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Knox Presbyterian Church is celebrating its 150th anniversary

Local church welcomes residents to year of celebration events

By Katelyn Boulanger

The 150th anniversary of Knox Presbyterian Church in Selkirk is this year, and the church members aren't letting this opportunity pass them by without a little celebration.

"We have sought to have one event per month, climaxing this month, with the run on the 23rd and the anniversary service, which is the high point of the celebration on the 24th. We are really stepping things up for this summer, which is the best time to have events," said Rev. Naggie Sterling.

They have had a few smaller events

earlier this year but the first event coming up this month is the Knox Your Sox Off Run, which is either going to be a 2K walk or, for those who want to go the distance, a 5K run.

"The idea came from Naggie as one of our events to celebrate the 150th anniversary, and we ran with it," said Candyce Aisman, 150th anniversary committee member and part of the run organization team.

The run takes place in Selkirk Park and starts at 11 a.m. with check-in taking place from 8 until 10:30 a.m.

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Knox Presbyterian Church is celebrating its 150th anniversary.

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"We wanted to be inclusive with all age groups and abilities. So, the walk is 2k, and you can bring strollers and dogs, walkers and canes, and whatever your aid may be. And then, the run is a 5k run, and they're two different courses. It's a shotgun race to start on the 23rd at 11 a.m., and we have wonderful volunteers," said Aisman.

The run is sponsored by the Manitoba Runner's Association and Selkirk's Iron Image.

The cost to participate in the run is \$30 for the 5K and \$20 for the 2K.

The church is planning to use these funds to further their work to make their space more accessible with some new flooring, which follows work that they've done to their bathrooms. Additionally, they are hoping to set up a possible scholarship for students of the Comp with any excess.

As for the next exciting event this month, it will be a special church service on May 24, celebrating the anniversary. All are welcome, even if you

are not a member of Knox's congregation.

"This service is geared towards helping us to look back over the years as far as we can, to reflect on what God has done within us, among us, and within the community, as well as to be looking forward as to what God may have in store for us as a church and as a community. (We also) hope to be a sort of reunion for our members who have moved away and who will be coming back for this very special service," said Sterling.

The service wouldn't be complete without a little fellowship afterwards.

"After the church service, we're having a catered luncheon. And I know that we have people coming from Alberta for the service, and also quite a few from Winnipeg, so we're looking forward to see-

ing former members return. There will also be four people highlighting some of their years here at Knox," said 150th anniversary committee member Jean Oliver.

As for the rest of the year, there will be a few more activities that people in Selkirk might want to attend. There's going to be a Texas Scramble Golf Tournament on June 27, a float in the Selkirk Biz Annual Parade on rodeo weekend in July, a concert in September and more.

"What we are aiming to do is to make the community know that we are here and we are here for the community. These events that we have been planning (are different kinds of events), not all fundraisers. Many of them are events that we've had

just to bring people in so people can see what we're about and know that they're welcomed," said Sterling.

He wanted to emphasize that you don't have to be a member to attend these events and that their doors are open to everyone.

"We'd love to have you celebrate with us. It's bringing the community together. When we go around, and we're talking to different people about our different events, everybody seems so supportive. All the businesses and the people they're so excited. And, it's just nice to celebrate something positive that brings community and church together, and that's what church is about, community," said 10th anniversary committee member Margaret Davidson.



RECORD PHOTO BY KATELYN BOULANGER

Knox Presbyterian Church's 150 year old sanctuary.

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Happy Thought and ESMS students learn about Easter traditions



RECORD PHOTOS BY KATELYN BOULANGER

English Ukrainian students from East Selkirk Middle School and Happy Thought School in East Selkirk learned all about Ukrainian Easter traditions when they participated in a traditional Easter Basket Blessing. The English Ukrainian Bilingual Program at Happy Thought School is open to all residents of Lord Selkirk School Division. The school is currently accepting registrations for the next school year for kindergarten, Grade 2 and Grade 3. For more information, please call the school at 204-482-4521.



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SDCF talks and connects food security efforts in region

Groups team up to talk about goal of increasing food security in region

By Katelyn Boulanger

The Selkirk & District Community Foundation (SDCF) invited people from the region to its second summit on increasing food security and over 50 people came to Memorial Hall in Selkirk to attend.

This summit followed the first food summit which was a World Café style event where residents in small groups brainstormed ways to increase the

reach of agencies in our region involved with increasing food security.

“The Foundation strives to make our community – the City of Selkirk, the RM of St Andrews and the RM of St Clements – a vital place to live, work and play, for all. Connecting and nurturing partnerships is critical to the betterment of the community as a whole, and it’s inspiring to see it happen in real time at network events

like this,” said Meredith Boerchers, SDCF’s Executive Director

The second summit, called Building Momentum, also followed the World Café style model but in addition to groups getting together to do the work of understanding and proposing ways to go about tackling the multi-layered problem of food insecurity, they also had guest speakers Heather Fontaine, Community Connector at Ruth Hooker School; Tristan Dreilich, Network Coordinator with the Manitoba Harm Reduction Network in Selkirk; and Meaghan Erbus, VP Advocacy & Stakeholder Relations with Manitoba Harvest. These three professionals come with some serious local and provincial knowledge, which helps to understand the current state of food insecurity.

“I know when I took on this role at the school, I was so blown away by how much was already going on in the community and how little I had actually known about it,” Fontaine said.

We know that food insecurity is a large issue in our region as the SDCF’s Vital Signs 2026 report showed 29 per cent of people in the Triple S area worry that food will run out before they have money to buy more. Thirty-three per cent of people also responded that they struggle to eat balanced

meals. Additionally, information revealed that, in 2022, the Selkirk Food Bank saw 9,672 visits locally, and that number has only risen in the intervening years.

“Through our Vital Signs report, we know that more and more people in our region can’t afford nutritious food. We also know that there’s many people in our community filling the gaps,” David Thorne, SDCF board member said.

The summit’s aim was to build connections between food security groups to identify common challenges and come up with ways they can work together to improve the system and make it more efficient. The night also highlighted the lived experience of people who access food programs.

Dreilich felt that this summit hit on some good ideas.

“I think for me it was visible that there’s partnerships to be had there, there’s no lack of willingness, and there’s opportunities. There’s enough food to go around. It’s a question of how do we get organized enough to make it happen and what strings do we need to pull and who do we need to bug to make this a thing. For me, it’s always a question of how do we centre the people who are either in the centre of that service or are the ones

Continued on page 14

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The new era of dentures is here and it’s far superior in 5 big ways

By Brock Vandor - Denturist

It’s been decades and generations since dentures have evolved. The most notable advancement was the development of acrylic resin, which became popular for denture fabrication in the 1940’s and is still being used today, not surprisingly, due to the acrylics beauty and adaptability to match patients’ gums, but there was always one major drawback...Acrylic always needed to be heated up and baked to fully cure, and when it cooled down it shrunk and distorted, losing the best fit! For example, when you bake a cake and take it out of the oven, it cools and pulls away from the pan. Well, dentures used to do the same thing, no matter how perfect we would take an impression, the denture would always warp when we cooked it, it was always a major drawback, until now!

Now we can use the same great proven acrylic we love, but with no more warpage because we use

technology to design the denture on a computer and then have a machine cut out (or mill) the denture from an already cured piece of acrylic. What does this mean you ask? Well, I wasn’t fully sure either until we started experimenting with them last year, and the results are something I have never seen before! The dentures we can now make (with our computer scanning software and milling machines) are better fitting than anything I have ever seen, and every patient has noticed the difference right away!

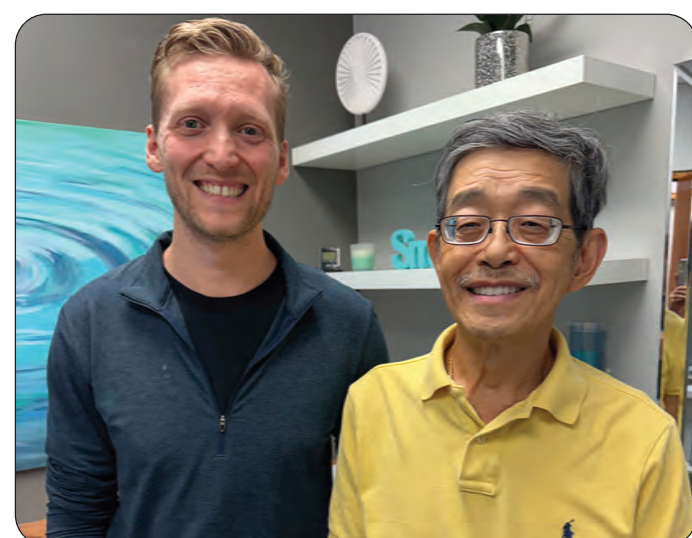
What are patients noticing?

1. Immediately more noticeably COMFORTABLE with a better fit and less sore spots! On delivery day of a milled denture, I am excited to hear the response when the patient puts them in for the first time. Last week was denture delivery day for Hong and he said, “when you put them in for the first time it fits really good, you can feel it right away. I notice that the biting is a lot better

too. They are very comfortable. I am really happy now.”

2. The better fit makes the dentures TIGHTER!
3. The acrylic is way STRONGER than ever! We used to test denture strength by dropping them on concrete from shoulder height to see if they will break, now we have to actually throw a denture to the ground multiple times to break it, wow!
4. The super strong acrylic is very dense, making the dentures very STAIN RESISTANT.
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We do a lot of really nice dentures here, but adding these milled dentures is most definitely the way of the future, for sure. We look forward to seeing you soon for your milled dentures! **SENIOR’S PRICING**



Hong, pictured with Denturist Brock, is one of the first recipients at Vandor Denture Centre to wear CNC milled dentures and he shares the difference he noticed right away.

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Province releases healthcare recruitment and retention toolkit for municipalities

By Patricia Barrett

The provincial government launched a toolkit last month to help municipalities recruit and retain healthcare workers.

The toolkit aims to help communities better understand how to recruit physicians, nurses and other healthcare professionals from other regions or from other countries, and support them in their communities over the long term.

Health minister Uzoma Asagwara said the toolkit was developed with municipalities and provides practical tools, best practices and ideas communities are already using to support providers.

“Health care doesn’t stop at the clinic door: it’s built in our communities,” said Asagwara in an April 23 news release. “Across Manitoba, we’re working with local partners to showcase their communities and welcome health-care professionals, support them as they build their careers and help them put down roots.”

Endorsed by the Association of Manitoba Municipalities, and building on strategies municipalities have found successful, the toolkit provides ideas to showcase a community so that potential recruits get a sense of

what it would like to live in a particular community.

Once recruited, the work doesn’t stop. The toolkit says the decision of healthcare providers to stay in a community is “rarely about the job alone.” They must feel connected, and have access to resources such as housing, recreation, childcare, schools and affordability, as well as an ability to make friends and have a sense of belonging. That includes a quality of life for their partners and children.

Communities can tailor strategies to meet the needs of healthcare professionals coming from overseas or from different provinces, or to students completing a residency.

“Communities that are successful in attracting and retaining healthcare professionals think ahead about housing. That might mean identifying short-term, transitional options for those arriving quickly, or working alongside candidates with longer timelines to help them find permanent housing that fits their needs,” states the toolkit.

“Support often goes beyond housing itself. Many communities help new providers navigate the essentials of daily life—how to get around, establishing a bank account, where to set

The screenshot shows the 'Health Care Retention & Recruitment' website. The navigation bar includes 'Explore Jobs', 'Physicians', 'Nurses', 'Paramedics', 'Psychologists', and 'Allied Health & CI'. A dropdown menu for 'Live & Work in Manitoba' is open. The main content area features a breadcrumb trail: 'Home > Live & Work in Manitoba > Community Recruitment Toolkit'. Below this is a banner with four images: a healthcare worker, a scenic landscape, hands being clasped, and a forest. The banner text reads 'Community Recruitment Toolkit'. Below the banner is the headline 'Building a strong healthcare workforce starts with community.' and a paragraph: 'Our Community Recruitment Toolkit was created to help communities better understand the supports, relationships, and connections that contribute to successful recruitment and long-term retention, whether providers are relocating from another region or arriving from another country.'

up utilities, how to access reliable internet and mobile services, and what to expect in a Manitoba winter. Small gestures, like guidance on winter readiness or transportation options,

can make a big difference in helping someone feel prepared and confident in their new environment.”

Continued on page 26

Manitoba RCMP want residents to use off-road vehicles safely

With warmer weather on its way, province reminds riders to be safe

By Katelyn Boulanger

Whether you’re having some fun at the cottage or are getting some work done, off-road vehicle (ORV) season is just around the corner. A recent release from Manitoba RCMP reminds riders of ORVs – which include all-terrain vehicles, dirt bikes and utility terrain vehicles to have their fun while keeping safety top of mind.

“They’re fun to ride, have practical uses and can get you places that you otherwise might not have access to. These machines can be very powerful and require the operator’s complete attention. Every spring, RCMP officers respond to reports of Manitobans being injured, or worse, because of mistakes made while operating their ORV,” said the news release.

Some tips for safe ORV use from the RCMP include:

- Learning about the area you will ride in and ensuring you carry your cellphone and/or GPS device.
- Telling someone where you’re going and when you expect to be back. It’s always safer to ride in a group of two or more.
- No person under the age of 14 is allowed to operate an ORV unless supervised and accompanied by an adult.
- You must wear your seat belt if your ORV is equipped.

Continued on page 26

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Emergency preparedness starts at home, says Manitoba EMO

By Jo-Anne Procter

As Manitoba marks Emergency Preparedness Week, residents across the Interlake are being encouraged to take steps now to prepare for emergencies before disaster strikes.

The Manitoba Emergency Management Organization's (EMO) new "MB Ready" campaign focuses on helping Manitobans become informed, creating emergency plans and building emergency kits that can sustain households for at least 72 hours during a crisis.

The campaign now includes the launch of the new MB Ready mobile app, announced by the Manitoba government on May 4 as part of Emergency Preparedness Week activities.

Transportation and Infrastructure Minister Lisa Naylor, who is also the minister responsible for EMO, said the app is intended to help Manitobans stay informed and better prepared during emergencies.

"Emergency Preparedness Week is a reminder of the importance of preparation in helping keep all Manitobans safe, and this year we are pleased to announce the roll-out of the new MB Ready app to support that effort," said Naylor. "Planning ahead makes a real difference during emergencies, and this app will help keep Manitobans informed with clear, accessible and up-to-date information."

The MB Ready app provides real-time, location-based notifications for emergencies and incidents such as severe weather, wildfires, floods, road closures and power outages. Users can set alerts for specific addresses or geographic areas, allowing them to stay informed about conditions that may affect their home, workplace or other important locations.

The platform is available in both official languages and also includes guidance on building emergency kits, creating household emergency plans, understanding local risks and accessing safety information during emergencies.

For residents in the Interlake, emergency preparedness is not a new concept.

Communities throughout the region have experienced repeated spring flooding, severe storms, blizzards, extended power outages and growing concerns related to wildfire smoke and evacuations in recent years.

The Manitoba government says the MB Ready initiative is designed to help families better prepare for emergencies before they happen by understanding local risks and developing household emergency plans.

The MB Ready app allows users to receive location-based emergency notifications for areas where they live, work or travel. The platform also includes preparedness checklists,



Scan to download the MB Ready app.

emergency planning information and safety guidance for before, during and after emergencies.

For rural Manitobans, preparedness can be especially important due to longer emergency response times, rural road conditions and the potential for communities to become isolated during major weather events.

Interlake residents are often encouraged to prepare for emergencies by:

- maintaining a 72-hour emergency kit
- keeping extra food, water and medications on hand
- ensuring backup charging options are available
- having plans for pets and livestock
- monitoring emergency alerts and weather warnings
- checking on seniors and vulnerable neighbours during emergencies

The province notes that emergency preparedness is a shared responsibility between governments, organizations and individual households.

The MB Ready campaign coincides with Emergency Preparedness Week, held nationally from May 3 to 9.

Residents can learn more about emergency preparedness resources or download the MB Ready app through the provincial emergency preparedness website.

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Celebrate 100 years with the Selkirk Legion this year

First event of a jam-packed season of celebration of 100th anniversary is a pancake breakfast on May 31

By Katelyn Boulanger

There aren't too many organizations that can boast a history in Selkirk of 100 years, but the Selkirk Legion Branch 42 has now joined that group. Having started in 1926, the Selkirk Legion celebrates the big 100 this year and is keeping the cheer alive with many events. The first event to take place will be a classic as they are starting out hosting a pancake breakfast.

"It's finally getting exciting," said Eileen Belanger, who is part of the Selkirk Legion 100th anniversary organizing committee.

This event is going to be a pretty standard pancake breakfast, but with the Legion community hosting you know that the food will be top notch. Belanger said that the food will include scrambled eggs, sausages, bacon, juice and coffee, and of course pancakes.

The pancake breakfast won't just be

a great excuse for people to check out the Legion and meet some friends. It's also a fundraiser.

"It is a fundraiser for Support our Troops. That is a group that also helps the families of our soldiers. It's not just helping the troops, it's helping the families of the troops, if they're in need of support," said Belanger.

The pancake breakfast will take place on May 31, starting at 9 a.m., and Belanger explained that the event will end at noon or when they run out of food. The cost of the breakfast is \$15 per plate, but kids under the age of 5 will eat for free.

Breakfast will be served in the basement of the Selkirk Legion.

Belanger also wanted to remind residents who use mobility aids or those who might want to bring a stroller that they are welcome to come too, since the Legion has an elevator and a ramp for accessibility.

They also have accessible bathrooms.

Belanger says that everyone is welcome to come to this event.

"We're expecting quite a few people," she said.

She also wanted to let people know that they are invited to spend time at the Legion.

"Once 11 a.m. comes along, the Legion is open, so if they want to continue their chatting, they can always go upstairs," said Belanger.

The Legion also has free memberships for anyone in the community this year in celebration of the 100th anniversary, so if you've ever been curious about being part of the Legion, now is the time to check it out. Also, residents should know that you don't have to be a member or even a family member of someone from the Canadian Armed Forces to be welcome at the Legion. Everyone is welcome to get a membership.

Belanger says that it's important that we take time to celebrate accomplishments like the Selkirk Legion's 100th anniversary.

She welcomes people to stop by and grab some pancakes on May 31 and to also make plans for a visit on an evening when some of their regular events are happening, as the Le-



RECORD FILE PHOTO BY KATELYN BOULANGER

The Selkirk Legion is hosting a pancake breakfast on May 31.

gion regularly hosts bands, bingo, cribbage, and more. You can learn which nights events are happening at <https://selkirklegion.org/events/>.

"Our food is cheap, the beer is cold, and you don't have to drink to come in, because a lot of our people don't drink, but they just come in for camaraderie and a visit to get to know people," said Belanger.

This is just the first of many events planned for this year, and you can keep up with future events by checking out their newsletter at <https://selkirklegion.org/newsletters/> or following the Selkirk Legion on Facebook at <https://www.facebook.com/SelkirkLegion42/>.

50-50 winner announced



PHOTO SUBMITTED

Sandra Brown ended up being the big winner in the Safe Grad 50-50 raffle this year. This raffle is among many fundraising events that take place to facilitate a safe celebration for graduating high school students. If you would like to learn about possibly volunteering for this event, visit <https://lsrccsgrad.my.canva.site/#volunteer-for-safe-grad>. Pictured: Co-chair of the 2026 Safe Grad Committee Carla Vanwart(left) presenting the 50-50 winnings to Brown.

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The power of nurses to transform health

By Jennifer McFee

National Nursing Week offers an ideal opportunity to celebrate the vital contributions of nurses across the Interlake-Eastern health region and beyond.

This year, National Nursing Week runs from May 11 to 17. The theme is "The Power of Nurses to Transform Health," which acknowledges how nursing leadership and expertise can create a lasting impact on health care.

For Selkirk-based nurse Geeta Cook, this year's Nursing Week theme highlights the important role nurses play in improving care, shaping programs and creating positive change.

"Nurses have a unique ability to combine knowledge, compassion and leadership to make a lasting impact," she said.

Looking back, Cook knew from a young age that she wanted to work in a helping profession.

"I've always been naturally empathetic and drawn to supporting people," she said, "so nursing felt like a natural fit for me."

Today, Cook is the regional director of mental health and addictions with Interlake-Eastern Regional Health Authority.

"I oversee a range of mental health and addictions services across the region, supporting teams that deliver everything from crisis response to community-based care. A big part of my role is working with teams and partners to make sure services are accessible, coordinated and meeting the needs of the communities we serve," she said.

"Throughout my career, I've been driven by a commitment to improving access to care, supporting vulnerable populations and contributing to meaningful system-level change."

Part of this meaningful change in-

cludes her role in leading the development and launch of the Mobile Withdrawal Management Service. This program provides community-based withdrawal supports across five First Nation communities: Lake Manitoba, Lake St. Martin, Little Saskatchewan, Pinaymootang and Dauphin River.

"The service is delivered by a team that includes a nurse practitioner and two addiction nurses," she said. "We provide moderate-acuity withdrawal support Monday to Friday through community visits, home-based care, clinic spaces and virtual support."

Cook helped establish clinical policies and procedures, supported staffing and clinical readiness, and ensured the team was prepared to deliver safe withdrawal care in community settings. At the same time, she focused on early and ongoing community engagement.

"Before the launch, I focused on building relationships at the grassroots level, meeting with community members and leadership to establish trust and understand local needs. That engagement helped shape how the program was delivered and ensured it was responsive and culturally grounded," she said.

"The program also reduces barriers to care by allowing self-referrals and strengthening access within community settings. Since the launch, all five communities have welcomed the service."

As a result, the program has been able to establish clinic space and begin supporting community members directly where they are.

"As a Barren Lands First Nation member from a northern community, along with my lived experience and professional nursing experience, I bring a unique perspective to my role," she added.

ity, strengthen programs and help ensure services meet the needs of people and communities today."

Cook has also been involved with medical withdrawal management services at Ashern's Lakeshore General Hospital, which includes two dedicated beds. The team consists of a withdrawal addictions nurse, a social worker and a knowledge keeper.

"We are strengthening access to medically supported withdrawal management services within the region through a culturally appropriate, recovery-oriented model of care that supports individuals from acute care through to longer-term treatment and community supports," she said.

Reflecting on her career journey, Cook said it all started when she earned her health-care aide certificate. Before long, she realized how much she enjoyed working in health care, and that passion led her straight to a bachelor of nursing program.

"My career has evolved from front-line nursing into leadership roles across mental health, addictions and Indigenous health," she said. "I've worked in long-term care and acute care, and during the pandemic I supported isolation sites and remote First Nation communities, gaining valuable experience in public health and harm reduction."

From there, she moved into leadership and policy roles, including work as a tribal nursing officer and senior policy analyst. That role focused on advancing First Nations health priorities and improving access to care. Most recently, Cook worked as a clinical specialist in addictions for Manitoba and Saskatchewan, which allowed her to provide clinical guidance and support the implementation of evidence-based approaches.

For anyone considering a career in nursing, Cook encourages them to follow their passion.

"I use that to improve accessibil-



PHOTO SUBMITTED

Selkirk-based nurse Geeta Cook is the regional director of mental health and addictions with Interlake-Eastern Regional Health Authority.

"My journey shows that nursing is a rewarding career that can open many doors, whether someone wants to remain in direct patient care, move into education, management, public health or specialized practice," she said. "There is room to grow while staying connected with the purpose of helping others."

For Cook, collaboration is the most important aspect of nursing within a health-care team.

"Nursing doesn't happen in isolation — it's part of a much larger team that includes health-care aides, physicians, allied health professionals and many other support roles such as housekeeping, administration and others who all contribute to patient care," she said.

"No one works in isolation, and every role plays an important part in supporting the client's journey."

What she likes best about being a nurse is the direct connection with community members and the ability to make a meaningful difference in their care.

"When I reflect back to my time as a frontline nurse, the most rewarding part was bedside nursing, being present with people during some of their most vulnerable moments and being able to support them in a professional and compassionate way," she said.

"As my career progressed, I started to see the bigger picture of how systems impact care. That's what gradually shifted my focus from direct bedside nursing into leadership and system-level work, but that foundation of caring for people at the bedside is still what drives me today."

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Lockport River's Edge Run hit the ground running



RECORD PHOTOS BY KATELYN BOULANGER AND LAURA PLATT

The Lockport River's Edge Run in support of the Huntington's Society of Canada and hosted by the Manitoba Chapter was a great day of fun last weekend. Runners got out on a crisp Saturday morning for a beautiful 30K, half marathon, 10K, or 5K adventure followed by a deluxe pancake breakfast. Over 350 people participated and the fundraiser brought in over \$35,000 which was doubled by an anonymous donour to total over \$70,000 raised for Huntington's research. Event sponsors included title event sponsor, 4LCommunications; Manitoba event sponsor, Running Room; location sponsor, Skinner's Restaurant; food and beverage sponsors, Harry's Fine Foods, who provided the food, and the St. Andrews Fire Department, who expertly prepared it; as well as the 5K Huntington National Walk sponsor, K5insurance. A big thank you goes out to all of the people who signed up to participate and fundraised as well as all of the sponsors who made this event possible and all of the amazing volunteers who made the day happen.



Evolution Dance Company celebrates 20th annual recital



RECORD PHOTOS BY KATELYN BOULANGER

Last week, Evolution Dance Company celebrated its 20th annual recital. The recital was a two-day event, and the first show of each night started the event out strong. *Tootsie Takes New York* is a tap production featuring 56 dancers from mini to senior levels and took home the Choreography Award in their session, Audience Choice Award, and Overall Choreography Award at the recent Canadian National Dance Championships. After this toe tapping start, dancers continued on with hip-hop, ballet, jazz, lyrical, creative movement, tap, and Broadway-style numbers before the grand finale.



Turning trade talk from slogan to action

By Cam Dahl, Manitoba Pork

Canadian governments and industry have responded to trade interruptions and global uncertainty with a common refrain: diversify our markets. This is the response in the face of disruptions with our largest trading partner, the United States. It has also been a response to tariff disputes with China. To its credit, the Government of Canada is actively seeking multiple new trade agreements (some might not make sense, but that is another commentary). The problem is not that this is the wrong pathway. The problem is that we often treat diversification as a slogan instead of strategically enabling farmers, processors and exporters to achieve the objective.

To be clear, the responsibility for realizing diversification is not only the job of government. Industry has a responsibility to step up to the plate as well.

Hog production and pork processing in Canada are critical components of the national GDP. In Manitoba alone, the industry annually contributes \$2.3 billion to the provincial GDP and supports 23,000 jobs in both rural and urban centres. Almost all of this contribution is driven by exports. Ninety per cent of the 8.5 million pigs

raised in Manitoba are exported, either as live animals to be finished in the U.S. or as pork products shipped around the world. To say that hog farmers pay attention to international markets would be a massive understatement.

The exposure to the whims of U.S. trade policy is significant. We are never going to replace U.S. demand for our weanlings, but what do we need to do to limit this risk? The answer is almost a cliché. We need to finish more pigs and process more pork here at home.

The opening paragraph of Manitoba's recent Economic Development Strategy states that "In the face of economic uncertainty driven by tariffs, it's especially important for Manitoba to have a plan to develop our economy in a way that takes our future into our own hands, and also invests in Manitoba businesses, producers, workers, and families." Manitoba Pork believes that hog farmers, pork processors and supporting stakeholders can significantly contribute to this objective if the hurdles to growth can be overcome.

Manitoba Pork also wholeheartedly agrees with the provincial government's commitment "...to fostering a

growing and competitive agriculture and agri-food industry as a key driver of the provincial economy." How do we turn this aspiration into reality?

With the right conditions in place, the level of investment in plant and barn expansions in Manitoba could exceed \$1.5 billion. With a new hog finishing site costing in the range of \$15 million, the ability of producers to access long-term, stable and affordable financing is a significant barrier to accomplishing the goal of growing our capacity.

Announcements have been made about the development of capital funds. For example, Farm Credit Canada recently announced a \$5 billion fund to be created in conjunction with private-sector in-

vestors. The federal spring economic update also revealed the creation of a \$25 billion sovereign wealth fund. These announcements are all well and good, but they will not unleash

Continued on page 21

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Red Dress Day 2026 holds space for MMIWG2S+



RECORD PHOTOS BY LAURA PLATT

People gathered in Selkirk and walked in remembrance of missing and murdered Indigenous women, girls, and two-spirited people on Red Dress Day May 5. The walk raised awareness for those people from our community who are gone and those we are still looking for. There was drumming and a smudge in their honour.

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who are reaching out for that service. We need to let them lead, and then, the rest of us need to figure out the gaps on our end."

The SCDF is now moving towards turning the effort over to the community to lead. A sign-up sheet allowed interested parties to put their names down to lead the conversation going forward.

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Selkirk preparing for invasive insects and advising residents on best practises

City offers tips to stop spread, signs of infestation and advice on what to do next

By **Katelyn Boulanger**

The City of Selkirk is preparing for the potential of the emerald ash borer (EAB) and other invasive insects affecting trees in the city. They are reminding residents that there are best practises to stop the spread and detect EAB infestation if it should come our way.

Justin Torcia, the city's Urban Forestry & Naturalization Coordinator reassured residents in a recent release from the City that the EAB is something they are knowledgeable about and that the City's Street Tree Policy, which directs city plantings to be diversified, should make it so that large sections of trees won't be wiped out if an invasive bug stops by.

The City has worked with the province for years managing Dutch Elm Disease (DED) and in recent years has been watching for the EAB. Another threat that residents should be aware of that targets elm trees is the elm zigzag sawfly.

EAB has been spotted as close as Winnipeg when it was discovered in 2017. As of last year, Winnipeg has only found 22 infected trees and the bug did not move as quickly as it was

thought it might but that only underscores the importance of vigilance.

"Given that ash trees are located on both private and public properties, increased public awareness and vigilance will significantly improve our ability to detect issues early and respond accordingly," Torcia said.

Spread prevention tips

- Do not move firewood between communities.
- Buy or collect firewood locally and burn it where you buy it.
- Inspect your trees regularly, especially in early summer.
- Report suspected infestations early.
- Avoid pruning or transporting ash wood unnecessarily.

If a tree has at least two of the following signs of infection it may be an EAB infestation, however, presence of just one of the signs does not indicate EAB.

- D-shaped Exit Holes - Distinctive D-shaped holes (approximately 3-4 mm wide) in the bark on the trunk and/or larger branches. May be very difficult to find.



RECORD PHOTO SUBMITTED

Help prevent the spread of invasive species.

- Bark Splitting and S-Shaped Larval Galleries - Bark may split or peel away revealing s-shaped galleries created by larval feeding.
- Epicormic Sprouting - New shoots or small branches that grow directly from the trunk or older branches of the tree.
- Thinning or Yellowing Canopy - Thinning leaf canopy (leaves may also prematurely turn yellow in early summer) and/or an abundance of dead branches appearing in the upper canopy of the tree.
- Increased Woodpecker Activity - Shallow holes or feeding marks that stop just below the bark (do not go deep into the wood). Light-coloured patches on the outer bark where the normally gray-brown bark appears pale or "blonde" (patches can range from small flecks to larger, irregular areas).

As for the elm zigzag sawfly, it is relatively new to North America and targets primarily elm trees. The fly is not actually a fly but more closely re-

lated to wasps though it doesn't sting. It is the larvae feeding on the leaves of the trees that are damaging.

Signs of the elm zigzag sawfly are:

1. Leaf Damage
 - Distinctive, alternating "zigzag" or serpentine feeding path between leaf veins.
 - Elm tree progressively losing leaves.
 - Mature larvae feeding is less zigzag patterned and more generalized along leaf margins.
2. Larvae (Sawfly Caterpillar Stage)
 - Small (approximately 10-11 mm when mature), green, slug-like with smooth body and slightly darker head capsule.
3. Cocoons
 - Small, oval, net-like cocoons (yellowish to brown) found on leaves, bark, or nearby surfaces (including man-made structures).

The City of Selkirk reminds residents that early detection is very important. If you notice signs of infestation of either of these invasive insects, report it as soon as possible.

If the tree that has signs of infestation is on the City's property, for example in a boulevard, median, or park, contact CitizenSupport at citizensupport@cityofselkirk.com or 204-785-4900. If you make a report include the location, tree species, photos of the symptoms and a description of the damage so that a city representative can conduct an initial inspection and, if necessary, coordinate further assessment with the province.

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Selkirk water tower to be lit up on May 14 for Fibromuscular Dysplasia

Water tower to bring awareness with red and blue makeover

By Katelyn Boulanger

The Selkirk water tower is going to join a list of pretty famous landmarks, like the CN Tower in Toronto, Calgary's Reconciliation Bridge, the Ottawa sign at Byward Market in Ottawa, and more, as it soon will be lit up to promote awareness of Fibromuscular Dysplasia (FMD). May is FMD awareness month, and the tower will become red and blue on May 14 in recognition.

Julie Vogelsang is a member of an informal Winnipeg support group for people in the region with FMD. She said that there were some tears when the group found out that the water tower was going to be lit up to bring awareness.

FMD is a disease that causes one or more arteries in the body to have abnormal cell development in the artery wall. Because of that, areas of narrowing, aneurysms, or tears can happen. If narrowing or a tear causes a decrease in blood flow through the artery, people can see symptoms. Many people with FMD don't have any symptoms or signs and are diagnosed during a scan for another problem.

"It can result in arterial defects, aneurysms, strokes like a TIA (Transient Ischemic Attack) or SCAD (Spontaneous Coronary Ar-



RECORD PHOTO SUBMITTED

Some of the Members of the informal Fibromuscular Dysplasia support group in Manitoba meeting at the Forks Market in Winnipeg. Pictured: Marie Morissette, Tamara Carter, Kathi MacKay, Marcie Baird Holubitsky, Inga Skundberg, Julie Vogelsang, and Nancy Sacco.

tery Dissection), which is a type of heart attack, hypertension, migraines, headaches, or pulsatile tinnitus, which is like a whooshing sound in your ears," said Vogelsang. She explained that it's a pretty rare condition that mostly affects women.

"It doesn't always lead to problems in every artery. So, for instance, I only have problems in my neck arteries. A lot of people have problems in their kidney arteries and, what you will present with as a problem there, is people will have really high blood pressure. They put on all these medications, and they'll really have problems controlling it. Oftentimes, they don't realize they have FMD because what happens with the kidney arteries is it can be stenosis, which is a nar-

rowing of the artery, and that narrowing of the artery is what is causing the high blood pressure. Unless you get a scan of your renal arteries, like a CT scan, you're not going to know that that's what's causing it, so you're going to be treated for high blood pressure until you have a more critical health event and you then possibly get a CT scan," said Vogelsang.

Her diagnosis story started with an accidental finding, as she has a different health condition that she was seeking treatment for.

"They did a head to pelvis scan, a CT scan, and that's where they found the FMD in my neck arteries," said Vogelsang.

She explained that this condition has meant that she's had to make

Continued on next page

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Your Health

Continued from previous page

quite a few changes in her life.

"I used to be quite active but I have to manage my blood pressure. So I'm looking at anything that's going to create blood pressure spikes, like athletic activity—heavy weights, or even (certain) sports could increase your blood pressure. (There's also) caffeine, alcohol, and elevation if you're at high elevation. I'm constantly monitoring my risks versus my activities," Vogelsang said.

Tamara Carter, a fellow member of the group from our area of the Interlake was diagnosed three years ago.

She was first diagnosed when she

saw a medical professional about some troubling symptoms and she was first told she probably had an ear infection.

"My gut has always been really strong. And I said, 'You know what? I don't have an ear infection.' I was having some really severe headaches, pulsatile tinnitus, a lot of dizziness, fatigue, all these symptoms that I knew weren't related to an ear infection, because I've had ear infections. Sometimes we have to listen to our gut and say, 'No, you're wrong.' So (the physician's assistant) excused herself from the room and went to speak to the doctor, and he said, 'Well, we're going to schedule you for a CT so we can get this looked at,'" said Carter.

The results came back, and Carter was diagnosed with FMD, and further scans revealed that she also has it in her renal arteries.

She explained that she's been able to do her own research about what FMD is, but that she hopes that increased awareness helps increase education, as she's found that going in to seek health-care services for other issues means that she has to explain what FMD is to health-care professionals.

"Sometimes I have to remind the doctors, is that going to be safe for

me?" said Carter.

The support group that Carter and Vogelsang are a part of came together originally through posting in the Fibromuscular Dysplasia Society of America and realizing that some of them were local to Manitoba.

"It's a rarely diagnosed disorder, and a lot of doctors don't know a lot about it, so it was good to meet as a group and share common experiences and learn from each other," explained Vogelsang.

She said that their first meeting was hours long as the group, chatting about their stories, felt they could connect with each other's journeys. The group originally only had six members, but they have grown to 14 people, and welcome anyone else with FMD to join.

"I had organized the (original) get-together and I didn't expect (that connection). It just showed to me how important it was for these women or anyone diagnosed with FMD to talk to other people and to feel heard," said Vogelsang.

She reflected that learning that the water tower would be lit up also made her feel heard and less alone, knowing that people were bringing awareness to FMD.

"It's not just creating awareness for people who might have FMD or

symptoms of it, but it's also starting an awareness campaign," said Vogelsang.

She hopes that, in addition to people with FMD, this awareness helps to have more doctors learn about FMD so that they can better support their patients.

If you have been diagnosed with FMD and want to join or learn more about the informal support group, you can contact Vogelsang at ju-lievogelsang@shaw.ca.

She also recommends that those newly diagnosed or wanting more information check out the Fibromuscular Dysplasia Society of America website at <https://www.fmdsa.org/>.

"Often, a diagnosis of FMD is very overwhelming for people, and it feels like it's a drastic stop to what you were able to do, or who you were in the past. And, what I would say in encouraging people is just because you have a diagnosis of FMD doesn't mean that you can't go forward and lead a healthy, long life. Managing the symptoms of FMD, joining a support group, and educating yourself about FMD can do wonders for your coping skills and your ability to manage your disease," said Vogelsang.

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May Awarenesses

- Ankylosing Spondylitis Awareness Month
- Apraxia Awareness Month
- Bladder Cancer Awareness Month
- Borderline Personality Disorder Awareness Month
- Brain Tumour Awareness Month
- Celiac Disease Awareness Month
- Cystic Fibrosis Month
- Food Allergy Awareness Month
- Guillain-Barré Syndrome/Chronic Inflammatory Demyelinating Polyneuropathy Awareness Month
- Hemochromatosis Awareness Month
- Huntington Disease Awareness Month
- Hypertension Awareness Month
- Lupus Awareness Month
- Melanoma and Skin Cancer Awareness Month
- Multiple Sclerosis Awareness Month
- National Physiotherapy Month
- Preeclampsia Awareness Month
- Sexual Violence Prevention Month
- Speech and Hearing Month
- Vision Health Month
- Von Hippel-Lindau Awareness Month
- National Physicians' Day – May 1*
- World Ankylosing Spondylitis Day – May 2
- Check Your Skin Day – May 3
- Heart Failure Awareness Week – May 3 to 9
- National Hospice Palliative Care Week – May 3 to 9

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Gardening and mental health

Gardening and strong mental health seemingly go hand-in-hand. A study published in 2018 in the journal Clinical Medicine found that exposure to plants and green space, and particularly to gardening, is beneficial to both physical and mental health. Penn State Extension says working with the soil and plants can help relax the mind and have a grounding effect on the gardener, as gardening can help to reduce stress, anxiety and even built-up anger. Gardening also helps a person connect to the current moment and not be caught up in their mind. Nearly all forms of exercise, gardening included, can lighten mood and lower levels of stress and anxiety. Also, routines, such as spending a certain portion of the day weeding or tending to gardening needs, creates a soothing rhythm to ease stress.



Did you know?

Increasing time spent outdoors enjoying nature can positively affect mood and mental health. Generally speaking, outdoor enthusiasts tend to be happier overall. The American Psychological Association says spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being. Both green spaces and blue (aquatic) spaces benefit overall well-being. Several years ago, the University of Derby in the United Kingdom conducted a study titled, "The 30 Days Wild." The study encouraged people to do something wild once a day for

30 days. Participants shared that their connection to nature and doing things in nature created a significant increase in happiness and health. People who spend more time outside can experience greater self-esteem, less stress, increased memory retention, and more positive body image. Natural environments also lower activity in the rumination area of the brain, decreasing negative, repetitive thoughts. Also, those who are outside more tend to be engaging in physical activities, and exercise directly correlates to better mental health.

May Awarenesses

- Naturopathic Medicine Week – May 3 to 9
- Emergency Preparedness Week – May 3 to 10
- Safety and Health Week – May 4 to 9
- Mental Health Week – May 4 to 10
- International Day of the Midwife – May 5*
- World Pulmonary Hypertension Day – May 5*
- World Asthma Day – May 5
- National Child and Youth Mental Health Day – May 7*
- World Red Cross and Red Crescent Day – May 8*

- World Ovarian Cancer Day – May 8*
- World Lupus Day – May 10*
- National Nursing Week – May 11 to 17
- Fibromyalgia Awareness Day – May 12*
- International Awareness Day for Chronic Immunological and Neurological Diseases – May 12*
- World Hypertension Day – May 17*
- Paramedic Services Week – May 17 to 23
- Global Porphyria Day – May 18
- Early Psychosis and Schizophrenia Awareness Day – May 24*
- National Reflexology Day – May 26
- World No Tobacco Day – May 31*

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MAHCP says paramedic numbers declining in rural Manitoba

By Patricia Barrett

The Manitoba Association of Health Care Professionals (MAHCP) is calling on the provincial government to fully fund paramedic positions after obtaining information showing a decline in the number of paramedics available to respond to emergency calls in rural Manitoba.

The decline covers a two-year period. It shows 519 rural paramedics as of December 2023 and 485 paramedics as of December 2025, a net loss of 34 province-wide.

Figures provided by the government in November 2025 initially claimed a net gain of 231, but corrected that figure to 18 net new paramedics, said MAHCP during an April 23 press conference. Manitobans are "tired of the numbers game" and expect the government to address the paramedic staffing crisis in rural Manitoba.

"Government has repeatedly committed - to Manitobans and to para-

medics - that they'll fix this crisis," said MAHCP president Jason Linklater. "They have failed to retain paramedics where they are needed with more than 70 paramedics lost since October 2023, and they're not educating or recruiting enough to fill the growing gaps. Manitobans are paying the price in longer waits for life-saving paramedic care."

MAHCP is a union of more than 7,600 allied health professionals, including more than 500 paramedics. Paramedics in the Interlake-Eastern Regional Health Authority are hired by provincial Shared Health, which provides health services and operational support to the health system.

The province said in November 2025 it would be recruiting and training Emergency Medical Responders (EMRs) to improve emergency services in rural communities. The province offered a \$5,000 bursary to cover training costs in exchange for a one-



RECORD FILE PHOTO BY PATRICIA BARRETT

Paramedics attending a call.

year-return-of-service agreement. About 50-60 EMRs are expected to

graduate this fall, according to a provincial news release.

EMRs are not trained to a paramedic level.

MAHCP learned that funding for vacant primary care paramedic (PCP) positions will go to EMRs instead.

It said it received a recent letter from the government that "confirmed it is choosing not to hire qualified paramedics for some open PCP positions. Instead, Shared Health is using funding allocated for vacant PCP positions to hire emergency medical responders (EMRs)" which the government characterized as an "alternative level of care."

MAHCP said it wants a fully-funded allied health workforce plan, including significant retention, recruitment and educational initiatives for paramedics.

MAHCP has offered the government a number of paramedic recruitment and retention solutions. They include

Continued on page 21

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Lots start closing on May 28th, 2026 at 10:00AM. Pick up days: Friday, May 29th from 9 AM to 5 PM

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> **PARAMEDIC NUMBERS DECLINING, FROM PG. 20**

making more education seats accessible to rural students, offering “targeted bursaries” as provinces such as Saskatchewan, New Brunswick and Nova Scotia do, creating a subsidized educational pathway for EMRs to become paramedics, posting all vacant paramedic positions, and creating incentives and covering travel and accommodation costs for shifts in hard-to-fill paramedic stations.

The *Record* reached out to Shared

Health for comment. It responded to the query but didn’t provide answers by deadline.

The Paramedic Association of Manitoba said it was behind the NDP’s plan to add 200 more paramedics, but expressed concern about the government “going backwards.”

“In the 2023 election, paramedics endorsed the NDP’s plan to add 200 more paramedics. The government has taken an important, long-overdue

> **MANITOBA PORK, FROM PG. 13**

the growth waiting to happen if capital remains unavailable to farmers. Governments need to move beyond catchphrases. Industry stakeholders need to be brought to the table to ensure the policies are in place to deliver capital to the farm gate.

Investment to increase hog finishing and pork processing in Manitoba will not only reduce reliance on U.S. markets, but it will also create jobs in rural and urban areas, open up additional local opportunities for other sectors of the agricultural economy such as feed producers, and increase the resilience of our rural communities in uncertain markets.

Current global instability and concerns over our trade relationship with

the U.S. have been a wake-up call for Canadians. But trade diversification should not just be a reaction to crisis. It should be a permanent component of economic strategy. The countries that will succeed in the new global trade environment are the ones that invest steadily in relationships, infrastructure and competitiveness long before problems emerge.

Canada has many of the advantages needed to succeed, including a strong reputation as a reliable, high-quality supplier of food, abundant resources and proximity to major markets. What has been missing is not potential. It has been urgency and follow-through.

step by introducing advanced care paramedics in rural Manitoba but is also simultaneously going backwards by reducing the level of care in parts of the province,” said Rebecca Clifton, the association’s administrative director, during the news conference. “Paramedics are incredibly disappointed by Shared Health’s restrictive

hiring practices, which have frustrated both existing and new paramedics, while vacancies continue to climb. Paramedics want government to keep their promise, but this damage will be incredibly difficult to recover from without rapid engagement and government support.”

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Possible school support staff strike in the Lord Selkirk School Division

Both sides still in talks, but potential that this affects students exists

By Katelyn Boulanger

School support staff in the Lord Selkirk School Division (LSSD) represented by CUPE Local 1522, recently hosted a sit-in and an information picket, and there is a possibility that they could go on strike.

CUPE 1522 represents workers in a variety of support roles, from educational assistants or EAs, to custodians, bus drivers and all other support staff.

"These workers, which we call school support staff, have been without a raise since January of 2023, and as we know, it's been a persistent time of high inflation and a very challenging time for workers and for all community members in Manitoba, but they've been without a raise since 2023 so we're looking at three years," said Gina McKay, President of CUPE Manitoba.

In addition to the issue of wages, in

a release from CUPE on April 16, they expressed that additional concerns for support staff included "addressing issues that lead to reductions in care to students with exceptional needs, and elimination of employer proposed concessions that would leave workers further behind."

McKay explained that the staff in the LSSD are currently paid, by the union's estimation, \$3 to \$5 an hour less than neighbouring equivalent roles in the Sunrise School Division and when compared to Winnipeg school divisions, the disparity is even greater.

"When we don't see increases and support to these workers, they may look to other school divisions to work," she explained.

Angela Mortimer, President of

Continued on page 24



RECORD PHOTO BY LAURA PLATT

Photo from the April 29 information picket.



Spring Home & Garden Guide



Shady garden? Here's what to plant!

Do you have the urge to do some gardening, but feel the yard you want to beautify lacks direct sunlight? No worries! Many magnificent plants thrive in the shade. Take a look at these options.

- **Astilbe.** Add a splash of colour to your garden with these pink, red, mauve or white flow-

ers. These delicate blooms will create a cheerful atmosphere.

- **Azalea.** This hardy, low-maintenance shrub produces flamboyant blooms.

- **Begonia.** This plant yields an abundance of small flowers that will infuse your shade garden with whimsy.

- **Fern.** Known for their lacy foliage, ferns are easy to grow. Keep in mind they can be invasive, so monitor their growth closely.

- **Hosta.** This broad-leafed perennial is adorned with long-stemmed pink, lavender or white flowers. It spreads easily, so keep an eye on it!

- **Bigleaf hydrangea.** This plant boasts large heads of flowers or ball-like corymbs that will add a good dose of colour to your garden.

You may also want to consider species like yew, fuchsia, forget-me-not, rhododendron, clematis, impatiens, foxglove, maidenhair ferns and daylilies. There are more options than you might think! Visit a garden centre near you for personalized advice.

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CUPE 1522



EDUCATION SUPPORT WORKERS

> LSSD SUPPORT WORKERS, FROM PG. 22

CUPE 1522, says that she has noticed staff leaving for neighbouring areas.

"We're losing people to Sunrise. We're losing people to Winnipeg. That's the direction people are going, because it's such a big wage gap. And you know, we don't live in times where it is difficult to get to the city," she said.

Mortimer also wanted to emphasize that there is a disparity in the rural vs urban support worker salaries that affects the LSSD, even though there are schools within the City of Selkirk that residents might not think of as a rural setting. Mortimer also mentioned that roles have evolved over the years and that support workers are taking on more responsibilities for increased student needs.

On April 11 of this year, CUPE 1522 held a formal strike vote.

"(CUPE 1522 have) been active in conciliation, and this is the last step before a strike action occurs," said McKay.

A strike has not been declared as of press time on May 11, 2026, but McKay said that a strike could occur with very little notice depending on how conciliation goes.

"If they get to a place where nothing's moving, then that local can issue a strike notice. And so, this is when we start informing parents and the community, where there may be disruptions in the work. In some cases, we've seen in Manitoba, some schools may close during a strike, depending on how many workers there are," said McKay.

So far, the workers have engaged in a sit-in at a school board meeting earlier in the process, and there was an information picket that took place on April 29, where employees and their friends and families walked through Selkirk.

McKay did explain that the workers are trying to negotiate and don't want a strike if possible, but if they do end up striking, they will keep the parents and guardians of students in the loop.

"The workers have really been focused on showing the school division and the school board that they're serious and how much of an impact it is. They are ready and willing to strike, but they want a fair deal, and that's what they're asking for," said McKay.

Mortimer hopes that this resolves soon.



RECORD PHOTO BY LAURA PLATT

Photo from the April 29 information picket.

"I hope it resolves with a fair deal where our members feel valued and respected by the division. I want a deal that is in the best interest of the students and provides the best quality care for them at the same time, that would be my dream," said Mortimer.

LSSD Superintendent Jerret Long, sent a statement to the *Record* on behalf of the LSSD saying,

"The Lord Selkirk School Division continues to be in discussions with the Division since October of 2024 and is aware that CUPE Local 1522 recently held an information picket. We respect the right of employees to engage in lawful collective bargaining activities, including information picketing. At this time, negotiations are ongoing. Throughout the process, the parties have worked together to set mutually agreeable meeting dates for bargaining meetings. Our focus remains on reaching a fair and reasonable collective agreement at the bargaining table, while ensuring the

Continued on page 26

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> MEAL IDEAS



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Berry Bagel French Toast Casserole

powdered sugar
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berries (optional)

To make casserole base: Preheat oven to 300 F. Cut bagels into 1-inch cubes. Spread on baking sheet and toast 10 minutes until slightly dry.

Lightly grease 9-by-13-inch baking dish. Add toasted bagel cubes and half the berries.

Whisk eggs, milk, cream, maple syrup, brown sugar, vanilla, cinnamon and salt. Pour evenly over bagels.

Press bread gently so it absorbs custard. Cover and refrigerate 2 hours, or overnight.

Heat oven to 350 F.

To make crumble topping: Mix flour, brown sugar, cinnamon, salt and melted butter. Sprinkle mixture over casserole. Add remaining berries.

Bake 40-45 minutes until center is set and top is light golden color. If it browns too quickly, tent loosely with foil.

Let rest 5-10 minutes. Dust with powdered sugar and serve with maple syrup. Top with extra berries, if desired.

Prep time: 55 minutes

Servings: 6-8

Casserole Base:

5 Dave's Killer Bread Summer Berry Bagels

1 cup strawberries, sliced, divided

3/4 cup blueberries, divided

1/2 cup raspberries, divided

8 large eggs

1 1/2 cups milk

1/2 cup heavy cream

2 tablespoons maple syrup

2 tablespoons brown sugar

1 teaspoon vanilla extract

1 teaspoon cinnamon

1/4 teaspoon salt

Crumble Topping:

1/4 cup flour

1/4 cup brown sugar

1/4 teaspoon cinnamon

1 pinch salt

4 tablespoons melted butter

Serving:



Spicy Tuna Sushi Rice Cups

spicy mayo or Sriracha, for topping
wonton crisps, for topping
Heat oven to 375 F.

To make sushi rice: Mix cooked rice with rice vinegar, sugar and salt. Let cool slightly.

To make tuna mixture: In bowl, combine tuna (no draining needed), mayonnaise, Sriracha, soy sauce and wasabi, if desired. Mix well.

To assemble: Cut nori sheets into squares and press into cups of muffin tin to line them.

Fill each nori-lined cup with sushi rice, pressing gently to form small nest shape.

Sprinkle furikake over rice then top with spoonful of tuna mixture.

Bake 8-10 minutes until heated through and edges are slightly crispy.

Remove cups from muffin tin, drizzle with spicy mayo or Sriracha and top with wonton crisps.

Recipe courtesy of @amateur_husband on behalf of Bumble Bee Seafoods

Sushi Rice:

2 cups sushi rice, cooked

2 tablespoons rice vinegar

1 tablespoon sugar

1 teaspoon salt

Tuna Mixture:

1 can (5 ounces) Bumble Bee Snackers

Lemon Pepper

3-4 tablespoons mayonnaise

1-2 teaspoons Sriracha, or to taste

1/2 teaspoon soy sauce

1/4 teaspoon wasabi (optional)

Assembly:

nori (seaweed sheets)

furikake seasoning

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I have great news for you today! What's that, you ask? Well... let me tell you.

Traditional medicine and holistic (alternative) medicine can coexist. (I'd argue they should coexist.) Have you ever struggled with nausea every time you sit in the backseat of a car? Or burned yourself taking a lasagna out of the oven? Or had a pesky boil in your armpit?

I'm sure a doctor can help by prescribing an anti-nauseant, giving you a cream to soothe and heal a burn, or lancing a boil. But I've found I can sometimes feel better or heal using things I can get at the grocery store. (This is NOT medical advice. I can't diagnose or treat your health issues.) I've found that eating ginger when I'm motion sick helps calm the nausea. I also know that if I'm going on a long road trip or train ride, I need to take an anti-nauseant. For minor burns, I've found aloe vera soothing and helpful for healing. But if the burn isn't healing or is more severe, off to the doctor I go.

Recently, I've had a UTI that just won't go away. Four rounds of antibiotics later, my gut is screaming for help. Antibiotics are known for killing beneficial bacteria, wreaking all sorts of havoc. So I did some research and am now consuming

kombucha, yogurt, and oats to get much-needed probiotics and prebiotics. I needed the doctor for the antibiotics, but the solution to my (new) gut issues resulting from them—I've found that on my own.

Some folks are anti-medical, and some are anti-"alternative." I can respect that. I've had medical appointments that turned out badly, and I've tried home remedies that changed nothing. But I've also benefited from both approaches. I know this analogy is overused, but for me it's real life: Type 1 diabetes. I'd be dead without medical intervention—both at the time of diagnosis and ever since. My doctor provides me with insulin. But I've also educated myself on high-fibre diets and using healthy fats to reduce insulin spikes. Cinnamon has been found by some to help lower blood sugar. I didn't get this information from my doctor.

So, I guess I'm here to ask you to keep an open mind. I would hate for you to miss out on feeling better because you're ignoring one approach or the other.

And about the boil... I'm afraid I can't help you with that one—sorry!

Less health stress, yes?

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



BINGO

SUNDAY NIGHT BINGO

Pots are as follows:

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- 24 **Jackpot - \$2,800 in 51 numbers**
- 28 **Loonie Pot - \$1,279+**



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> LSSD SUPPORT WORKERS, FROM PG. 24

continued safety, well-being, and education of our students. We are committed to bargaining in good faith and will continue working constructively with CUPE Local 1522 toward a mutually acceptable resolution, which we hope occurs at the bargain-

ing table in the near future."

Currently, CUPE 1522 are organizing a soon to be released petition for area families to sign.

You can learn more at <https://www.cupelocal1522.ca/>.

> HEALTHCARE RECRUITMENT, FROM PG. 7

Creating a social connection and keeping new medical providers engaged is also a successful strategy. Providers can be introduced to a "local ambassador," they can be included in social circles and community activities such as sports or cultural events in order to help build "early

relationships" and help them feel that they're part of something bigger.

Each regional health authority has dedicated representatives to help a community recruit healthcare workers.

Visit the toolkit online at makeitmanitoba.ca

> ORV SAFETY, FROM PG. 7

- No person should be operating an ORV without a helmet – and it MUST be securely fastened.

- You cannot carry a passenger unless your ORV is designed for two riders.

- You are not allowed to travel on or through private property, including farmland and gravel pits.

- Operating an ORV on a roadway is strictly prohibited. Crossing a roadway is permitted if you hold a valid driver's licence.

- Riders should never operate an ORV while under the influence of alcohol or drugs.

- Every ORV must be equipped with a noise muffler in good working order.

- Carry the proper safety equipment related to the type of ORV you're operating.

For further information regarding ORV safety, visit: <https://www.mpi.mb.ca/off-road-vehicle-safety/>.

New kids on the block



RECORD PHOTO SUBMITTED

Spring has officially sprung and baby animal season is here. Pictured: Jerzy Halas with goat kid "Jerry" (brother Tom not pictured). The baby kids were born on April 30 in the RM of St. Andrews.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake talent selected for Team Manitoba POE Top-40 camps

By Kieran Reimer

Local hockey players have moved one step closer to selection for Team Manitoba at the 2027 Canada Winter Games.

Hockey Manitoba released its Top-40 camp rosters for the boys U16 and women's U18 Program of Excellence, which is phase two of three in the selection process.

Eight Interlake-area players were selected for the boys U16 Top-40 camp, including Connor Lemieux of Stonewall, Champ Vannus of East St. Paul, Asher Carey of Selkirk, Marko Malbasa of St. Andrews, Blake Meier and Liam Meier of Stonewall, Aiden Christie of East St. Paul and Wyatt Sydenham of Hodgson.

Three local players were also named to the women's U18 Top-40 camp, in-

cluding Mya Grenier of Powerview and West St. Paul products Cali Lavallee and Sophie Woznesensky.

Phase one saw the players competing alongside other prospective talent in front of Hockey Manitoba evaluators earlier in 2026.

The Top-40 camps will run May 21-24 at the Southeast Event Centre in Steinbach.

Phase three on the boys side will consist of a summer skills camp in August at the Hockey for All Centre in Winnipeg.

Phase three for the girls will include a pre-championship series against the Manitoba Bisons women's ice hockey in September at Winnipeg's Wayne Fleming Arena and Hockey for All Centre.

The 2027 Canada Winter Games are

scheduled for Feb. 27 to March 14, 2027, in Quebec City.

Selected players and 2025-26 statistics:

BOYS U16:

- Connor Lemieux (Stonewall) — 22 GP, 2-16-2, 5.69 GAA, .893 SV%, 2 SO with Interlake Lightning U15 AAA

- Champ Vannus (East St. Paul) — 19 GP, 8-10-1, 3.15 GAA, .910 SV%, 1 SO with Winnipeg Thrashers U15 AAA

- Asher Carey (Selkirk) — 29 GP, 7 G, 8 A, 15 PTS with Winnipeg Thrashers U15 AAA

- Marko Malbasa (St. Andrews) — 30 GP, 7 G, 24 A, 31 PTS with RINK HA Winnipeg U15 Prep

- Blake Meier (Stonewall) — 31 GP, 8 G, 29 A, 37 PTS with Winnipeg Wild

U15 AAA

- Aiden Christie (East St. Paul) — 30 GP, 8 G, 11 A, 19 PTS with RINK HA Winnipeg U15 Prep

- Liam Meier (Stonewall) — 32 GP, 33 G, 28 A, 61 PTS with Winnipeg Wild U15 AAA

- Wyatt Sydenham (Hodgson) — 29 GP, 7 G, 13 A, 20 PTS with RINK HA Winnipeg U15 Prep

WOMEN'S U18:

- Mya Grenier (Powerview) — 24 GP, 7 G, 14 A, 21 PTS with Eastman Selects U18 AAA

- Cali Lavallee (West St. Paul) — 28 GP, 22 G, 13 A, 35 PTS with Winnipeg Avros

- Sophie Woznesensky (West St. Paul) — 28 GP, 14 G, 17 A, 31 PTS with Winnipeg Ice

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bear the 'driving force' of Silvertips' WHL finals run

By Kieran Reimer

The Detroit Red Wings knew they had a good one on their hands when they selected West St. Paul's Carter Bear 13th overall in last summer's National Hockey League draft.

Already a top point producer in the Western Hockey League with the Everett Silvertips last season, Bear came into the 2025-26 campaign ready to make an impact once again.

He went on to post 36 goals and 41 assists for 77 points in 53 regular-season games to help the Silvertips finish first overall in the WHL standings.

Everett then advanced to the WHL championship series, where the Silvertips currently find themselves deadlocked at one win apiece with the Prince Albert Raiders in a best-of-seven showdown with a trip to the 106th Memorial Cup on the line.

The 19-year-old winger has played a large role in Everett's postseason success, scoring six goals and adding 13 assists through the team's first 15 playoff games.

He has also made his presence felt by throwing big hits, forcing rival teams to take penalties and scoring timely goals, much like he did in last Saturday's Game two, where he scored twice, drew two coincidental penalties and finished with a plus-three rating.

He was later named first star of the game after Everett earned a 6-2 win to even the series at a packed Angel of the Winds Arena in Everett, Wash.

"Carter's a physical guy, he's involved," Silvertips head coach Steve Hamilton said following the game two victory. "We've done a really good job with discipline and staying out of things, but you're going to get your nose dirty if you want to be an effective player and he's done an excellent job of finding that line. He contributes in so many ways, so it's part of his identity. It's always been part of his identity. He's a super competitive guy."

Hamilton iced an identical lineup from game one to game two despite falling 4-2 in last Friday's series opener, when Prince Albert erupted for three goals in the middle period.

The decision paid off early in game two as the Silvertips scored three times in the opening period, with Bear opening the scoring just 3:20 into

the game.

His success has come alongside Finnish linemates Julius Miettinen and Matias Vanhanen for the entirety of the postseason, with all three players producing at better than a point-per-game pace.

The trio combined again for Everett's fourth goal of the game, scored by Bear on a rebound near the backdoor after the line controlled possession for much of the shift.

They later added an empty-net goal in the third period, scored by Miettinen for his 12th tally of the playoffs.

"We stick to our game, and I stick to my game and try to help the team win," Bear said post-game.

His parents have made the trip to both championship games so far, much like they have for most of the season, along with his grandparents.

Bear's family roots trace back to Peguis First Nation, located about two hours north of West St. Paul, where many of his relatives still live today.

Growing up, Bear played his minor hockey out of Maples Community Centre in Winnipeg, where he developed into a standout with the AAA Winnipeg Hawks and AAA Winnipeg Thrashers before Everett selected him in the sixth round of the 2021 WHL Prospects Draft.

He also had a large group of friends travel to watch him compete at the 2026 IIHF World Junior Championship in Minneapolis and St. Paul, Minn., where he represented Canada.

Despite appearing in only two of Canada's seven games, Bear became a fan favourite among Canadian supporters, who could repeatedly be heard chanting "we want Bear" during Canada's bronze-medal run.

"It was awesome hearing my name for sure, and seeing buddies from back home doing that chant was pretty cool," Bear said.

His focus now shifts to Games three through five at the Art Hauser Centre in Prince Albert, Sask., where a winner could be crowned as early as Game five.

Playing alongside fellow Manitobans Brek Liske (Beausejour), Nolan Chastko (Brandon), Rylan Gould (Headingley), Reid Nicol (Brandon) and Raiden LeGall (Morden), the six Everett players outnumber the two Manitobans on Prince Albert's roster



RECORD PHOTOS BY EVAN MORUD

West St. Paul's Carter Bear recorded 36 goals and 41 assists in 53 regular-season WHL games with the Everett Silvertips in 2025-26. The Detroit Red Wings' 2025 first-round pick has since helped Everett reach the WHL championship series, where the Silvertips are tied 1-1 with the Prince Albert Raiders.


— Hubert Clarke (Norway House) and Brayden Dube (Roblin). That means Manitoba talent is guaranteed to hoist the Ed Chynoweth Cup at some point over the next several days.

"It's cool seeing players from Manitoba playing in the dub," Bear said. "Even these guys are awesome, big guys in the room, awesome to be around. Sometimes in the summer we'll chat and hang out because we've built such a good culture here."


Games three through five are sched-

uled for Tuesday, Wednesday and Friday this week before the series could shift back to Everett for Games six and seven on Sunday and Monday, if necessary.

The Memorial Cup will follow just days later in Kelowna, B.C., where the host Kelowna Rockets will join the champions of the WHL, Ontario Hockey League and Quebec Maritimes Junior Hockey League in competing for the national title from May 21-31 at Prospera Place.



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Proof Deadline Fridays at 4 p.m.
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Office Hours: Monday-Friday 9:30-5:00



Interlake trio has Nighthawks soaring early at Centennial Cup

By Kieran Reimer

It's been a dream start to the 2026 Centennial Cup for the Niverville Nighthawks.

The Manitoba Junior Hockey League champions have collected wins in both of their games so far, played Thursday and Saturday, and currently share first place in their five-team pool at Credit Union Place in Summerside, P.E.I.

The trio of Interlake locals on Niverville's roster — Hayden Wheddon (Stonewall), Adam Vigfusson (Gimli) and Dawson Zeller (St. Andrews) — have also been effective, with each collecting their first goals of the National Junior A Championship.

Niverville was one of six teams to play on Thursday's opening day, where the Nighthawks spoiled the host Summerside Western Capitals' (Maritime Junior Hockey League) tournament opener with a 5-4 overtime win in front of the hometown crowd.

The hosts opened the scoring with a Simon Mullen tally in the early stages of the first period.

The Nighthawks wasted no time responding as Marlen Edwards and Zeller scored less than six minutes apart to give Niverville a 2-1 lead heading into the first intermission.

Both offences continued to click in the middle frame as Summerside scored twice off goals from Lane Sim and Alexandre Guy, while Wheddon netted his first of the tournament for Niverville, leaving the game tied 3-3 through 40 minutes.

Summerside's Jordan Shaw gave the hosts a 4-3 lead midway through the third before Vigfusson cashed in on the power play moments later to tie the game at four apiece.

Action then shifted to overtime, where it took Edwards just 14 seconds to score the winner for Niverville after breaking up a Summerside stretch pass and beating netminder Kolton Bourret.

Both Bourret and Niverville's Austin Dubinsky finished with 17 saves, with both clubs earning a point and the Nighthawks collecting an extra point for the overtime victory.

The Nighthawks then turned their attention to a Saturday matchup with the Superior International Junior Hockey League champion Thunder Bay North Stars in game two of the tournament, where Niverville showcased the same dominance it displayed all season while posting a 51-6-1 regular-season record in the MJHL.

A four-goal first period helped propel the Nighthawks to an eventual 7-2 victory over the SIJHL champions.

Vigfusson, Parker Rolston, Zeller and Kole Mears scored for Niverville in the opening frame, while Easton Gloucher replied for the North Stars as the Nighthawks carried a 4-1 lead into the first intermission.

The second period was much of the same, as Niverville extended its lead with Wheddon tallying his first of the tournament while Vigfusson and Mears each netted their second goals of the game. Thunder Bay's only response was a late-period marker from Mitch Vanderway.

Neither club scored in the third period as the Nighthawks secured the full three points for a regulation victory.

Dubinsky improved his tournament record to 2-0, finishing with 15 saves, while Thunder Bay's Morgan Blackwood totaled 34 saves in his club's second loss of the tournament.

With the win, Niverville moved into a share of first place in its group with the Canmore Eagles (Alberta Junior Hockey League), who also have a regulation win and an overtime win for five points through two games.

The two clubs sit one point ahead of Summerside, four points ahead of the Rockland Nationals (Central Canada Hockey League) and five points ahead of Thunder Bay through Sunday.

Meanwhile, in the other pool, the Toronto Patriots (Ontario Junior Hockey League) won both of their first two games in regulation to sit first overall as the tournament's only six-point team so far.

They are followed by College Francais de Longueuil (Ligue de hockey junior AAA du Québec) with three points, the Greater Sudbury Cubs (Northern Ontario Junior Hockey League) with three points, the Truro Bearcats (Maritime Junior Hockey League) with zero points and the Flin Flon Bombers (Saskatchewan Junior Hockey League) with zero points.

The Bombers are the only other Manitoba-based club competing at the tournament.

As for Niverville, the Nighthawks are set to face Canmore on Tuesday and Rockland on Wednesday to wrap up their four-game preliminary-round schedule.

The top team from each pool earns an automatic berth into the semifinal round, while the second- and third-place finishers advance to the quarter-finals, meaning Niverville currently controls its

own fate entering the final preliminary-round games.

MJHL teams have won the Centennial Cup just three times in the tournament's 55-year history dating back to the inaugural event in 1971.

The Portage Terriers became the first MJHL team to win the national title in 1973 and also captured the league's most recent championship in 2015.

The Selkirk Steelers are the only other MJHL club to win the tournament, accomplishing the feat in 1974.

UPCOMING GAMES:

- Tuesday, May 12 vs. Canmore Eagles (AJHL), 4 p.m. AT (2 p.m. CDT)
- Wednesday, May 13 vs. Rockland Nationals (CCHL), 4 p.m. AT (2 p.m. CDT)

3-on-3 finale



RECORD PHOTOS SUBMITTED

The Snipers 3-on-3 league wrapped up its second annual season with final games at the East Selkirk Recreation Association. The league featured 190 players on 19 teams in the U7, U9, U11 and U13 divisions and ran from March 23 to May 1.

To see more photos of your favourite Interlake Athletes

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PUBLIC NOTICE

REGARDING RESIDENTIAL SPRING CLEAN-UP MAY 25th to 29th

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

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

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

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

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

- **LIMIT OF 4 TIRES PER HOUSEHOLD**
- **NO DEMOLITION WASTE – NO CONSTRUCTION WASTE**
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Drop off used oil and antifreeze at the Eco-Centre located at the Waste Transfer Station
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- **MATTRESSES**
Will be picked up separately by Mother Earth Recycling. Please place mattresses separate from the rest of the garbage.
- **NO EXCEPTIONS**
Please note: Any refuse or tree branches placed at curbside after your collection day will be picked up by the City of Selkirk and the homeowner will be charged for the pick-up.

Thank you in advance for your cooperation.

This information and more is available at MySelkirk.ca/SpringCleanup

If you have questions, please contact **CitizenSupport** at citizensupport@cityofselkirk.com

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NOTICES

Congratulations to the following winners in the 2026 Selkirk Royals Girls Volleyball cash calendar draws: Joanne Bobrowich, Ralph Link, Shannon Kubic, Trevor Toth, Tina Breland, Ray & Suzanne Farthing, Tracy, Maricar Purisima, Brent Wennekes, Anaya Lemieux, Margaret Arndt, David Schmidt, Adam Ramsay, Kristen Strachan, Leandra Alberti, Brad Taplin, Brad Taplin, Cyndi Germain, O. Wachkuwu, Brad Tapin, Sabrena Reed, Jenna Tritthart, Korri Lemieux, Cory Christie, Robin Ramsay, Tara Ruest, Ron Hummelt, Therese Flinta, Danielle Erickson, Danika/Deah Chartrand and Addy/Deak Tritthart.

NOTICES

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RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC NOTICE

Public notice is hereby given, pursuant to Section 194 of The Municipal Act, that the Council of the Rural Municipality of St. Clements has received the Audited Financial Statements for the year ending December 31, 2023.

Copies of the audited Financial Statements are available for pick-up by any person, during regular office hours, 8:30 am to 4:30 pm, Monday to Friday at the Municipal Office Building, 1043 Kittson Rd., East Selkirk, Manitoba or can be viewed on our website at www.rmofstclements.com.

Dated at East Selkirk, Manitoba this 29th day of April 2026.

Deepak Joshi
Chief Administrative Officer

1043 Kittson Road
East Selkirk, Manitoba R0E 0M0
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MORTGAGE SALE

The land known as 15 Kenmare Bay, RM of Alexander, MB, as described in Certificate of Title No. 2333566/1 will be sold by public auction by a Licensed Auctioneer on June 3, 2026 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in-person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Katharina Kirienko at either 204-957-4810 or kkirienko@maitaikins.com.

The Vendor is informed that the property located at 15 Kenmore Bay, RM of Alexander is a residential vacant lot located on 0.58 acre.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2023. The property is sold subject to taxes and penalties accruing after that date.

Prior charges: Caveat No. 81-4393/1, Caveat No. 81-4395, Caveat No. 81-9514/1

TERMS OF SALE

Deposit of \$3,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the cash component of the deposit not exceed \$7,500.00) and the balance according to conditions to be announced at the sale.

The property will be sold subject to a Reserve Bid of \$26,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 11 day of May, 2026 to the date of the auction and which costs will be announced prior to the commencement of the sale. GST will be payable on the purchase price at the time of closing unless the purchaser is a registrant under the Excise Tax Act for GST and, on or before the closing date, provides a Declaration and Indemnity to that effect, satisfactory to the vendor's solicitor.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below. Further information may be obtained from:

MLT AIKINS LLP

Barristers & Solicitors

30th Floor, 360 Main Street, Winnipeg, MB R3C 4G1

Attn: Katharina Kirienko (204) 957-4810

kkirienko@maitaikins.com

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- Valid driver's licence is preferred
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Due to the upcoming long weekend, The Selkirk Record Classified and Display booking deadline is Friday at 4 p.m. this week prior to Thursday's publication

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> GAMES

SUDOKU

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

Level: Intermediate

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

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

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

Sudoku Answer

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Celebrating 50 years on May 15th
Happy Anniversary Mom and Dad

ANNOUNCEMENT

IN MEMORIAM



In loving memory of
Brenda Elbers

How time goes fast,
One year has passed;
From heaven, to us, your beauty is cast,
Always in our hearts, your memory will last.
-With love from
all of the family

Official Notice to Control Noxious Weeds SELKIRK WEED CONTROL DISTRICT City of Selkirk, Town of Winnipeg Beach, R.M. of St. Andrews, R.M. of St. Clements

As indicated in the Noxious Weeds Act of Manitoba, (S.3(1)) a person must destroy or control Noxious Weeds that are on land that the person owns or occupies. All residential, commercial, agricultural, and public lands are subject to this Act.

If weeds are not destroyed or controlled as per the laws and regulations of the Act, particularly on SUBDIVIDED but not fully developed land (S.20(1)), and on vacant or unoccupied land (S.19(4)), the Weed Control District may enter upon the land and destroy or control Noxious Weeds without further notice. The cost of weed control will be charged to the property owner through the tax rolls (S.27(1)). The Weed Inspector will make systematic inspections and will enforce the provisions of the Act. Noxious Weeds discovered to be present on the forementioned lands after June 1, 2026 will be destroyed or controlled by mowing, cultivating, or application of herbicide.

Each Municipality reserves the right to levy a service fee on the affected property's tax roll in addition to the cost of weed control incurred by the Weed District.

Reports of Noxious Weeds as well as information on weed identification and methods of control is available through the Selkirk Weed Control District Office:

630 Sophia Street, Selkirk, MB, R1A 2K1
Phone: 204-785-3638,
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OBITUARY



Kathleen Lucille Kennedy (Lue)
Peacefully on April 15 of 2026, Kathleen Lucille Kennedy (Lue) passed away surrounded by her family.
She was predeceased by her husband Erin and mother Lucy. She will be fondly remembered by her daughters Debby (Clay), Kelly, Cindy, Rhonda (Brad), Melanie and son Jason (Ashley).
Celebration of Life to follow.

OBITUARY



Anthony (Tony) Michael Laba
It is with saddened hearts that we announce the passing of Tony on February 6, 2026 in Puerto Vallarta, Mexico.
He leaves to mourn his loving wife, Marlene; his daughter, Tara (Richard); his son, Matthew (Tammy); five grandchildren, Dani-Lee (Kurtis), Brayden, Bryce (MJ), Dylan (Alayah), Hayden; one great-grandson, Eli; and his three sisters, Angela, Linda (Clifford) and Lucy (Leith); and sister-in-law Robin (Tedd).
A celebration of life will be held on May 23, 2026 at 2:00 p.m. at Glen Eden Funeral Home, 4477 Main St., West St. Paul, MB.

OBITUARY

Victoria Thoreen (Johnson) Larabie
February 16, 1934 - May 3, 2026

Peacefully on Sunday, May 3, 2026 Mom passed away at Selkirk General Hospital. Left to cherish her memory are daughters, Annelise Lupyrypa and Darlene Herron; 10 grandchildren and 15 great-grandchildren.

She was predeceased by her parents, Victor and Lena Johnson, husband Sylvio, and her brother and sisters and their wives, son Denis, grandson Brent and sons-in-law Glenn and Ted.

Mom was born in Gimli, MB and grew up on the family farm on Ponemah Road. She met Sylvio (Dad) while working CFB Gimli. Dad was born in Quebec and his English wasn't that good at the time, but by the time they married in November 1955 his English was much better. Denis came along in 1956, Annelise in 1957 and Darlene in 1960. They lived on the family farm until 1965 when the family moved to Selkirk. They settled on Breezy Point Road. Mom worked various jobs but her favorite was 17 years at Selkirk General Hospital, starting out at the hospital on Eveline Street and then moving over to the new (now old hospital) on Easton Drive. Once retired they purchased a motor home and started going camping and fishing mostly to Hecla and a few places just across the border and always took the grandkids with them. If they weren't away camping, they had a small herd of goats and a flock of chickens to keep them busy, along with their garden and always had grandchildren over. They also always enjoyed driving back out to the farm on Ponemah Road visiting Denis and his family.

As per her wishes, cremation has taken place and no formal service will be held. Flowers are declined and donations in her memory can be made to a charity of your choice. A grateful thank you to Selkirk General Hospital, Dr. Bhullar, the nurses and health care workers and anyone else involved in her care while she was on ward Medicine 4 for your care of our mom. Mom your spirit remains with us, rest in peace, we love and will miss you.
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Delyth (Del) Jean Gilbert (nee Kirkness)
January 21, 1939 - April 27, 2026

Del Gilbert passed away peacefully at Red River Place Selkirk on Monday April 27, 2026. Her family will miss her dearly but know she is at peace and is back with her beloved Don.

Family was extremely important to Del and will be deeply missed by her daughters Cheryl Dawn (Bob) Skazyk, Barb (Doug) Cieszynski, and Malene (Murray) Rach. Nana was the biggest and fiercest cheerleader for her grandchildren Jarrod (Bridget), Keith, Michael (Charly), Courtney (David), Amanda (Sean), and Brett (Brent) and great-grandchildren Cali, Maddison, Emmett, and Avery. She had a special relationship with her sisters and brothers Beryl, Allan (Gloria), Jim (Georgetta), and Lorna. She will be missed by many nieces, nephews, and friends.

Del was predeceased by her husband Don, her parents Jeff and Eva Kirkness, Don's parents Maurice and Muriel Gilbert, her brothers-in-law Charlie, Eric, Mel, Roy and sister-in-law June.

Del and Don met at canteen in Selkirk and were married on November 25, 1955. They spent many years being each other's best friend. They loved to travel and traveled to many places in the world with family and friends.

Family was always the center of her life. The cabin at Gull Lake was a time when "we girls" had the opportunity to spend girl time with mom. As soon as school was out in June, we headed to the cabin. Dad would join us on the weekends but during the week it was just us! Mom was always there to help whenever we needed her. She loved her grandkids, it didn't matter what activity they were participating in she was there to support, encourage and cheer them on. Really anything they were involved with Nana became an expert and seemed to know even more than the officials.

Del began her career at Robert Smith School and soon after moved to Centennial School. She spent most of her working years at Centennial School as a Teacher Assistant later moving in to the School Secretary role. While working at Centennial School, to the delight of the teachers she supported, Del discovered her talent for drawing and painting. She expanded on that talent by taking lessons. She had many paintings hanging in her home that are now hanging in the homes of her children and grandchildren.

Del enjoyed spending time volunteering in her community. She was a member of the Selkirk United Church. Her artistic talents were often used to create backdrops for the church "Holy Hams" plays. Because of Del's passion for art, she volunteered with the Gwen Fox Gallery and gave time working at Selkirk House of Economy. With her good friend, Sherry, they had their very own art show. Del was a long time member of the P.E.O. Sisterhood Chapter P. She was a member of the Selkirk Kinettes. She was also a CGIT leader.

Del had many friends - the neighbours on Dorchester Avenue, Gull Lake cabin friends, bowling and curling leagues, ladies golf, MTC couples, the church knitting group, and the Happy Gang. Friends were an important part of Del's life.

The family would like to thank the staff at Red River Place for the care provided to Mom over the past two years.

A Celebration of Life will be held on Monday, June 22, 2026 at 11:00 a.m. in the Gilbart Funeral Chapel. The service will be live streamed via the link on her obituary at www.gilbartfuneralhome.com

In lieu of flowers, donations in Del's memory can be made to the Selkirk United Church or the Selkirk and District Community Foundation.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Grief Share

Grief Support Group

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

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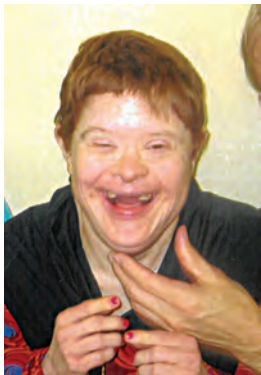
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OBITUARY



Linda Elaine Linklater

Linda passed away May 4, 2026. She was born on December 1, 1961 in Selkirk, MB.

Predeceased by parents Russ and Elaine Linklater; survived by brother Gary.

Linda lived at home until her early 30's, then moving into a group home (Hearthstone) started by Linda's father and mother as well as Fred and Rita Wilkins. Linda enjoyed many years at Hearthstone with staff and roommates coming home for a few days a week visiting with family. Where Gary went Linda was beside him, going around town, shopping, paying bills, out to the farm, cutting grass, tot tilling, planting a garden, Linda was there lending a hand.

Linda bowled weekly with Special O and enjoyed being with the gang. Linda also liked kicking a ball around the yard hitting the badminton bird and quiet times with somebody reading a book to

her. Linda enjoyed many decades out at Lester Beach going in the water running on the sand bars with family at the beach. Linda liked the neighbors swing where Linda would take her pillow and head to the swing Jim Skinner gave Linda the swing, Linda also liked the treats Jim gave her when he came over to sit on the swing with her.

Special thank you to Helen Christianson for many years of dedication, care and kindness for Linda.

See you when I get there, Gary.

No formal funeral is planned.

Donations in Linda's name maybe made to Cloverdale United Church.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Darrell Richard Reimer

It is with heavy hearts that we announce the passing of Darrell Richard Reimer on May 6th, 2026, at the age of 79. Darrell was born on July 31st, 1946 in Yorkton, Saskatchewan.

Darrell spent his career as a skilled welder and fabricator, known for his ingenuity and ability to build or fix just about anything with precision and pride. At one time, Darrell held the highest pressure welding ticket in the province of Manitoba. His skill in metal craft extended to his personal passion creating artworks in the form of metal sculptures. Many of these creations have been passed down to his family as his legacy.

Music was Darrell's other passion in life. An avid collector of music, he also played guitar and often entertained residents at his care home by playing harmonica.

Darrell had a fondness for animals, often joking that he got along better with animals than people. In his youth, he raised an orphan deer as his pet. He could often be found feeding squirrels and birds on his deck during his retirement. Darrell will rest with his last faithful dog companion Tessie.

Darrell was preceded in death by his daughter, Stacy (Richard); his former wives, Frankie and Sheilah; his parents, Milton and Patricia; his brother Stuart (Audrey); and his grandchild Sebastian.

Darrell is survived and celebrated by his sons, Brendan (Teresa) and Dayne; his siblings, Lynda (Bill), Garth (Gail), and Candice (Rick); his grandchildren, Rorie, Reece, Keegan, Terran and Aislan; and a wide circle of friend and extended family.

A private celebration of life will be planned in the near future.

In lieu of flowers, the family kindly requests donations by made to the Heart and Stroke Foundation of Canada.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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SELKIRK MARKET WATCH



32
homes sold



\$339,478
avg sold price



0.18%
avg sold price change*

JAN 1/26 - MAY 11/26 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 !!!

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Don't Delay, Connect Today!



FEATURE OF THE WEEK! | 285 EVELINE STREET, SELKIRK | \$388,000



EVELINE ESTATE! Welcome to Historic Fryer House, a 1,775 Sqft 2 Storey residence situated on desirable Eveline Street featuring 5 bedrms, 1.5 bathrooms & countless updates. Gorgeous kitchen updated in 2004~with island, tons of cupboard space with custom pull-outs, black appliances, & leads seamlessly to your formal dining room fit with wine fridge, more cabinet space & storage closet. Extra spacious living/family room features brick faced wood fireplace & access to 3-season sunroom, perfect for curling up with a cup of coffee and a great book. Main floor bedrm or office & 2pc bath complete the main level. Upstairs there are 4 bedrms, a 4pc bathroom & another 3-season sunroom waiting for some new screens or windows to make use as a sunroom, or continue using for storage! Full, unfinished bsmt houses the laundry, utility & more storage. Outside find a 14'x11' covered deck, 2 sheds, a paved drive for 2 vehicles, as well as a gravel pad accessible from the back lane. Across the street from the scenic Red River, nearby shopping, amenities, parks, golf course & more.

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285 Eveline Street
Selkirk
\$388,000

LAKEFRONT RETREAT!

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\$980,000

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• 2.5 baths

BLUE HERON
• 1,484 sq ft
• 3 bedrooms
• 2 baths



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