a medal at the World Winter Games in Turin, Italy. He also described how Collins embodies the true spirit of the Special Olympics – inclusivity, perseverance, and community and stands as a shining example of what can be accomplished when we support and encourage each other to reach our full potential.

Perchotte also said, "Dylan Collins has made all of Selkirk and Manitoba incredibly proud. His extraordinary performance at the Special Olympics World Winter Games in Turin, Italy, where he won two gold medals and one silver in alpine skiing, is a testament to his grit, passion, and unwavering determination. From training at Springhill Sports Park to standing on the world stage, Dylan has shown us that everything is possible with hard work and heart. He truly embodies



RECORD PHOTOS BY BRETT MITCHELL

Ruth Christie (above right) and Dylan Collins (below right) were each recognized by local Selkirk MLA Richard Perchotte at the Legislative Assembly of Manitoba.



the spirit of the Special Olympics and represents the very best of our community."

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"These things I have spoken to you, that in Me (Jesus Christ) you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."
 John 16:33

Bunny vibes only: Yoga class features furry friends and plenty of smiles

By E Antonio

Seven bunnies became yoga masters when they joined Glow Fitness' Popcorns & Binkies bunny yoga event on April 19.

Margarita, Alice, Amy, Leela, Neptune, Mars and Ralphy hopped their way into the hearts of 19 participants at the Easter-themed class, held in Glow's new yoga studio. The event was open to women ages 15 and up.

With rabbits weaving in and out of poses, offering snuggles and sparking smiles, the four-legged guests made fast friends with those in attendance — and perhaps even found new homes.

"It was such a fantastic way to lead into Easter," said Glow Fitness co-owner and instructor Andrea Gertner, who led the one-hour class. While the bunnies offered plenty of distractions, she was happy to support the Selkirk-based rescue.

"It was a total cuteness overload," she added.

All of the bunnies were among the 56 rescued from the streets of Selkirk last year by Popcorns & Binkies Rescue Haven, Manitoba's only small animal-exclusive rescue. The organization rescues, rehabilitates and rehomes small animals — including rabbits, guinea pigs, rats, hedgehogs, sugar gliders and geckos — out of its Selkirk facility.

Glow Fitness reached out to the rescue after previously hosting a successful puppy yoga class.

Glow co-owner Amanda Moorhouse said the event was a huge hit and helped raise awareness for Popcorns & Binkies' animal care efforts.

"We also love offering creative and engaging wellness experiences at Glow, and thought that combining a gentle yoga class focused on mindful movement with the joy and playfulness of live bunnies would be an uplifting experience for everyone involved," Moorhouse said.

Popcorns & Binkies volunteer Lexi Davis said the rescue was thrilled to be approached and is exploring new ways to engage with the community. This marked the rescue's first fitness event, but likely not its last.

"It is so great to feel the immense support the community has provided us," Davis said, adding a personal highlight was watching Neptune cuddle into a participant's leg during class.

Following the session, Glow Fitness invited the public to meet the rabbits. Although Popcorns & Binkies is currently under an Easter adoption freeze, many families expressed interest in adopting once it resumes.

With many rabbits still waiting for their forever homes, the rescue encourages those interested in adopting, donating or volunteering to get in touch at popcornsandbinkies@gmail.com.



PHOTO SUBMITTED

Glow Fitness and Popcorns & Binkies Rescue Haven hosted a bunny yoga session on April 19 in Selkirk.



Margarita was a crowd favourite during the Easter-themed yoga event.

IERHA celebrates hundreds of volunteers during appreciation week

By Lana Meier

Interlake-Eastern Health is recognizing the efforts of 368 volunteers this National Volunteer Appreciation Week, celebrated from April 27 to May 3.

With the theme "Volunteers Make Waves," the regional health authority is shining a light on the individuals who support health facilities and programs across the region.

"Each of our volunteers contributes to the health care system in their own way," said Interlake-Eastern RHA CEO Marion Ellis. "People who donate their time, energy and personal resources to help others are inspiring.

Volunteers make communities stronger and healthier through the connections they make and the people they help. Together, volunteers generate waves of positive change and we are grateful for all that they do."

Board chair Michele Polinuk said health care offers many meaningful ways to make a difference in the lives of others.

"If you or someone you know is looking to make a difference in the community and be of help to patients, residents and staff members, we have many different opportunities available. We thank and applaud each volunteer for their service throughout the year," she said.

Volunteer opportunities are available in the recreation, palliative care and spiritual care programs, with roles that include friendly visiting, reading, crafts,

assisting with meals and transportation, and more. Several health facilities and community partners, such as seniors and resource councils, also have specific volunteer openings.

The palliative care program is currently seeking volunteers for Camp Stepping Stones, an annual grief camp for children held at Camp Arnes. This year's camp runs from May 30 to June 1. Those interested in volunteering can contact Barb Ramsay, Interlake-Eastern RHA's volunteer coordinator, at bramsay@ierha.ca or 1-855-494-7369.

The spiritual care program is also hosting its "Spirit of Caring" training course on Wednesdays from April 30 to June 25, from 12:30 to 3 p.m. Completion of the training allows individuals to volunteer in spiritual health care. To register, contact Ferdinand Funk, regional spiritual health services coordinator, at 204-461-3414 or ffunk@ierha.ca by April 25.

For more information on how to get involved, visit www.ierha.ca and click on About Us > Community Involvement > Volunteer Opportunities.

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Grit and Glamour Tour comes to Selkirk



RECORD PHOTOS BY BRETT MITCHELL

Local musician Brandi Vezina stopped by the Gwen Fox Gallery as part of her Grit and Glamour Tour. The small local setting hosted a sold out show on April 12 as residents flocked to hear Vezina's new song Country Glam as well as her other emotional and heartfelt music. You can check out Vezina's other tour stops and upcoming performances at <https://www.brandivezina.com/>.



April 26 is
Community Foundation Day!

This annual day, proclaimed by the Manitoba government, celebrates the positive impact that Manitoba community foundations have across our province, and the generosity of all Manitobans!

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Manitoba community foundations distributed more than 1,800 grants in 2024!

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Access CU reports on another year of steady growth

Focus on aligning business processes after amalgamations

By Ashleigh Viveiros

Access Credit Union reported on a year of growth and fielded questions from concerned members about changes connected to that growth at its annual general meeting last week.

The meeting, held virtually April 16, saw board president Curt Letkeman go over some of the highlights of 2024.

"Following two years dedicated to amalgamations—Noventis and Sunova in 2022, and Casera, Carpathia, and Amaranth in 2023—2024 focused on aligning business processes from the legacy credit unions and building the culture of the new Access," he said. "This process has been exciting and has opened new opportunities that we all can be excited about. Opportunities such as the corporate sponsorship with the Blue Bombers, support of the St. Boniface Hospital Research Foundation, the Children's Hospital, Elm Creek Arena, and many more."

Letkeman stressed that community-building remains a core focus of the financial institution, and they were honoured for prioritizing that by being named as the Outstanding Corporate Philanthropist for the year by the Association of Fundraising Professionals of Manitoba.

"[It's] an honour all members can be proud of," he said.

On the business front, Access CU continues to strive to offer competitive rates and services, Letkeman said, delivered by dedicated staff members.

"We're proud of our employees who greet you with a smile and are happy to serve our more than 200,000 members across Manitoba."

Looking to the future, Letkeman acknowledged the uncertainty looming from the effects of tariffs, global conflicts, and cyber threats.

"Spending on technology is becoming more crucial and expensive," he noted. "In fact, in 2023 one of the big five banks spent roughly \$725 million just on AI research alone. These costs are going to continue to increase, making it difficult for smaller financial institutions to compete."

Manitoba's credit union network has seen an increasing number of amalgamations in recent years—there are just 15 credit unions right now, down from 70 a few years ago—and it's expected more mergers are on the horizon.

"We expect amalgamations both provincially and nationally to continue," Letkeman said. "As we move ahead, know that your board's focus is on providing our members with excellent service and creating a credit union we can all be proud of."

In his report, retiring president and CEO Larry Davey highlighted the organization's work, post-mergers, on providing a consistent level of service

across all its branches as well as on its online and mobile platforms.

"We're immensely grateful for the patience that all members provided us during that transition and we expect that they will continue to benefit from that work for many years to come," he said.

Access gave back over \$2.2 million this past year to support a variety of projects and causes in the communities it operates in, Davey shared.

"Whether it was capital investments in hospitals across our area or investing in community centres that enable a wide demographic of participants,

we know that our members hold great value in these initiatives and we are pleased to play a significant role in supporting, promoting, and championing these exceptional opportunities."

He also shone a spotlight on their financial literacy program, which reached over 1,200 people in 2024.

Access saw strong growth this year, Davey noted.

"We are reaching more Manitobans than ever before, and in building those relationships we continue to see our business expand," he said, noting they've also been working to control expenses and increase efficiencies across their service network. That has included consolidating or closing branches in communities where there are other nearby locations able to serve members.

The decision to close the Lowe Farm branch drew questions from members at the meeting, who stressed its value to the community, expressed frustration at the decision to shutter it without consulting members, and asked if the board might reconsider.

"The board looks at all branch closures and branch operations," Letkeman said in response. "The reality is we are operating in a very unique system. When we look at some of our competitors, the largest competitor in Manitoba would probably have three branches, whereas Access has 50+."

"We really look to see a lot of things that go into these closures. One of the realities is also traffic. In some of the smaller branches, we run the numbers and in some cases we have fewer than 10 members a day coming into some of these branches, which really makes it challenging to operate."

"And also it provides some security challenges, as we've had some unfortunate instances of robberies in the past few years, which has jeopardized the safety of our staff. So these are all things that play into it. Proximity to other branches in the nearby area plays into it."

"Branch closure are something we continue to take seriously," Letkeman said. "We look at all aspects of it."

Davey noted their data shows many members living in communities with small branches are already making regular trips to larger markets for shopping or work.

"We don't take [closures] lightly," he said, echoing Letkeman, "but at the same time we're trying to provide the same competitive rates that are put forward by credit unions with much fewer number of branches."

"The reality is ... we have a responsibility to all 200,000 members of Access," Letkeman said in response to the impact the Lowe Farm closure specifically will have on that community. "When we make a decision, it's taking the overall organization into account."

Davey noted Access has reached out to the large account members potentially impacted by this particular closure and have found they are generally understanding of the metrics behind the decision.

"To date, we have not seen any sort of large impact," he said in response to concerns members may move their business to other financial institutions.

The meeting saw the board announce a combined member rewards payout of \$5.7 million in 2024, paid

Continued on page 18

"WE ARE REACHING MORE MANITOBBANS THAN EVER BEFORE,"

CHRIS RIDDELL

Chris was born and raised on a farm in the Interlake near Warren. Upon completing his education, he joined the Winnipeg Police Service in 1980.

During that time he worked in several different divisions such as Traffic Division, General Patrol, Vice Division and Community Relations.

He served for several years on the Board of the Winnipeg Police Association in positions of Director, and Treasurer, also as President of the Manitoba Police Association and Manitoba Vice President for the Canadian Police Association.

After retiring from the Police Service, Chris worked in sales—mostly in the agriculture sector in rural Manitoba, including the Interlake.

Chris, a Father, grandfather, and husband, presently lives in the Interlake.

He is running for the United Party of Canada because they stand for truth, and we are not getting much if any truth from the present big three parties.

CHRIS' PRIORITIES

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 • Defend Canadian Sovereignty from WEF, WHO, UN
- SECURE OUR BORDERS**
 • Responsible Immigration
- PROTECT OUR CHILDREN**
 • Ban Gender Ideology and Repeal Bill C-4
- END THE DEATH CULTURE**
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SELKIRK-INTERLAKE-EASTMAN

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HTS toy sale raising funds for inclusive swing

By E Antonio

Happy Thought School (HTS) is hosting a toy sale on May 2 and 3 to raise funds for a new inclusive playground.

The sale, organized by members of the HTS parent advisory council (PAC), will feature gently used toys, sports equipment, games, musical instruments and books.

HTS and PAC members are aiming to add a wheelchair-accessible swing to the school's playground, creating a more inclusive environment for students and community members alike.

"Inclusive playground equipment allows all kids to interact, play and build friendships regardless of ability. A swing designed for wheelchair users gives them the same chance to feel the joy, freedom and social connection that comes from playground experiences," said HTS principal Trish Goosen.

The swing will be accessible for both manual and power wheelchair users, and it will accommodate multiple people at once. The wheelchair can simply be rolled onto the unit, allow-

ing users to swing alongside others.

The swing is expected to be installed within two years, once sufficient funds have been raised. Goosen said the project is still in the early planning stages, with requests for quotes currently submitted to Canadian suppliers.

"As our playground is used by the community, we want to have as many inclusive areas for people to play in as possible," she said.

The swing will be the first of its kind in the area. Vanessa Figus, manager of citizen engagement with the City of Selkirk, congratulated HTS on behalf of the city for taking a step forward in inclusivity.

"While the city does not currently have accessible swings in our parks, this is something we would look into as we move forward in creating inclusive spaces for all," she said.

Gisele Savard, receptionist for the Lord Selkirk School Division, noted that the accessible swing would also be the first in the division.

Donations for the HTS Toy Sale are being accepted until May 1. PAC



RECORD PHOTO SUBMITTED

Happy Thought School's parent advisory council is raising funds for a wheelchair accessible swing — the first of its kind in the area — through a toy sale on May 2 and 3. Gently used donations can be dropped off at the school office until May 1.

members are asking for gently used, wipeable items to be dropped off at the school office during school hours. Items should be in good condition and suitable for another family to enjoy. Pricing will be handled by PAC.

The sale will run May 2 from 3:30 to 6:30 p.m., and May 3 from 9 a.m. to noon in the school gymnasium. Cash only.

FEDERAL ELECTION / MONDAY, APRIL 28

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Why Canada needs to become a manufacturing superpower

Submitted by Apoorv Sinha

For far too long, Canada has underutilized its vast natural resources in infrastructure development. We have been fine with exporting raw materials, letting other countries, mostly the United States, refine these products and then buying them back as higher value products.

In 2023, Canada exported almost \$150B in raw minerals, while we imported over \$280B manufactured goods from the U.S. alone. Canada's resource-based industry is not that different from that of Ghana or the Ivory Coast, which produce precious raw cocoa, only to have the profits absorbed by Switzerland or France branding the chocolates global customers consume.

From lumber to steel, it's time Canada moves up the value chain -- or be left behind in the global economic race.

The tariffs announced by the U.S. will force Canada to confront our dependency on U.S. manufacturing with even more urgency than we reacted to the price increases and inflation caused by import dependencies during the COVID pandemic.

Canada has an existential choice. We need to decide if we want to be like Japan or Taiwan with high-end manufacturing or continue to be just a raw mineral provider for other manu-

facturers globally.

We constantly buy steel, cement and energy from international parties instead of prioritizing Canadian interdependence, contradicting not just environmental goals, but economic prosperity and growth for other Canadians. Domestic sourcing can offer significant, tangible benefits for Canadians in every province, and for Canada as a whole.

Manufacturing supports 1.7 million direct jobs across Canada and generates CAD \$200B annually. We provide raw materials used across the world for manufacturing high-value products. By using Canadian resources, and upgrading them locally, Canada could supercharge its industrial base and economy.

Quebec produces the world's greenest aluminum (94 per cent hydro-powered), yet only 35 per cent gets value-added processing domestically before export. Canada supplies 30 per cent of global potash but manufactures just 12 per cent of advanced crop nutrition products locally. While leading in raw lumber exports (21 per cent global market share), we import 65 per cent of engineered wood products.

We need an ambitious plan to become a self-reliant manufacturing superpower. Here are some things we can do to take on the most important

mission of our generation:

1. Incentivize circular innovation

Rather than just taxing imports, we can incentivize 'Made in Canada' products through instruments like the Canada Growth Fund and the Canada Infrastructure Bank. Expanding tax credits for projects using more than 75 per cent Canadian materials would entice multinational and blue-chip Canadian companies to manufacture in Canada.

We can mandate 'Buy Domestic' provisions in all federally funded infrastructure projects exceeding \$10M and accelerate waste-to-resource initiatives like Alberta's Bitumen Beyond Combustion programs.

Prioritizing local sourcing of materials could have profound short- and long-term impacts for Canada.

2. Radically incentivize inter-provincial collaboration

We need a focus on overcoming provincial silos. Specifically, we should fast-track the Impact Assessment Act's 'One Project, One Review' system for critical mineral mines and associated manufacturing. We should prioritize pan-Canadian supply chain projects and build them as quickly as possible.

We should fast-track the \$9B Atlan-

tic Loop connecting Quebec hydro to New Brunswick and Nova Scotia, and should seek to rapidly harmonize building codes through the National Research Council to enable use of advanced, domestically sourced materials like Quebec's low-carbon aluminum in BC infrastructure projects.

We should also create federal tax incentives for interprovincial clean energy partnerships and implement 'First-Canada' transmission pricing with discounts for domestic users.

3. Future-proof through R&D

We should focus our vast research and development resources on amplifying our domestic supply chains and create a critical mass of manufacturing. The U.S. has begun efforts to onshore critical mineral production and bring semiconductor manufacturing back. Canada needs to do the same.

After the Second World War, Canada demonstrated global leadership through major projects like the St. Lawrence Seaway and Trans-Canada Highway projects. We can do it again.

The U.S. tariffs aren't just a challenge; they're a wake-up call and possibly the defining opportunity for Canada to build strategic independence.

Important information for utilizing your denture coverage through the Canadian Dental Care Plan

By Elisha Vador

Since May 1, 2024, over 2 million Canadians have taken advantage of their denture benefits provided by the Government of Canada and that number is about to increase significantly with the next roll out for Canadians aged 55-64 starting on May 1, 2025, and 35-54 starting on May 29, 2025. If you're within these age brackets and have been eagerly waiting to apply for the Canadian Dental Care Plan (CDCP) for denture coverage, then May is your time to shine. Pencil it in the calendar and get ready to book your appointment at Vador Denture Centre. As one of the first practitioners in Manitoba to accept the CDCP coverage, we're experienced in getting the coverage you've waited for, whether it's through the predetermination process for partial dentures or transitioning to dentures for the first time, we're happy to continue accepting patients who would like to use their benefits.

From our experience, it takes about 3 weeks to receive your Canadian Dental Care Plan card in the mail. Once you've received your card, then you can schedule your free consultation with one of our Denturist's. It's important to note that for partial dentures through the CDCP, a predetermination is required, and the approval process takes 2 to 2.5 months, so if you're wanting to get started on partial dentures, then we suggest booking an appointment straight away so we can submit for approval. There's no upfront cost to submit for approval.

The arguably most important piece of information is for those who already have benefits through the CDCP government program. For most, your benefit coverage will become inactive after June 30, 2025 if you do not reapply by June 1st, 2025. The program is based on your yearly

income, so every year after your income taxes are filed, the next step is to reapply. The government should be sending out letters to remind individuals to reapply. In the unlikely event that you do not receive a letter, then simply reapply before or on June 1st so you don't experience a lapse in your coverage. Each year, the government determines if you are eligible for the program based on your household income, so if you're income is less than \$90K, then you will be eligible. In addition, to be eligible for the program you cannot have private dental insurance.

Although the government insurance does not cover dental implants, we are here to help you have your best dentures yet, whether that's dental implant supported or not. We look forward to seeing you for your future denture appointments at Vador Denture Centre.



Anne, pictured with Denturist Brock, received her new dentures at Vador Denture Centre using her coverage with the Canadian Dental Care Plan.

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Way of the Cross comes to Notre Dame Church



RECORD PHOTOS BY BRETT MITCHELL

The Archdiocese of Winnipeg Catholic Centre hosted its 36th annual public Way of the Cross at Notre Dame Roman Catholic Church in Selkirk on April 18. Every year, a parish in the Archdiocese of Winnipeg hosts this event and this year the entire Notre Dame Roman Catholic Church was packed with overflow seating in the multi-purpose room allowing all to participate. The newly installed Archbishop, The Most Reverend Murray Chatlain led the procession and prayer.



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Teulon's Forest Mama getting people back to nature and branching out

By Patricia Barrett

A Teulon-based entrepreneur that specializes in making herbal beauty products and remedies is branching out with a new product line and continuing to attract buyers from across Canada.

Lisa Barnes, a wildcrafting herbalist, launched Forest Mama during the COVID-19 pandemic to help support her family through a tough economic time.

After treating her own children's colds and other ailments with natural ingredients, she realized the benefits of getting away from consumer products containing harsh industrial ingredients, additives, preservatives and chemical fragrances.

When she started offering her products to consumers, Forest Mama really took off and has been "amazing" since then.

"More and more people I talk to say they're wanting to get away from artificial fragrances, synthetic ingredients and preservatives," said Barnes. "I don't use any preservatives except natural preservatives such as honey and tallow, which are pretty shelf stable."

Barnes and her family head out to the forest to forage for plants, berries and mushrooms that she uses in a variety of her products that range from tinctures and creams to body butters and sprays. She forages for plants primarily in Manitoba but has gone to British Columbia for things such as mushrooms and other plants Manitoba doesn't have.

"My family and I forage for 95 per cent of the ingredients I use, and then I make all the products," she said. "I make elderberry products, body oils, magnesium sprays and a magnesium body butter that's good for minor aches and pains."

She said she's been working with herbs for 12 years and is primarily self-taught, but she has taken some courses.

And she's branching out with a line of products containing tallow, which is a fat derived from cattle and contains vitamins such as A, K, E and B12.

"I'm always making new products. Recently, I just released my tallow line. I've had a lot of people asking me to make it so I decided to come with this amazing skincare line."

Some of her tallow-containing products include the Cuts & Bruises Salve (for 13 years and older) to use on minor injuries to promote new cell growth and prevent infection. It contains tallow, coconut oil, wild plantain, comfrey and yarrow among other ingredients. The Cracked Hands & Feet Salve contains ingredients such as cocoa butter, tallow and peppermint.

"I'm in contact with a farm that has grass-fed cows and are only fed organic feed. I get the tallow from them. I render it down myself and add it in to my skin care products" she said. "It's a moisturizer and



Lisa Barnes of Forest Mama makes beauty and healing products using foraged plants.

it also helps with skin issues such as acne, eczema and other skin conditions."

Studies suggest that tallow can help with moisturizing and hydrating the skin and has anti-inflammatory properties that can potentially improve skin conditions.

Barnes also makes Hibiscus Rose Whipped Face Tallow, Frankincense and Manuka Honey, Chamomile, and Vanilla Whipped Tallow.

She said a family member told her that the smell of the Vanilla Whipped Tallow "takes away her donut craving."

For those who burn the midnight oil, Barnes' Bye Bye Under Eye treatment can help reverse fine lines, bags or age spots. It contains hexane-free castor oil and organic frankincense essential oil. It can also be used as a topical pain reliever for conditions such as carpal tunnel.

Barnes said she ships her products to people across Canada, including Yukon, and has sent some orders to America. With U.S. president Donald Trump's tariff and annexation threats, though, she's unsure if that may affect her business in future.

"I don't know if I will be affected at all. I'm assuming that when I ship to the U.S., it will cost a little more. But I'll eat that cost myself," she said.

Forest Mama's website encourages people to do their own research on products and advises that herbal products are not intended to cure, treat or prevent disease. If people have a specific medical condition or are pregnant or nursing, they should first speak to their doctor before taking any herbal product.

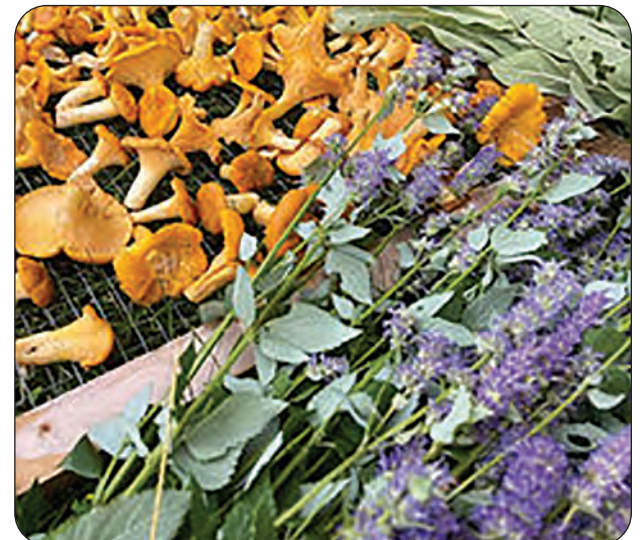
Barnes said people can also contact her if they have questions about her products.

"I know sometimes people find natural products a little overwhelming and don't know where to start," she said. "So they can contact me or message me on any of my so-



PHOTOS COURTESY OF FOREST MAMA

Foraging morel mushrooms.



Chanterelle mushrooms, hysop and mullein.



Yarrow

cial media sites."

People can place orders for Barnes' products via her online store. They can also check out her products in person in Teulon at Lori Benn Massage Therapy, in Selkirk at the Cozy Fox, and in Winnipeg at CG Pure Wash on Ness Avenue.

Lisa Barnes can be contacted via social media sites, her website's contact form, by emailing: forestmama204@gmail.com or calling (204) 999-8724.



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From Manitoba to Uganda: tractors bring hope

By E Antonio

Fifteen small motorized tractors, two drilling machines and a portable welding unit are on their way from Manitoba to Africa as part of the Riding Tractor Project.

The machines were built by Interlake farmers for test marketing in Uganda and South Sudan, and officially shipped out April 14. The tractors were designed using accessible materials so they can continue to be produced in Kampala, Uganda, and sold to farmers across the continent.

Riverton's Brian Dyck, Marquette's Kurt Porteous and Inwood's Cameron Kleinsasser spearheaded the initiative with a shared goal: to help combat hunger in Africa.

Dyck, who has travelled to both Uganda and South Sudan, said he's seen the crisis firsthand. Many farmers still work with hand tools, limiting their production. He first vis-

ited Uganda in 2016, spending three months helping farmers develop sustainable practices and trialling prototypes for simple walking tractors. He's since returned to Africa three more times, most recently in 2023 to South Sudan, each time introducing modernized farming equipment into local practices.

During one trip, war broke out and Dyck's 450-acre project was looted, with all the equipment reduced to scrap. But he returned undeterred and began exploring ways to help farmers in the most economical, practical way possible.

"I discovered that in places like India, Bangkok and eastern Asia, people were repurposing motorcycle parts to create their own little tractors, and they were improving their agricultural output," Dyck said.

Continued on page 19



RECORD PHOTOS BY EMILY ANTONIO

Volunteers who helped build the tractors pose at K&E Welding in Marquette, where all the machines were assembled.

PET of the Month

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Provincial government inviting Lake Winnipeg commercial fishers to summit in Selkirk

By Patricia Barrett

The provincial government is holding a Lake Winnipeg commercial fishers' summit in Selkirk in a few weeks. The summit aims to unite the lake's north and south basin fishers and provide them with an opportunity to share their vision of the future of their fishery.

Natural resources Indigenous futures minister Ian Bushie said in an April 17 news release that the summit will address the long-term viability and success of the province's freshwater fishery.

"It's been many years since commercial fishers have had a seat at the table when it comes to ... deciding how best to advance the future of the freshwater fish sector in Manitoba," said Bushie. "Our goal is to bring commercial fishers into the decision-making process and have a say in the future of their industry. We hope that

fishers from across the province will attend this summit and share their vision of the future."

Bushie said the commercial fishery contributes about \$100 million annually to Manitoba's economy, and the voices of commercial fishers are integral to its success.

"It is imperative that fishers are part of the conversations that involve their industry and livelihoods," said the minister. "We want to make sure this industry grows and prospers, creating rural jobs and vibrant communities for the next 100 years."

The upcoming summit is a continuation of a series of forums that were held last April for people from communities around Lake Winnipeg, says the news release.

The summit will be held in Selkirk (location TBA) on Friday, May 9. To register, email: fish@gov.mb.ca



RECORD FILE PHOTO BY PATRICIA BARRETT

A commercial fisher on Lake Winnipeg in 2018.

MPI launches online appointment booking to reduce wait times

By Annaliese Meier

Manitoba Public Insurance (MPI) has introduced online appointment booking for many common transactions to help reduce wait times by lowering

volumes of walk-in appointments at all of its service centres throughout the province. Using the new system, customers can book appointments for the most popular customer transac-

tions, including renewing a driver's licence or registering a vehicle.

"Our customers are increasingly looking to book and manage service appointments online, and our new system is helping us offer that convenience and flexibility to Manitobans," said Jeff Sass, MPI's Interim Vice President & Chief Operations Officer. "This new tool makes it easy to book a time for our most common services and it will cut down on the time spent waiting for assistance."

Building on the Corporation's existing booking options for Class 5 and 6 driver licensing knowledge and road tests, MPI expanded its online offerings with a successful pilot program in November 2024 that has now become fully operational. Since November, more than 90 per cent of customers have been seen within 10 minutes of their appointment time. Previously, only 62 per cent of customers were

under that threshold. Walk-in service remains available at all MPI Service Centres, with customers being assisted in between booked appointments.

Self-serve kiosks are also available in MPI Service Centres. Customers can use the kiosks to book and check in for appointments, helping to ensure everyone receives timely assistance as they access MPI's frontline services. Since the launch, 93 per cent of MPI customers have booked an appointment online or through a kiosk. Thirty-five per cent of those appointments were made by rural customers.

Customer feedback on the online booking system and kiosks has been extremely positive, with more than 90 per cent of customers saying the tools are easy to use and 80 per cent saying the wait time for service met their expectations.

> ACCESS CREDIT REPORT GROWTH, FROM PG. 12

out to members as a dividend in the form of surplus shares.

Further financials shared include the \$13.4 million in assets Access CU currently has—an increase from \$12.3 million the year before—as well as \$11.5 million in members' loans, \$11.6 million in deposits, and a net income of \$48 million (down slightly from \$49.3 million the year before).

Gross operating expenses came in at \$181.5M, up from \$152.3M the year before. Davey noted the increase reflects the fact the expenses of Casera CU and Carpathia CU were only on

the 2023 financial statement for six months of that year, whereas it's for the full year in 2024.

He noted administrative expenses also increased, owing largely to increases in technology costs and in prices-per-transaction on payments, which were anticipated.

"Technology costs continue to rise, which is again [one of] the benefits of being a larger organization. Allowing us to absorb and spread these costs has really been beneficial to Access," Letkeman noted.

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> TRACTORS BRING HOPE, FROM PG. 17

With support from other farmers, Dyck turned his research into action. Production began in January 2025, with all 15 tractors built at K&E Welding, a shop owned by Porteous in Marquette.

The tractors are powered by 212cc motors from Princess Auto and built from mild steel, including box tubing,



A drill press and other equipment are also en route to Africa as part of the shipment.

angle iron, round shafts and bushing materials. Each machine fits into a four-by-four-by-eight-foot frame and is described as “easy to use”—any simpler, and it would no longer be effective. Each tractor took about 70 hours to assemble and pack.

To fit them all in a 40-tonne shipping container, the tractors were disassembled. That left about five feet of space for other equipment, including a metal lathe, air compressor and various hand tools that will support ongoing production in Uganda.

The container will travel by truck to Winnipeg, then by train to Montreal before crossing the Atlantic. It’s expected to arrive in Uganda in early July, where Dyck, Kleinsasser, Porteous and other team members will meet with African farmers to train them on building and maintaining the tractors.

“We don’t want these people to be fully dependent on us, so assembly on their part is required,” Dyck said. “We made sure these tractors are easy to build and repair, and we’ll address long-term maintenance so farmers can keep using them effectively.”

Dyck said market interest is already strong, with farmers eager to put the tractors to use.

More than 600 volunteer hours from



RECORD PHOTOS BY EMILY ANTONIO

Brian Dyck, Kurt Porteous and Cameron Kleinsasser led the Riding Tractor Project, which built and shipped 15 motorized mini-tractors to Uganda and South Sudan.

about 30 builders went into the project. Several Hutterite colonies donated materials and labour, including Keystone Colony, which provided painting services, while others that helped with steel cutting.

The project’s send-off was celebrated with a barbecue on April 2 at K&E Welding for volunteers and supporters. Dyck offered words of encouragement and thanks to those who helped bring his long-time vision to life.

As they monitor the shipment’s

journey, the team is also seeking donations to help cover costs. The Riding Tractor Project has cost more than \$95,000, covering supplies, labour and shipping.

Donations can be made through www.equipcanada.org/donate, with an option to direct funds specifically to Brian and Ruth Dyck’s work. To follow the project’s progress, Dyck also shares updates through his newsletter at www.appropriatetechnologies.ca.

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INSIDE > OUTSIDE > UPSIDE DOWN

Terry McRae remembered as champion curler, true teammate

By Kieran Reimer

One of Petersfield's finest will be remembered not only for his incredible career on the curling ice.

Terry McRae, whose death came suddenly on March 4, 2025, was a five-time provincial champion with multiple national appearances. But more than that, he was a beloved teammate and figure in his community.

In 2020, injuries ended McRae's impressive playing career, but his love for the game and support for his team never stopped.

Up until his passing at 61, the former Team Manitoba member could still be found at the rink, cheering on his former teammates and offering pointers as they pursued a Canadian Senior Curling Championship.

Whether for team events or neighbourly get-togethers, McRae's garage in Petersfield was the place to be—often after a victory from the squad that dominated the Manitoba circuit for so long.

McRae's common-law wife, Lori McEwen, who was also a competitive curler on the women's side, said it was his welcoming spirit that drew everybody in.

As a youngster growing up in Clan-



In 2018, Team Boehmer featuring Terry McRae, third, Dave Boehmer, skip, Tom Want, second, George Hacking, lead, and Kerry Fedorchuk, fifth, lifted their first Curl Manitoba Senior Men's Provincial Championships at Assiniboine Memorial Curling Club.

deboye, McRae's sporting career began on the ice—but with a goalie stick in hand rather than a curling stone—as a AA goalie in Selkirk.

McRae's childhood hero was Montreal Canadiens goaltender Ken Dryden. In the 1973-74 season, an 11-year-old McRae had a Dryden-



RECORD PHOTOS SUBMITTED

Terry McRae's provincial plaques are displayed in his beloved sports themed garage. McRae won three Curl Manitoba Senior Men's Provincial Championships from 2018-2020, a Manitoba Mixed Championship in 2000, and a Legion Championship representing Selkirk #42 Branch in 1989.

esque year, winning the Most Outstanding Goalie Award with the Selkirk Minor Peewees.

Despite his natural talents, other challenges—such as his slight build, being the youngest of six siblings, travel, and the expenses of hockey equipment, especially as a goaltender—made it difficult to pursue the sport. That ultimately led him to switch to curling.

McRae began curling the fol-



Terry McRae at the display of former Montreal Canadiens goaltender Ken Dryden at the Hockey Hall of Fame in Toronto in December 2023. Dryden was McRae's childhood hero. In 1973-74, an 11-year-old McRae had a Dryden-esque season as a AA hockey goaltender, winning the Most Outstanding Goalie award with Selkirk Minor Peewee's coached by Tom Waterman.

Continued on page 21

April 28 – May 4, 2025

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Czarnecki reps Royals at MWHSHL Rookie Showcase

By Kieran Reimer

Lord Selkirk Royals' Madigan Czarnecki had the opportunity to represent her school at the 2025 Manitoba Women's High School Hockey League Rookie Showcase, held last week at Southdale Community Centre.

Czarnecki suited up for Team Vegas

in the Grade 9 and 10 tournament, competing in Pool 3. Her squad was one of the top performers at the event.

Team Vegas opened the tournament with a 6-2 win over Team White on Monday afternoon.

Later that evening, they faced Team Pro Blue and suffered a narrow 1-0

loss to move to 1-1.

Needing a win in their Pool 3 finale on Tuesday, Czarnecki's team delivered, edging Team Royal 2-1 in another low-scoring contest.

The victory gave Team Vegas a 2-1 record, good for second place in Pool 3 and a spot in Wednesday's semifinal

against Team Purple.

Team Purple ultimately prevailed 4-2, ending Team Vegas' tournament run.

Team Purple went on to fall 5-4 to Team Yellow in the final later that day.

> TERRY MCRAE, FROM PG. 20

lowing season out of the more affordable Petersfield Curling Club, alongside friends who were also early in their curling careers.

McEwen said the challenge, courtesies, and camaraderie of the game were what attracted McRae to the sport, which kickstarted a lengthy curling career.

"Curling for nearly 50 years, he displayed qualities of sportsmanship, skill, dedication, and a friendly spirit worthy of his five provincial championships," said McEwen.

Those championships included three Curl Manitoba Senior Men's Provincial titles from 2018 to 2020, a Manitoba Mixed Championship in 2000, and a Legion Championship representing Selkirk Branch #42 in 1989.

Throughout his career, he played on multiple team combinations with

friends from the area and respected the game, passing on valuable life lessons to those he coached.

In 2018, Team Boehmer—featuring McRae at third alongside skip Dave Boehmer, second Tom Want, lead George Hacking, and fifth Kerry Fedorchuk—captured their first Curl Manitoba Senior Men's Provincial Championship at Assiniboine Memorial Curling Club.

Though they didn't win nationals, that season marked the beginning of a dominant run for Team Boehmer, which continues to this day.

With a new and capable lineup, the team has remained a top contender in the senior men's ranks.

On March 19, they claimed their fifth Senior Men's Provincial title in the past decade.

The win, however, came with heavy

hearts. McRae's passing just two weeks prior to provincials in East St. Paul left a deep void for his family, friends and the curling community.

At the tournament, Team Boehmer—now made up of Boehmer, Hacking, Sean Bracken, Scott Szydlak and Dale Lott—wore patches in honour of Terry McRae.

Hacking said they would rub the patch when in trouble.

"It's really been a hole in our hearts and it felt so good to win because I don't know what we'd have done if we didn't win," said Hacking. "It wouldn't have felt right. We kind of had to win. It's a weird thing to say but we were pretty happy when we did."

Also in attendance for the win was McEwen, who will continue to sup-

port the team and reflect on the memories they created together on and off the ice.

With the team bound for nationals in Ottawa in late November, McEwen and more than 40 of the team's supporters are expected to attend.

"Terry would visit the rink often and share stories of past events with a laugh," said McEwen. "For as long as the Boehmer team's competing, he will be watching with great pride and respect for the game that gave him so many lasting friendships and fond memories."

Team Boehmer has sponsorship opportunities available. They will compete in the 2025 Canadian Senior Curling Championships in Ottawa from Nov. 29 to Dec. 6.

Fishermen salute graduating trio



RECORD PHOTO SUBMITTED

The Selkirk Fishermen honoured their three graduating players during team awards night on April 9 at the Selkirk Recreation Complex. Julius Guimond, Marcus King and Kyle Follhoffer wrapped up their junior careers with the Fishermen in the 2024-25 season, helping the team reach the CRJHL semi-finals. All three were part of the squad that captured the CRJHL championship in 2022-23.

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Savory Street Tacos



Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 1 chuck roast (2-3 pounds)
 1 package taco seasoning
 1 can (10 ounces) beef consommé
 16-20 street taco tortillas
 1 package (8 ounces) shredded cheese
 1/4 cup avocado oil
 salsa, for serving
 guacamole, for serving

queso, for serving
 Cover chuck roast with taco seasoning then place in slow cooker. Pour beef consommé over roast and cook on low 6 hours to braise.
 Heat oven to 425 F.
 Use fork to shred roast.
 Brush outside of tortillas with avocado oil and fill with meat and shredded cheese. Place in casserole dish and bake 10-15 minutes until tacos reach desired crispiness.
 Place on tray and serve with salsa, guacamole and queso.
 Tip: Recipe can be doubled for large crowds.



Lemon Chicken Orzo Soup
 Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 2 carrots
 2 celery stalks
 3 tablespoons butter
 2 cups cooked, chopped chicken
 1/3 cup lemon juice

Hot Honey Chicken Rice Crackers and Ranch Dip

2 teaspoons lemon pepper
 6 cups broth
 1 cup orzo
 1 tablespoon garlic powder
 1 tablespoon onion powder
 1 tablespoon thyme
 1 tablespoon sugar
 1 cup heavy cream
 salt, to taste
 pepper, to taste
 cucumber sandwiches, for serving
 Chop carrots and celery. In pot, saute with butter.
 In bowl, mix chicken with lemon juice and lemon pepper then set aside.
 After carrots and celery are tender, add broth and orzo to pot. Then add garlic powder, onion powder, thyme and sugar. Simmer 10 minutes then add chicken and cream; simmer about 5 minutes.
 Add salt and pepper, to taste. Serve with cucumber sandwiches.



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Ask the money lady

Dear Money Lady,
 I am now finally retiring at 66 after working all my life in retail, since I was 15 years old. I am looking forward to not working, but I am still worried about not having enough money. My condo is paid for, I don't have any debt, but I also only have \$120,000 in savings. Do you think that is enough?

- Gemma

Dear Gemma – it might be enough. You will now be receiving your OAS and CPP, plus any LIRA/LIF income from company pensions. The fact that you own your condo free and clear and have no consumer debt is also a very good thing. Let's talk about the costs of aging since I know many Canadians may also be wondering if they have saved enough as well.

If we look at the time you will be retired based on a standard life expectancy for a single woman, you would need to plan for about 25 to 30 years (that would make you 91 to age 96). Planning for out-of-pocket expenses must be something you keep in mind as you age. The three most common expenses for seniors today are dental, hearing loss, and vision. I know many will think these are not important, but these are needs that can lead to many other issues if overlooked or ignored. Thankfully the Canadian government has many programs available for their aging population.

The Canadian Dental Care Plan (CDCP) is available for all seniors over 65 and children under 18. Aging is hard on the teeth, and everyone should go to the dentist once a year to ward off tooth decay and oral cancer. Hearing loss as you age doubles your risk of dementia and severe hearing loss makes dementia five times more likely to occur. Almost 50% of Canadians over 75 have significant hearing loss. In Ontario and Alberta seniors are covered for hearing aids and other provinces have different programs, for example, Manitoba seniors receive \$2,000 towards hearing aids – so it's a good idea to check what is available where you live. The days of the obnoxious, oversized hearing aids are now gone. Today you can join in on conversations by using a small, discrete hearing device. Glasses are a fact of life for most seniors and the Canadian government helps out with this expense too. Here is a link for those interested.

<https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/seniors-aging-vision-care.html>

The key to not running out of money for all seniors is to try to find ways



Christine Ibbotson

to create multiple streams of income and keep your expenses to a minimum. And this should be easy enough to do, since by the time you get to retirement, you really should not be needing to buy the "big-stuff" anymore. The government security benefits will make up one stream of income, but then you will need to find more. This could include a part-time job, having a boarder in your basement, company pension plans, rental income, RRSPs and TFSAs, or annuity strategies. As a single in retirement with a small retirement savings, (less than \$400,000) why not consider a straight-life annuity that protects against longevity risk and will provide a guaranteed income for life.

A solid fixed, straight-life annuity with a good rate of return would be a great option for you Gemma. The annuity will provide you with a guaranteed monthly income for life from your \$120K investment. My worry would be that you might make excessive withdrawals from these savings in retirement for expensive hobbies, travel or just simply increasing your lifestyle, and then find that the funds deteriorate faster than you thought. The annuity will provide you with a life-long income that you can plan your new retirement budget around (along with other incomes: pension, OAS, CPP, etc.). Another tip before you retire would be to also take out a secured line of credit on your condo. I know you don't need it, but having this available in the event of an unseen emergency will make it easier to use some of your home equity if you are short on funds. Good planning and forward thinking will always ensure you live comfortably your way.

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, Author, Finance Writer, Syndicated National Radio Host, and now on BNN Bloomberg News and CTV News every day in every province. Send your money questions, (answered free) to info@askthemoneylady.ca



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Snipers 3-on-3 hockey league an instant hit

By Kieran Reimer

Spring hockey has started up at East Selkirk Recreation Association with the help of a new three-on-three hockey program.

Sixteen teams, 164 players and four different age groups have made for a successful first run of the Snipers 3-on-3 league out of East Selkirk so far.

The league, started by three local community members, opened registration for its U7, U9, U11 and U13 teams on Dec. 1, 2024.

In just one day, more than half the spots were filled, with the rest taken by mid January. Due to the overwhelming interest, the league currently has 50 players on a waiting list.

On March 24, the league officially dropped the puck on its inaugural season. Four weeks in, it will wrap up on May 2.

"It's been really good for the rink, keeping the rink busy, the rink staff busy, the canteen busy, and we've been getting quite large crowds coming out to watch the games so it's just nice to have something local like that to keep everybody busy," said Rhonda Swarbrick, one of the three league organizers.

Swarbrick, along with Megan Braun and Brandy Kotowich, wanted an accessible spring league for local hockey players that would also give them somewhere to play during the lull between winter hockey and spring sports.

Players from across the In-

terlake, Winnipeg and other towns east of the city also signed up to take part.

"We were looking for something a little closer to home for everybody to do and we just thought rather than driving anywhere why don't we do it closer to home and there was nothing going on at the rink so the rink was super excited that we decided to do this and it's keeping the rink basically open for the month of April," said Swarbrick.

The spring league has also created job opportunities for local youth.

Swarbrick said young referees from the area are gaining experience while being paid, and many timekeepers are youth volunteers, some of whom are earning community service hours while others simply wanted to help.

The full-ice format has allowed U7 and U9 players to experience full-ice games, unlike the half-ice setup used during the winter season.

And with just six skaters on the ice at a time, the pace has picked up.

"It's a much more fast pace game because there's fewer players on the ice and it is full ice so it's a fast game and it's continuous play," said Swarbrick. "There's not a lot of stoppages in it so they've all been commenting it's 'so much fun, it's so fast.'"

Based on the program's early success, organizers are interested in bringing it back for future seasons.



RECORD PHOTOS BY BRETT MITCHELL

The new East Selkirk Sniper 3 on 3 Hockey U7, U9, U11, and U13 age groups revved up in early March. Youth are not only playing but also timing and refereeing the games. 164 players play until early May after each team playing 8 games. You can find information on their website or on the Facebook Page.

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The Selkirk Record

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Balmoral gets ready to rumble: Wrestling event to raise funds for rec centre

By Kieran Reimer

The Balmoral Recreation Centre will get ready to rumble on Saturday, April 26, with an evening of live professional wrestling.

Live Pro Wrestling: Rage in the Cage will feature five matches inside the rec centre's hockey rink, including a steel cage main event to close out the night.

Balmoral hosted a similar event in 2023 that drew 470 spectators. Once again, proceeds will support the centre's daily operations.

"We had a wrestling event two years ago and it was a great success," said organizer Don Slater. "Everyone enjoyed it, especially the kids. We had positive feedback from a lot of people. I was approached by the board this year to see if this is a possible event we could do again this year, and thought it was a great idea. It's great for the community and helps raise funds for the Balmoral Recreation Centre once again."

Tickets are \$20 for adults, \$15 for youth ages five to 17, and free for children four and under.

The event is bring-your-own-chair with first-come, first-served seating, as organizers hope to fill the arena.

Headlining the card in a steel cage main event will be "Boston Bruiser" Kevin O'Doyle vs. "Sweet" Bobby Schink.

Other matches include Brax vs. "Red Hot" Sammy Peppers, Dragneel vs. "Real Deal" James Roth, "Mastermind" Kevin Cannon vs. Jack Jameson, and a tag-team match featuring "Nu Money" — "The Star" Bryce Bentley and Scott Ripley The Third — taking on "Wrestling's Big Punisher" AJ Sanchez and "El Chico" Eddie Alvarez.

"Wrestling's Big Punisher" AJ Sanchez, whose real name is A.J. Larocque, may be familiar to fans. He not only facilitated the 2023 event but is also one of the biggest names in Manitoba wrestling.

Larocque, 38, began wrestling at age 16 and has performed across North America, including training with Lucha Libre AAA Worldwide in Mexico.

He has won multiple tag-team championships and now coaches aspiring wrestlers at the Elite Wrestling Academy in Winnipeg, while continuing to compete.

Larocque also recruited the lineup

for Balmoral, including "El Chico" Eddie Alvarez — one of his students — who will join him in tag-team action.

"What makes what we do the most fun is when you see the kids that show up to these events and for the two hours that event is going on they're fully immersed in what we're doing and they're yelling, screaming, interacting, booing, cheering, and that creates such an environment," said Larocque. "Something that you just don't see very many places and that's what makes pro wrestling so unique. With the rise in popularity and more people getting eyes on wrestling right now, it's super cool, it's super fun, and an innovative way for a town like Balmoral to try and raise funds for the rec centre."

Larocque might not be competing at all if not for his enduring love of wrestling, which helped him push through a life-altering car crash in 2015.

The near-fatal accident left him with a shattered hip, fractured pelvis, broken wrist, broken nose and a torn eyelid.

What could have ended his career instead motivated him to return to the ring.

Now, at 38, he continues to do what he loves while playing a leadership role in Manitoba's wrestling scene.

"It's hard to explain the rush or the high you get when you walk through the curtain and you've got a large audience essentially in the palm of your hands reacting how you want them to," said Larocque. "Not to mention the rush that you get from being in front of a live audience and doing what we do but there's a lot of really good people around the local Winnipeg wrestling scene right now and everybody is working hard and doing everything they can to make things as good as possible and it's hard to stay away from that because there are such good people around and people that I would call lifelong friends."

One of those friends is Winnipeg Beach's Jayde Barkman, who began training in February 2024 and had his first match last October.

Barkman, 30, was a longtime wrestling fan but couldn't find a training facility when he started searching in his early 20s. He eventually saw an ad for Larocque's academy and joined Elite Wrestling Academy.



RECORD PHOTO BY DWAYNE LARSON PHOTOGRAPHY

Winnipeg Beach's Jayde Barkman, who wrestles as BRAX, will face off against "Red Hot" Sammy Peppers in a singles match at Balmoral Recreation Centre on April 26. Barkman, 30, began his wrestling journey in February 2024.

Now wrestling under the name Brax, Barkman is living his dream. He will face "Red Hot" Sammy Peppers in a singles match at the Balmoral event.

"You come home with a lot of bumps and bruises that's for sure but overall there's an adrenaline you get from it that I can't describe that you can't get from anything else. It's a lot of fun," said Barkman.

Doors open at 2 p.m. on April 26, with bell time at 4 p.m. The evening

will include meet-and-greet opportunities with the wrestlers before, after and during intermission. Merchandise will be available for purchase.

A cash-only bar and canteen will also be available.

Tickets can be purchased at Stonewall Home Hardware, the Rockwood Motor Inn & Motel, or by contacting Balmoral Recreation Centre at 204-467-2620, Don Slater at 204-513-1515, or Blake Mauthe at 204-461-1920.

The Selkirk Record

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's 'Bullet' Joe Simpson left a lasting mark on hockey

By Ty Dilello

As the Winnipeg Jets begin their playoff run in hopes of lifting the Stanley Cup, it's a fitting moment to look back at one of the NHL's earliest and most remarkable defencemen to come out of Manitoba's Interlake region—Selkirk's own Bullet Joe Simpson.

Simpson is remembered not only for his unforgettable nickname but also for his blistering speed and end-to-end rushes that dazzled fans in the early 20th century. Nearly a century after his playing days, Simpson is still widely regarded as one of the greatest players to emerge from Selkirk.

Born Harold Edward Joseph Simpson on Aug. 13, 1893, in Selkirk, he took to skating as soon as he could walk, spending long winters playing pond hockey with local friends. "We started to play hockey about as soon as we could walk in those days," Simpson recalled later in life. "The hockey I know was started by skating on the slough which was just down from our house where I was born."

He began his formal hockey journey with the Selkirk Prep School team before suiting up for the University of Manitoba and various amateur clubs, including the Winnipeg Strathconas, Selkirk Fishermen and Winnipeg Victorias.

Simpson's hockey career paused with the onset of the First World War. Just two days before shipping overseas, he captained the 61st Battalion CEF team to an Allan Cup victory. He then served with the 43rd Cameron Highlanders in France, where he was wounded in both legs by machine gun fire at the battles of Somme and Amiens. He returned home with the Military Medal for Valour and the rank of lieutenant.

Remarkably, Simpson resumed playing hockey after the war and helped lead the Selkirk Fishermen to the 1919 Allan Cup final. In 1919-20, he tallied 19 goals in 10 games—an astounding feat for a defenceman of the era.

In 1920, while playing pool in Winnipeg, Simpson received an offer of \$3,000 to turn pro with the Edmonton Eskimos. He joined the Western Canada Hockey League (WCHL) at age 27 and quickly became one of its top stars, earning three First Team All-

Star selections in five seasons. Newsy Lalonde once called him "the greatest living hockey player."

Simpson was renowned for his trademark "corkscrew rushes," a dazzling display of agility and control that often left defenders chasing shadows. "No one brought the puck up the ice like he did," one account noted, adding that Simpson was also a lethal shooter from centre ice.

During his time with Edmonton, Simpson braved freezing temperatures playing outdoor games in -45°C. "We used to have snow shovelled into the dressing room to warm our feet when we came off the ice," he once said. "Sometimes a fellow would have to sit with his feet in a pail of snow for twenty or thirty minutes."

In 1923, Simpson came within a whisker of winning the Stanley Cup when the WCHL champion Eskimos fell to the NHL's Ottawa Senators in a two-game final in Vancouver. It marked the last Cup final held entirely at a neutral site, and the last time an Edmonton team would compete for the Cup until the Oilers' rise in the 1980s.

When the WCHL folded in 1925, Simpson's rights were sold to the expansion New York Americans for a record \$10,000. Though past his prime at age 32, he became a fan favourite and a major box office draw. The team's publicity machine even claimed he arrived from 450 miles north of Edmonton by dogsled and toboggan.

Simpson played six NHL seasons, all with the Americans, recording 40 points in 228 games. He added 99 points in 113 WCHL contests. He later coached the Americans and managed minor-league teams in New Haven, Minneapolis and Miami.

After settling in Florida in 1938 to help promote hockey, Simpson suffered a heart attack in the late 1940s and stepped away from the game. Fellow Manitoban Art Coulter gave him a job selling skates in a Coral Gables hardware store.

"It may sound funny, selling skates in Florida," Simpson said, "but Coral Gables, at that time, had an arena."

Simpson was inducted into the Hockey Hall of Fame in 1962 and Canada's Sports Hall of Fame in 1975.



RECORD PHOTO SUBMITTED

Selkirk's Bullet Joe Simpson pictured during his playing days with the New York Americans in the late 1920s (left), and later at his 1962 Hockey Hall of Fame induction.

In 1994, the Marine Museum of Manitoba in Selkirk restored a freighter and named it the Harold Bullet Joe Simpson in his honour.

He died on Dec. 25, 1973, in Cor-

al Gables, Florida, at the age of 80, nearly blind and battling numerous health issues. But his legacy, both as a war hero and one of hockey's earliest greats, lives on.

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CITY OF Selkirk

PUBLIC NOTICE

Regarding the 2025 Financial Plan

The Council of the City of Selkirk has scheduled a Public Hearing to be held at:

**The Council Chambers
200 Eaton Avenue
Tuesday, May 6, 2025 at 7:00 pm**

to present the 2025 Financial Plan

At the Public Hearing, Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan. A written objection may be filed with the Chief Administrative Officer at 200 Eaton Avenue, Selkirk, MB, R1A 0W6 prior to the Public Hearing.

Copies of the 2025 Draft Financial Plan are available at the Municipal Office at 200 Eaton Avenue during regular business hours Monday - Friday 10:00 am to 4:00 pm and on the City of Selkirk's website MySelkirk.ca/FinancialPlan. Those without access to online services are asked to call **CitizenSupport** at 204-785-4900.

Dated at the City of Selkirk this 11th day of April, 2025, and issued in accordance with Section 162(2) of *The Municipal Act*.

Kevin Richter, CPA, CMA
Director of Finance
City of Selkirk

HONOUR YOUR LOVED ONES WITH AN ANNOUNCEMENT IN THE RECORD

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC HEARING NOTICE

REGARDING THE 2025 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 2025 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday May 6th, 2025 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 2nd, 2025. 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 2025 Financial Plan will be available for review after April 25, 2025 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, 2025
Deepak Joshi
Chief Administrative Officer

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: HELEN JEAN AIME, late of the City of Selkirk, Manitoba.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office, 22 Westgrove Bay, Selkirk, Manitoba, R1A 2H1, on or before the 31st day of May, 2025. DATED at Selkirk, in Manitoba, this 17th day of April, 2025.
HAMM LAW
Solicitor for the Executors
Attn: Blake T. F. Hamm

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RURAL MUNICIPALITY OF ST. CLEMENTS

PRE-BUDGET CONSULTATION



OPEN HOUSE *St. Clements*

The place to be

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 2025 fiscal year and current projects.

Location: RM of St. Clements Municipal Office.
1043 Kittson Road, East Selkirk
Date: Monday, April 28, 2025
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

CITY OF Selkirk

PUBLIC NOTICE

REGARDING RESIDENTIAL SPRING CLEAN UP MAY 5th to 9th

The City of Selkirk Operations Department along with Waste Connections Inc. will pick up non-hazardous waste providing it is placed at curbside, by 8:00 a.m., on the day of your regular garbage pick-up.

Garbage cannot be put out prior to the weekend before collection.

Place all Spring Clean Up refuse at curbside on your regular garbage day.

Please keep tree branches, regular bagged garbage, mattresses and larger items separate from each other. Trees and branches must be bundled into 3 foot lengths weighing less than 50 lbs. Tree trunks must face street.

Freon must be removed from fridges. These appliances must be tagged as such or they will not be picked up.

- **LIMIT OF 4 TIRES PER HOUSEHOLD**
- **NO DEMOLITION WASTE – NO CONSTRUCTION WASTE**
- **NO ELECTRONIC WASTE**
Electronic Waste (e-waste/microwaves) can be taken to the Waste Transfer Station
- **NO HAZARDOUS WASTE**
(includes paint, used oil, antifreeze, etc.)
Drop off used oil and antifreeze at the Eco-Centre located at the Waste Transfer Station
- Any other hazardous waste, including used paint can be taken to the Waste Transfer Station
- **MATTRESSES**
Will be picked up separately by Mother Earth Recycling. Please place mattresses separate from the rest of the garbage.
- **NO EXCEPTIONS**

Please Note: Any refuse or tree branches placed at curbside after your collection day will be picked up by the City of Selkirk and the homeowner will be charged for the pick-up.

Thank you for your anticipated cooperation.
This information and more available at www.myselkirk.ca/springcleanup.
If you have questions please call **CitizenSupport** at 204-785-4900 or email at citizensupport@cityofselkirk.com



RURAL MUNICIPALITY OF ST. ANDREWS

PUBLIC HEARING NOTICE

REGARDING THE 2025 FINANCIAL PLAN
Monday, May 12, 2025
6:00 P.M.

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

At this time Council will present the proposed 2025 Financial Plan for the municipality. The presentation will provide overview of the proposed financial plan followed by a forum to allow any interested person to make a representation, ask questions or register an objection.

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

A copy of the 2025 Financial Plan will be available for review on Wednesday, May 7, 2025 at the Municipal Office and on the municipal website at www.rmofstandrews.com.

Any person who has questions, needs clarification, or requires further information either prior to or following the hearing, is encouraged to contact Vesuvia (Vee Scromeda) at vscromeda@rmofstandrews.com

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

Dated this 11th day of April, 2025, and issued in accordance with Section 162(2) of *The Municipal Act*.

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

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SUDOKU

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

Fun By The Numbers

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

Sudoku and Crossword answers on page 29

Here's How It Works:

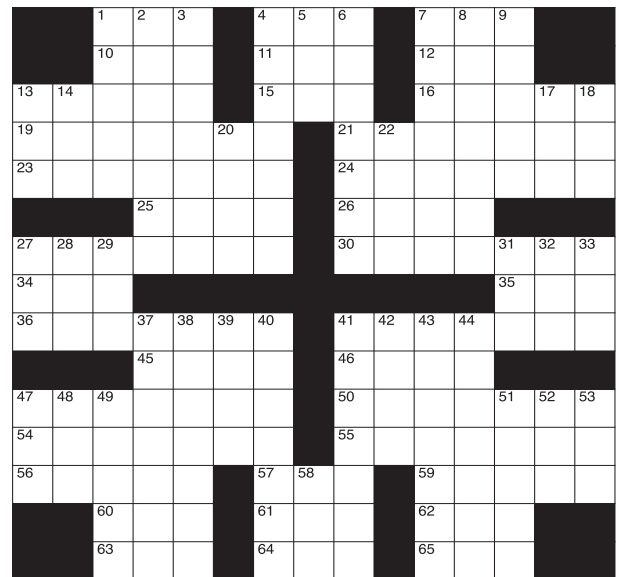
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric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

Level: intermediate

X CROSSWORD

CLUES ACROSS

- English TV station
- It fuels cars
- Where ships dock (abbr.)
- Indigenous people of Thailand
- Midway between northeast and east
- Small Milky Way constellation
- Fritz __, Austrian chemist
- A Brit's grandmother
- Colombian city
- Visualize
- Charged
- People's assets
- Informative books
- Jeer
- You can do it with your horn
- Agents of your downfall
- Central Uganda city
- Supervises flying
- Type of tree
- Alfalfa
- Dishwasher soap brand
- Hall where military eats
- Ancient Greek City
- Speaks incessantly
- Discuss again
- Extreme greed
- Adopt or support
- Fantasy writer Russell
- Seize
- Early Mesoamerican civilization
- Noted pet detective Ventura
- Automobile
- Georgia rockers
- Color opposite green
- Amount of time
- Attempt



CLUES DOWN

- Sheep sound
- Some can be emotional
- Inflammation of colon lining
- Origins
- Comedienne Gasteyer
- Perceived by the senses
- A place to play ball
- Occur before
- Animal body parts
- Thanksgiving dessert
- Root mean square (abbr.)
- 1960s teen idol Bobby
- Promotional materials
- One point east of northeast
- Piers Anthony protagonist
- Popular sports league
- Cologne
- Partner to cheese
- Constrictor snake
- Not good
- Supplement with difficulty
- Hug with fondness
- Enforced again
- Small amount of time (abbr.)
- Substance
- Anterior parts of the brain
- Brews
- Where ships load cargo
- Holiday season singer
- "__ humbug!"
- Monetary unit of Macao
- Popular children's book elephant
- Glutinous
- Function
- Old world, new
- Swiss river

NOTICE OF PUBLIC HEARING DEVELOPMENT PLAN AMENDMENT APPLICATION

Red River Planning District

Under authority of The Planning Act, the Red River Planning District Board 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 RRPD at 204 669-8880.

Wednesday
May 21, 2025
5:30pm

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

Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File:	DPA 290-25
Applicant:	RRPD Board
Property Location:	7085, 6989 Henderson Highway 26040 PTH 44 73032 Ashfield Road 72205 Heritage Drive 72060, 72072, 72098, 72106, 72120, 72128 Parkside Drive 72083 Kirkness Road.
Application Purpose:	The purpose of this application is to remedy land use policy conflicts that exist between the Development Plan and both the RM of St. Clements Zoning By-law and the RM of St. Clements Lockport Secondary Plan.
Current Designations	Proposed Designations
From: Agriculture Restricted From: Resource & Agriculture From: Resource & Agriculture	To: Business Park To: Settlement Centre To: Business Park

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at <https://www.reddriverplanning.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



RM OF WEST ST. PAUL PUBLIC NOTICE

REGARDING THE 2025 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the RM of West St. Paul intends to present its financial plan for the fiscal year 2025 at a public hearing at the Municipal Office, 3550 Main Street in the RM of West St. Paul on **Thursday, May 1, 2025 at 6:00pm.**

Persons wishing to view the Municipality's financial plan may view the documents during the regular office hours of the municipal office at 3550 Main Street, West St. Paul, Manitoba or on the municipal website at www.weststpaul.com.

Dated this 24th day of April, 2025.

Crystal Shuhya, CPA, CGA, B.Comm(Hons)
Director of Finance
RM of West St. Paul

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 God took your hand, and we had to part, He eased your pain, but broke my heart. You were my partner, and my best friend and I hold onto the beautiful memories we made together.
 I cherish all the memories, but especially Dukes on Sundays.
 Those days were some of our happiest, and I find comfort in them now.
 Wherever I go, whatever I do, memories keep me near to you.
 You are deeply missed, forever loved, and always remembered.

-Always and forever
 Phyl, Jeff, Tim
 and all your grandchildren

ANNOUNCEMENT IN MEMORIAM



Maggie Evans
01 May 1945 - 25 April 1995
 Age 21 and 41
 30 Years and Not Forgotten

OBITUARY

Myrna Charlotte Bortoluzzi (Pommer)
 Peacefully, on Friday, April 18, 2025 at the Gimli Community Health Centre, Myrna Bortoluzzi, aged 82 years, passed away.
 Full obituary to follow.
 Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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

Crossword Answer

A	R	E	R	E	D	R	E	D	R	E	D
M	E	R	E	R	O	Y	O	Y	O	Y	O
C	E	O	J	S	S	E	S	E	S	E	S
E	S	O	O	J	S	S	E	S	E	S	E
L	E	T	T	E	R	E	S	E	S	E	S
C	A	S	C	A	S	C	A	S	C	A	S
A	K	A	K	A	K	A	K	A	K	A	K
S	E	S	E	S	E	S	E	S	E	S	E
T	O	O	T	O	O	T	O	O	T	O	O
S	E	S	E	S	E	S	E	S	E	S	E
L	E	T	T	E	R	E	S	E	S	E	S
S	E	S	E	S	E	S	E	S	E	S	E
V	H	V	V	N	N	V	V	N	N	V	V
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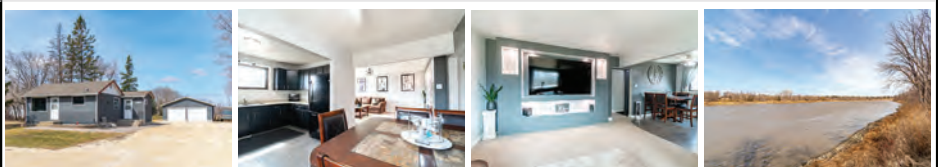


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FEATURE OF THE WEEK! 8222 HENDERSON HWY ST. CLEMENTS \$429,900



RIVERFRONT LIVING IN REACH! Embrace the tranquility of riverfront living without the hefty price tag! Charming 1145 SF bungalow on 1.36 acres offers the perfect balance of scenic serenity & simple living. Enjoy daily access to nature, fishing, or tinkering in the spacious garage. Main flr features a nice kitchen, inviting dining area & generously sized living room—ideal for your big-screen setup to catch the game. Side entry has convenient 3pc with shower, perfect for keeping the house clean after a day of outdoor adventures. Huge primary bedrm (once 2 separate rooms) offers ample space for a cozy sitting/reading area or could be converted back to 2 rooms. Another bedrm & 4pc complete the main floor. Finished bsmt features lrg recreation area w/dry bar, den/hobby room, storage & laundry. Recent updates: Hi-E furnace (2025) HWT (2017~). Outside enjoy the oversized, insulated 24x28 2DT grg, massive yard, mature trees & hookup for irrigation system for your future garden. Power has been run to the river for lights. Metal staircase leads you down to the riverbank—your front-row seat to stunning sunrises & sunsets. More than just a home—it's a lifestyle!

NEW!

OPEN HOUSE SAT, APR 26TH 2-4PM!
3 Willow Avenue
Matlock
\$259,900

RIVERFRONT!

8222 Henderson Hwy
St. Clements
\$429,900

FIX OR DEVELOP!

423 Sinclair Avenue
Selkirk
\$179,900

4 ACRES!

457 Limousin Ave
St. Clements
\$549,900

1,493 SF BI-LEVEL!

OPEN HOUSE SUN, APR 27TH 2-4PM!
1014 Vaughan Ave
Selkirk
\$539,999

SUBDIVIDABLE LOT!

727 Edith Avenue
Petersfield
\$454,900

RIVERFRONT!

1117 Breezy Point Rd
St. Andrews
\$480,900

4~ ACRES!

418 Limousin Ave
St. Clements
\$449,900

3.64 ACRES!

28092 74 Road N
St. Clements
\$330,000

LAND FOR SALE!
4704 Henderson Hwy, St Clements
\$99,900 | RIVERFRONT! 0.26 Acres
16 Greening Ave, Libau
\$54,900 | 100' x 120'
9 Fuller Rd, East Selkirk
\$109,900 | 2.20 Acres
19048 101 Rd N, St Laurent
\$134,100 | 160 Acres
28100 74 Rd N, St Clements
\$175,000 | 6 Acres
0 74 Rd N, St Clements
\$299,000 | 65 Acres

PENDING!

88 Autumnwood Dr
Gimli
\$534,900

SOLD!

4 Boundary Road
Selkirk
\$525,000

1,481 SF Bungalow

1,365 SF Snowbird

1,420 SF Bi-Level

1,655 SF 2 Storey

1,711 SF 2 Storey

EMERALD GROVE ESTATES, GIMLI'S NEWEST SUBDIVISION!
Secure your spot! Home styles & pricing options to suit everyone's needs. FREE appliance pkg for a limited time. Imagine your dream home: thoughtfully designed in the style of your choice set on a spacious lot. Tons of customizable options. Add your personal touch & upgrades to make it uniquely yours. Gimli is more than just a place to live—it's a lifestyle. Vibrant community, beautiful beaches & rich Icelandic heritage. Unique blend of small-town charm & modern conveniences. Relaxed, scenic lifestyle without sacrificing city amenities.

ASHLEY DOUGLAS, REALTOR® | CENTURY 21 ADVANCED REALTY

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Contact me for all of your real estate needs!

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@ashleydouglasrealtor

Scan here to view all of my listings!



NEW PRICE!

461 Church Rd S St. Clements
\$169,000

GREAT LOCATION!

36 Barbara Bay, Selkirk
\$359,900

INCREDIBLE RIVER LOT!

81068 St, Peters Rd, East Selkirk
\$538,500

35 ACRE CREEK PROPERTY!

705 CIL Rd, St. Clements
\$930,000

DUPLEX REVENUE PROPERTY!

132 Lorne Ave, Winnipeg
\$169,900

40 ACRES!

20040 PR229 Sandy Hook
\$425,000

SCAN TO WIN!

SCAN YOUR OCEAN CLUB CARD DAILY!

Your chance to win a hotel package & more!



DETAILS AT SOUTHBEACHCASINO.CA