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THURSDAY, MAY 7, 2026

VOLUME 17 EDITION 17

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# Captain William Kennedy House open for visitors

By Katelyn Boulanger

Captain William Kennedy House has officially opened its doors to the public, after over ten years without anyone being able to experience the iconic building due to structural problems. The building is now home to The Heritage Tea Room, where residents and visitors can grab a coffee, tea, snack, or something to eat.

The home was built in 1866 for Captain William Kennedy, a Métis explorer, who was declared a National Historic Person last year. Most people call it Kennedy House now, but it was previously known as Maple Grove and is one of only a few old stone houses still standing on the Red River. People can now once again check out this historic structure and grab a bite while they're there, as it's currently soft launching as a tea room with a

full grand opening to follow soon.

"Kennedy House is a historic building, it's been closed for a lot of (the past) 10 and a half - 11 years, and the renovations were extremely substantial, but they were really non-esthetic," explained Musette Fowke, the owner of the Heritage Tea Room, which is now operating out of Kennedy House.

As far as changes go, people who visited the building a decade ago will recognize that many major structural features have remained the same. However, in addition to upgrades to ensure structural stability and safety, there are some accessibility improvements that have been added.

The main changes are to the commercial kitchen, which has been up-

Continued on page 4



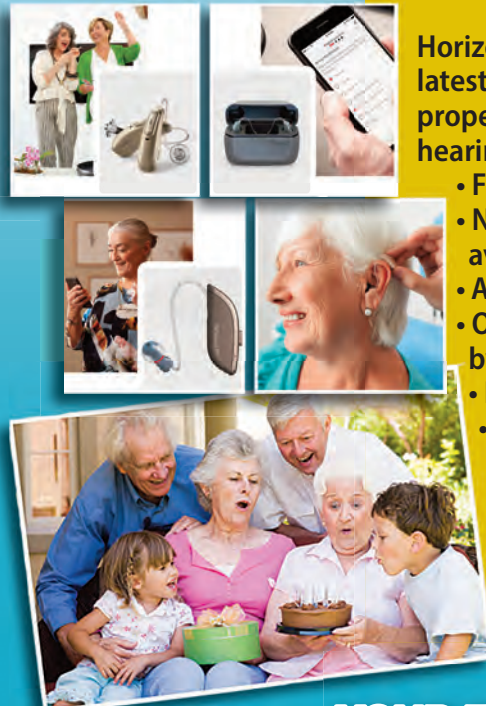
RECORD PHOTO BY KATELYN BOULANGER

Kennedy House now that it's been reopened.

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> **KENNEDY HOUSE, FROM PG. 3**

graded and to the study, which has been turned into an accessible bathroom.

As for what's been kept the same, the wallpaper is still in place, though the walls have been freshly painted, they are the same colour, and the staircase remains grand. The sunroom also remains the same.

"I've added some floral decor, and I've added some art on the walls," said Fowke.

As for what services are offered, residents can stop by and grab tea, coffee or a quick snack at the till, but they can also sit down for breakfast, lunch, or high tea by reservation. With all of the excitement of the opening, it's probably best to get a reservation to shorten your wait if you plan to check it out any time soon.

Fowke explained that the current limited opening is a way for them to get their feet under them and smooth out any hiccups before the grand opening. Though they have been a bit

busier than they may have anticipated, they are tweaking and perfecting with the goal of having everything ready for an upcoming grand opening.

In addition to the food, they also have a small merchandise shelf with local artisans' work.

Fowke is happy to see so much support from the community.

"It's so heartwarming, because even in the days leading up to (opening), my husband and I and our daughter would be here, and we'd be setting up and hanging the arch on the walls, and we'd see people peering in the windows, and, obviously, very excited and wanting to see what was going on. And so, my husband, being a social person the way he is, he would always open the door and introduce himself and invite people in and give them a bit of a tour and tell them what we're working on and it was so interesting to hear the stories of the neighbourhood — How many people had their weddings here, how many



RECORD PHOTO BY KATELYN BOULANGER

The inside of Kennedy House.

people got engaged here, how many people took their grad photos here,

how many people used to come here all the time with their grandmothers and experience tea, right? There's so many stories that are so personal and so much ownership. Everyone has an ownership piece with this space, and that's really interesting, because it really shapes my role as a custodian of this," she said.

Lois Wales, Co-chair of the Kennedy House Renewal Committee, is very happy to see it opened again after a long ten years.

She explained that getting to this day was a lot of hard work by the volunteers on the committee and support from the community.

"It was petitions. It was lots of letters, lots of meetings with the government. And, yeah, sometimes it maybe felt like 20 years, not 10," she said.

Wales, who is also the Past-President of Red River North Tourism, is excited to see the impact that having

Continued on page 5

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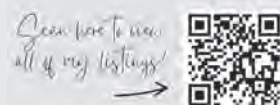
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➤ **KENNEDY HOUSE, FROM PG. 4**

this Kennedy House opened again will have on local tourism. “Hopefully, when people come to the Tea House, they take in the (St. Andrews) Heritage Center or come into town and see the Marine Museum,” she said.

Wales wanted to thank everyone who supported Kennedy House’s journey. “I think it started with the community. The community did a petition on change.org, and the communities in all three municipalities we represent



RECORD PHOTOS BY KATELYN BOULANGER

Kennedy House's beautiful sunroom.

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under tourism were all in favour of reopening (we also got support from) other businesses and service groups. We also have a lot of thanks to give to the Historical Society, Heritage Winnipeg. They met with the government as well on our behalf. It was a lot of lobbying by a lot of lot of groups. We just really thank all the support that they gave us. They also saw our vision,” said Wales.

She also hopes that residents stay tuned, as in addition to the grand opening, there is going to be an event at Kennedy House in the future where a plaque for Captain William Kennedy will be installed in recognition of him being declared a National

Historic Person. If you’ve got an interest in local history, Métis history, or iconic people from our region, this isn’t one to miss.

In the meantime, Fowke hopes that residents find some time this summer to stop in.

“Our door is open, and we’re excited to meet everybody and hear all the stories,” she said.

If you would like to book a reservation, visit <https://heritagetearoom.ca/> for contact information and more information about the space. You can also keep up with them online at <https://www.instagram.com/heritagetearoom> or <https://www.facebook.com/heritagetearoom/>.

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# Municipal Elections to take place this October, sign up now if you want to run

Candidate registrations for mayor and reeve open May 1 and for councillor positions on June 30

By Katelyn Boulanger

The next municipal election is going to take place on October 28, 2026, for most area RMs and the City of Selkirk. Candidate registration already started for mayors and Reeves on May 1, and candidate registration for councillors will start on June 30. If you'd like to run for a position in public office, now is the time to consider putting your hat in the ring.

"This is your community, and you

have a voice in what happens, and it's important that people exercise that voice. There are choices that always have to be made, and Council needs to be able to respond to the wishes of the community. So, this is your opportunity to be heard, and everyone needs to really take advantage of that," said Marilyn Williams, Senior Elections Official for the RM of St. Andrews.

To become a qualified candidate to

run for municipal office, you need to be a Canadian citizen, be at least 18 years of age on election day, and be a voter in the municipality, which means you must be a resident or own property for six months prior to the date of the election and be on the voters' list.

Williams explained that registering isn't very difficult.

"It's very simple and probably the same for any municipality. Go to the (municipality's) website. On the website, I know for St Andrews, we've got Election 2026, and there is information about being a candidate, and we will also be posting information about how to vote, where to vote, (and) when to vote. Whether you need to vote in advance, or whether you need a secure vote for whatever reason, whether you're a non-resident voter, all of that information will be on the website, but the candidate information is up there now, and yes, people should be encouraged to run if they feel that they can do a good job in assisting Council," she said.

To register as a candidate for mayor/reeve or councillor, you need to register with your region's Seniors Elections Official before Sept. 22, 2026.

It should be noted that area resort communities which include Winnipeg Beach, Dunnottar, and Victoria Beach, have much earlier dates for candidate registration – Feb. 1 for mayors and Reeves and March 31 for councillors. Because of this, their candidate registration periods end sooner, on June 18, and their elections take place on July 24, 2026.

Williams said that as a Senior Elections Official, now is a bit of a busy time for people in her role, and she will get busy again as the election comes closer.

"We're getting everything ready for candidates when they do register. And then, once people have registered their intention to run for office, it's up to them to do their canvassing. And, once we get into September, things will get busy again, because then we have all the actual preparation of the materials for the voting," she said.

She explained that as election time approaches, more information for residents will be posted to their municipality's websites, so it's important to keep up to date, and she encourages residents to make plans to vote on election day.

"Everybody should vote if you're over 18 and you've lived in the area for six months or more, whether you're an owner or a renter, you have the right to vote, and you really should exercise that right," said Williams.

Specific information about requirements to run for municipal council positions can be found online at <https://www.gov.mb.ca/mr/mfas/elections.html>. Information for running in each RM and Selkirk, as well as who each Senior Elections Official is for each municipality, can be found on the website for each municipality.

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# Community reunion fundraiser donates \$9,230 to Our Daily Bread Soup Kitchen

By E. Antonio

What began as a simple idea among classmates approaching a milestone birthday turned into a successful community fundraiser supporting a local organization in need.

The "60 and Still Kickin'" team hosted a social in East Selkirk on April 18, bringing together graduates who had recently turned 60, or soon would, to reconnect, celebrate and give back to the community.

Sue Bakker, one of the organizers, said the idea stemmed from reflecting on friendships and memories over the years, while also recognizing how many former classmates and loved ones are no longer here to celebrate alongside them.

Wanting to create something more meaningful than a traditional reunion, the group decided an old-tyme social would be the perfect way to reconnect while also raising money for a local cause.

As planning began, organizers considered which charity they wanted to support and quickly chose Our Daily Bread Soup Kitchen.

"It was very important that we created a community-focused event," Bakker said. "Just seeing the whole community come together made everything worth the effort."

With support from local businesses, volunteers and family members, the event drew strong attendance and community participation through ticket sales, a 50/50 draw, bottle draw and silent auction.

Bakker described the event as an "overwhelming" success, saying she was stunned when organizers calculated the total amount raised, with proceeds reaching \$9,230 for Our Daily Bread Soup Kitchen.

"I just couldn't believe it," she said. "Weeks later, we are still in awe of how the whole event turned out."

The "60 and Still Kickin'" team presented a cheque to the soup kitchen in late April, with Barb Pasuar accepting the donation on behalf of Our Daily Bread.

Pasuar said the organization and its volunteers are extraordinarily grateful for the contribution.

"It's going to go a long way in helping us do something special," she said. "It will make a significant difference in our operations."

She said the organization is currently working toward two major projects: an eventual move from Memorial Hall to the food bank building, complete with a new kitchen, and the expansion of its outreach meal program, for which a van was recently purchased.

"I was literally blown away when



RECORD PHOTO SUBMITTED

A group of Selkirk High School alumni who turned, or are turning, 60 this year hosted a "60 and Still Kickin'" reunion social in support of Our Daily Bread Soup Kitchen on April 18, raising \$9,230 for the organization. Pictured are "60 and Still Kickin'" event organizers Kenny Prychun, Tobias Bakker and Sue Bakker, along with Our Daily Bread Soup Kitchen representative Barb Pasuar, second from right.

I realized how much they actually raised," Pasuar said. "The generosity of people was overwhelming — it was just incredible."

Our Daily Bread Soup Kitchen serves an average of 60 to 80 lunches daily, Monday through Friday, and as many as 200 meals during special events and occasions.

Pasuar noted that as food costs continue to rise, so does the demand for soup kitchen services, making community donations more important than ever.

Food and monetary donations are accepted Monday through Friday from 10 a.m. to 12:30 p.m. through in-person drop-offs or by contacting the organization using the information listed on its website. In addition to meal services, Our Daily Bread also offers groceries, cooking classes and a back-to-school backpack program

for community members in need.

Bakker said being able to support organizations such as Our Daily Bread made the months of planning worthwhile.

"It became a place to chitchat, reconnect and support something meaningful," she said. "But now it's time for us to put our organizing hats away and focus on retirement over the next few years."

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## Province introduces tougher impaired driving penalties, lifetime bans

Under the changes, certain offenders will be permanently prohibited from driving with any alcohol in their system

By Haley Cvar

The Manitoba government is strengthening impaired driving laws, including introducing lifetime alcohol restrictions and licence suspensions for repeat offenders.

Justice Minister Matt Wiebe announced the measures, which target drivers convicted of impaired operation offences that cause bodily harm or death. Under the changes, certain offenders will be permanently prohibited from driving with any alcohol in their system.

"Drinking and driving has no place on our roads or in our province," Wiebe said in a release. "Impaired driving is a serious threat to public safety, and these measures will increase road safety and protect people in communities across the province."

The province said violations of the

zero blood alcohol concentration (BAC) condition will carry penalties similar to those under Manitoba's Immediate Roadside Prohibition program. That includes additional licence suspensions and fines ranging from \$400 to \$600, depending on prior offences. Repeat breaches could also lead to vehicle impoundment, mandatory driver assessments or participation in the ignition interlock program.

The changes stem from Bill 5, the Highway Traffic Amendment Act (Impaired Driving Measures), introduced in December 2024 and proclaimed into law in June 2025. The legislation increased penalties for repeat offenders, including an automatic lifetime licence suspension for individuals convicted of impaired driving twice within a 10-year period,

replacing the previous 10-year ban.

The act also created a zero BAC requirement for certain offenders, which has now been fully implemented through accompanying regulations.

MADD Winnipeg welcomed the changes, calling them an important step toward improving road safety.

"This legislation is a significant victory for road safety in Manitoba," said Trevor Enns, president of the organization. "By implementing stricter long-term licence restrictions and permanent suspensions for repeat offenders, the province is ensuring the consequences of impaired driving reflect the gravity of the harm caused."

The province has also introduced additional legislation that would expand safety measures further, including a zero BAC requirement for drivers operating Class 1 to 4 vehicles, which include commercial licences.

The Manitoba government said the changes are part of ongoing efforts to reduce impaired driving and prevent serious injuries and fatalities on provincial roads.

## Erratic driver charged with impaired driving on Hwy 6

RCMP are reminding the public to report suspicious or dangerous driving,

By Haley Cvar

An erratic driver was located and charged with impaired driving following a report to Manitoba RCMP Traffic Services on April 18.

Police said officers responded at approximately 3:53 p.m. to a complaint of a vehicle driving erratically on Highway 6 in the RM of Coldwell. Three RCMP units already conducting traffic enforcement in the area were able to quickly locate the suspect vehicle.

The vehicle was stopped on High-

way 6 in the RM of Rosser. Officers found three intoxicated occupants inside who were travelling south to Winnipeg for an event and consuming alcohol en route.

The driver, a 27-year-old woman from Grand Rapids, was arrested for impaired driving. She provided breath samples that registered approximately 2.5 times over the legal limit.

She has been charged with impaired driving over 80 mg per cent. The vehicle was impounded and her driver's

licence suspended.

She was also issued three provincial offence notices: driving while disqualified, driving carelessly, and carrying liquor in a vehicle.

The passengers, a 29-year-old man and a 45-year-old woman, both from Grand Rapids, were released without charges.

RCMP are reminding the public to report suspicious or dangerous driving, noting that all reports are taken seriously and investigated.

Police urged motorists to make safe choices and help keep Manitoba roads safe.

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# Province challenging Sobeys' property controls at Municipal Board

By Patricia Barrett

The provincial government is taking steps to bring down the cost of groceries by challenging Sobeys, which has property controls preventing competitors from building grocery stores close to it.

Allowing competitiveness in the grocery industry should help lower food prices. Protecting grocers from competition - by allowing their property controls to stand - makes it "easier" for them to raise prices, the government says.

Manitoba premier Wab Kinew and public service delivery minister Mintu Sandhu held a news conference on April 30 at which they discussed taking Sobeys, which is owned by Empire Company Ltd., to the Municipal Board to have four of its property controls removed.

"Today we are taking another step to make grocery prices more affordable in Manitoba, and another step to bringing fairness back to the market here in our province," said Kinew.

Some of the big grocery chains in the province have over the years used property controls - contracts on their real estate deals - to prevent competitors from setting up shop nearby, he said.

"Now, we passed a law in 2025 to force these companies to register these property controls with us, and that will allow us to challenge them," said Kinew. "Today, we're announcing that we're challenging the first four of these remaining property controls. And by the way, most of the big grocery chains dropped these property controls when we passed this law, all except one - Sobeys. So the four locations we're talking about today are all within that company's purview."

The government passed the *Property Controls for Grocery Stores and Supermarkets Act* in June 2025, preventing grocery stores from creating "new restrictive covenants or exclusivity clauses."

There are currently 43 property controls in place.

Of the four property controls the government will be challenging, two are in Winnipeg (915 Leila Ave and 50 Sage Creek Blvd), one in Steinbach (178 PTH 12) and one in Brandon (1645 18th St).

Some controls that stop competitors from building nearby extend into agricultural fields and last until 2040 in one case and the 2060s in another, said the premier.

"We don't think that is in the public interest and that's why we're taking action," said Kinew. "I think we all understand when there's more competition, there are better prices. ... If



RECORD FILE PHOTO BY PATRICIA BARRETT

The high price of food, such as vegetables, is beyond what many Manitobans can comfortably afford.

this [property controls] wasn't benefitting the companies' bottom line, they wouldn't be doing it."

Minister Sandhu said the property control legislation resulted in some grocery giants deciding to drop existing controls.

"As a result of that legislation, one third of the existing controls were well and truly removed. Right now, 43 remain in place, all held by the same company," said Sandhu. "But we are not willing to wait for years of the last of these anti-competition contracts to expire while big chains make

record profits and your groceries will keep going up."

With the new legislation, the government can bring a case against Sobeys to the Municipal Board, which can "strike down" predatory property controls that go against the public interest, Sandhu said.

"We gave Sobeys the chance to do the right thing, and voluntarily put a stop this anti-competition practices in Manitoba," he said. "They refused."

The government intends to fight all 43 property controls.

Other measures the provincial government has taken to provide some mitigation against high prices include removing the PST from ready-made food and other edible products sold in grocery stores and in mom-and-pop shops (starting July 1), freezing the price of milk (1 litre), and "cracking down" on surveillance or predatory pricing through the use of customer data, typically from points or rewards cards offered by grocers and online shopping.

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# Paul Augst and Joshua Hogan bring home nutrition award

## Augst and Hogan earn Nello Altomare Award for Excellence in School Nutrition

By Katelyn Boulanger

At the beginning of the 2024/25 school year, Robert Smith School and Ruth Hooker School students received an expansion of funding for the school's nutrition programs. This increased nutrition funding meant the schools then started providing lunches for students three days a week. Paul Augst and Joshua Hogan brought this program to life, and now they are being recognized at a provincial level, having received the first-ever provincial Nello Altomare Award for Excellence in School Nutrition.

The two chefs felt that it was a nice surprise to be recognized for their efforts.

"It's not why we do it, but anytime you can be recognized for your work, it's a great thing. And I think this being the inaugural award adds a little something special to it because it's the first time, and you can only be first once," said Hogan.

"In our line of work, we don't get recognized for things like this. So, to be recognized by not only the school but the province was really good for both of us," said Augst.

They believe that the reason the Lord Selkirk School Division's program stands out is because of the work that they've put into the program and the experience that they've brought with them.

"We're both dads, so having younger kids, we knew that the biggest challenge with it is going to be trying to work with pallets of the Kindergarten to Grade 5s. But being parents, I think that kind of brought us back to when they were little, so we had that blueprint to go off of," said Hogan.

The most important concern with feeding 350 to 400 kids in a day is food safety and sanitation, and the chefs keep that top of mind, but they also make food interesting for students.

"We try to add a lot of fresh herbs to things like fresh basil, fresh oregano, fresh parsley. It's a way of adding a

new flavour, but not something that's going to overpower," said Hogan.

This approach, along with taking in feedback, means that they've really gotten to a place where they are happy with the food, and so are the kids.

"We get the feedback from the schools, and they let us know, and then we adjust it, and we tinker with it, and we've gotten to a point where we're quite comfortable with what we're serving," said Augst.

The chefs, in addition to paying attention to the nutritional content of the food and food safety, are also making sure it's accessible to all students, which means accommodating for allergies and dietary preferences.

"We really try to accommodate everybody, and we don't want any kids to ever feel left out. So we do pay very close attention to trying to make sure that everybody's eating, even if it's not the same, it looks the same, so that nobody feels like they're in the spotlight for their nutritional needs," explained Hogan.

Of course, they don't just serve delicious food that the kids will eat, but the nutrition in the food is also something they are focused on.

"We wanted everything to be as healthy and fresh as possible. We really focus on making sure the kids are getting their protein, making sure the kids are getting calcium and all the nutrients that they need. We really don't add much salt to things. We try to do it more with herbs and spices. So really, I guess the real focus is just trying to make the meals as nutritionally balanced as possible," explained Hogan.

They do all of this with a \$4 window per student per meal, which can be quite a challenge, especially when they are competing with other school divisions for products, and recent inflation has not made their job easier.

It is in recognition of all of this hard work that Augst and Hogan earned the Nello Altomare Award for Excellence in School Nutrition.

For parents who don't have their professional expertise in getting kids to eat a vegetable, their advice is to not be afraid to try something new and to shop local if you can.

"Don't be afraid



RECORD PHOTO BY KATELYN BOULANGER

Paul Augst(left) and Joshua Hogan earned the Nello Altomare Award for Excellence in School Nutrition. Below: Hogan making food for the nutrition program back when it first started.



to push the envelope a little bit. We don't give our kids enough credit that if they're exposed to different products, they might just find there's something that they absolutely love that they never would have tried before. I think that that would be my biggest advice, in small quantities, try to introduce your children to new ideas and different ethnic cuisines. They might just find that there's things that they love and never even knew that it existed," said Hogan.

"We're going to be having upcoming farmers' markets, and do as much as you can. With the produce and

everything else that we have in the area, you can feed and sustain your kids on a very nutritious base level, and I think that's something that the community and parents should look into," said Augst.

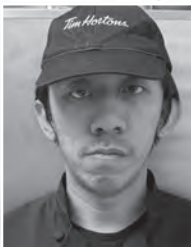
The chefs also wanted to acknowledge that, though they won the award, they are supported by a team of people from LSSD administration, fellow staff members, and the organization that provides the commercial kitchen. Without that support, they wouldn't be able to do what they do.

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# Octavia Choir has another jukebox musical success



RECORD PHOTOS BY BRETT MITCHELL

Octavia Choir once again hosted a fun Jukebox Musical last weekend. This time, the play was about a book club, life, and aging. While the story was about a serious topic we're all going to have to navigate, it still hit a high note when it came to comedic timing.



# Gwen Fox Gallery May show features ARTists4

Stop by May 5 to 30 to see work by artists  
Ida MacKenzie, Jo Smoley, Winona Kling,  
and Judy Sutton

By Katelyn Boulanger

Four artists and friends from our region have teamed up as the ARTists4 for a fun springtime exhibit at the Gwen Fox Gallery, on until May 30.

The group consists of Winona Kling, Ida MacKenzie, Jo Smoley, and Judy Sutton, who allowed their personalities and art styles to mix this month at the gallery.

The best time to catch all four artists at the gallery together is at the artists' reception on May 9 from 1 to 3 p.m.

The Gwen Fox Gallery is open from 11 a.m. until 4 p.m. Tuesday to Saturday, and visiting is free to all.

Additionally, the Gwen Fox Gallery will be hosting free painting classes for kids aged 7 to 12 years old. Sharon Routley will be teaching two sessions of six classes. The first will be from May 20 to June 24, and the second from July 8 to August 12. To register for either of these sessions or to ask additional questions, contact Routley at ser523@hotmail.com. These classes will likely fill up quickly, so it's advisable to register early.

## Winona (Noni) Kling

Kling is a mixed media artist who is inspired by the prairies and you can't miss the expression that she puts into her pieces.

"I do a lot of different techniques. (I use) watercolour primarily, acrylic, collage, printmaking, and I have done Chinese painting on rice paper. I've done a lot of different things, so there's a lot of variety in my work. But I'm a prairie girl, so a lot of my works come from what I see around me – canola fields in the summer, and going to the Whiteshell, and we spent a lot of time at Minaki, just across the border in Ontario, so lots of granite and gorgeous lakes," she said.

Kling explained that she's very inspired by wild spaces.

"(I'm inspired by) nature primarily. I want people to feel peace or happiness or remember a moment that was special to them when they look at my work," she said.

She explained that her journey as an artist started as a child.

"My mother was very creative and really fostered that with me. I started doing watercolour for some of my courses in university, and so I've been doing watercolour for 40-some years, and it's just been a learning process the whole time. I love the creativity that this outlet provides me," she said.

Kling is from East St. Paul and is a fairly recent addition to the Gwen Fox Gallery. She came because, her friends who are artists are members.



RECORD PHOTO BY KATELYN BOULANGER

Ida MacKenzie.

"We have this little group called Artists4 who have been exhibiting for about the past five or six years, maybe more. We started out as a group for the centennial year in East St. Paul. Judy phoned me and said we should do something for the centennial year. So we did. We started three endeavours. One was a studio tour. The other was (that) we hang work in the municipal hall in East St. Paul, and the third one was we get together twice a month at the seniors' building in East

St. Paul and paint. Everyone is welcome. We have people popping in, and they may not be doing painting per se, but they do crafts, or they do painting on rocks. They do all sorts of things," she said.

It was thanks to the influence of the other members of Artists4 that Kling joined the gallery, and now we get to experience all of their art, which is only enhanced by the group's friend-

Continued on page 25



RECORD PHOTO BY KATELYN BOULANGER

Winona (Noni) Kling.

## Cadets Commemorate the Battle of the Atlantic



RECORD PHOTO SUBMITTED

The cadets of #77 RCSCC Daerwood hosted the ceremony for the Commemoration of the Battle of the Atlantic last weekend, which was well received by attendees including local leaders and their families. "The cadets did a fantastic job," said Selkirk Mayor Larry Johannson. Pictured: The officers and cadets of the #77 RCSCC Daerwood with Johannson.

# Bombers partner with Access CU to boost financial literacy in schools

By Haley Cvar

Students across the province could soon be learning how to manage their money with help from a professional football player, as Access Credit Union launches its annual classroom financial literacy program in partnership with the Winnipeg Blue Bombers.

The “Tackle Your Finances like a Pro” initiative invites Manitoba schools to apply for a 60-minute, in-class workshop led by Access Credit Union financial literacy trainers alongside a Blue Bombers player. The program aims to deliver practical money management skills in an engaging, interactive format.

According to Access Credit Union, the sessions are designed to help students build a foundation for financial decision-making, while also incorporating games, discussion and prize giveaways to keep participants involved.

“These workshops are a major highlight for the Financial Literacy team each year. We are continually impressed with the engagement from the students

and their curiosity to learn about money management and how to start preparing for their future,” said Emily Suderman, financial literacy specialist with Access Credit Union.

Suderman added that the involvement of a Blue Bombers player helps strengthen student engagement and excitement.

“It has also been amazing to see the interactions with the students and a Winnipeg Blue Bombers player. A big thank you to Nic Demski for joining us once again. We are excited to bring these workshops to schools in the 2026-27 school year,” she said.

The partnership reflects a shared goal of community impact, according to Winnipeg Football Club president and CEO Wade Miller.

“The continued momentum of the Financial Literacy Program is a testament to the meaningful impact it’s already having in our community,” Miller said. “Our football club is proud to be a part of this important program and to support efforts that create lasting, positive change alongside Access Credit

Union.”

Schools that are interested in the workshop are asked to apply by visiting [accesscu.ca/tackle](https://accesscu.ca/tackle). Applications are to be received by June 12, 2026.

Access Credit Union, the largest credit union in Manitoba, serves more than 208,000 members and manages approximately \$14.2 billion in assets. The organization says programs like this are part of its broader commitment to supporting communities and building financial confidence among youth.



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# RRNT honoured in three categories for Holiday Alley

Selkirk's shoulder season festival shortlisted in three categories at the Tourism Awards

By Katelyn Boulanger

It doesn't feel like Holiday Alley has only been in our community for nine years, as it's quickly become a staple event for the region. Recently, the festival that has brought us the soup cook-off, pooch parade, sheep poetry and many more fun events was recognized outside of our region when it was shortlisted in three categories at the Tourism Awards Winnipeg | Manitoba held at the RBC Winnipeg Convention Centre before 470 people in the tourism industry.

Past-president of Red River Tourism (RRNT) Lois Wales, who spent ten years at the helm of RRNT as presi-

dent, was a finalist for Volunteer of the Year 2025, the Red River Co-op Soup Cook Off, organized by Inclusion Selkirk was a finalized for Culinary Tourism Award, and the Straw Sculpture Symposium: Fire on the Red led by Anvil Tree and the students and teachers of the SPARK program of the Lord Selkirk School Division made the shortlist for Innovator of the Year 2025.

"While we didn't win in those categories, it was a great honour to be shortlisted and recognized for all the hard work our volunteers, partners and friends did to create some of the best tourism in Manitoba," said Belle Lourenco, Holiday Alley's event coordinator.

Last year, Holiday Alley brought 7,800 visitors to Selkirk during shoulder season, some for more than one day of the festival, meaning there were more than 10,000 visits during the event.

"If you're from Selkirk, St. Andrews and St. Clements, you may think this is a local festival, but we know that over 35 percent of the attendees are not from our region and that over 60 percent of the Soup Cook-Off tickets are bought by people outside of Selkirk, and that makes Holiday Alley a tourism draw that benefits local businesses," said Lourenco.

This means that Holiday Alley has



RECORD PHOTO BY KATELYN BOULANGER

Shortlisted nominees for Holiday Alley at the Travel Manitoba Awards (l to r), Chris Pancoe (Anvil Tree), Teacher Chad Whiteside (Lord Selkirk School Division), Lois Wales (Past President RRNT), Marilyn Willams (Secretary RRNT), and from Inclusion Selkirk's Soup Cook Off Team Sharon Holmes, Maria Freeman, Kayla Kiers, Rachel Silverman, Trista Malinowski.

become the busiest weekend of the year for Selkirk's downtown businesses. The statistics show a between 200 and 500 per cent increase in traffic and transactions.

Travel Manitoba says nearly 100 nominations poured in from events, culinary experiences, accommodations and tourism attractions across Manitoba for the annual awards. Twenty finalists were celebrated, typically one from Winnipeg and one from Manitoba in each category. The only finalist in the area was Gimli's Islandingadagurinn – Icelandic Festival of Manitoba for Event of the Year 2025.

"The award for Event of the Year 2026 is what we have our eye on for next year," said Holiday Alley Found-

er Shirly Muir. "It's Holiday Alley's 10th Birthday this year and we want to make it the best. It costs about \$125,000 a year to put the event on and volunteers are fundraising right now, writing grants, looking for corporate sponsors. If you're reading this and you know that families, youth, older adults all need a place to play, create and enjoy art and a diverse culture and get off our devices together, then join us in making 2026 our best year yet," said Muir.

Sponsors, performers, or donors are asked to contact Event Coordinator Belle Lourenco at holidayalleymb@gmail.com. To volunteer, go to holidayalley.ca under the TAKE PART tab.

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# Interlake Real Estate enters new chapter under Century 21

By Lana Meier

After more than six decades serving Manitoba's Interlake region, Interlake Real Estate is entering a new era following its acquisition by Century 21 Sun Country Realty.

The acquisition was announced in a media release this week.

Founded in 1964 by Richard Arnason, Interlake Real Estate has long been a fixture in the region, with offices in Selkirk and Gimli and a team of experienced agents serving communities across the Interlake.

The acquisition brings two brokers, 11 agents and two administrative staff into the Century 21 Sun Country Realty network, while maintaining the existing office locations and day-to-day operations.

For Reg Black, co-owner and broker of Century 21 Sun Country Realty, the transition is not only a business move but a continuation of a family-run approach.

"We are a small family-run business," said Black. "My wife Myrna, my son Jared and I are all involved, and that local, personal connection is important to us."

"Mr. Arnason created a very successful insurance and real estate office in Gimli," Black added. "The real estate division will now be known as Century 21 Sun Country Realty."

While the Interlake Real Estate name will transition to the Century 21 brand, leadership emphasized continuity for clients and staff.

"Other than the rebranding — nothing changes," said associate broker Jared Black in the release. "We are keeping the office locations, fixtures and equipment. We are keeping the same phone numbers. And most importantly — we are keeping all the agents and staff."

Co-owner Myrna Black said the focus moving forward will be on strengthening relationships within the region while supporting both existing and new team members.

"Reg, Jared and I look forward to taking time to immerse ourselves a little more into the Interlake community while we continue to learn and support both our current agents and now our new Interlake team of agents and support staff," she said.

"With this acquisition, the professional service that Interlake and Selkirk real estate clients have come to expect will continue," Myrna Black added. "We are also confident that the agents will have the support necessary to continue a successful real estate career with the brokers, office staff and Century 21 Canada behind them."

Reg Black said the goal is to make the transition

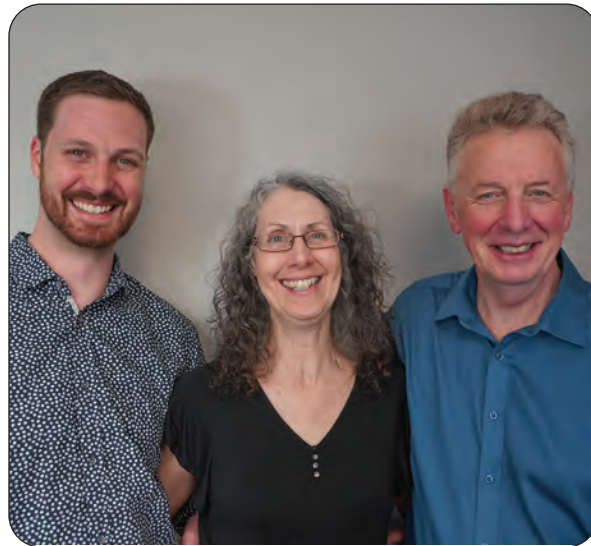


PHOTO SUBMITTED

Jared Black (left), Myrna Black and Reg Black, co-owners of Century 21 Sun Country Realty, are leading the company's expansion into Manitoba's Interlake region following the acquisition of Interlake Real Estate.

as seamless as possible.

"With all agents and staff joining us, it makes it a lot easier," he said. "Short term, we met with everyone together and then individually to encourage them to join us. Long term, we want everyone to stay and grow their business."

The brokerage's inclusion in the deal stems from earlier structural changes tied to the 2022 amalgamation of Access Credit Union and Noventis Credit Union, which had brought Interlake Real Estate under credit union ownership.

Black said the acquisition opportunity had been on his radar for some time.

"I just sent my contact a note and said if they would ever be looking to divest themselves of the real estate office to reach out. And here we are," he said.

For clients in Selkirk, Gimli and across the Interlake, Black said the change will bring added advantages through national and international reach.

"As a national and international brand, clients will see the benefit of the tools and resources offered — especially for marketing and online exposure," he said.

He added that the brokerage's geographic reach will allow it to better serve buyers and sellers across a wide area.

"Our office has agents not only in Selkirk, the Interlake and Eastman, but also in Winnipeg," Black said. "We can be a full-service brokerage for anyone looking to buy or sell in all those ar-

eas. Just look at a map — from Highway 1 east to Ontario and then wrapping all the way around to Highway 6 as a rule of thumb — we have agents that cover all that area and more."

The transition is already underway, with rebranding expected to happen quickly.

"This became official Thursday afternoon, so there is a lot to do in short order," Black said. "We have to rely on suppliers and how quick they can go, but it would be great if we could have all or most done within a month or so."

Despite the changes, Black said the local foundation of the business remains unchanged.

"Collectively we are local. And we will remain local," he said. "With our existing office and these two locations, all our agents will be able to help buyers and sellers throughout Selkirk, the Interlake, Eastman and Winnipeg."

Continued on page 16

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Black also pointed to strong conditions in the current market.

"There is strong demand for cottages and resale homes," he said. "Inventory is lower than normal, so it's a great time for those looking to sell, as there are buyers looking."

The transition marks a significant milestone for a brokerage that has served generations of Manitobans, positioning it for continued growth while maintaining the relationships that have defined its legacy.



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**Donation to soup kitchen**



**RECORD PHOTO SUBMITTED**

The Selkirk Steelers, Aaron's No Frills, Clandeboye Store/Prairie Petroleum, and Old Dutch were pleased to donate \$1,500 to the Selkirk Food Bank and the Our Daily Bread Soup Kitchen in Selkirk. This donation was made possible by the fans of the Steelers as well as students and staff at William S. Patterson, Ruth Hooker and Mapleton Schools. The Steelers hosted a school day afternoon game and lunch for students and the lunch proceeds were donated to the soup kitchen and food bank. Pictured: left to right: Aaron Hoium of Aaron's No Frills, Sig Banmann of the Selkirk Food Bank, the Steelers' mascot, Dawn Kardashinski of the Our Daily Bread Soup Kitchen, and Lori Ezako from the Selkirk Steelers.



**Happy Mother's day**



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# Children's book celebrates imagination and play

By Annaliese Meier

A forest trail near Grosse Isle has inspired a new children's book encouraging families to slow down and rediscover imagination.

Local author Corey King recently released *Something Must Be Done*, drawing on walks through a wooded trail near his home and the realization that adult seriousness can overshadow childhood whimsy.

"There's a small forest trail near our home in Grosse Isle that I love walking through," King said. "It felt like a tiny escape into nature."

That perspective shifted when someone began decorating trees along the trail with faces — something King initially resisted.

"I wanted that space to stay untouched," he said. "But seeing how my rigid thinking was changing my kids' perspective, I realized we were losing an opportunity for whimsy

and imagination."

The decorated trees have since become "family friends," he said, and that shift from frustration to wonder is central to the story.

The book officially launches provincially May 5, but it has already been circulating locally for months. King's partner, Dee King — who grew up in St. Clements — edited the book and helped coordinate a soft launch in Grosse Isle ahead of Christmas, with nearly 100 copies distributed through Grosse Isle, Stonewall, Rosser and Warren.

"The title satirically frames adult frustration," King said. "Parents carry a lot of responsibilities and stress, and that often clashes with the slower, more playful pace of children."

In the story, adults repeat "something must be done," while children lean into imagination and playful rebellion.

"Without spoiling the ending, the real 'something' that gets done isn't what the adults expect," he said. "It ends up being an internal shift."

Recommended for ages five to nine, the book is designed to engage both children and adults, with humour for younger readers and deeper themes for older audiences.

Set in the fictional town of Big Island, the story follows siblings who spark a movement to protect imagination and wild spaces. It is illustrated by Winnipeg artist Christian Amiel Miranda.

The project carries strong Manitoba roots — written in Grosse Isle, edited by Dee King and printed locally — and is being released as a physical-only book through independent outlets.

King said sharing the book with local children has been the most rewarding part of the process.

"That creates a sense of connection I've missed with many of my other



PHOTO SUBMITTED

Corey King's new children's book *Something Must Be Done*, inspired by a forest trail near Grosse Isle, encourages families to embrace imagination and rediscover a sense of whimsy. The locally written and illustrated book officially launched May 5 and is recommended for readers ages five to nine.

Copies of *Something Must Be Done* will be available starting May 5 at Chapters Polo Festival and Indigo Kenaston Common, as well as online at [zenfri.ca/publishing](http://zenfri.ca/publishing). King can also be reached at [corey@zenfri.com](mailto:corey@zenfri.com).

Library readings in Stonewall and Teulon have already taken place, with additional school visits scheduled in May at Argyle and R.W. Bobby Bend. King said he is eager to continue visiting schools and libraries across the Interlake, offering readings at no cost and donating a copy of the book to each location.

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**SHOP OFTEN FOR BEST SELECTION**

# Selkirk announces plans for 1,000 new trees to be planted across city this year

## Major investment in urban forest

By Katelyn Boulanger

So far, Selkirk has started on its plan to bring 1,000 more trees to the city this year by planting 500 trees this spring, with the rest coming in the fall.

Though Selkirk has continuously added and replaced trees in previous years, these 1,000 trees represent a serious upgrade to local boulevards and an increase from previous years.

Since 2021, the City of Selkirk has planted approximately 1,000 trees on boulevards and park spaces throughout the city," said Mihali Schindle, Selkirk's Manager of Climate Action and Environmental Service in a recent release from the City of Selkirk.

"This year, the city is making strides in growing its urban canopy by doubling previous planting efforts and adding 1,000 new boulevard trees. This effort will further boost the city's park and boulevard tree population by approximately 28 per cent."

These trees would have cost the city approximately \$1.6 million, which includes costs like watering and maintenance of the trees after planting. Luckily for taxpayers, grant funding is going to cover 94 per cent of that cost.

"Because of grant funding, we're investing in infrastructure at just six cents on the dollar. Trees are infrastructure, and unlike pipes and pavement, they grow in value and function over time, delivering increasing benefits for generations," said CAO Duane Nicol in the City release.

"Since 2019, Selkirk has widely been recognized for its leadership in climate change adaptation. The reality is that our climate is changing, and the infrastructure we build today must be designed for the decades ahead and the weather events to come. A key part of that work is our urban forestry

program. Trees are not decoration — they are critical infrastructure. They manage stormwater, reduce heat, improve air quality, and extend the life of roads."

To make sure that the trees are put in locations where they can provide the greatest environmental and community benefit. The city has identified planting locations using the Street Tree Policy planting criteria. This policy assigns a priority score to each street segment across the city, which considers factors like existing canopy coverage, stormwater system capacity, tree species diversity, road classification, current tree condition, and social equity.

The City of Selkirk sees these trees as a great benefit to the community. Trees keep the city cooler, mitigate climate change by capturing carbon, filter air pollutants, protect soil and waterways by reducing erosion and filtering stormwater runoff, provide essential habitat for birds, pollinators, and other wildlife, can have a positive financial benefit

for municipalities and homeowners, and can even help to prevent pavement damage, meaning road maintenance won't need to be done as often.



RECORD PHOTO SUBMITTED

City of Selkirk to plant 1,000 new trees this year. Pictured: City of Selkirk employees planting one of the 1000 trees.

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# Spring Home & Garden Guide



## Backyard food gardening grows in popularity

By Annaliese Meier

Growing fresh food at home continues to gain popularity across Manitoba, as more residents look to save money and enjoy the benefits of homegrown produce.

From small backyard plots to raised garden beds, food gardening offers a practical and rewarding way to make use of outdoor space. Experts say even beginners can achieve success by starting small and choosing crops suited to the local climate.

"People are realizing you don't need a large garden to grow your own food," said a local gardening specialist. "Even a few rows or containers can produce a surprising amount."

Early-season favourites include potatoes, onions and leafy greens, which can be planted as soon as the soil can be worked. These crops are well-suited to Manitoba's shorter growing season and cooler spring temperatures.

As the weather warms, gardeners can expand to include vegetables such as tomatoes, cucumbers and peppers. These heat-loving plants should only be planted after the risk of frost has passed, typically in late May or early June.

Sunlight is one of the most important



From leafy greens and onions to strawberries and tomatoes, home gardens across Manitoba are filling with fresh produce as more residents turn to growing their own food.

factors in a successful food garden. Most vegetables require at least six to eight hours of direct sunlight per day. Soil quality is equally important, and many gardeners improve their yields by adding compost or fertilizer.

Watering consistently is another key component. While Manitoba can experience dry spells during the summer months, overwatering can also be a concern. A steady, moderate watering schedule is generally recommended.

Raised beds and container gardening are becoming increasingly popular, particularly for those with limited space. These methods allow for better control over soil conditions and can make gardening more accessible.

In addition to vegetables, many gar-



RECORD PHOTOS SUBMITTED

Manitobans are embracing home gardening this spring, using backyard plots, raised beds and containers to grow fresh produce while taking advantage of the province's short but productive growing season.

deners are incorporating fruit-bearing plants such as strawberries and small fruit trees into their yards. These additions provide both visual appeal and a steady supply of fresh produce.

Garden centres are seeing strong demand for seeds, starter plants and gardening supplies as the season gets underway. Staff can often provide guidance on plant selection and care, helping new gardeners build confidence.

With the right planning and care, a backyard garden can provide fresh, nutritious food throughout the summer and into the fall, making it a

worthwhile investment for many Manitoba households.



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## Summer Berry Panzanella Salad

- 1 tablespoon lemon juice
- Berry Dressing:**
- 1/2 cup strawberries
- 1 tablespoon brown sugar
- 1 pinch salt
- Serving:**
- 3/4 cup plain Greek yogurt or vanilla yogurt

- Prep time: 25 minutes
- Servings: 4-6
- Bagel "Croutons:"
- 3 Dave's Killer Bread Summer Berry Bagels
- 3 tablespoons unsalted butter
- 2 tablespoons brown sugar
- 1 pinch salt
- Berry Salad:**
- 1 pint strawberries, hulled and sliced (reserve 1/2 cup for dressing)
- 1/2 cup blueberries
- 1/2 cup raspberries (optional)
- 1/2 teaspoon lemon zest

- 1 tablespoon poppy seeds
- fresh mint (optional)
- Heat oven to 350 F.

To make bagel croutons: Cut bagels into 3/4-inch cubes. In bowl, melt butter; stir in brown sugar and salt. Toss bagel cubes in butter mixture.

Spread on baking sheet and bake 15-18 minutes, flipping once, until golden and crisp. Let cool.

To make berry salad: In large bowl, combine sliced strawberries; blueberries; raspberries, if desired; lemon zest; and lemon juice. Toss gently.

To make berry dressing: Place reserved strawberries in bowl. Add brown sugar and salt. Using fork or potato masher, mash until juicy and chunky.

To assemble panzanella salad: Add cooled bagel cubes to berry salad. Pour in mashed strawberry dressing. Toss slightly so bread absorbs juice.

Let sit 5-10 minutes so bagel pieces soften while staying textured.

Serve in bowls with yogurt, poppy seeds and mint leaves, if desired.

# From burnout to barbell

By Fitness Expert Julie Germaine Coram

For many women over 40, especially busy working moms, getting back into shape can feel far more difficult than it once did. Even with consistent workouts, balanced eating and strong discipline, progress often slows. This is not simply a lack of effort — your body is operating under different physiological conditions.

One major factor is the natural decline in estrogen during perimenopause and menopause. Lower estrogen levels have been shown to reduce muscle protein synthesis — the process responsible for repairing and building muscle after exercise. As a result, recovery becomes slower and building strength takes more time, even with consistent training.

At the same time, age-related muscle loss — known as sarcopenia — begins as early as the mid-30s and accelerates after 40. Women may lose about three to eight per cent of muscle mass per decade, with more significant losses occurring after menopause. This reduction in lean muscle directly affects strength, endurance and overall body composition.

Metabolic rate also gradually declines with age. Because muscle tissue burns more calories at rest than fat, losing muscle contributes to a lower basal metabolic rate. A decrease of two to three per cent per decade after age 30 can make fat loss more difficult and increase fat storage, even when lifestyle habits remain consistent.

Add in limited time, inconsistent recovery and competing priorities — and it can feel overwhelming. But getting into shape is still achievable with a targeted approach.

- **Prioritize strength training:** Resistance training two to three times per week is essential to maintain and build muscle. Incorporating progressive overload — gradually increasing weight or resistance — helps stimulate muscle growth despite hormonal changes.

- **Increase protein intake:** Supporting muscle protein synthesis requires adequate protein. A daily intake of about one gram per pound of



Fitness Expert, Julie Germaine

body weight can improve recovery.

- **Allow for adequate recovery:** Slower recovery means muscles need sufficient rest between sessions. Allow at least 48 hours between intense workouts, and prioritize sleep.

- **Focus on efficiency and consistency:** Short, structured workouts performed consistently are more effective than sporadic, longer sessions. This approach is especially important for those balancing multiple responsibilities.

Although getting into shape may feel like an uphill battle, the challenge lies not in effort but in adapting to the body's changing needs. With the right combination of strength training, nutrition and recovery, women can rebuild muscle, improve fitness and regain a strong, capable body after 40.

To discuss your health goals or fitness challenges, schedule a free online consultation at [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine) or email [julie@juliegermaine.com](mailto:julie@juliegermaine.com).

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



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> GWEN FOX GALLERY, FROM PG. 12

ship.

"I think we inspire each other and encourage each other, and we're friends. We have a good time together. Even during COVID, we managed to stay in touch," she said.

Kling's advice to artists just starting out on their art journey is to give yourself permission to find the time.

"Art is one of the things that gets pushed aside in our busy lives, and I think you have to give yourself permission to stick with it. And, even if you can't have time to paint, then think about it. Think about 'where's the shadows on this tree? Where's the light hitting it?' Go to art galleries and see what other people are doing, and figure out how they made their composition, or what the colour blending is, or any of those sorts of things. Think about it. It trains your brain," she said.

Kling hopes that residents take the time to check out the exhibit this month.

"It'll be a really wonderful show. You'll enjoy yourself," she said.

**Ida MacKenzie**

MacKenzie is a painter, potter, and wood carver who creates in many mediums, including watercolour, pastels, acrylics, and scratch art. This month you won't miss her very ex-

pressive and colourful paintings. If you were to see her art in the gallery, it stands out, and you can't miss the Group of Seven influence that she channels when she creates her unique pieces.

"I do love forests and greenery in nature and that kind of thing," she explained.

MacKenzie says that her art is inspired by finding the colour in nature "(I enjoy) colours, and especially fall colours, bare trees and the purples and the golds and the greens and weeds in the ditch. I love weeds," she said.

She's also inspired by summers spent at a remote cabin in Northern Ontario.

Her first memories of creating art are from when she was a child.

"When I was 12 years old, my parents sent me to Mrs. Benson, who had a studio in her basement, and taught me how to do oils. And, I've just painted ever since. I painted, and then I went from painting to potting, and I ran a pottery business for 20 years and serviced 15 to 20 stores in Winnipeg and around. Then I went to woodcarving. Those are my birds out there, and as soon as I retired, I went back to painting," said MacKenzie.

She explained that when she retired, she took a trip to Spain with an art



Judy Sutton



RECORD PHOTOS BY KATELYN BOULANGER

**Jo Smoley.**

teacher and that really reinvigorated her love of painting.

MacKenzie is an artist who lives in Oakbank, but she's been part of the Gwen Fox Gallery for many years.

She attributes her wanting to continue to be an artist at the gallery for a decade or so to how amazing and welcoming the people at the gallery are.

As an artist who has struck out into new adventures and new mediums a few times in her art career, her advice for artists starting is to just go for it.

"Don't be afraid to just paint or do whatever, create the thing that you want to do. I'm always creating, and if it's not with paint, it's with cloth or something else. Just keep going and never give up if that's what you want. It's so good for you when you're older to have something to fall back on," said MacKenzie.

She hopes that people stop by the gallery this month.

"We four have painted together now for a while, and we blend well together, so it's going to be a good show," said MacKenzie.

**Jo Smoley**

Smoley is a multi-media artist who chooses the medium she uses depending on what the painting needs.

"In the summertime, it's watercolour, and I love the lightness of it and the flow of the paint. In winter, it's mostly acrylics, but I love palette knife with oil and cold wax. It's my latest. It just takes a long time to dry, and I'm impatient, and so I want to get back in on it, and I've got to wait for oil, so I go back to acrylic," she explained.

Her art is generally worked in an impressionist style, but she finds that the art takes on its own life as she creates it.

"What I figure I'm going to be painting never is what the end result is. The end result is me and the canvas sort of having a struggle between the two, deciding what to keep, what to let go," she explained.

Smoley said that she's working her way towards abstract art, but that she keeps finding nature in her pieces. She pulls out trees and flowers and creates whole ecosystems that are tangled together.

Inspiration for her art naturally comes from nature.

"I love close-ups of all the little shrubs and little vines and leaves on the ground. And I love getting zoomed in on things. And usually I find trees and everything I can start with just splashes of paint, and I will pull out a landscape in its own way," she said.

Smoley comes from a fairly artistic family, so creativity was around her growing up.

"My mother was an artist. I have an aunt in Ottawa who is an artist and very successful. My father was very creative, and I helped him renovate our home. I built my own furniture with him for my bedroom. So I had a lot of encouragement, and they really cheered me on, and my husband and kids now cheer me on. So, I've had a lot of support when I work in art," said Smoley.

After growing up with art around her, which included making fashion-

Continued on page 26

> GWEN FOX GALLERY, FROM PG. 25

able clothing for paper dolls, she grew up and moved on to taking classes with her husband.

"I went to sketching and did model sketching. But then when the children came, I was more teaching creativity to them, so we were out camping all summer, and they would be having paints out," she explained.

Once her children no longer needed her help, she decided to take some watercolour classes before moving on to acrylics, and she's been painting ever since.

Smoley lives in East St. Paul and has been an artist with the Gwen Fox Gallery for about eight years or so. She enjoys being part of the gallery's membership.

"This community is so supportive. This gallery is so incredible. There's such wonderful people here, and they're so positive and encouraging. And I think we're expanding and growing into something better yet," she explained.

Smoley's advice to artists who are just starting is to treat it like learning any new skill.

"It's just like taking on a musical instrument. The more you practice, the better you're going to get. And your goal is to find your own signature in art, so that when people come into an art gallery and see your work, they will recognize you. I think that's what an artist should work for, but it's practice, practice, practice. And, don't over criticize yourself because artists are the worst at criticizing their own work. Sometimes, when you tuck a piece away and bring it out a week later, you find the sunshine in it," she said.

Smoley hopes to see you at the gallery this month.

"I think we work really well together. In our work, there's many stories being told, but they all cooperate with each other, and it's a joyful show," she said.

**Judy Sutton**

A fresh breath of spring air is the best way to describe Sutton's work at the gallery this month, which includes wildlife, some with cute baby animals, and even the occasional child.

"My goal in everything I brought today was spring, so I painted everything that brings me particular joy in springtime — baby animals, young children who are curious and ready to do whatever comes their way, and that brilliant green of springtime when you're falling in love," she said.

She let the season completely inspire her showing at the gallery this month.

"I think that we all feel that way about spring, and it's here at last. We've been waiting for a long time, so that's why I chose it as a theme," Sutton explained.

Her art hasn't always been visual, but Sutton has always been a creative person.

"I've always done art in my work. I was a music teacher, and I actually didn't have time to be serious about (visual art) until I retired. I've had a good, long chance to learn how to paint and how to do things properly. I also was, for quite a long time, 12 years, I think, the Winnipeg representative for an art training company that was based in Calgary, and we did two three day workshops here a year for them. So, of course, I attended all of these with world famous artists, and that was a big part of my evolution," said Sutton.

Sutton is an East St. Paul artist, and



RECORD PHOTO BY KATELYN BOULANGER

**Ida MacKenzie's woodcarvings of birds.**

she's been part of the gallery's community for over 20 years.

"It's such a wonderful community. I absolutely adore it, and that's part of the reason for being part of anything. Making art is a pretty solitary affair most of the time. So we have to reach out and find community. And, this is a good community to belong to," she said.

Sutton's advice for artists just starting out on their art journey is to just paint.

"Do it. Paint and paint and paint. People understand practice in music. You take piano lessons, but you have to practice. Everybody understands that, but adults look at art differently. They say, 'I tried it once, and I couldn't do it, so I'm never doing it again.' And, the fact is, like every other activity, you have to practice every

day," she said.

Sutton invites residents to check out the ARTists4 show, on until May 30.

"It's a wonderful show. This group of artists has shown together (in) many other places. We like working together. We think our things complement each other, and it'll be a joyous experience, and everybody should come," she said.

You can follow along with the Artists4 online on Facebook at <https://www.facebook.com/profile.php?id=100089110542182> and Instagram at <https://www.instagram.com/artists.four/reels/>. You can also check out the Gwen Fox Gallery online at <https://www.facebook.com/profile.php?id=100083041493302> and <https://www.instagram.com/gwenfoxgalleryofficial/>.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Local skaters showcase skills at Girls POE Spring camp

By Keiran Reimer

Four local skaters from the Tri-S area showcased their skills at the Hockey Manitoba Girls U16 Program of Excellence Spring Selection Camp, held April 24-26 at the Hockey for All Centre.

The local skaters were Kennedy Simpson, Ashlynn Boyd, Kennedy Vokey and Addison Gowryluk, who were among the 136 players selected to attend the camp.

Hockey Manitoba's U16 Girls POE program is designed to teach up-and-coming female athletes the skills, concepts and tactics specific to the Women's U18 Program of Excellence, ensuring they receive the development needed to advance to the U18 level and beyond.

Graduates of the program have gone on to compete in U Sports, NCAA and international competition.

Players took part in a series of scrim-

mages throughout the three-day camp after being divided into eight teams.

Hockey Manitoba will select 40 players from the camp to attend the Girls U16 POE Top 40 Camp in June, the second phase of the program.

The Top 40 Camp will be followed by the Girls U16 POE Competition Phase in August.

**LOCAL PLAYERS:**

Forward Kennedy Simpson (Sel-

kirk), 2025-26: 28 GP, 30 G, 20 A, 50 PTS (Avros White U15 AAA)

Defence Ashlynn Boyd (East Selkirk), 2025-26: 27 GP, 1 G, 4 A, 5 PTS (Avros Red U15 AAA)

Forward Kennedy Vokey (Narol), 2025-26: 27 GP, 23 G, 18 A, 41 PTS (Avros White U15 AAA)

Forward Addison Gowryluk (St. Andrews), 2025-26: 26 GP, 3 G, 5 A, 8 PTS (Avros White U15 AAA)

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Royals well-represented at MWHSHL Rookie Showcase

By Kieran Reimer

The four freshmen from this season's Lord Selkirk Royals varsity girls hockey team swapped jerseys last week at the Manitoba Women's High School Hockey League Rookie Showcase, held Monday to Tuesday at Southdale Community Centre.

Wearing blue on Team Pro Blue were Selkirk's own F Kennedy Simpson and G Isabella Ernstberger, while D Delaney Bush and F Lyla Landry represented the Royals on Team Yellow at the third annual showcase.

After a day and a half of games, 12 teams of Grade 9 and 10 players were whittled down to two for the final between Team Vegas and Team Pro Blue.

In the end, Team Vegas claimed a 5-3 victory Tuesday night to capture this year's title.

Simpson and Ernstberger played key roles in Team Pro Blue's second-place finish.

They opened the tournament with a 2-0-1 record in the preliminary round to finish first in Pool 3, earning 6-4 and 5-2 wins over Team Vegas and Team Royal, along with a 4-4 tie against Team White.

They then kicked off the playoff round Tuesday with a 3-2 semifinal win over an undefeated Team Grey squad before Team Vegas defeated them in the final later that evening.

As for Landry and Bush, Team Yellow came one win short of reaching the playoff round, with their fate decided in a Pool 2 finale against Team Grey.

Team Yellow tied Team Pink 2-2 in its opener before earning a 4-2 win over Team Dark Green to improve to 1-0-1.

They were then handed an 8-2 loss by Team Grey, which improved to 3-0 and secured the top seed and playoff berth from Pool 2.

The loss ended Team Yellow's tournament as it finished 1-1-1, tied with Team Pink for second place in Pool 2.

All four Royals representatives will be eligible to return next year as Grade 10s for their second season in the MWHSHL.

In 2025-26, they helped the Royals to a 3-19-1-0-1 record, placing 11th in Division 1/2 East.



**RECORD PHOTOS SUBMITTED**  
Nolan Dear was named a recipient of the Travis Price Hockey Spirit Scholarship Award. The Grade 12 forward recorded three goals and seven assists in 20 regular-season games, then added four goals and two assists in five playoff games.



Rylen Giroux was named the Most Improved Player in the WSHL's Platinum Promotions Division. The Grade 11 goaltender improved his numbers from a 3.81 goals-against average and a .869 save percentage in 2024-25 to a 2.59 GAA and a .907 save percentage in 2025-26.

## Local boys among Manitoba's best at POE hockey camp

By Keiran Reimer

The Tri-S area's top young hockey talents recently put their skills to the test at Hockey Manitoba Program of Excellence camps.

From April 24-26, the U15 boys — including five local players — hit the ice for a series of scrimmages at the Hockey for All Centre in Winnipeg as part of the POE camp, formerly known as the Director's Cup Prospects.

Owen Gilbraith, Ryan Koenig, Ian Fernandes, Hunter Rioux and Oliver Zahayko represented the area among the 136 skaters and goaltenders in attendance.

Players were evaluated by Hockey Manitoba scouting and coaching staff, who will determine the invite list for Phase 2 of the program — the Boys U15 POE Top 40 Camp — set for June.

The Top 40 Camp will be followed by the Boys U15 POE Competition Phase, scheduled for August.

The program is designed to provide high-performance players with the opportunity to develop advanced skills, along with an introduction to the concepts required to compete at an elite level.

Two additional locals, Asher Carey and Marko Malbasa, had a similar experience two weeks earlier when they attended the Boys U16 Program of Excellence camp at the Hockey for All Centre.

The U16 program follows a similar structure, with the Top 40 and Summer Skills Camp phases scheduled in the coming months.

### BOYS U15 POE PLAYERS (APRIL 24-26):

Defence Owen Gilbraith (Selkirk), 2025-26: 30 GP, 0 G, 3 A, 3 PTS (Winnipeg Thrashers Blue U15 AAA)

Forward Ryan Koenig (St. Andrews), 2025-26: 30 GP, 20 G, 20 A, 40 PTS (Rink Academy Winnipeg U15

AAA)

Goal Ian Fernandes (St. Andrews), 2025-26: 18 GP, 4-12-1 W-L, 3.73 GAA, .855 SV%, 1 SO (Winnipeg Thrashers White U15 AAA)


Forward Hunter Rioux (Narol), 2025-26: 31 GP, 3 G, 6 A, 9 PTS (Winnipeg Thrashers Blue U15 AAA)

Defence Oliver Zahayko (East Selkirk), 2025-26: stats unavailable (Winnipeg Thrashers Blue U15 AA)


### BOYS U16 POE PLAYERS (APRIL 10-12):

Defence Asher Carey (East Selkirk), 2025-26: 29 GP, 7 G, 8 A, 15 PTS (Winnipeg Thrashers White U15 AAA)

Defence Marko Malbasa (St. Andrews), 2025-26: 30 GP, 7 G, 24 A, 31 PTS (Rink Academy U15 Prep)



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Selkirk Judo Club delivers strong results at Portage Open

By Annaliese Meier

The Selkirk Judo Club turned in an impressive performance at the 2026 Portage Open Judo Tournament on April 18 in Portage la Prairie, with athletes earning multiple podium finishes across several divisions.

The event drew approximately 160 competitors from across Manitoba and northwestern Ontario, providing strong competition in both youth and senior categories.

Highlighting the performance was Damien Ekosky, who captured first place in the Portage Agri Sales Open division — a no-weight-category event featuring 10 fighters competing for a \$500 top prize.

Selkirk also saw success in the senior ranks, with Mckenna Stewart earning first place in the senior female over-57 kilogram division. Kelton Troia and Tymofii Subbotin each added bronze medals in the U18 male -66 kg and -90 kg divisions, respectively.

In the U14 divisions, Samantha Mayman and Hunter Kennedy both claimed gold in the female -63 kg and male +66 kg categories. Camryn Bettess and Addisson Laudy Krasey each earned silver in the female -33 kg and -63 kg divisions, while Koltin Chura added a silver medal in the male -50 kg category. Jett Honke secured bronze in the same division, and Yehor Subbotin rounded out the results with a silver medal in the male -66 kg class.

Connor Laudy Krasey earned a

third-place finish in the U12 male Group 6 division.

At the U10 level, Cruze Janke and Ragen Sterzer represented Selkirk in a developmental division where placings are not awarded.

“The team had an excellent performance in Portage, which is the second-last Manitoba tournament of the season,” said coach Brian Jones. “Our athletes will return to training and prepare for the Nakamura Open on May 2, the final local tournament of the season.”



Hunter Kennedy holds his trophy after winning the male +66 kg category.



RECORD PHOTOS BY BRIAN JONES

Damien Ekosky of the Selkirk Judo Club competes during the Portage Agri Sales Open division at the Portage Open Judo Tournament on April 18 in Portage la Prairie, where he went on to claim first place.

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# The Selkirk Record

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Royals volleyball alumni cap university careers with Bisons

By Kieran Reimer

The last five years have flown by for Josh Jehle and Spencer Grahame, marking the end of their time with the University of Manitoba Bisons men's volleyball team.

It was early summer 2021 when the two graduated from Lord Selkirk Regional Comprehensive Secondary School as decorated athletes, primarily through the Royals' volleyball program.

They then entered the Canada West circuit, representing the Bisons at the U Sports men's volleyball championship as freshmen when the University of Manitoba hosted the event in 2022.

In the seasons that followed, both players emerged as key contributors — Jehle at libero and Grahame at right side — as the Bisons developed into a top U Sports team.

In March, the duo capped their university careers by winning a bronze medal at the 2026 U Sports men's volleyball championship, defeating the host University of Windsor Lancers in straight sets.

The national medal marked the first of their university careers, coming in just their second appearance at nationals.

"It was a great ending to my career playing volleyball, and it was cool to do it with Josh as well," said Grahame. "We've been playing together since about Grade 7, and with all my other teammates, we've been Bisons together for the last five years, so it was a great way to end."

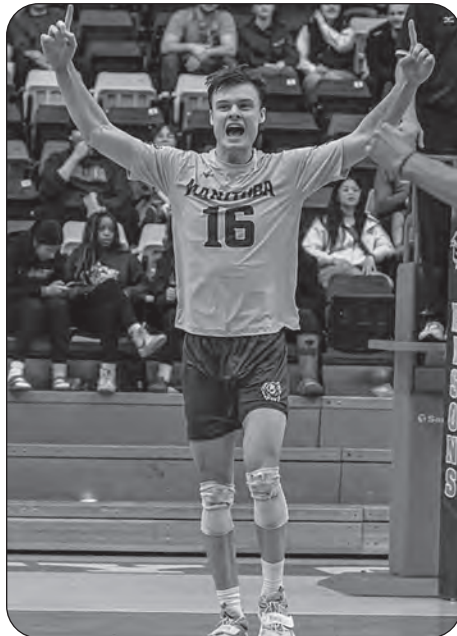
Grahame said he and Jehle have played on 17 different teams together over the years. Grahame is from St. Clements, while Jehle is from nearby St. Andrews.

Their first major win came when they captured gold at the 16U provincial championship, a moment both still cherish. They later represented the U21 Canadian national men's team at the 2023 FIVB world championships and competed for Team Manitoba at the 2022 Canada Games.

Heading into the 2025-26 season, both aimed to finish strong.

Grahame battled a torn labrum in his shoulder throughout the off-season and into the campaign, an injury that could have sidelined him for his final year.

Instead, the team captain persevered



St. Clements' Spencer Grahame captained the University of Manitoba Bisons to a U Sports Men's Volleyball Championship bronze medal in 2025-26 despite battling injuries for much of the season. The fifth-year left side now ages out of U Sports eligibility and will take four more courses next year to complete U of M's Electrical Engineering program.

despite missing time during the season.

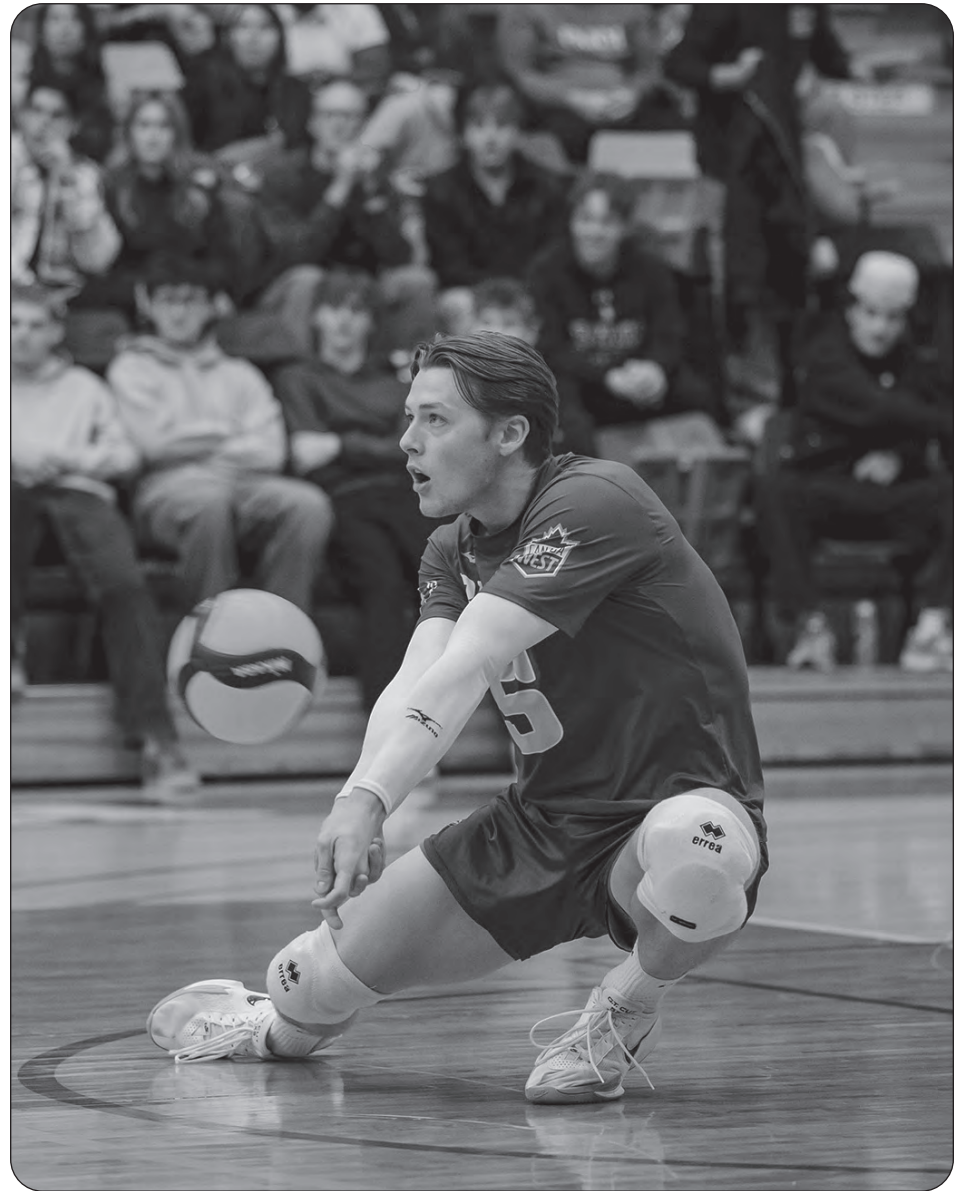
After what the team considered a disappointing 2024-25 campaign — ending in a quarterfinal loss to the University of Winnipeg Wesmen — the Bisons rebounded to finish fifth in the regular season with a 14-6 record. They then captured silver in the Canada West playoffs to earn a berth at nationals.

Following the season, Grahame received the University of Manitoba's Spirit of the Bison Award, presented to an athlete who exemplifies sportsmanship and leadership across all Bison programs.

"I wanted to finish what I started," said Grahame. "Being captain the last two years, it was always a goal to lead a team to nationals and win a medal. That's what drove me. Just being with the guys and representing the university — I was very grateful for that opportunity and wanted to do it one more time."

Both players highlighted road trips as some of their favourite memories.

Grahame pointed to the quarterfinal trip to Kelowna as a standout, playing



RECORD PHOTOS SUBMITTED

St. Andrews' Josh Jehle played five years at the libero position for the University of Manitoba Bisons, while studying for a finance degree at the Asper School of Business. Jehle said he hopes to play professionally overseas next season.

against the University of British Columbia Okanagan Heat in front of a passionate home crowd.

Jehle said trips to Vancouver and Calgary were among his favourites, giving the team a chance to explore major western Canadian cities.

"Building relationships with the guys — you spend so much time together that they become your best friends," said Jehle. "It was tough to stay connected with high school friends because I was always travelling, but you meet so many people on your team and around the league. You remember the wins and losses, but the time spent together on the road and in airports is what really stands out."

Jehle balanced volleyball with studies toward a finance degree at the Asper School of Business, recently completing his exams and graduating this spring.

While he plans to use his degree, he is first pursuing opportunities to play professionally overseas.

"I'm trying to find somewhere to play next season and hopefully continue my career," he said.

Grahame will return to the University of Manitoba for one more year to complete four remaining courses in electrical engineering.

He said he does not plan to pursue a professional career, marking the end of his competitive volleyball journey.

# Classifieds

*The Selkirk Record*

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**ANNOUNCEMENT**

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**ANNOUNCEMENT**

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Brandy LaVerne Lenton (Swain) October 15, 1974 - May 8, 2010. If tears could build a Stairway to Heaven, I'd climb up to the "Highest Star" That shines so bright, Cause that's where you are. I miss you Brandy More than anyone knows. Lovingly remembered and sadly missed. Lots of Love, Rest in peace "Hun" -Love Mom xxxoxo



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## OBITUARY



**Walter Frederick Horyski**  
May 5, 1940 – April 26, 2026

Peacefully at home, as per his wishes, on Sunday, April 26, 2026, Walter Frederick Horyski passed away with his loving family by his side.

Predeceased by his parents, Stephen and Mary Horyski; his brother John; and his nephew Bobby.

He is survived by his beloved wife Olga of 60 years; daughters Sandra and Suzanne; and grandchildren Michael, Nicholas, and Jesse. He is also survived by his sister Julia, brother Leonard, and nephew Leo.

Walter was born in Selkirk, Manitoba and joined the Canadian Navy at the age of 16. During his service, he had the honour of meeting Queen Elizabeth II while serving as part of her guard—an experience he often spoke of. He later worked as a welder with Manitoba Rolling Mills, where he was respected for his skill and dedication.

Walter found his greatest peace at Wanipigow Lake, where he and Olga spent many cherished years. He will be remembered for his strength, his love of family, and his passion for fishing.

The family extends heartfelt thanks to Darren, Gwen, and Todd DeGroot for their kindness and support.

In accordance with his wishes, cremation has taken place and no funeral service will be held. In lieu of flowers, please spend time with loved ones, share a story, or cast a line in his memory. Friends and family are invited to visit Walter's memorial page at [www.interlakecremation.ca](http://www.interlakecremation.ca), where memories and condolences may be shared.

Arrangements entrusted to:

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204.482.1040

## OBITUARY



**Mary Chizick**  
December 7, 1926 – April 28, 2026

It is with heavy hearts that we announce that Mother Mary left us on April 28, 2026 at the tender age of 99.

She leaves to mourn her daughter, Valerie Krut, son Gary Chizick (Darlene), two grandchildren and five great-grandchildren.

She was predeceased by her son, Ronald and husband, John. Special thanks to the staff at Red River Place in Selkirk for their care and compassion.

Mary was a strong and good-natured woman with a gentle manner.

Cremation has taken place and she will be laid to rest with her husband John and son Ronald, at the Holy Trinity Ukrainian Catholic Church, Gonor, MB., at a later date.

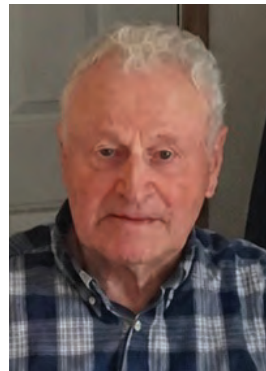
We love and miss you, Mom.

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

Arrangements entrusted to:

*Interlake Cremation & Memorial Services*  
204.482.1040

## OBITUARY



**Edward "Ed" Joseph Couture**  
April 14th, 1930 – April 28th, 2026

It is with heavy hearts that we announce the passing of Edward (Ed) Couture, who passed away peacefully on Tuesday evening at the Selkirk Betel Home at the age of 96.

Ed was born near Selkirk, Manitoba on April 14th, 1930, to mother Elizabeth and father George. He was a beloved husband, father, brother, papa, uncle, and friend and will always be remembered.

He is lovingly remembered by his children Bob (Janet), Michele (Ron), and Terry; his siblings George and Joan; his grandchildren Rob (Sarah), Wesley, Kyle, Nicole (Justin), Corey and Kristin; also, his great-grandchildren, Emma, Chelsea, Jaxon, and Brady.

Ed was predeceased by his loving wife Irene earlier this year; his parents George and Elizabeth; his brother Bob and sister Eleanor; his daughter Jo-Anne; and his friend Joe Harcus.

Ed proudly served in the Princess Patricia's Light Infantry and later worked at the Selkirk Mental Hospital as a Porter. He spent much of his life dedicated to his family farm in Selkirk, where his strong work ethic and steady presence were constants.

A man of few words, Ed was nevertheless well known throughout the community. He had a remarkable ability to fix just about anything, from cars to tractors, and took great pride in restoring antique vehicles, including his cherished Model A and Model T. He also enjoyed sharing stories about his family and their unique history.

In the summer months, Ed found joy at his seasonal campsite in Selkirk Park, where family barbecues brought everyone together. He could often be seen riding through the park on his red bicycle, a familiar sight.

Ed will be deeply missed and lovingly remembered by all who knew him.

The family would like to extend their sincere gratitude to the staff of the Selkirk Betel Home for the compassionate and exceptional care they provided to Ed and Irene in their final two years of life.

There will be a private family service for both Ed and Irene.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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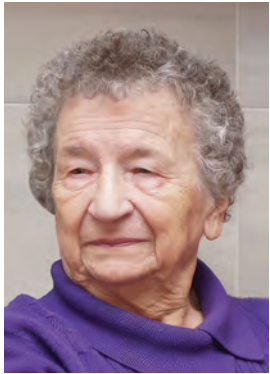
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# Announcements

## OBITUARY



**Helen Zdrill**  
August 29, 1931 – April 29, 2026

It is with great sorrow that we announce the passing of our dear wife, mother, grandma, sister, and friend, Helen Zdrill, on April 29, 2026, at Tudor House Personal Care Home in Selkirk.

Left to cherish her memory are her sons Brian (Judy), David (Patsy), and Leonard (Barb); and her grandchildren Jeremy (Mandy, children Malaya and Malik), Laura Beth, Ryan, and Rebecca.

Helen is survived by her sister Irene (Alphonse) Rudniski, her brother Eddie (Irene) Boyko, her sister-in-law Margaret Boyko, and many nieces and nephews.

She was predeceased by her parents, Peter and Annie Boyko; her sisters Jean (Alex) Dumka, Madeline (Walter) Saluk, Elvie Kolbuck; and her brother Rudy Boyko.

Helen was born on August 29, 1931 on the family farm in the District of Walkleyburg in St. Clements. She was the third of seven children.

From an early age, Helen loved gardening, and it remained a constant in her life. She tended her garden into her mid-80s, until her health no longer allowed it. She especially looked forward to young potatoes fresh from the garden—one of her favorite foods.

In 1955, Helen married her husband, Walter. Together, they treasured 52 years of marriage until his passing in 2008.

Helen loved life's simple pleasures: time outdoors, country drives, and working in the yard or garden. She and Walter also enjoyed picking blueberries, raspberries, strawberries, and mushrooms together. She also found great joy in visiting with family and friends. Helen and Walter cherished their travels, including parts of winters spent in Arizona or Texas.

Helen was a homemaker and caregiver throughout her life, working tirelessly for her family. Once the children were older, she worked Saturday evenings for Rose Marie Catering and later at Baker Boy Bakery in Selkirk.

Helen was a member of the Ukrainian Catholic Women's League at Holy Eucharist Ukrainian Catholic Church in Selkirk. She made lifelong friends and always said she learned so much from these ladies as the group prepared meals for church functions. She was especially proud to volunteer through this group one evening each month at Red River Place Personal Care Home for more than 40 years, seldom missing a month.

Helen delighted in attending her grandchildren's school concerts and sporting events, especially when they were young.

The family sincerely thanks the dedicated and compassionate doctors, nurses, caregivers, and administrative staff at Tudor House Personal Care Home for making Mom's last years dignified and comfortable.

Respecting Helen's wishes, cremation has taken place. A Memorial Prayer Service will be held at 7:00 p.m. on Thursday, May 7 at Gilbert Funeral Home, 309 Eveline Street, Selkirk, with Fr. Stefan Tyranski officiating. A private family interment will follow at a later date.

In lieu of flowers, donations can be made to the Fire Fighters Burn Fund, 303-83 Garry Street, Winnipeg, MB, R3C 4J9. Gilbert Funeral Home, Selkirk, in care of arrangements.

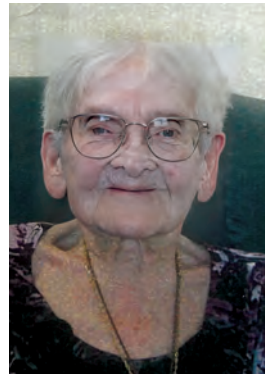
Your spirit remains with us, rest in peace, we love you.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Adeline Marion Stefanyshyn**

Peacefully, on Saturday, May 2, 2026 at the Grace Hospital, Winnipeg, MB, Adeline Stefanyshyn, aged 93 years, beloved mother of Gary, passed away.

Funeral services will be held on Friday, May 8, 2026 at 11:00 a.m. in the Gilbert Funeral Home, Selkirk, MB.

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



Gilbert Funeral Home, Selkirk in care of arrangements.

## OBITUARY



**Leonard Robert Semeniuk**

Peacefully, on March 13, 2026 at the St. Boniface Hospital, Leonard Semeniuk, aged 80 years, of Anola, Manitoba, passed away.

He is survived by his mother Frances; brother Doug; sisters Donna (Bill) and Debbie (Sam); nephews, Trevor, Dale (Lacie) and Jonathan; nieces, Shaney and Holly; numerous great-nieces and nephews; and long time friends, Doug, Kathy and their family.

He was predeceased by his father Edward and brother Terry.

Leonard was born on November 7, 1945 in Selkirk, Manitoba, graduating from River East Collegiate in Winnipeg. He then went on to obtain a degree at Musker Engineering Institute where he obtained a degree in Specialized Engine and Auto Electric Systems always taking additional courses to enhance his skills. After graduation he started his entrepreneurial endeavors. With his hard work ethic and dedication, he diversified in several areas of construction with LSL Contracting Materials and distributors. Retirement was never on his mind, always working on another project.

He thoroughly enjoyed spending time at his villa in Cancun, Mexico, welcoming family and friends, making sure everyone had a great time.

Leonard will be sadly missed by family and friends, especially at annual gatherings and get togethers.

A Celebration of Leonard's life will be held on Saturday, May 9, 2026 at 11:30 a.m. at the Gilbert Funeral Chapel in Selkirk, Manitoba.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



## CELEBRATION OF LIFE

**Shirley Edginton**

April 30, 1938 - January 5, 2026

A celebration of Shirley's life will be held on Sunday, May 17th from 1:00 - 3:00 p.m., at the Little Britain United Church Hall (5879 Hwy 9, Lockport, MB). A short formal program will begin at 2:00 p.m.

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204.819.7742

## SELKIRK MARKET WATCH



**29**  
# homes sold



**\$330,869**  
avg sold price



**-2.36%**  
avg sold price change\*

JAN 1/26 - MAY 4/26 stats for Single Family Attached, Single Family Detached, & Townhouse properties in Real Estate Zone R14. \*over previous year

### WE'VE GOT A TEAM EXPERT FOR THAT !!!

Are you thinking of buying or selling?  
Do you need a REALTOR® who knows condos & the disclosure requirements?  
Are you an Executor of an estate & need expert guidance to sell an estate property?  
Are you looking for a new business or commercial property or need to sell one?  
Do you have farmland or need farmland?  
Do you need an Opinion of Value?

Don't Delay, Connect Today!



### FEATURE OF THE WEEK! | 29 MCFEE PLACE, ST CLEMENTS | \$729,900



European-Inspired Design, Exceptional Efficiency! Meticulously maintained & absolutely spotless, this stunning home offers thoughtful design, incredible space & outstanding value. Bright front entry complete with functional mudroom & convenient 2pc. Equally well-designed garage entry featuring hooks & cubbies for busy families. Show-stopping kitchen with built-in oven & microwave, cooktop, dishwasher, pantry & endless cupboard & counter space. Sun-filled dining area easily accommodates the whole family & has access to back deck—perfect for seamless indoor-outdoor living & BBQ season. Warm, inviting living room with stone gas fireplace. Primary bedrm feat walk-in closet & 3pc ensuite. Nice sized 2nd bedrm, 5pc bath with double sinks & convenient main flr laundry. Mid-way downstairs offers great storage. Lower level does not feel like a basement at all thanks to the great big windows & gorgeous, high ceilings! Expansive recreation areas, wet bar, 3 super spacious bedrms, 4pc bath, storage, utility + rough-in plumbing for an additional 2pc. Fantastic heated & insulated triple attached garage, gorgeous composite deck, 4 acre pie shaped lot with shed or executive doghouse with dog run.

#### LAKEFRONT RETREAT!



**NEW LISTING!**

2 Keith Cr  
Alexander  
\$980,000

#### HENDERSON HAVEN!



**NEW LISTING!**

7851 Henderson Hwy  
St Clements  
\$399,900

#### RURAL PARADISE!



**NEW LISTING!**

29 McFee Place  
St Clements  
\$729,900

#### CHARMING CONDO!



9-716 Corydon Ave  
Winnipeg  
\$149,900

#### 78' X 197' LOT!



128 Autumnwood Dr  
Gimli  
\$69,900

#### TREED LOT!



16 Greening Ave  
Libau  
\$49,900

#### 2 ACRE LOTS!



Build Now or Build Later in Peaceful Petersfield

41 Tom Prince Dr	\$79,900
45 Tom Prince Dr	\$79,900
49 Tom Prince Dr	\$79,900
53 Tom Prince Dr	\$79,900

#### CREEK LIFE LIVING!



73 Tom Prince Dr  
Petersfield  
\$79,900

#### ZONED C2!



206 Dufferin Ave  
Selkirk  
\$189,900

#### 5 ACRE TREED LOT!



0 Hall Rd  
Petersfield  
\$149,900

#### 80' X 166' LOT!



81 Harry Waytiuk Dr  
East Selkirk  
\$128,900

#### BUILD IN PETERSFIELD



201 Dunara Ave  
Petersfield  
\$79,900

#### TOP FLOOR CONDO!



**PENDING!**  
10-330 Main St  
Selkirk  
\$219,900

#### 1,236 SQ FT BI-LEVEL!



**SOLD!**  
905 Vaughan Ave  
Selkirk  
\$424,900

#### COUNTRY LIFE!



**SOLD!**  
727 Edith Ave  
Petersfield  
\$539,900

#### START HERE!



**SOLD!**  
322 Phyllis Ave  
Selkirk  
\$249,900

**HERITAGE GROVE ESTATES**  
*Building Lots & Executive Homes*

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

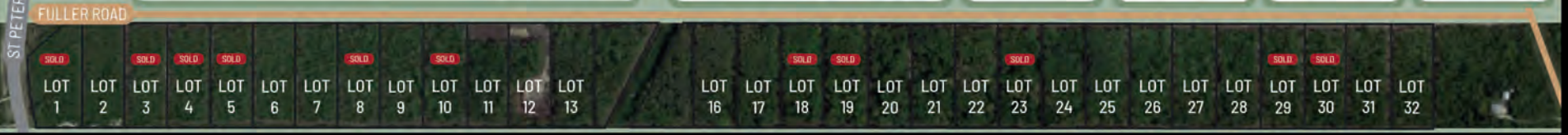
lots starting at **\$109,900**  
\*applicable GST

**GP GATEWAY PROJECTS** | CUSTOM HOME BUILDER

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

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

<p><b>WHISKEY JACK</b></p> <ul style="list-style-type: none"> <li>• 1,735 sq ft</li> <li>• 3 bedrooms</li> <li>• 2.5 baths</li> </ul>	<p><b>GOLD FINCH</b></p> <ul style="list-style-type: none"> <li>• 1,420 sq ft</li> <li>• 3 bedrooms</li> <li>• 2 baths</li> </ul>	<p><b>CARDINAL</b></p> <ul style="list-style-type: none"> <li>• 1,711 sq ft</li> <li>• 4 bedrooms</li> <li>• 2.5 baths</li> </ul>	<p><b>BLUE HERON</b></p> <ul style="list-style-type: none"> <li>• 1,484 sq ft</li> <li>• 3 bedrooms</li> <li>• 2 baths</li> </ul>
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THE NEW **SOUTH BEACH**  
*Concert*  
+ + + SERIES + + +  
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**23**  
**SATURDAY**



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**CASINO & RESORT**  
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