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THURSDAY, APRIL 30, 2026

VOLUME 17 EDITION 16

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## State of the Region



RECORD PHOTO BY KATELYN BOULANGER

Our provincial and municipal leaders from the region gathered at the Selkirk Biz's State of the Region event last week to talk and answer questions about what's happening locally in 2026. Learn more inside.

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# Crowd comes to see political leaders speak at State of the Region

Selkirk Biz brings business owners and political leaders together for local discussion

By Katelyn Boulanger

The Selkirk Biz once again hosted the State of the Region event, where they gave local residents and business owners the opportunity to talk to and ask questions of our local political leaders.

This year, Selkirk Biz Board Member Tracy Mainland Kramble was the emcee for the event. She started off the event with a land acknowledgement and welcomed all of our local leaders who were speaking, as well as many other councillors and MLAs who came to support the event.

The first speaker of the event was Selkirk MLA Richard Perchotte.

"I'm surrounded here by colleagues on both sides of the aisle, and appreciate everybody being here. I see mayors and councils. I see local leaders,

and it's amazing to see everybody coming out here today," said Perchotte.

His presentation focused on the future and the promise in the region. He mentioned his hopes that the new Selkirk hospital can continue to be utilized and even have more opportunities in the future to help deal with medical backlogs.

"I'd love to see the government step forward and open the door and pathways for the opportunities for business to thrive. When a business can come out here and thrive, people come with that business, and community expands, local business expands, tax bases expand, and we have revenue to keep going and offer more

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

The room was packed for the 2026 Selkirk Biz's State of the Region.

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> STATE OF THE REGION, FROM PG. 3

programs," he said.

He concluded by hoping that work can be put into making our area's highways safer in the future and thanked everyone for being there.

Next up was Red River North MLA Jeff Wharton.

Wharton started by acknowledging the hard work of Perchotte, who recently announced that he is not going to be seeking reelection. Wharton commended Perchotte's work "fighting for the folks of Selkirk-St Andrews

every single day."

He then discussed the successes that his party had when they led the government.

"We did do some wonderful work in partnership with our mayors and Reeves for both East St. Paul and St. Clements. We did new sewer and water infrastructure. We talked about better roads. We also focused on safety and lowering speed limits on certain highways," he said.

He then discussed the positive change from lower speed limits and traffic lights in Brokenhead.

As for the future, he highlighted some highway safety concerns that he hopes the province can address.

"We need to look at Highway 59, we need to look at repairing that road for safety from (Provincial Road) 317 north through Brokenhead. We've got a lot of work to do. We will continue to work with the government to ensure that your issues and your concerns are addressed," said Wharton.

The mayors were up next, starting with Joy Sul from St Andrews.

Her speech centred on strong partnerships.

"As I've men-

tioned before, we are incredibly grateful to have received a \$1.1 million grant from this government for the Lockport Active Transportation Path and streetscape project on Hwy 44," she said.

Sul thanked the provincial representatives who made it happen and discussed how this investment is about more than infrastructure, but is a way that St. Andrews and St. Clements can form a very literal connection, allowing people to enjoy what both communities have to offer.

She then turned to recreation.

"A.K. Soccer is investing \$4.5 million into a world-class indoor and outdoor soccer facility. By working together, we are creating opportunities for our youth - not just here but across the region," said Sul.

She then mentioned that one of the highlights from the community over the past year included the Sgt. Tommy Prince Celebration, and that more may come with that, as plans are underway on a walking trail in his honour.

Sul concluded with the humorous announcement that she will be "arrested" on May 6 at the McDonald's in Selkirk on Main St. on McHappy Day and that she will be accepting donations to the Ronald McDonald House as "bail". If you would like to contribute to Sul's fundraising efforts, stop by McDonald's.

"Thanks to all of you, our partners, our residents, our business partners and our community leaders. The progress we see today is not the work of one person or one council - it is the result of working together. Partnerships build results," she said in conclusion.

Mayor Debbie Fiebelkorn of the RM of St. Clements went next, and she came prepared with a slide presentation.

"Our focus has been simple and disciplined- strengthen our foundations, invest responsibly and prepare our communities for the future. To-

day, I want to share how that work is showing up in practical ways for residents," she said in opening.

She spoke about plans to maintain the roads in the region through a one per cent mill rate increase this year, which comes on the heels of a large mill rate decrease last year. Fiebelkorn explained that they are focused on maintaining the about 720 kilometers of roads in the region.

They have also made progress at the Libau landfill with a new engineered waste cell designed for long-term environmental protection and service reliability.

"Public safety remains one of our most important responsibilities. In 2025, we invested in two new fire department command units to improve communication and coordination at complex emergency scenes. We also added a specialized wildland and grass fire truck for Narol, built to respond to one of our greatest seasonal risks," said Fiebelkorn.

After updating the room on what they've done recently, she turned to the future.

Fiebelkorn discussed work moving forward on the south reservoir and service sharing opportunities, while continuing long-term planning at the Libau landfill.

She also discussed how the South St. Clements Activity Centre is working its way towards completion.

"Looking ahead. 2026 is a delivery year. We are moving from planning and procurement to visible community facing results. Priorities include opening the activity center, advancing regional partnerships such as Henderson Highway planning, supporting the library expansion campaign, and continuing to keep residents informed and engaged. We are not slowing down," said Fiebelkorn.

She is also getting "arrested" in support of the Ronald McDonald House on McHappy Day, so perhaps a little

Continued on page 5



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> STATE OF THE REGION, FROM PG. 4

competition between St. Clements and St. Andrews will take place.

Mayor Peter Truijen of West St. Paul shared his news next.

He jumped in with the positive news that West St. Paul is experiencing growth in residential, commercial and industrial sites and that a new school is being built in the Meadowlands subdivision for Kindergarten to Grade 8 students and is expected to open for the 2027 school year.

Truijen then discussed the new housing that is being approved and is underway in the community, as the community has experienced a great deal of growth.

As for the future, Truijen discussed the future project of a bridge over Grasmere Creek, which will connect Kapelus Drive to Grasmere Road and remove the Kapelus Drive access point to Hwy. 8, increasing safety.

He then discussed how SmartCentres and Costco are both planning to bring business to West St. Paul in the future.

"In the first three months of 2026 alone, we have already over \$91 million in construction value added to our municipality, which is an increase of 150 per cent at the same time last year," said Truijen.

He concluded by talking about how the RM is now establishing their Community Safety Officer Program and how they are hiring three CSOs(Community Safety Officers) to work alongside the RCMP to increase visibility and for enforcement of selective provincial bylaws such as the Traffic Act.

Mayor Carla Devlin of East St. Paul came up to the podium next.

"Over the past year, council and administration have remained focused on strengthening core infrastructure, improving services and investing in the programs and amenities that matter to our residents," she said.

Devlin mentioned their success in this area with the opening of the splashpad, expansion of the pickleball courts, and accessibility improvements at Hugh McDonald Park.

She then discussed how East St. Paul's Community Safety Officer Program was the first in the province, and that they are seeing success there as well.

"In 2026, we are building on that investment by adding a third CSO officer and a vehicle and staff to support. We're also adding drone technology to support both our CSO program and our fire department. The technol-

ogy will enhance situational awareness and emergency response and public safety," said Devlin.

She then went on to speak about wastewater infrastructure in East St. Paul, which is an important topic to the community.

"In April, council made a significant decision to endorse the construction of a new wastewater treatment plant on a greenfield site on the newly acquired Imperial Oil lands. This decision followed extensive technical review and reflects Council's commitment to a long term solution to support existing residents and environmental stewardship into the future,"

said Devlin.

In conclusion, she said that she's most proud that the RM isn't just reacting to issues as they arise but is planning ahead, investing in infrastructure, public safety, recreation, and the future of the municipality.

The final mayor of the day was Selkirk's Larry Johannson, who brought with him a video presentation to go alongside his speech.

"Selkirk is growing. It's growing in population, economic opportunity, vibrancy and civic pride," he said.

Johannson then discussed the City's

Continued on page 6

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> STATE OF THE REGION, FROM PG. 5

downtown, which has seen some love over the past few years, with millions of dollars of investment being put in by the City and investment from organizations like the MMF, which recently completed construction on their building at the corner of Eveline St. and Eaton Ave. Johannson says that this is just the start.

He then went on to talk about how,

since Selkirk repatriated land use planning and building permit services, they are seeing homes being built, with more to come, which will be needed as the City's population is growing.

Another anticipated project in downtown is the Garry Theatre, which has seen some major announcements over the past year, and Johannson shared more good news.

"The Garry was (once) the epicentre of entertainment for our region, and it will (be), once again, thanks to the city, the province, and the many donors and sponsors who have stepped up, it will be the epicentre again. I can't wait to see you all at the Garry in a few weeks," he said.

Johannson then spoke about plans for the West End Development, which will include 60 acres for a regional natural space park.

"We're now in the final stages of opening the first 23 acres of that land for development, with much more to follow in 2026," he said.

Johannson updated residents on the urban forest of Selkirk, which the city plans to add 1000 more trees to this year as part of its

climate action work.

"In closing, I will say that in 2026 we are building on the successes of the last four years, and lifelong residents like myself can see and feel the difference in Selkirk and together, we are building a more sustainable, vibrant, inclusive and prosperous Selkirk for all," said Johannson.

The final speaker of the day was Premier Wab Kinew, who started off talking healthcare.

"Our government is really, really focused on improving the quality of health care, and that's right through from more physicians being recruited, hundreds more in the province already, hundreds more nurses, health care aides, right on down the list to allied health professionals. But here in the region and at Selkirk Hospital in particular, I wanted to talk about two big time initiatives in health that have been very, very well received so far. One is that we added 800 surgeries to the Selkirk Hospital last year, and we're doing it again this year, another 800 coming up," said Kinew.

The second health care initiative that he spoke about was midwifery services. This program currently boasts 73 families in this region who have a midwife who is helping them through their journey to grow their families.

Kinew mentioned work that's being done, investing in passing lanes on Hwy. 8 and work on Hwy. 9, before discussing his appreciation for the collaboration that the province is seeing from local municipalities with the Community Safety Officer Program.

Another local project that Kinew mentioned is the children's section expansion to the Gaynor Family Regional Library, which the province gave \$600,000 to, and this grant, along with great contributions from the region's municipalities, and huge donations from local organizations and residents, made the project possible.

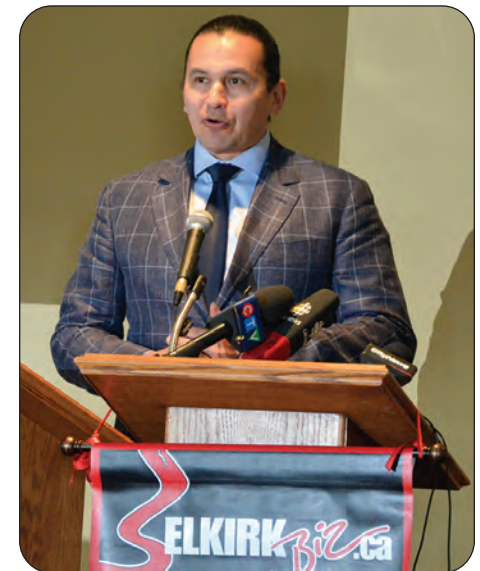
"We were really happy to make that investment, but also follow it up in the budget was an increase to operating funding for libraries right across the entire province of Manitoba," said

Kinew.

He explained that when he goes to places like Ottawa, the Manitoba advantage is very clear.

"We've got great future opportunities, like the Port of Churchill, but the thing that really makes Manitoba special is the people. It's the people who go out and volunteer for minor hockey so that we can have those success stories that we acknowledged a few minutes ago. It's the people who go to work each day in the healthcare facilities to care for one another during those special moments where our families grow, or those challenging moments where the people we care for are facing some very tough situations, or if it's simply the folks who make sure that the libraries and parks and streets that we call home each and every day are wonderful places to live. This is what Manitoba is all about, and this is what your provincial government is focused on celebrating. So I heard somebody say earlier, the state of the region is pretty great. I'll add to that (and) say the state of the province is going very well," said Kinew in conclusion.

The meeting ended with an opportunity for residents to ask questions of the premier.



RECORD PHOTO BY KATELYN BOULANGER  
Wab Kinew speaking at the State of the Region.

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# Support the graduating class of 2026 by going to the Grad Fashion Show

## Dancing, fashion and fun are all coming to the Comp

By Katelyn Boulanger

The Parents For Safe Grad Committee works hard every year to host an event for our graduates so that they can safely celebrate their achievements. To do this, they have to fundraise to make the fun happen. This year, the Comp is continuing its annual tradition of hosting a Grad Fashion Show, and anyone from the community who would like to support the 2026 graduates is welcome to grab a ticket and attend.

"It is open to the entire community to come and support the graduating class. We have lots of past graduates who come back to help (and in addition to the fashion models), we have students who are doing lights and music and some stage help," said Lord Selkirk Regional Comprehensive Secondary School Teacher Ashleigh Gusberti.

The way the fashion show works is a little unconventional. Instead of having a runway that the students walk, groups of students perform dance numbers showing off their fashionable clothing in motion so that attendees can see the clothes from all angles.

The first annual grad fashion show started in 1996, and this is the third fashion show since the school took a few years off during the pandemic.

A production like this can't happen without community support, and the fashion show has many businesses that help them.

"All our grad dresses are lent to us from Christie's in Steinbach. They've lent us over 50 dresses. And the fun is, the girls all go out to Steinbach and do the fittings. And, it's just kind of a fun time for each group," said Lord Selkirk Regional Comprehensive Secondary School Teacher Brandie Lev.

In addition to the graduation dresses, there will be suits as well as more casual clothes on show. Warehouse One, 204, Packers Fashion, Moores Clothing for Men on Regent Ave. in Winnipeg, Tip Top Tailors in Polo

Park Mall in Winnipeg and Hippy Trail Beach Co. in Grand Beach are also supporting.

"(Attendees) are going to see a lot of current fashion, but maybe more important, they're gonna see a lot of excited students modelling and making memories together," said Gusberti.

She explained that her favourite part of the Annual Fashion Show is not just supporting the grads but having the grads make the most out of their last year in high school.

"(My favourite part is) the memory making for the students. Because we're such a large school, a lot of them don't know each other that well until an event like this happens, and they all have to work together. It's seeing 80 students work as a team to produce something really amazing and incredible for the whole community and for themselves," said Gusberti.

The students are also enjoying the experience.

"It's just a fun time with the boys practicing here at the school on the weekends. Just a good time overall," said student Cadence Chorney.

"It's just creating one last memory with people that you've been going to school with your whole life," said student Kyle Cromie.

"It also gives you an excuse to hang out with people that you might not normally hang out with outside of school," said student Kennedy Korell.

If you would like to get a ticket and support our 2026 grads, there are a few ways to get one.

"Tickets are available on Eventbrite. They can also get tickets by coming to the school in person," said Lev.

The shows take place on May 7, and the link to online tickets is <https://www.eventbrite.ca/e/2026-lsrcss-grad-fashion-show-600-tickets-1987938223741?aff=oddtcreator> for the 6 p.m. show or check out the 7:30 p.m. show at <https://www.eventbrite.ca/e/2026-lsrcss-grad-fashion-show-730-tickets-1987939368164?aff=oddtcreator>.



RECORD PHOTOS BY KATELYN BOULANGER

Students practising their moves for the fashion show.



=oddtcreator. You can also scan the QR codes pictured.

Gusberti hopes to see residents come out to support the grads.

"It's bringing back past graduates. It's celebrating current graduates. We have tons of community support in terms of clothing being provided, so it just ends up being a really nice reconnection activity," she said.



RECORD PHOTO SUBMITTED

Link to the 6 p.m. show.



RECORD PHOTO SUBMITTED

Link to the 7:30 p.m. show.

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## Hackers breach Canada Life, steal Canadians' personal data

By Patricia Barrett

Canadians have once again become the victims of cybercriminals after insurance company Canada Life had its IT system breached this month and customer data stolen.

Canada Life provided few details about the cybersecurity incident.

It said in an April 20 news release that the "unfortunate" event involved "unauthorized access to certain applications through an employee account" and that the company launched an immediate investigation.

"Our primary focus is the protection and care of our customers, advisors, and employees," said the company. "While we are finalizing a thorough analysis to understand the exact nature and full scope of impact, we have begun communicating with our customers."

Individuals whose personal information was accessed will be contacted and offered credit-monitoring protection, it added.

Canada Life was founded in 1847 as the Canada Life Assurance Company. It provides personal health insurance for medical services such as physiotherapy and psychology, dental insurance, life insurance, retirement planning and insurance for businesses and their employees.

Other media reports said hackers known as ShinyHunters stole the data of about 70,000 Canadians from Canada Life.

Bill Buckels, a retired systems analyst, software engineer and wealth systems manager who lives in the Interlake, said the Canada Life cyber attack represents an ongoing failure of companies to protect clients' data.

"Well, of course, Canada Life was hacked," said Buckels. "This is another good case for not storing customer information where it can be accessed through the Internet."

He said he's not surprised the company's IT system was breached as the

ironclad security protocols he worked with back in his day are just not being implemented now because of convenience. That's why the news is full of stories about companies being hacked and client data stolen.

Strong protocols from 35 or 40 years ago still exist and can be built into today's IT systems, he said. Those security protocols include "data or information hiding" whereby individual clients are linked only to a "generic tag" such as a customer ID or a transaction number, with none of their personal data attached, as well as not allowing the transmission of sensitive data from a company's server over the Internet.

"Canada Life should have had information hiding. In the 1980s and 1990s, this was a tenet of computer privacy, and we didn't have this hacking problem back then," said Buckels, who worked in the financial sector for companies such as RBC Dominion Securities and for stock exchanges and international banking systems. "If you're going to leave the door open, the criminals are going to come in and steal everything."

According to his research, Buckels said the stolen Canada Life data included names, contact details, and possibly financial and health insurance data.

Hackers accessed the system via a single employee's account. Buckels said it could have been a phishing email that the employee opened or the hackers could have obtained a previously hacked password that the employee was using for other applications, and the hackers tried it out and were able to access Canada Life client data stored on the Cloud. In this way, the hackers didn't have to "break in through a firewall; they just walked in the front door."

"If the employees have access to client information through the Internet, then you as the company have

compromised your own system, and you're to blame," said Buckels. "Under what circumstances does an employee need to have access to more than one customer at a time? If they choose to, Canada Life can have a 'closed' system for employees that won't compromise the data of thousands and thousands of clients."

Cybercriminals not only sell personal data on the dark web to other criminals, but they'll also sit on it for years. For example, if they can't read encrypted data they've stolen, Buckels said they'll store it for years until new technology is developed to "crack" older encryption standards.

"The Canada Life data is obviously going to be set aside and could be frozen until thawed in five years' time or more," he said.

That's why a hacked company saying there's "no evidence client data is being shared on the dark web" or offering its clients free time-limited credit-monitoring services is virtually meaningless. It does nothing to protect victims whose data was hacked.

"Canada Life is giving a credit check for a year or two as compensation to the victims. But it's clear that these are really stupid people when it comes to protecting data and they should be punished like criminals to teach them a lesson," said Buckels. "The company needs to pay when that data eventually gets used and the damage occurs, whether that's tomorrow or a decade or more from now. Canada Life is effectively an accessory to this breach and it should be liable to the same penalties given to hackers - who may never be caught."

He underscored that fact that when IT systems are not exposed to the Internet, data cannot be stolen. Thieves would have to physically steal a server containing data by dynamiting brick and mortar to get to it.

Continued on page 9

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# Mapleton School making an Earth Day difference



RECORD PHOTOS BY E. ANTONIO

Students in Ms. Wedel's Grade 3/4 class at Mapleton School marked Earth Day on April 22 by heading outdoors to collect garbage from the ditches surrounding their school, demonstrating what it means to be responsible eco-citizens. "It's important we pick up garbage to keep Mother Earth Clean," one of the students, Lincoln, said. "We want to keep the earth healthy," fellow student Levi added. Students were eager to get outside and take part in the cleanup, showing enthusiasm and a shared commitment to caring for the environment.



## > HACKERS BREACH CANADA LIFE, FROM PG. 8

What Canada Life and other companies with weak IT protocols need to do now is "remove client data from the Internet altogether," he said.

The Canadian Investment Regulatory Organization (CIRO) experienced a major cybersecurity breach in 2025 that affected about 750,000 Canadian investors, including those in the Interlake. Hackers stole personal and financial data (including birthdates, SIN, bank account numbers and eye colour) after they accessed CIRO's IT system. Interlakers just found out in March their data was stolen. A class-action lawsuit has been launched (see Feb. 5 online edition of the *Express Weekly News*).

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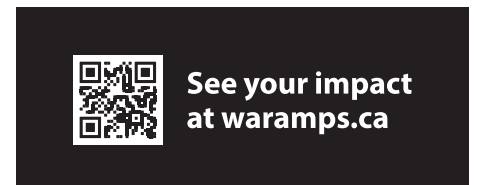
<p>1 – Geoff Erickson band 7:30pm 8 – Big Joe band 7:30pm 15 – Vintage Groove band 7:30pm 18 – Victoria Day – OPEN 21 – Over 60's Lunch 11 am 22 – Bowman Bros band 7:30pm 27 – General Meeting 7:30pm 29 – Generation Gap band 7:30pm 30 – Initiations &amp; Awards 7pm 31 – Pancake Breakfast 9-12 as supplies last</p>	<p><b>Open Sunday 11 am-6:00 pm</b></p> <p><b>Chase the Ace</b> \$38,622+ <small>As of Friday, Apr. 24/26</small> 14 cards left</p> <p><b>HALL RENTAL</b> dates available</p> <p><b>WING SPECIALS</b> Friday and Sunday</p>
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# The Back Pew Boys are back for their 2026 spring concert performance

## Everybody is welcome to grab their ticket for this live music event

By Katelyn Boulanger

The Back Pew Boys are wrapping up their 2026 choir season with a spring performance, and everyone from the community is invited.

"They are a group of men of varying ages who come from (Selkirk and the area) who get together to sing, have fun and establish a camaraderie with the other men. Some of them do have some musical training and abilities, and some have had no training, but they like to sing," explained Back Pew Boys Director Ishbel Moore.

The group has been singing together in our community for 25 years or so.

The music this year will not disappoint, as there will be a little bit of something for everyone. This music is chosen from the wide range of music that the choir learns each year.

"We have a wide range of songs. One of the things I try to do as a director is to bring them music they might not otherwise choose for themselves. But I also take into consideration any options for songs that they bring to me," said Moore.

"This year, for instance, we are doing a little version of the Anvil Chorus, which is from an opera, and we are also doing a selection of Johnny Cash songs, and all manner of things in between. And, we do always include quite a few that are with the

religious or spiritual event, because there's always some beautiful harmonies," she said.

Though there are going to be some religious songs and the event is taking place in Selkirk United Church, you don't have to be a member of the church or any church to enjoy the show, as everyone is welcome.

The spring concert takes place on May 7, starting at 7 p.m. with doors open at 6:30 p.m. Tickets are \$15. The concert will be about 1.5 to 2 hours of great musical fun.

In addition to the Back Pew Boys, this year's performance is going to be a little special as the group has invited some special guests to take part. Three local musicians, Tim Longbottom, Lloyd Thomas, and Garth Reid, will be performing, and Earl Tustin will be there with his electric washboard.

Another change to the lineup this

year is the choir's new accompanist, Grade 12 Comp student Kaylin Lambrechts, who stepped into the role this year.

"Kaylin is a wonderful pianist who is going to be entertaining the audience this concert with a classical guitar piece as well because she also plays classical guitar," said Moore.

She hopes that attendees come out and get to feel the joy that the band feels when they are singing together.

"We are there to have fun and to share our love of music and our joy in singing with the audience, and to give them the opportunity to sing along with us to some of the numbers. And as always, I'm looking forward to it being a fun night," said Moore.

Moore explained that her favourite part of the concert is seeing the months of work by the group come together.

"When it all comes together, all those months, sometimes of struggle. Every choir, it doesn't matter who they are, even the best of choirs have weeks where they're slogging their

way through the notes, but at the end, at the concert, when they're all standing up there, and they realize that this is it. And when a song goes well, and the audience interacts right away at the beginning, the look on the faces of the choir members is so rewarding," she said.

This is the ultimate night when the choir gets to play for the audience, and it's something to see.

Moore hopes that residents take time to stop by and enjoy the show and advises that people grab their tickets early, as last year's event was well attended.

"If you want to get a ticket, and you probably should do so soon, you can get them from any of the choir members that you might know, or you can contact me at 204-482-8271," said Moore.

You can also email [bpbchoir@gmail.com](mailto:bpbchoir@gmail.com) for tickets, but also if there are any men who might be interested in joining the choir this September, you can also email them to learn more about how to get involved.



RECORD FILE PHOTO

The Back Pew Boys are coming back again. They'll be performing their spring concert at Selkirk United Church on May 7.

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# Local Band Sloohai is turning 25 and invites residents to celebration concert

Band celebrates quarter decade of making music together

By Katelyn Boulanger

Sloohai started performing together 25 years ago and has been bringing their sound all over the country since.

The band started in Selkirk when members Manitoba fiddle player Will Kaye and drummer Matthew Prychun, teamed up in 1999.

Over the next two years, they honed their craft, arranged some tunes, and brought in additional musicians and became a high-energy Ukrainian wedding and party band under the name Sloohai, which means 'listen' in Ukrainian.

The fun turned from friendship and making music together in baba's basement to sharing their talents with the world in 2001. The band's first three performances were a family wedding at the Selkirk Legion, the beer gardens at the Teulon Dance Festival and a family retirement party in Winnipeg. The original line up included Will Kaye, Matthew Prychun, Roman Jaworsky, and Gord Chubey.

Over the years, the lineup evolved, but the band's momentum only grew.

Sloohai has performed at hundreds of events across North America, becoming a staple at weddings, Malankas, festivals, and community celebrations.

Members who've come and gone throughout the band's 25 years include Roman Jaworsky, the late Scott Wazney, Richard Nadolsky, Andrijo Sema-



RECORD PHOTO SUBMITTED

Sloohai, the Selkirk band, is celebrating their 25th anniversary with two concerts on May 8 and 9. Pictured: The band playing live.

niuk, John Bzovey, and Luciano Armenti.

The band has released three studio albums, *Let's Ask The Polka Band* (2005), *Pounding Back The Polkas* (2008), and *SLOOHAI 3* (2014).

In celebration of reaching this great milestone, they've come back to where it all started, Selkirk, and are putting on a show on May 8 and May 9. Doors open at 7 p.m. both nights and music starts at 8 p.m. They are also releasing a brand-new live album.

Since the band's repertoire ranges from toe tapping polkas to harmonized waltzes, classic rock, oldies, country hits, and party favourites. This performance is sure to have something for everyone.

Join performers Joel Rivard, Greg Udod, Terry Kraynyk, Gord Chubey, Matthew Prychun, and Will Kaye for a great time.

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# Local artists group is hosting a Mother's Day Market for the first time

## Pick up something special for mom from a local creator this Mother's Day

By Katelyn Boulanger

This past year and a half, shopping local and supporting our community has been on the minds of many Canadians. Luckily, the many talented artists in our community can help with that this Mother's Day as the Interlake Artists Collective(IAC) is hosting a Mother's Day Market on May 3 at the St. Andrews Community Club.

The idea behind the market was to celebrate not just local artists but local creators of all sorts.

"It all started when I bought a bar of soap at a Christmas market this past December, and the soap was just so phenomenal. I actually bought a couple of bars and went to leave one by my front door because it smelled so nice. I wanted my house to smell like that. I thought, 'You know what? What a great gift and handmade.' And I know that people do markets with handmade (goods) all the time, so I wanted to organize a market that wasn't just like everything else. I wanted it to feel more like an experience. And so, I imagined walking into a space that was filled with things that smell beautiful, and they feel good, and they look amazing. It's a little bit different than the usual market, because I wanted it to be about engaging your senses and creating something that's memorable," said

Patti Simko, coordinator of the IAC Mother's Day Market.

The Mother's Day Market takes place on May 3 from 10 a.m. until 4 p.m.

As Simko explained, the environment of the market is something that she wanted to put a lot of effort into.

"We're going to take the walls and put this beautiful, soft white fabric around the walls and have lights so that we can create kind of boutique style spaces. In the community club, there'll be some tables, but there'll also be some like boutique little tents. So, that's a little bit different. We're trying to create an atmosphere," she said.

In addition to making the place sparkle, Simko is also making the space fun with local music. November Underground is going to be performing starting at 11 a.m. until 2 p.m., and they will also have a booth where fans can check them out.

"One other thing we're going to do is we're offering free tea and cookies because we want to make it a whole little experience," said Simko.

The market, taking place at the St. Andrews Community Club, also means that the canteen at the venue will be open for vendors and community members alike who want a bite.

"I want (people who stop by) to be

able to sit down and relax and enjoy the music, and just encourage people to slow down a little bit and enjoy the space. That's one of the things that I want to do with this market, I wanted to make it something that feels a bit special and intentional," she said.

As residents probably know, the IAC is the group responsible for the 16x20 art show, which take place annually. Though this is a new endeavour for them, they are still focused on having high-quality local products made by people from the area for residents to check out at this market.

There will be 14 vendors with a variety of products from flowers, to artwork, to soap and more to choose from.

Simko says that people of all ages, not just moms or people shopping for their moms, will likely find some fun things to look at.

"I'd love to see kids come with their moms or their grandmas. It's open to absolutely everyone, all ages. Yeah, I think there'll be something for everyone, because there'll be lots. The price points are kept purposely reasonable. I want it to be a market where everybody has the opportunity to come in, have a cookie, a cup of tea, sit down, listen to music, and walk out the door with a treasure," said Simko.

Admission is free. Keep up with the IAC at <https://www.instagram.com/interlakeartistcollective/>.

## Skilled student!



RECORD PHOTO BY BRETT MITCHELL

Local Lord Selkirk Regional Comprehensive Secondary School student Will Waterman took home silver in the Automotive Technology - Secondary category of the 2026 Annual Manitoba Skills Competition. This is a great achievement for both Waterman, who proved that he can take on a challenge when it comes to automotive technology testing, but also the school itself, because, with Waterman's win, that means that the Comp's students have placed in the top three spots in the competition three years running. Pictured: Waterman(right) with automotive teacher Lucas Macintosh and his silver medal.

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# Cruisers drive over to donate to high school



RECORD PHOTO BY BRETT MITCHELL

The Lily Pad Cruisers Car Club is making a difference for local students in the Lord Selkirk Regional Comprehensive Secondary School's automotive program as they are once again donating \$2000. Pictured: The automotive program students and staff with the Cruisers and some of their cool rides outside of the school.

## RCMP remind people that making false reports can tie up police resources

By Katelyn Boulanger

The Manitoba RCMP East District General Investigative Section began an investigation of public mischief last month.

Their investigation found that between August 2025 and March 2026, Selkirk RCMP responded to eight incidents where an unknown person reported comments of self-harm

through a help phone line. Each incident was treated seriously, and multiple resources were engaged to identify and locate the person. These resources included organizations outside of the RCMP, such as crisis intervention and EMS.

In five of the eight incidents, the unknown person identified themselves as other people. This then prompted

further investigation and involved other agencies.

The RCMP resources used amounted to the work of 25 people and approximately 239 investigative hours.

Recently, the individual believed to be responsible for the reports, who is from Selkirk, was arrested without incident. They face charges of fraud, criminal harassment, and public mis-

chief.

In a release from the Manitoba RCMP, the police remind people that "Making false reports can tie up police and other valuable resources in the community. Making false claims to police could potentially lead to serious legal consequences for an individual."

## A Warm Welcome to New McDonald's Owners, the Telega Family!



It gives us great pleasure to welcome **Jonathan and Karine Telega** to the McDonald's family as the new owners of the Selkirk and Selkirk McDonald's in Walmart restaurants in Manitoba.

Jonathan's impressive 25-year journey with McDonald's has seen him rise from a dedicated crew member to an award-winning Operations Manager. His leadership and experience, recognized with both the prestigious Ray Kroc and Golden Maple Leaf Awards, have set a strong foundation for him to take on this exciting new challenge.

Jonathan, Karine, and their family are thrilled about this new opportunity to become an even bigger part of the Selkirk community. For them, being a local owner is about more than just running a business, it's about being a true community partner. They are passionate about building lasting connections and are eagerly looking forward to becoming involved in local activities and events, supporting the initiatives that strengthen the Selkirk community.

Please join us in wishing Jonathan, Karine, and their children, Kyra, Ava, Jacob and Ella every success with their new adventure.



# Call open for Canada's Volunteer Awards nominations

By Annaliese Meier

Manitobans are being encouraged to recognize the people and organizations making a difference in their communities as nominations open for the 2026 Canada's Volunteer Awards.

The national program celebrates volunteerism across the country, with nominations open from April 22 to June 17.

Brenda Martinussen, a federally appointed member of the program's National Advisory Committee, said the nomination process plays a key role in ensuring Manitoba's volunteer efforts are recognized on a national stage.

"It's important for Manitobans to nominate individuals and organizations because nominations are how Manitoba's volunteer leadership is recognized nationally," she said. "Many contributions are done quietly, and people are only celebrated if someone takes the time to tell their story well."

The awards are open to individuals, groups, businesses, non-profit organizations and charities that have made a meaningful contribution to addressing social challenges in their communities. Individual nominees must be at least 18 years old and be Canadian citizens or permanent residents, while an Emerging Leader category recognizes those aged 18 to 30.

Martinussen said some of the strongest nominations are those that clearly outline both the volunteer's role and the impact of their work.

"The strongest nominations make it easy to understand what the nominee actually did — whether they organized an initiative, mobilized others or mentored people — and then back it up with concrete results," she said.

She added that strong submissions clearly describe the need being addressed, who benefited and how

widely the impact was felt, while also highlighting challenges such as limited resources, geography or stigma. Nominations that demonstrate sustained impact, partnerships or programs that can be replicated tend to stand out.

The Canada's Volunteer Awards program includes 21 awards, including the national Thérèse Casgrain Lifelong Achievement Award for individuals with more than 20 years of service, as well as 20 regional awards presented across five regions, including the Prairies.

Regional awards are presented in four categories: Community Leader, Emerging Leader, Business Leader and Social Innovator.

While Martinussen said she could not speak to specific statistics, she believes Manitoba could be better represented in nominations.

"I would like to see more representation from Manitoba," she said. "Sometimes people feel they need to be from large urban centres to have reach and impact, but that's not true. Often the biggest impact is in smaller or rural communities where resources are limited."

She said a lack of awareness about the awards, along with the time required to prepare nominations, may also contribute to fewer submissions. In many cases, volunteers are focused on their work rather than seeking recognition, and may not see themselves as award-worthy.

For those unsure whether someone is "worthy" of being nominated, Martinussen said to move forward anyway.

"Often the people who feel the least worthy are the ones doing the work most quietly and consistently," she said. "These awards are about meeting a real need and making a meaningful difference, whether that's in a



small community or within one organization."

Beyond recognition, the awards can have a lasting impact on recipients and their communities.

"Recognition can boost morale, raise the profile of an issue and open doors to new partnerships and volunteers," Martinussen said, noting recipients can also direct grant funding of \$5,000 to \$10,000 to a non-profit organization of their choice.

She added that the benefits often extend well beyond the individual recipient, helping organizations grow their volunteer base, strengthen partnerships and support future fundraising efforts.

To submit a nomination, applicants must complete an online form and include between one and three letters of support from individuals with direct

knowledge of the nominee's contributions.

Martinussen encourages nominators to be clear and specific, tying submissions closely to the program's criteria and including measurable examples wherever possible.

"A strong nomination is clear, specific and backed by real examples," she said. "Explain what they did, who benefited and what changed."

Virtual information sessions will be held May 20 (English) and May 21 (French) to help guide applicants through the process.

"Ultimately, nominating doesn't just celebrate one person or group — it strengthens a culture of service by showing volunteers that their time and impact truly matter," Martinussen said.

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Beside MCDONALD'S

# Count yourself in to the 2026 census

Taking the time to fill out your family's information means more money for your community

By Katelyn Boulanger

Every five years, the federal government asks communities to count themselves in during the Census, and it's coming up on time to do just that.

Since the last Census in 2021, communities across the country, including right here in the Interlake, have changed. Our area has had its population shift as people have moved in and out of our communities, but shifting demographics as well as new development also mean that the country needs an update. All these changes make this Census an essential snapshot of where we are today, and a critical tool for ensuring the city, as well as our area's rural municipalities, receive their fair share of federal and provincial funding.

Census Day is Monday, May 4, and everyone should expect to receive their invitation to complete the online Census questionnaire in the mail soon.

It is crucial to complete your Census accurately because each year, millions of dollars in federal and provincial funding come to our community and that money is directly determined by our population size.

Every person counted means thousands of dollars for the area that go to things like the roads you drive on, the pipes that bring you clean drinking water, parks and recreation facilities

that serve our community, programming, and more.

The inverse is also true. Each person not counted means thousands of dollars lost that could go to our communities.

The census isn't just about getting federal dollars to the region. People are also considered at a provincial scale, and the more people counted in the province, the more funds for services like healthcare, schools, social services, and provincial infrastructure like highways and provincially maintained roads such as Main Street in Selkirk.

Duane Nicol, Selkirk's Chief Administrative Officer, in a recent release from the City, said completing the Census has a direct impact on funding and future planning at every level of government — municipal, provincial, and federal — and skipping out on it leaves Selkirk without crucial funding.

"When citizens don't complete the Census, it means fewer dollars flowing to the province and ultimately, fewer resources reaching Selkirk," Nicol said.

"These dollars help support things citizens care about, like good roads and community programming. Completing your Census takes about 10 minutes, and it's a quick and easy way to benefit your family and the



RECORD PHOTO SUBMITTED

Every single person counted means thousands of dollars flows to our region. Count yourself into the 2026 census.

entire community."

Completing the Census is a legal requirement, and skipping out could result in fines or penalties.

Locally, census information is also important because, using Selkirk as an example, the city uses this information to inform how they plan services and programs.

Census information also allows our communities to plan for sustainable growth, while also attracting new businesses and investment.

Vanessa Figus, the city's Manager of Citizen Engagement, says the Census aligns closely with the city's goal of ensuring all citizens have a role in helping to shape Selkirk's future.

"Completing the Census is one of the simplest ways citizens can have a direct impact on the future of Selkirk," Figus said.

"No matter your background or how long you've lived here, you count. When you fill out your Census, you help us build a city that accurately serves the needs of everyone who calls Selkirk home."

The Census includes every person living in Canada, including those on a study, work, or temporary resident permit — along with their dependents. Canadians who are abroad, whether on a military base, attached to diplomatic missions, or at sea or in port aboard Canadian-registered merchant vessels, are also included in the Census.

Most households will receive a short-form Census containing 10 questions that collect basic demographic information such as age, gender, language, and household relationships. A longer questionnaire with additional questions is sent to approximately one in four households and gathers more detailed social and economic information.

By law, all Census responses are kept confidential.

## JOIN US FOR THE MAY CONSIGNMENT SALES 2026

### May ONSITE Week 1 Consignment Sale

Viewing: May 4th - 8th from 9 AM to 5 PM.  
Bidding starts: May 7th, 2026 at 9:00AM  
Lots start closing on May 14th, 2026 at 10:00AM. Pick up days: Friday, May 8th from 9 AM to 5 PM



### May Ashern Auction Mart - 1st Annual Online Equipment Sale

Viewing: May 18th -21st from 9 AM to 5 PM.  
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Lots start closing on May 27th, 2026 at 10:00AM. Pick up days: Thursday, May 28th & Friday, May 29th & Saturday May 30th from 9 AM to 5 PM



### May OFFSITE Consignment Sale including Ashern Sale

Viewing: May 18th -22nd from 9 AM to 5 PM.  
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# Join CPAWS for free group hike and wildlife photo walk at Narcisse Snake Dens

By Jennifer McFee

Spring has sprung, which means the birds are chirping, the grass is greening and the snakes are slithering.

On Saturday, May 2, all are welcome to join a free 3.2-kilometre hike at the Narcisse Snake Dens, hosted by the Manitoba chapter of Canadian Parks and Wilderness Society (CPAWS). The event runs from 11 a.m. to noon, and

CPAWS Manitoba is a not-for-profit organization dedicated to protecting Manitoba's lands and waters for future generations.

"Founded in 1991, we are proudly built in Manitoba and committed to making sure the voice of conservation is heard on issues that affect our parks, wild spaces and natural heritage," said Katie Borgford, digital marketing co-ordinator for the Manitoba chapter.

"Along with protecting nature, we help connect to nature through our Nature Club and Outdoor Education program."

The Narcisse Snake Dens are a spectacular site in Manitoba, she added.

"It is the largest snake den in the world. The snakes spend the winters hibernating in the limestone rocks and come out to mate in spring," she said.

"This is the best time to view the snakes. On the hike, you can expect a fun day out in nature. We will have volunteers to help guide your walk and chat a bit about the snakes."

Group hikes are a perfect outing for families and people new to the area.

"With a CPAWS hike, you can get out in nature with the safety of being in a group, and being near people trained in first aid, while connecting with nature and making some new friends," she said.

"You also have the opportunity to sign a postcard to help protect lands and waters, like the Interlake."

In addition to the hike, this year CPAWS is also offering a new event — a wildlife photo walk at the snake dens on Saturday, May 2 from noon to 1 p.m. Registration is separate from the regular group hike.

"This is in collaboration with photographer April Carandang," Borgford said.



PHOTO SUBMITTED

Canadian Parks and Wilderness Society is hosting a free group hike and wildlife photography walk at Narcisse Snake Dens on Saturday, May 2.

"She will be taking us through a relaxed beginner guide for photographing wildlife and how to get the best shots."

Throughout the summer, CPAWS continues to offer events for all to enjoy.

"As a part of our Nature Club, we host many events all summer to help connect people to nature. On Tuesdays in the summer, we have nature workshops at Crescent Drive Park in Win-

nipeg. On Wednesdays, we have paddle nights on Churchill Drive," Borgford said.

"Every first Saturday of the month, we have a free group hike. In the Interlake, we have a group hike in Stony Mountain on Oct. 3. Remember that CPAWS Manitoba is your source to get outside."

To see all the events and to register, visit <https://cpawsemb.org/nature-club-events/>.



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# Hands-on canoe program supports watershed education

By E. Antonio

The South Central Eco Institute has been recognized for its work in environmental education and water stewardship after receiving the Red River Basin Commission (RRBC) Endowment Grant, an award highlighting organizations making a meaningful impact across the Red River Basin.

The grant, presented by the Red River Basin Commission's executive committee during its 15th annual North Chapter Fish Dinner Fundraiser Gala on March 19, celebrates community-based initiatives that advance environmental awareness, innovation and stewardship.

For program coordinator and Prairie Spirit School Division educator Kent Lewarne, the recognition reflects years of work building collaborative, hands-on learning opportunities that connect students, educators and communities to local waterways.

"I was totally shocked when they called me up," he said. "It is a nice influx that will promote the River of Dreams and the River Watch program this spring and next."

At the heart of the institute's work is a focus on water resource management and watershed education, bringing together academics, government representatives, environmental professionals and community members. Through these partnerships, the organization aims to strengthen understanding of how local waterways connect across the broader Red River Basin.

One of its longest-running initiatives is River Watch Manitoba, a student-driven monitoring program that has been operating for more than a decade. Students across Manitoba collect environmental data from local water bodies, which is then compiled and made publicly available online for both educational and research purposes.

"In Prairie Spirit, we were looking



A River of Dreams canoe designed by a local student.

for a project to really sink our teeth into, and water quality is an issue a ton of schools and community members were interested in," Lewarne said. "With immense support from surrounding watershed districts, we quickly realized this project was going to be something bigger than Prairie Spirit, and the South Central Eco Institute was born."

The program has since expanded to schools across the province, with Lewarne bringing River Watch as far north as Norway House. Upward of 60 Grades 7 through 12 classes participate annually.

"Water is a resource we desperately need to look after," he added. "And the future of our waters is in the hands of these students."

More recently, Lewarne has helped introduce the River of Dreams program to Manitoba youth in Grades 4 to 6. Originally developed by the International Watershed Institute in the United States, the program uses a hands-on approach to teach students about watershed connectivity and river systems.

The initiative invites students to decorate and launch small cedar canoes — each approximately 14 inches in size — into local waterways. Each canoe carries a unique tracking number and a message encouraging anyone who finds it to log its journey online before returning it to the water. Over time, students are able to follow the path of their canoe as it travels through the watershed, potentially making its way toward Hudson Bay.



RECORD PHOTOS SUBMITTED

Students from Treherne Elementary School drop their canoes, they helped decorate through the River of Dreams program, into the river.

He added that, thanks to funding from the RRBC, every student across nine classrooms was able to decorate and launch their own canoe this year.

"The kids have had an absolute blast with the program, and the teachers absolutely love it," he said. "We've been fortunate to put a canoe in the hands of every student. They can make it their own, and that's what makes this unique — they are making a canoe of their dreams."

He has run the program for two years, launching in three classrooms in the first year and nine classrooms in the second. So far, only one canoe has been spotted upstream, but Lewarne hopes more will be discovered as they travel.

"I want them to go wherever the waterways can take them," he said. "We would love to see them make it out to the sea — that would be my dream for the River of Dreams."

Lewarne said the program is designed to turn abstract environmental

concepts into something tangible for students, allowing them to physically connect with the movement of water across regions and ecosystems.

In addition to program development, he is a regular presence in classrooms throughout the Red River Basin, where he leads discussions on water conservation and encourages students to think critically about their role in protecting local environments.

"Kids will only protect what they love, and they will only love what they understand," Lewarne said. "In years from now, they will be the people making decisions about the future of our watersheds, and their knowledge is key — education is the infrastructure that will reach the most people."

He added he hopes youth will share their knowledge with others and understand that their decisions, opinions and voices matter.

Continued on page 20

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# get inspired

> MEAL IDEAS



Total time: 50 minutes  
 Servings: 4  
 4 ounces baby potatoes, well-scrubbed  
 2 tablespoons extra-virgin olive oil, divided  
 1 pound store-bought pizza dough, at room temperature  
 kosher salt, to taste  
 freshly ground black pepper, to taste  
 2 ounces green beans or haricot verts, trimmed  
 1 can (5 ounces) Genova Yellowfin Tuna in Olive Oil  
 1 1/2 teaspoons red wine vinegar  
 1/2 cup baby arugula  
 1/2 cup cherry tomatoes, halved  
 1/4 cup pitted kalamata or nicoise olives, halved  
 1/4 small red onion, thinly sliced



## Flatbread Nicoise

Preheat oven to 450 F. Using mandolin, thinly slice potatoes.

Drizzle 9-by-13-inch baking sheet with 1 tablespoon olive oil and spread pizza dough to edges. Shingle potatoes over dough, leaving 1/2-inch border. Season with salt and pepper, to taste, and drizzle with remaining olive oil.

Bake pizza until cooked through and crust is golden, about 25 minutes. Remove and let cool slightly.

Bring small saucepan of salted water to boil. Add green beans and cook until bright green and crisp tender, about 3 minutes. Strain, rinse with cool water and drain well. Transfer to work surface and cut each bean into thirds on bias.

Strain oil from tuna can into small bowl and whisk vinegar into oil. Season with salt and pepper, to taste.

Sprinkle slightly cooled pizza with arugula, tuna, tomatoes, olives, green beans and red onion. Drizzle with vinegar dressing then slice and serve warm.



## Vietnamese Caramelized Beef Bowls

moons  
 1 bunch fresh mint  
 1 bunch cilantro  
 chopped roasted and unsalted peanuts

1 lime, cut into wedges

Cook vermicelli noodles according to package directions. Set aside.

To prepare beef: In medium bowl, whisk garlic, ginger, fish sauce, brown sugar, lemongrass paste and lime juice until blended. Add beef and mix until well blended. Marinate 15 minutes.

In large skillet over medium-high heat, heat vegetable oil. Add beef and cook, breaking up using wooden spoon and stirring occasionally, until beef is dark and caramelized, 10-12 minutes.

To make dressing: In small bowl, combine soy sauce, lime juice, lemongrass paste, brown sugar and sriracha, if desired. Whisk until sugar dissolves. Slowly stream in vegetable oil, whisking, until dressing is thickened.

To prepare salads: Divide noodles between four shallow bowls. Arrange caramelized beef, lettuce, carrots, cucumber, mint and cilantro in bowls then drizzle with dressing and sprinkle with peanuts. Serve with lime wedges for squeezing on top.

Prep time: 20 minutes  
 Cook time: 30 minutes  
 1 package (8 ounces) rice vermicelli noodles  
 Beef:  
 2 cloves garlic, grated  
 1 thumb ginger, peeled and grated  
 2 tablespoons fish sauce  
 4 teaspoons light brown sugar  
 1 tablespoon lemongrass paste  
 1 tablespoon fresh lime juice  
 1 pound Niman Ranch ground beef  
 1 tablespoon vegetable oil  
 Dressing:  
 4 tablespoons soy sauce  
 4 tablespoons fresh lime juice  
 2 tablespoons lemongrass paste  
 2 tablespoons light brown sugar  
 2 teaspoons sriracha or hot sauce (optional)  
 2 tablespoons vegetable oil  
 Salad:  
 8 ounces butter lettuce leaves  
 8 ounces carrots, peeled and sliced into matchsticks  
 1 English cucumber, halved lengthwise and thinly crosswise into half-

## This Mental Health Week, let's talk about substance use

By News Canada

Being a kid isn't easy. Young people are often under a great deal of stress, and one way some youth respond is with drugs or alcohol. Teens may use drugs and alcohol to relax, to fit in with peers or because they believe it will help with focus or performance. They may also simply be curious about trying something new.

Substance use always comes with risks, especially for young people, because their brains aren't fully developed until around the age of 25. Cannabis, alcohol, nicotine and other substances increase the risk of harm to developing brains, hampering functions like concentration and memory, and can lead to mental health challenges such as anxiety and depression.

Substance use can make mental health struggles worse. It can be a way for teens to forget their problems and simply feel good for a brief moment. But that good feeling comes from the substance triggering the brain to release dopamine, the "happy hormone." Over time, regular use can interfere with the brain's dopamine system, actually making it harder to feel happy or motivated. It can also make existing mental health issues worse, or create anxiety. In some cases, teens using drugs can develop paranoia or schizophrenia.

Talking with teens about substance use is a critical part of



preventing harm. Teens may have incomplete or incorrect information about the substances they or their friends may be using, even legal ones. Clearly communicating your expectations and sharing accurate, factual information about risks—including those that may not be obvious—can help teens reduce their risk and make more informed decisions about their health.

You don't have to face the topic alone; you can find free resources online, like Health Canada Experiences, which has interactive modules for parents and teens to get better informed on substance use.

Teens may have questions of their own that they've been too nervous to ask. That's why it's important to create a safe environment to calmly and openly have discussions. You can learn more about starting the conversation at [healthcanadaexperiences.ca](http://healthcanadaexperiences.ca).

## The Protein Powerhouse

1 tablespoon butter, softened  
 2 slices bread fortified with protein and fiber

2 Borden Mild Cheddar Slices  
 1 slice Borden Mozzarella Melts  
 5 ounces sliced chicken breast (deli-shaved or thinly carved)

"Powerhouse" Sauce:  
 2 tablespoons non-fat Greek yogurt  
 1 teaspoon Dijon mustard  
 1/2 teaspoon garlic powder  
 1/2 teaspoon smoked paprika  
 Heat griddle to medium heat. Butter bread. Layer cheeses and chicken on top of bread.

Place bread on griddle and cook until lightly toasted. Flip and cook other side.

Remove sandwich from skillet or griddle.

To make powerhouse sauce: Mix Greek yogurt, Dijon mustard, gar-

lic powder and smoked paprika until well blended. Slice sandwich in half and drizzle with Powerhouse sauce.



# BINGO

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- Bonanza - \$7,810**  
in 52 numbers
- 19 **Loonie Pot - \$844+**



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# PET of the Month

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*Breeze has won a prize from Canvasback Pet Supplies!*  
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# Manitoba, Ottawa boost wages for child-care workers

By Annaliese Meier

Early childhood educators in Manitoba are seeing significant wage gains as part of a joint federal-provincial effort to strengthen the child-care system and expand access for families.

The governments of Canada and Manitoba announced that wage increases introduced through a new provincial wage grid have boosted pay for early childhood educators (ECEs) by as much as \$7 per hour over the past two years, depending on certification level and facility size. The updated wage grid took effect April 1.

Manitoba Education and Early Childhood Learning Minister Tracy Schmidt said the increases are part of a broader strategy aimed at growing the workforce and supporting the expansion of licensed child-care spaces.

"The Manitoba government is delivering more high-quality child care for families across the province for children up to age 12," Schmidt said in a release, noting that nearly 1,200 additional educators have joined the sector.

The wage enhancements apply to ECEs, child-care assistants and home-based providers working in licensed and funded facilities. They build on previous increases introduced to address long-standing wage gaps in the sector.

Federal Secretary of State for Children and Youth Anna Gainey said the investment reflects a continued commitment to strengthening early learning and child care across the country.

In addition to wage increases, the province will provide a two per cent funding boost — totalling \$14.3 million — to support wages at licensed

facilities. Base operating grants will also rise by one per cent, adding \$4.7 million to help centres manage day-to-day costs.

Sector leaders say the funding is critical to stabilizing the workforce.

Jodie Kehl, executive director of the Manitoba Child Care Association, said competitive wages are key to improving retention and maintaining quality care.

"Fair and competitive compensation is essential to stabilizing the workforce, strengthening retention and sustaining high-quality early learning and child care," she said.

The announcement also includes more than \$14 million over two years to extend training programs at five post-secondary institutions, supporting 327 expanded seats for ECE students. The funding builds on a previous \$24-million investment made in 2023 to grow training capacity.

Officials say expanding training opportunities is necessary to meet growing demand for child-care spaces across Manitoba.

The investments are part of the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement, first signed in 2021. Under the agreement, Ottawa committed approximately \$1.2 billion over five years to reduce parent fees to an average of \$10 per day and increase access to licensed care. A 2025 extension added \$1.9 billion in funding through 2031.

Government officials say the combined measures — higher wages, increased operating funding and expanded training — are intended to ensure child care remains accessible, affordable and sustainable for Manitoba families.

## > CANOE PROGRAM, FROM PG. 18

The RRBC Endowment Grant highlights growing recognition of community-driven environmental education efforts across the region. For the South Central Eco Institute, the focus remains on building long-term awareness and stewardship through education, collaboration and hands-on learning.

Looking ahead, Lewarne hopes to expand participation in both River Watch Manitoba and the canoe program, reaching more schools and strengthening connections between communities and the waterways that link them.

"It's my goal to get these programs into the hands of as many students as

possible," he said. "Students will be fantastic decision-makers for our basins — they are the key to a healthy future."

Registration for the River Watch program is accepted on an ongoing basis. Participation inquiries for River of Dreams will open in late fall 2026, with school presentations and canoe construction anticipated in early 2027 and launches in spring. All schools across the province will be considered for the spring 2027 launch, with final participation numbers dependent on funding.

For more information on South Central Eco Institute initiatives, contact [klewarne@prspirit.org](mailto:klewarne@prspirit.org).

# Patients push for continued improvements at Selkirk dialysis unit

By E. Antonio

Weeks after concerns about Selkirk's dialysis program were brought to light, patients say the impact of those concerns has been uneven, with some noting small improvements and others reporting little change to their care.

The updates follow concerns raised earlier this year by patients and families regarding aspects of care, comfort and access within the dialysis program at Selkirk Regional Health Centre.

An IERHA spokesperson said the unit has recently implemented a handheld ultrasound device designed to assist nurses in accessing patient fistulas, the permanent access point used for dialysis treatments.

According to IERHA, the device helps improve accuracy during needle insertion, reducing the likelihood of multiple attempts, particularly in cases where access points are more difficult to locate.

"The new device improves the patient experience by making the fistula easier to locate, which reduces the potential for multiple attempts to gain fistula access, especially in difficult to visualize areas. Several patients have shared positive feedback about the improvement," an IERHA spokesperson said.

In addition to aiding access, the ultrasound allows staff to better understand each patient's vascular system.

"The new device also assists the nursing team to build a 'map' of a patient's vascular system surrounding the fistula, identifying any potential challenging areas. It has also been a great tool to use with new patients to help identify the best access points right from their first treatment," they explained.

IERHA noted the decision to introduce the technology was part of ongoing efforts to improve patient care, adding the device was identified by staff last summer as a beneficial addition. Training was completed in February 2026, and the device has been fully operational since then.

"This device has increased confidence and precision when accessing patient fistulas, which helps improve both efficiency and the patient experience," the spokesperson said. "These improvements are especially meaningful for dialysis patients, who receive treatment several times a week over long periods of time."

IERHA also emphasized that even small improvements can have a meaningful impact, especially for those who receive treatment multiple times per week.

Beyond the introduction of new

technology, the health authority says additional updates have been made within the Selkirk dialysis program, including the purchase of two new multifunction chairs designed to improve comfort during treatment by allowing patients to easily transition between sitting and lying positions. The chairs were purchased in part using proceeds from the hospital gift shop, and they are expected to be delivered and fully functional by the end of May.

IERHA also pointed to previous plans to expand parking at the Selkirk Regional Health Centre, aimed at reducing the burden of frequent visits for patients requiring ongoing care, including offering free parking for patients during the duration of their dialysis treatment—something that could save patients \$600 annually.

In terms of clinical support, IERHA noted that the Kidney Health Manitoba Local Renal Health Centre team—which includes a nephrologist, nurse, pharmacist, social worker, dietitian and renal nurse educator—continues to visit the Selkirk unit regularly. The most recent visit took place in April 2026 and included patient assessments and treatment reviews. The health authority added that patients are involved in care decisions and that communication between care teams remains a priority.

Efforts are also underway to strengthen peer support among patients.

"Dialysis patients, in collaboration with Selkirk's renal social worker, have also been working to develop a Patient Peer Support Program," the spokesperson said.

Currently, six dialysis patients and six caregivers make up the Patient Peer Support Program, meeting regularly to discuss their treatment experiences and advocate for improvements. Members say that since the previous *Selkirk Record* publication, there have been some minor but meaningful changes.

Among the most notable improvements for patients is the introduction of free parking. Patients receive a designated sticker and have their licence plates recorded, although some noted the system is still being refined, with occasional reports of tickets still being issued.

Patients also reported meeting in person with the renal health team, including a nephrologist—an experience some say was a first after years of attending the unit.

They added communication around care has improved, with patients now being informed verbally and in writing about medication changes and



RECORD PHOTO SUBMITTED

A new handheld ultrasound is helping improve the patient experience for Selkirk's dialysis team, allowing nurses to access fistulas more accurately and reduce the number of attempts needed during treatment. The device is making a meaningful difference for both patients and the staff who care for them every day.

treatment decisions. Some also said accommodations are being made more consistently to meet individual treatment needs.

Patients noted they are looking forward to the arrival of the new chairs and expressed appreciation for small additions within the unit, such as a poster honouring patients who have passed.

The group estimates that roughly half of the goals identified during their initial meetings have now been achieved.

"But we still got a long way to go," one member added. "We aren't here to harm anyone—we are here to make it better for ourselves and everyone involved."

Despite the progress, patients say several concerns remain.

Some pointed to the temperature within the dialysis unit, which they say is currently set to 18 C. While patients acknowledge that cooler temperatures are required for equipment to function properly, they say the current setting adds to discomfort during lengthy treatments.

Others suggested additional entertainment options, such as televisions, tablets or games, could help improve the patient experience during sessions that often last several hours.

Accessibility around the hospital entrance was also raised, with patients noting the ramp is sometimes blocked by vehicles waiting in the drop-off loop. They suggested improved monitoring to ensure the space remains accessible for those who need it and suggested extending the ramp offering additional usage space.

Patients also expressed hope that nephrologists will be able to visit the unit more frequently, noting the positive impact of recent in-person interactions. None of the Patient Peer Support Program members reported having used the new handheld ultrasound device so far.

IERHA said its focus remains on delivering patient-centred care while continuing to respond to feedback.

"Selkirk's dialysis team is committed to providing patients and their care providers with compassionate, high-quality care that is grounded in open communication, positive relationships and a solution-focused approach," the spokesperson added.

Members of the Patient Peer Support Program say they hope communication continues to improve between patients, staff, IERHA and the renal program, noting that meaningful change begins with ongoing dialogue.

## Correction

In last week's edition of the *Selkirk Record* it was incorrectly stated that the proceeds from both the concert and the 50/50 draw at Octavia Choirs annual jukebox musical will be donated to the Our Daily Bread Soup Kitchen. It is just proceeds from the draw that are donated. We regret this error.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake trio leads Nighthawks to first MJHL title

By Kieran Reimer

The Niverville Nighthawks captured the Turnbull Cup last Thursday, marking the first time the franchise has been crowned champions of the Manitoba Junior Hockey League and punching their ticket to the 2026 Centennial Cup in May.

For the three Interlake locals who anchor the roster — Adam Vigfusson (Gimli), Hayden Wheddon (Stonewall) and Dawson Zeller (St. Andrews) — it also marks the completion of their MJHL careers, as they will age out of Junior A eligibility following the Centennial Cup.

The trio of forwards played a significant role in Niverville's dominant regular season and playoff run, which concluded in Virden last Thursday with a 4-0 series sweep over the Virden Oil Capitals.

Last Tuesday, the Nighthawks took a 3-0 series lead with a 6-3 victory on home ice, seizing a firm grip on the series.

Six goals were scored in the first period, with Vigfusson, Evan Panzer and Merik Boles providing the offence for Niverville, while Virden's Tyson Ulmer, Liam Goertzen and Austin Osiowy replied for the visitors.

Boles made it 4-3 Nighthawks in the second period with a shorthanded goal, with Zeller picking up the lone assist.

Niverville's John Scott and Kole Mears then put the game out of reach with a pair of third-period goals to seal the victory.

In net, Austin Dubinsky turned aside 39 shots for Niverville, compared to 15 saves from Virden's Braxton Burdeny.

The series then shifted to Tundra Oil & Gas Place in Virden for Game 4, where the Nighthawks once again delivered, earning a series-clinching 6-2 win.

Virden's Dysen Drake and Niverville's Marlen Edwards each scored in the first period before a second-period surge from Niverville, with goals from Panzer, Edwards and Mears.

Virden's Tyson Draper added one late in the period to make it 4-2 heading into the third.

Wheddon and Panzer added two more in the final frame, while Dubinsky remained solid in net, finishing with another 39-save performance. Virden's Micky Gross made 25 saves.

The victory capped a dominant postseason for Niverville, which saw them sweep the Winkler Flyers, defeat the Waywayseecappo Wolverines in five games and ultimately sweep the Oil Capitals.

Each finals game drew crowds of more than 1,000, with fans from both teams travelling well despite the more than 300 kilometres between the communities.

"I think this was the best crowd I've ever played in front of," said Wheddon, despite previous experience in larger Western Hockey League arenas during the playoffs.

"You kind of get chills after scoring a goal or winning a game in front of them. It gets pretty loud in there, so it's awesome."

After the final buzzer in Game 4, the Nighthawks

swarmed Dubinsky in celebration. Wheddon and Vigfusson were among the first to break away, sharing a moment together at the glass.

The two have played together since the age of six through Interlake minor hockey, progressing to the AAA Interlake Lightning and eventually reuniting in Niverville.

"To win it with him is really special," said Vigfusson. "The fact that two Interlake boys were not just part of the team, but leaders as well, shows what the region produces. It's an awesome feeling to win with someone I've known since I was six."

Both players appeared in Niverville's inaugural 2022-23 season. Vigfusson spent his entire junior career with the team, while Wheddon began with the Selkirk Steelers in 2021-22 before splitting time between Niverville and the WHL, returning full-time for the past two seasons.

Zeller joined the club last season after spending three years with the Winnipeg Blues.

"Definitely the best choice I made in my hockey career," said Zeller. "Going to a winning team and finishing my last couple of years like this, ending with a Turnbull Cup, is awesome."

All three players recorded point-per-game post-seasons. Vigfusson finished tied for the league lead with 19 points, while his 10 goals topped all skaters.

Dubinsky was named playoff MVP after posting a 12-1 record, a 1.31 goals-against average, a .956 save percentage and three shutouts in 13 games.

He was also awarded the Ed Belfour Top Goaltender Award during the regular season.

"It all starts with Duby and our defence," said Vigfusson. "Everyone buys into their role and the offence follows. We knew we could score, and we trusted Duby and the defence to shut the door. Defence wins championships, and that was our focus."

Vigfusson recalled a conversation with Dubinsky following last year's first-round exit to Winkler, when the pair committed to returning with a renewed focus.

After a summer of preparation, Niverville finished first overall with a franchise-best 51-6-1 record for 103 points.

The performance made them favourites to win the MJHL and strong contenders for the 2026 Centennial Cup.

Niverville will make its first appearance at the national championship May 7-17 in Summerside, P.E.I.

The tournament will feature nine CJHL champions along with the host Summerside Western Capitals.

Following several days of celebration, the Nighthawks have already returned to the ice in preparation.

They enter the tournament ranked No. 2 in the CJHL, behind the Rockland Nationals of the Central Canada Hockey League.

"I think we've had that in our minds all year — not just the Turnbull, but the Centennial Cup too," said Wheddon. "If we keep playing the way we are,



RECORD PHOTO SUBMITTED

Niverville Nighthawks forwards Dawson Zeller (left) and Hayden Wheddon (right) with the Turnbull Cup after defeating the Virden Oil Capitals in game four of the MJHL Championship Series last Thursday at Tundra Oil & Gas Place in Virden. Zeller and Wheddon make up two thirds of Niverville's Interlake representation, along with captain Adam Vigfusson.

we've got a good shot. It would be pretty special to win that as well."

The full tournament field is still being finalized, but Niverville knows it will face Summerside, Rockland, and the champions of the SIJHL and AJHL in preliminary round play.

The top three teams from each pool advance to the playoffs, with first-place finishers earning direct semifinal berths.

The Nighthawks open the tournament May 7 against the host Western Capitals at 7:30 p.m. ADT (5:30 p.m. CDT) at Credit Union Place.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Tryout numbers surge for girls 'AA' Maroons program

By Kieran Reimer

The Interlake Maroons AA softball program is gearing up for what it hopes will be its best season yet.

The 2026 season marks the program's third year under the Maroons name, as it continues working to "bridge the gap" between single-A and triple-A levels in Softball Manitoba.

With enough registrations to fill a full slate of U11, U13, U15 and U17 teams, the Maroons now need just a few weeks of dry weather before getting on the field.

"We have 18 girls trying out for U11, so I would say at every age group we're blown away by the number of girls trying out," said new program director Amanda Donovan.

The Stonewall resident takes over from Jeff Kisilowski, who played a major role in building the program's identity over the past two seasons.

Donovan's softball background includes managing and coaching her daughters' previous teams, and she has witnessed the recent growth of the Maroons program.

She said a successful 2026 season would include increasing community awareness. Last Wednesday, the program held a sell-and-swap event at the Stonewall Curling Club to help achieve that goal.

"Some people don't even know that there is a double-A team in the Interlake," said Donovan. "Get-

ting to meet, chat with people, talk about tryouts, and with kids growing like weeds, it helps people clean out their garages a little bit too."

Donovan is also pleased with the number of U17-eligible players who signed up for tryouts — an area that has been a challenge in past years.

This year, the program has enough players to roster a U17 team, opening up new possibilities such as potentially adding a U19 club in future seasons.

By fielding teams from U11 through U17, the Maroons will also be eligible to compete in the AA Program Tournament in June, a prerequisite for provincials.

Nikki Mathews will coach the U17 team while also serving as the program's director of player and coach development.

The remaining coaching staff has yet to be finalized, though Donovan expects several AAA Interlake Phillies graduates to assist, helping pass on their experience to the next generation of Interlake softball players.

"We're a feeder group for the triple-A program. We want to help these girls reach that level if they choose to continue on, or stay in double-A," she said. "More importantly, we want them to love the sport, because it's something that stays with you. A lot of our girls who age out go on to play slow-pitch or beer league — it's about developing that lifelong love of the game."



Maroons players will also be required to double-roster with single-A teams, in accordance with Softball Manitoba regulations aimed at supporting community ball.

Tryouts began indoors last week at the Stonewall Curling Club.

Stonewall will not be the team's only training ground, as the Maroons are expected to play home games at various parks across the Interlake.

Donovan anticipates competitive seasons across all age groups, particularly at the U11 level, which features several returnees from the 2025 provincial bronze-winning team.

Players aging out of U11 who are remaining at the double-A level are also expected to bolster the U13 roster.

## Strong Phillies clubs itching for opening day

By Kieran Reimer

The AAA Interlake Phillies are just weeks away from the start of the 2026 Manitoba Premier Softball League season.

Three teams will represent Phillies colours at the U13, U15 and U17 levels, while U19-aged players have joined the Winnipeg-based Smitty's Terminators to form a co-op team.

All four teams will be in action at Stonewall's Quarry Park for Phillies Day on Sunday, May 31, marking the first time they will all play in the annual event.

Quarry Park is once again the home of all Phillies games and will also host the Softball Manitoba U15 AAA provincials from July 9 to 12.

"It's good for our girls to start seeing some bigger crowds, so it's always exciting for the athletes," said Phillies president Todd Chetyrbok. "It's in July, it spans four days, so lots of people come out to watch very high-calibre softball, enjoy the summer weather and hopefully cheer on the

home team."

With temperatures starting to rise across the province, Phillies teams are nearing their all-important first outdoor practices.

They've spent the winter training at Home Run Sports Training Centre in Winnipeg, Stonewall Collegiate and, most recently, the Stonewall Curling Club. Some players have also travelled south to compete in winter ball with American-based clubs.

Teams were formed in the fall, helping build chemistry throughout the winter.

With no pre-season tournaments scheduled, each team's focus is firmly on opening day in May.

Chetyrbok is eager to see the U13 team in action for the first time, with an almost entirely new roster. All but two players from last year's group have moved up to U15.

Coached by Colin Ballantyne, the U13 squad enters the season as reigning champions after winning both provincials and the Western Canadi-

an championships last summer.

"You never know what you're getting in U13 until the season unfolds," said Chetyrbok. "There's lots of development, and teams grow and improve throughout the year. They're doing all they can and will be competitive. With only two returning players, you never quite know where you stand. There's lots of new blood at that age level across all teams."


As for the U15s, their goal for 2026 is clear — a golden season.

Much of last year's U13 championship roster has moved up, and the team has retained its core group of 14-year-olds who helped secure a provincial bronze medal and a sixth-place finish at the Softball Canada national championships in 2025.


Head coach Mike Hammond returns after leading the group to success last season.

"U15 is a strong group," said Che-

Continued on page 24



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lott duo rolling at worlds: Gimli pair unbeaten, eye playoff bye

By Haley Cvar

Husband-and-wife curling team Kadriana and Colton Lott are off to a commanding start at the 2026 World Mixed Doubles Curling Championship, using experience, precision and strong communication to position Canada atop its pool.

The Gimli duo opened the event with a 6-4 win over South Korea and have since built momentum through the round robin, improving to 4-0 with a statement victory over reigning world champions Italy.

After more than a year of preparation to earn the right to wear the Maple Leaf, Kadriana said settling into the ice early made a difference.

"Usually, a big event like this, you're nervous to start," she said. "It was good to have a strong start... now we feel more comfortable knowing what the ice is doing."

Canada's opening win set the tone, with Kadriana's draw weight and Colton's key hits helping the pair control play. They built a 5-1 lead at the break and held off a late push from South Korea.

The Lotts carried that form into Sunday, posting two more wins — including a 7-3 decision over the United States and a 10-4 victory against Finland — to remain unbeaten.

Colton's experience at the highest level has been evident throughout the

week. Fresh off a national title at the Montana's Brier and a silver medal at the world men's championship, he has helped guide the team's read of the ice.

"He reads the ice like no other," Kadriana said. "For us, we caught on a bit faster than they did, and that was a huge part in our win."

Their biggest test came Monday against Italy's Stefania Constantini and Amos Mosaner, widely considered one of the top mixed doubles teams in the world.

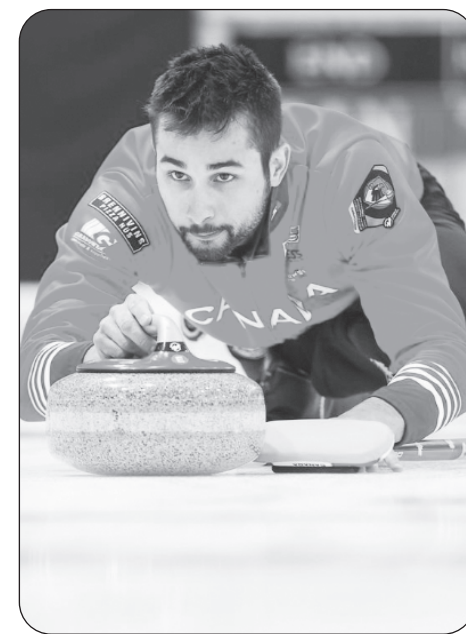
In a tightly played game, Canada capitalized on key Italian misses and forced an extra end, where they sealed a 6-5 victory with a steal.

"We knew this was probably gonna be our biggest game of the round robin," Kadriana said. "Coming out with that win just makes us more eager to keep doing better each game."

The win gave Canada sole possession of first place in Pool B and put the Lotts on track for a potential bye to the semifinals.

Through four games, the pair has demonstrated the balance required in mixed doubles — combining precise draw play with timely power shots and strong communication built over years of curling together.

"I think we're quite happy with how we've played," Colton said. "It's trying to get a handle on the ice as soon



RECORD PHOTOS COLTON LOTT, CANADA © WORLD CURLING / JAMES ROBERTS  
Kadriana and Colton Lott of Gimli, compete for Canada at the 2026 World Mixed Doubles Curling Championship in Geneva, Switzerland, where they sit first in Pool B after Monday.

as we can and then really capitalize on the misses."

Canada opened the championship with a 6-4 win over South Korea on April 25, followed by a 10-4 victory over Finland and a 7-3 win against the United States on April 26. The Lotts improved to 4-0 with a 6-5 extra-end win over Italy on April 27.

The Canadian duo returns to the ice Tuesday for a pair of games, facing Hungary at 10 a.m. and Scotland

at 7 p.m. They continue round-robin play Wednesday against Germany at 2 p.m., before wrapping up the schedule Thursday with games against Czechia at 10 a.m. and host Switzerland at 7 p.m. (Times listed are local to Geneva; seven hours ahead of Manitoba).

Fans can follow scores, standings and schedules throughout the week on the official World Curling website at [www.worldcurling.org](http://www.worldcurling.org).

### > STRONG PHILLIES, FROM PG. 23

tyrbok. "They won provincials with a similar group two years ago and

finished third at Westerns at the U13 level. A lot of those same players were also part of last year's championship team. They

should be well positioned to challenge for a medal — if not gold."

The U17 team also has high expectations, with former Phillies president Kirk Swanson taking over behind the bench.

He leads a squad coming off a fourth-place finish at Westerns.

"The kids have been together a long time, and they're always in the mix at the U17 level," said Chetyrbok. "They

should be right there again, knocking on the door for a medal this year."

The 2026 season will include the annual trip to Mankato, Minn., for both the U13 and U17 teams, where they will compete in tournaments against new, often American, opponents.

The U15 team is not expected to attend this year, as its tournament is scheduled just days ahead of provincials.

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# take a break > GAMES

## SUDOKU

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

### Fun By The Numbers

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

Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

R	S					V	R	E	B
E	B					O	N	V	L
T	I	M	O			B	R	U	L
S	G	H	C			V	A	E	G
E	R	H	O			N	A	V	M
N	O	T	E			L	S	V	E
						O	E	I	E
						V	H	T	A
						D	R	V	A
						R	E	L	H
						N	E	B	E
						C	E	R	N
						V	M	K	A
						T	O	C	A
						P	I	V	A
						T	A	L	S
						B	B	O	V

Crossword Answer

# X CROSSWORD

### CLUES ACROSS

- Purchase
- British news organization
- Midway between northeast and east
- Language specialist group
- Fancy automobile
- Small loop or series of loops
- Exploiter
- Don't know when yet
- Group of languages
- One who's finished
- After B
- Angled
- A place to adopt pets
- Swiss river
- Young boy
- Unexciting
- American comedian Vidale
- Peyton's little brother
- Corporate higher-up
- "All in the Family" star
- Strike something forcefully
- Up in the air (abbr.)
- Clay earth pigments
- Means to record brain activity
- Small constellation
- Embraces
- Brief description
- Exclude
- White (French)
- Insect
- A major division of geological time
- Soviet Socialist Republic

### CLUES DOWN

- Type of whale

1	2	3				4	5	6	
7						8			9
10				11			12		
13						14	15		16
17				18			19		20
21					22	23			24
					25			26	
					27	28			29
					30				31
					32				33
34	35	36	37	38					
39	40					41			42
43						44			45
46						47			48
49									50
									51
									52

- In tune
- A citizen of Yemen
- Actress Ling
- One who supports
- Circus performer
- Yearly tonnage (abbr.)
- Quantitative fact
- Utah city
- Where a golfer begins
- Attendant
- The ancient Egyptian sun god
- Book of Chronicles (abbr.)
- Benedictine monk
- Not turbulent
- Car mechanics group
- Buffer used in chemistry
- Fall heavily
- Pie \_\_\_ mode
- The Brits love it
- Children's TV channel (abbr.)
- Jacksonville footballer
- Helps little firms
- \_\_\_ and behold
- A way to resemble
- Fingers
- Excessive indulgences
- You might be an "empty" one
- "How the West Was Won" writer
- European river
- They begin the alphabet
- The body's messenger

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Retired couple looking to rent a house in Selkirk or nearby. Have been homeowners most of our lives. Our current landlord is moving back in. Looking for possession by the end of July or sooner. Long term preferable. References available. Text or call 204-785-3567.

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**APARTMENTS FOR RENT**

Farview Place in Teulon has 1 & 2 bedroom suites available for \$921 to \$1088 per month. Includes hydro, water, Valley Fiber TV/Phone/Internet. This 55+ Seniors independent living cooperative housing building is 5 storeys and has an elevator, paid outdoor parking, 4 laundry rooms, exercise room, lounge for family gatherings and events, fridge & stove in each suite. Local amenities include grocery store, post office, Shoppers Drug Mart, Access Credit Union, medical clinic, several restaurants & small shops. Please contact Andrea at 204-886-2760 or [farviewplace1989@gmail.com](mailto:farviewplace1989@gmail.com) for more information.

1 bedroom apt. down town Selkirk, S Steel apl... fridge, stove, dishwasher, microwave, granite counters, hardwood floors, washer, dryer. \$1195/mo. 204-482-7297.

**GARAGE SALE**

Huge indoor garage sale at Little Britain United Church, 5879 Hwy 9, Lockport. Friday, May 8, 4-8 p.m. & Saturday, May 9, 9 a.m. - 3 p.m. with canteen and bake sale.

**LIVESTOCK**



SPRUCE RIDGE STOCK Farms at Ashern has a good selection of 2 yr old and yearling Angus bulls on offer. These are big growthy bulls developed on TMR silage based ration in 15 acre runs to ensure longevity. Perfect feet, strong joints, moderate birth, combined with top of the breed growth. These are hard muscled bulls sired by some of the top A. I. bulls in Canada. Semen tested, delivered when needed, guaranteed. Call Ross and Helen Jerney and Family. 204-768-0333

**HELP WANTED**

Tyndall Power Products is looking for an experienced small engine mechanic. Apply within or send Resume to: [tppltd@mymts.net](mailto:tppltd@mymts.net)

Country John's Portable Toilets is hiring a driver/service technician to service toilets at construction sites, special events and private customers. Call 204-339-7636 or [countryjohns@shaw.ca](mailto:countryjohns@shaw.ca)

**WANTED**

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Also offering gunsmithing services. Call or text 204-297-9223.

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Senior (55+) male Slo-pitch players to play once or twice a week during the day. Call or Text Derrick 204-485-0130.

**UPCOMING EVENTS**

Grand Marais Recreation Association AGM & Elections: Saturday, June 27, 2026, at 1 p.m. To join the Board of Directions, applicants must: submit written registration and desired position to [<grandmaraisreccentre@gmail.com>](mailto:<grandmaraisreccentre@gmail.com>) by April 30, 2026; hold a valid GMRC Membership for at least two months before election day; be a resident with a primary address in East Beaches and be in good standing; consent to and pass a criminal records check. Memberships are available every Tuesday from 3 p.m. - 6 p.m. at the Rec Centre. Positions open for re-election: Secretary, President, and Directors. To vote or run, you must have a valid GMRA membership purchased a minimum of two months before the election date (one membership = one vote).

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**Municipalite de l'Alexander Municipality PUBLIC NOTICE**

**OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION**

Please be advised that a general municipal election will be held on October 28, 2026. Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that candidate registrations will be received:

- For the office of head of council:  
Between May 1, 2026 and September 22, 2026
- For the office of councillor:  
Between June 30, 2026 and September 22, 2026

at the office of

**Rural Municipality of Alexander  
1 Sentier Bouvier Trail, Box 100  
St. Georges, MB R0E 1V0**

during the regular hours of business.

Registration Forms may be obtained at the Rural Municipality of Alexander office or by contacting the SEO at the email or telephone number listed below.

SEO: Kathy Steele  
SEO Telephone: 204-724-4752  
SEO Email: [kathy@municipalmentors.ca](mailto:kathy@municipalmentors.ca)

Dated at Brandon, MB on April 14, 2026.

Kathy Steele, Senior Election Official (SEO)  
Rural Municipality of Alexander

# Classifieds



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### NOTICES

**BOOK YOUR BLANKET CLASSIFIEDS ADS** to promote your business, sales, real estate, organization, on-line meetings, recruitment, etc. We book classified ads, Response & Power Builder Ads across Manitoba! Let people know about your business, items for sale, or event, by placing an ad with us! Your ad will be seen across Manitoba in the MCNA Member Newspapers, in over 368,000+ homes. Call 204-467-5836 or MCNA at 204-947-1691 for more details and to book ads. Take advantage of our great pricing! -MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

### NOTICES

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

### HEALTH

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

### NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF ANNEMARIE ALDINGER, late of Lockport, in the Province of Manitoba, deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 389 Eveline St., Selkirk, Manitoba, R1A 1N7, on or before the 30th day of May 2026. DATED at the City of Selkirk, in Manitoba, this 21st day of April 2026. JEREMY M. FEUER LAW CORPORATION-SELKIRK OFFICE ADAM KELSO, solicitor for the Executor

### FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. (403) 543-0927 [www.firstandsecondmortgages.ca](http://www.firstandsecondmortgages.ca)

**Do you have any News Tips? Story Ideas?**  
call the Record  
204-785-1618

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

## RURAL MUNICIPALITY OF ST. ANDREWS COMMUNITIES WORKING TOGETHER PUBLIC NOTICE

**2023 Audited Financial Statements**  
Public Notice is hereby given that pursuant to Section 194 of *The Municipal Act*, the audited financial statements for the Rural Municipality of St. Andrews for the year ended December 31, 2023 are available for public review at the municipal office located at 500 Railway Avenue, Clandeboye, MB or on the RM website [www.rmofstandrews.com/p/financial-reports](http://www.rmofstandrews.com/p/financial-reports)

Brent Olynyk  
Chief Administrative Officer

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## CITY OF Selkirk

### NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATES FOR THE UPCOMING MUNICIPAL ELECTION

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign. Registration is in addition to filing nomination papers between September 16 - September 22, 2026.

The Municipal Election will be held on October 28, 2026.

NOTICE IS HEREBY GIVEN that candidate registrations are open:

**For the office of Mayor:**

Between May 1, 2026, and September 22, 2026

**For the office of Councillor**

Between June 30, 2026, and September 22, 2026

at the City of Selkirk Civic Office, 200 Eaton Ave. Monday-Friday 10:00am - 4:00pm

To obtain a registration form, contact the SEO by one of the methods listed below:

Alison Sinclair, Senior Election Official (SEO), City of Selkirk  
Phone: (204) 481-3579  
Fax: (204) 482-5448  
Email: [elections@cityofselkirk.com](mailto:elections@cityofselkirk.com)

Dated at City of Selkirk on April 27, 2026

## CITY OF Selkirk

### PUBLIC NOTICE

#### Regarding the 2026 Financial Plan and all Reserve Funds

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

**The Council Chambers**

**200 Eaton Avenue**

**Monday, May 11, 2026 at 6:00 pm**

to present the 2026 Financial Plan and amendments to all city reserve funds

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 and reserve fund amendments. 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 2026 Draft Financial Plan and The City of Selkirk Sustainable Financial Reserves By-law 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](http://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 17th day of April, 2026, and issued in accordance with Section 162(2) of *The Municipal Act*.

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



**We have an exciting opportunity to join the Danny's Whole Hog team!**

We are seeking  
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Part time casual hours, must be available weekends with some weekday availability preferred.

Must have drivers license and be willing to travel reasonable distances.

Excellent rates of pay plus gratuities.

If you are interested, please email your resume to Sharon at [office@dannyswholehog.com](mailto:office@dannyswholehog.com)

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**ANNOUNCEMENT**

**IN MEMORIAM**



**In Loving Memory**  
**Leslie Dean Morrisseau**  
 December 14, 1971 - May 2, 2025

When tomorrow starts without me  
 And I'm not here to see,  
 If the sun should rise and find your eyes,  
 All filled with tears for me,  
 Please don't cry, just speak of me,  
 The way you used to do.  
 Make our memories happy ones.  
 I know how much you loved me  
 As much as I loved you,  
 And each time you think of me,  
 I know you miss me too.  
 When tomorrow starts without me,  
 Don't think that we're apart,  
 For every time you think of me  
 I'm right here in your heart.

-Forever loved, Mom and family

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

**ANNOUNCEMENT**

**IN MEMORIAM**



**Leslie Morrisseau**  
 Love You Daddy.

-Rikkie

**ANNOUNCEMENT**

**CARD OF THANKS**

The family of the late Kim McRae would like to express their heartfelt thanks for the many acts of kindness. All the messages of sympathy, gifts of flowers and food and donations made in Kim's memory, helped support us through this very difficult time.

Thank you to Rev. Anthon Bouw for the beautiful service, the ladies who spoke so lovingly of Kim, and the ladies for the lovely lunch.

Thank you also to Kim's MCH co workers who attended her service.

We are forever grateful....

-Lawrence, Emily and family

**OBITUARY**



**Catherine (Cathy) Maureen Coumont**

Suddenly, on February 7, 2026, Catherine (Cathy) Maureen Coumont passed away.

A celebration of her life will be held at the Royal Canadian Legion, Selkirk, MB on Sunday, May 3, at 1:30 p.m.

Her family would like to thank the nurses, doctors, EMT's, and the staff of the Legion for all their quick response, compassion and care for Catherine in her time of need.

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



Gilbart Funeral Home, Selkirk in care of arrangements.

**OBITUARY**



**Frances Alexander (Frank) Orvis**

On Sunday evening April 19, 2026, Frank passed peacefully away in his bed at Deer Lodge Hospital at the age of 96 years after another good day filled with visiting friends and family.

Frank was born 1929 in Grand Marais, Manitoba to Alice Jane Orvis (nee Morrisseau from Fort Alexander) and to Isaac Orvis (from Balsam Bay). He was predeceased by Doris (Sabiston) Howell in 1993, his first wife Helen (Veziina) Orvis in 2010; brothers Joe, Ben, Richard, Reuben, Roy, Louis and Robert; sisters Rose Anne, and Mary Ellen.

He is survived by his beloved wife Gail Jones; daughter Kim (Mary), son Derek, grandchildren Marika and Nicole, and great-grandchildren, as well as Gail's children, grandchildren and great-grandchildren, and multitudes of nieces and nephews.

As a young boy Frank lived on Matheson Island and worked as a commercial fisherman on Lake Winnipeg. He enlisted and went to Korea, served in South Korea as part of the United Nations peacekeeping force between 1953-54 and has been awarded a certificate and Ambassador for Peace medal by the South Korean government.

Frank had a lifelong love of fishing, returning to commercial fishing after his retirement, maintaining a commercial license until he qualified as a retired commercial fisherman and after being introduced to pole fishing in Korea, became an avid angler.

Frank began his career as a plumber/pipefitter after returning safely from Korea and while employed by Navcom, Comstock, Purvis (where he helped build the Lord Selkirk boat) he travelled extensively. He went on to work for the Canadian Government providing maintenance in the far north.

In his retirement years Frank was an artist and created many, many walking sticks and talking sticks from locally grown diamond willow. Most of us have received the gift of one of these treasures, along with his hand painted saws, rocks, scenes on antique saws, rocks painted to look like creatures, animal carvings, wood sculptures, even furniture.

He was always willing to help out family and friends when needed. His neverending supply of tales, his quick, dry wit and frequent teasing brought a smile to those that knew him.

The family would like to express their thanks to the staff at The Convalescent Home of Winnipeg and Deer Lodge Centre where Frank received excellent care and support.

Funeral Service was held on Friday, April 24, 2026, at 1:00 p.m. in the Gilbart Funeral Chapel, Selkirk with viewing one hour prior. Pastor Neill von Gunten officiated. The service was livestreamed via the link <https://youtube.com/live/eKfqQRvCazk>

Cremation to follow and a private graveside service at a later date at East Selkirk and Balsam Bay.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Tristan Nikolas Kirton**  
 November 21, 1997 - April 8, 2026

Tristan was born in Selkirk, MB he grew up in Selkirk and had many friends. He loved playing basketball, soccer but mostly loved playing drums. Tristan was the youngest of three brothers, Jory the oldest, then Dylan.

Tristan loved spending time with his cousins Jordan, Aimee, Mallory, JT and Makayla.

He looked forward to every summer when his favourite Aunt Cammy and Uncle Tom would pack up all his favourite cousins and his brothers and would go camping, he would come back home to tell his mother of all the wonderful adventures they had.

Tristan moved to Winnipeg in his teens with his mother, step father Wayne and brothers, he was so excited to finally have his own room with his drum kit! He would run straight to his drum kit

after school and play for hours!

Tristan was very excited to become an uncle when Ava arrived and then again when Sophia, Maddie, Luca and Emila arrived.

Tristan loved his brothers but was especially close to his brother Dylan and was devastated when Dylan passed in 2021.

Tristan will be deeply missed by many aunts and uncles and cousins including Uncle Duane/Tina, Chanel, Auntie Kim, Makayla, Auntie Cammy, Uncle Tom, Trish, Ava, Grampa David Kirton, Auntie Lindsey Kirton, grandmother Jackie Kakaygeesick, grandfather Martin Robak brother Jory Kirton step father Wayne and mother Tanis Kirton.

Predeceased by brother Dylan, father Danny Robak, Auntie Amber Bird, Auntie Kristen Kirton, Shannon Kirton, grandma Naomi, grandmother Helen and uncle Todd stranger.

Funeral Services were held on Tuesday, April 28, 2026 at 1:00 p.m. in the Gilbart Funeral Chapel, Selkirk, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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## OBITUARY



**Darlene Joan Williamson**

It is with great sadness that we announce the passing of Darlene Joan Williamson (nee Calder) on April 8th, 2026, at Selkirk General Hospital.

Dar will be forever missed by her sister Brenda (Greg), brother Douglas, nieces and nephews Samantha (Adam), Jacqueline (Tick), Veronica, Matthew, Christopher (Pam), Riley, Cole, Jeremy, children and grandchildren Ross Jr Chopper (Britt), Maddex, Lotus, Mason, Keri (Ryan), Eli, Eva, Jake, sisters-in-law Sharon (Ted), Donna (Don), cousins and numerous friends, and pups Thelma and Louise.

Dar was predeceased by her husband Ross, parents Vernon and Mable, grandparents Alice and Archibald, sisters Jacqueline and Barbara, and brother David.

Dar was born on December 23, 1954 in Selkirk, Manitoba. Dar had a strong relationship throughout her life with her mother Mable and father Vernon, whom she cherished. After graduating from high school, she started working at Manitoba Public Insurance where she worked until retirement, and there she made many lifelong friends. She lived in East Selkirk where friends and family loved to gather and enjoy the large outdoor deck in the summertime. She always had a deep love for her many pets throughout her life. Her love for crafts and creating beauty around her started early when she painted ceramics and fashioned paper toiles. Dar loved celebrating with her friends and family, and each occasion was speculator with no detail left behind. She loved giving gifts and was known for giving the best presents. She had a way of making everyone she loved feel special. Dar's love of golf and a good party led to the "Calder Cup", a yearly event with golf, food, great prizes and many laughs. Dar and Ross moved to Pelican Bay in 2009 where they built roots within the community and lived life to the fullest. In her retirement she became a Marriage Commissioner and married many friends which she absolutely loved. Dar could be seen whipping around the neighborhood in her decorated golf cart and later adored cruising in her convertible Volkswagen Beetle.

It is without a doubt that Dar was a very important person to those that were lucky enough to have her in their life. She loved all her friends so much. Her family was so dear to her, and she was a very proud loved "Aunty" to so many.

Darlene, Dar, Aunty, Nana, we all love you so much and you will be cherished in our hearts forever, the memories that you have created with all of us are so special. You were truly one of a kind, a beautiful person inside and out.

A celebration of life will be held at a later date.

In lieu of flowers, a donation could be made to a charity of your choice in her memory.

## Grief Support Group

*Help and encouragement after the death of a loved one*

Grief Share is a 13-week grief recovery program. Providing a place for those who have experienced the death of a loved one to process the many challenges that come with this journey. Each week will include a video with advice from councillors, pastors, and people who've also grieved the loss of a loved one. As well as group discussion and a workbook full of resources to help you.

*Hosted by Selkirk Community Church*

Join and Register Here:

*Coffee and snacks provided by*  

 Interlake Cremation & Memorial Services  
 204.482.1040

**Thursdays 6:30-8:30 p.m. - March 5 - May 28**  
 Selkirk Community Church 6569 Prov. Trunk Hwy 9, St. Andrews  
[josiah@yourscc.ca](mailto:josiah@yourscc.ca)

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## SELKIRK MARKET WATCH



**22**  
# homes sold



**\$332,558**  
avg sold price



**-1.86%**  
avg sold price change\*

JAN 1/26 - APR 27/26 stats for Single Family Attached, Single Family Detached, & Townhouse properties in Real Estate Zone R14. \*over previous year

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### FEATURE OF THE WEEK! | 11 FOX RUN, KLEEFELD | \$359,900



Welcome to 11 Fox Run in the charming and growing community of Kleeefeld! Built in 2021, this modern bi-level offers 1,026 sq ft of thoughtfully designed living space, perfect for first-time buyers, downsizers, or anyone looking for a move-in ready home. 2 bedrms and 1 full bathrm, the open layout provides a comfortable flow between the kitchen and living areas ideal for both everyday living and entertaining. The unfinished basement offers excellent potential for future development with room to add bedrooms and another full bathroom an ideal opportunity to build equity and customize the space to suit you. Outside you'll enjoy a fenced and landscaped yard, complete with a deck perfect for summer BBQs or relaxing evenings. The tree-lined backyard adds privacy and a peaceful, serene setting you'll appreciate year-round. The double attached garage provides plenty of space for parking and storage. Located just a short drive from Steinbach and within easy commuting distance to Winnipeg, Kleeefeld offers the perfect blend of small-town charm and everyday convenience. With local parks, schools, and a strong sense of community, it's an ideal place to call home.

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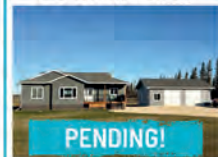
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LOT 1 LOT 2 LOT 3 LOT 4 LOT 5 LOT 6 LOT 7 LOT 8 LOT 9 LOT 10 LOT 11 LOT 12 LOT 13

LOT 16 LOT 17 LOT 18 LOT 19 LOT 20 LOT 21 LOT 22 LOT 23 LOT 24 LOT 25 LOT 26 LOT 27 LOT 28 LOT 29 LOT 30 LOT 31 LOT 32

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