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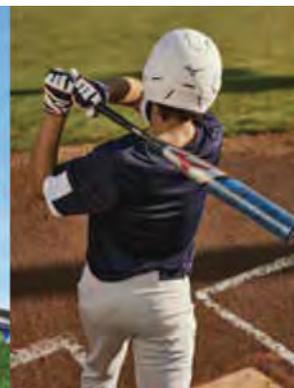
RECORD PHOTO BY KATELYN BOULANGER

Students at Walter Whyte School had a great day of fishing and fun on the Lake to wrap up the winter season. See more photos inside.

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Lee Hanson retires after 19 years at Gordon Howard Centre

Hanson wants to thank all of the volunteers who help to make activities happen

By Katelyn Boulanger

After 19 years as the Executive Director at the Gordon Howard Centre, Lee Hanson is going to be retiring at the end of this month, but he doesn't plan to go too far.

"All of a sudden, it's here. I've been thinking about it for the last couple of years and planning for it, and now it's a week away. So, it's exciting," said Hanson.

Hanson took on the position of Executive Director of the Gordon Howard Centre in 2007, and a lot has changed with the Gordon Howard since then.

"It was not quite as busy, and there was lots of card playing and visiting. So, I think we've really increased the

number of activities and new programs," he said.

In addition to more activities, the Gordon Howard Centre, which enables older adults the opportunity to lead active, healthy and independent lives, has had many changes to the space itself.

"We've done some renovations on the building over the years, some big renovations, like the lobby renovation, kitchen renovation into a commercial kitchen now and just recently, the furnaces and new flooring. The biggest change probably is just the number of activities and the number

Continued on page 7



RECORD PHOTO BY KATELYN BOULANGER

Executive Director Lee Hanson is retiring from the Gordon Howard Centre after 19 years.

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West St. Paul holds 2026 Financial Plan Meeting

Mill rate for 2026 remains unchanged

By Katelyn Boulanger

On March 17, the RM of West St. Paul hosted its 2026 Financial Plan public hearing so that residents could learn more about what's to come for the municipality this year.

Mayor Peter Truijen opened the meeting by welcoming residents to the meeting and then discussing what was going to take place.

"The financial plan, why is it important? Approving and overseeing the public budget is one of Council's most important responsibilities. We are committed to ensuring that our tax dollars are managed responsibly, transparently, and in the best interest of our community. We also appreciate the residents who have shared their feedback throughout the year, through emails, phone calls, and conversations with council members. Your input helps," he said.

Truijen then discussed the way that the RM goes about making the budget and how items are prioritized.

"Municipalities are responsible for delivering essential services such as

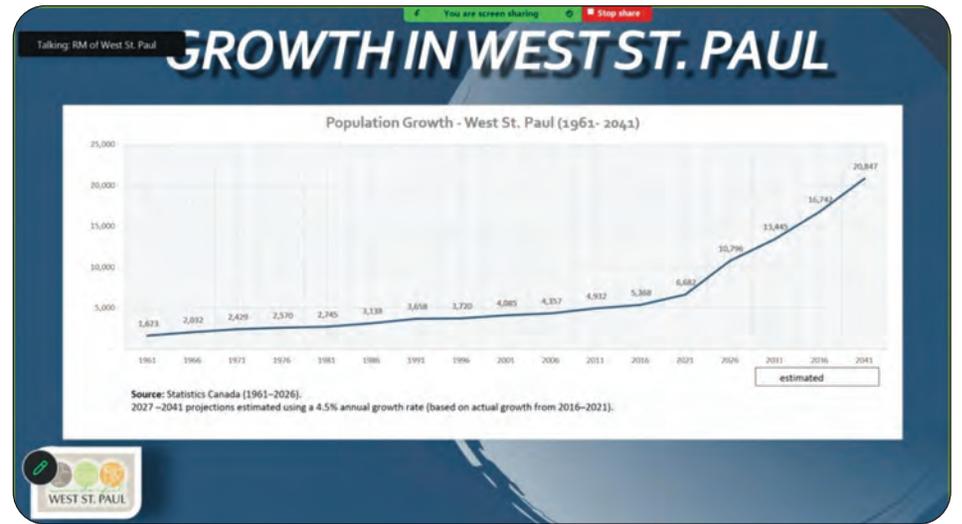
fire protection, snow removal, waste, recycling collection, and green space maintenance, among other things. These core services form the foundation of our budget. Once operational needs are addressed, departments submit capital project requests for council reviews. Members of Council may also bring forward items for administration to analyze," he said.

From all of that work, West St. Paul's budget took shape.

Truijen discussed the projects that are on the list for completion this year. They are varied, from security cameras and speed bumps, to infrastructure upgrades like the replacement of the ceiling tiles in the Access Centre, as well as bigger projects like the Miller Road paving upgrade, and an asphalt trail along Trails Pond.

There are also going to be come projects that will be continued from the 2025 budget. These include the Recreation Strategic Plan, the walking paths/sidewalk down Kapelus east to west, and the water reservoir expansion.

"Growth in West St. Paul, as you can see on the growth chart, is well managed, and that allows us to enhance services without placing additional cost to existing residents. Through development-related revenues, we are able to purchase new equipment and complete beautification projects across



SCREENSHOT FROM THE WEST ST. PAUL FINANCIAL PLAN HEARING
West St. Paul's mill rate will remain the same largely due to population growth which has allowed the RM to keep costs to taxpayers the same.

the RM at no additional expense to taxpayers. Our current population is over 10,000, and projected (growth) indicates that West St. Paul could grow to over 20,000 residents within the next 15 years," said Truijen.

He explained that there is no perfect balance when creating the budget but they are always mindful of the balancing act of keeping taxes low and providing what taxpayers need when creating the budget.

"We are pleased to present a 2026 budget with no change to the municipal rate. This is the fourth consecutive year the mill rate for the municipality has not been increased," said Truijen.

The mill rate will remain at 6.296 for 2026.

Truijen then discussed how property taxes are a combination of education taxes and municipal taxes, and that the RM does not control the education portion of your property taxes. He explained that if anyone has questions about the education portion of their tax bill, they should check in with their school division.

Truijen then went on to discuss a breakdown of how tax dollars are spent, with the last census showing that West St. Paul had 2999 homes. This means that snow clearing is approximately \$62 per household per year, garbage collection is approximately \$174 per household, and recycling is \$107 per household. The annual cost per household for fire protection is \$295, while the total protective service costs are approximately \$478 per household. He also discussed some additions to the budget, including their new Human Resources Department and the new Bylaw and community service department that Truijen explained was able to get up and running smoothly thanks to the input of the RM's new CAO.

Truijen concluded his presentation with important dates to remember.

"Taxes are due on Tuesday, September 29 at 4:30 p.m. with no exceptions. For online banking, please allow five days for the funds to reach the bank. There's a penalty of 1.25 (per cent) per

Continued on page 10

EASTER

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Local artists will be showcasing their talents at the Selkirk & District Arts Festival

By Katelyn Boulanger

If you love visual arts, music, or dance, they've got you covered at the Selkirk & District Arts Festival. The festival is running from April 13 to 17 at the Selkirk United Church, and everyone is welcome to attend.

"The Arts Festival is an event that celebrates all art forms; from visual arts, to speech, music and dance. It gives our local artists the opportunity to perform, improve their art form through means of adjudication, and share their talent with our com-

munity. Participants have the opportunity to qualify and perform on the Provincial level, as well as win our own local awards that are presented at the Gala, on Friday, April 17," said Jessica Bullen, President of the Selkirk & District Arts Festival.

The festival is run completely by volunteers, and there's a lot to see.

"This year we will have speech arts, speech choirs, school choirs, band instruments, skits, monologues, musical theatre, piano, jazz bands, dance, and of course a variety of visual arts," said Bullen.

This is the third year that the festival is back in action since the pandemic,

when it transformed from a piano festival into its current iteration, which celebrates as many types of art as can fit into the multi-day event.

"This year's event will be bigger than last year, with a few new fun features we are looking forward to providing for our performers and attendees. We are looking at hosting between 300 and 400 performers throughout the week this year, so are excited to see the talent they bring," said Bullen.

Part of this event that's important for participants is the adjudication

Continued on page 6



RECORD FILE PHOTO BY KATELYN BOULANGER

Some of the performers from last year's Selkirk & District Arts Festival will be back again this year.

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PHOTO: ROYAL WINNIPEG BALLET

> SELKIRK & DISTRICT ARTS FESTIVAL, FROM PG. 7

process, which is taken very seriously. "We hire professional adjudicators who specialize in their specific art. They provide feedback on the performance, ensuring they cater to the audience performing, whether it be children, adults, or a full school choir. The adjudicator also makes the recommendations for our local awards and provincial nominations," said Bullen.

In addition to this being a great learning process for students in our community, it's a great way for the

artists to show their hard work and people from our community to be able to show how much they appreciate local art.

"Without the opportunity the Arts Festival provides, many students do not get to perform the art they have been perfecting all year. Parents, grandparents, friends, and community members all can enjoy our local talents without having to travel. We also are so pleased that our performers can be nominated to participate in the Provincial Arts Festival. These

opportunities push our students to succeed on many levels and encourage them to continue with their art form," explained Bullen.

She loves that the festival, being an annual event, is something that really showcases our local talent.

"My favourite part of the festival is watching the performers improve every year. I cannot believe the development and growth we see in our local talent," said Bullen.

The bulk of the event is free to attend, but there is going to be a Gala on the final night of the event, for which residents will require tickets.

"Our Gala on Friday night will showcase some of our top per-

<p>MONDAY APRIL 13TH</p> <p>BEGINNER PIANO 9:00 AM - GROUP 1 10:15AM - GROUP 2 11:30AM - GROUP 3</p> <p>PIANO LEVEL 3 1:30PM - GROUP 1 3:00PM - GROUP 2</p> <p>PIANO LEVEL 5/6 6:00PM - GROUP 1 7:30PM - GROUP 2</p>	<p>TUESDAY APRIL 14TH</p> <p>PIANO LEVEL 2 9:00 AM - GROUP 1 10:45AM - GROUP 2</p> <p>PIANO LEVEL 1 1:30PM - GROUP 1 2:45PM - GROUP 2</p> <p>PIANO LEVEL 7/8/ADULT 6:00PM - GROUP 1 7:30PM - GROUP 2</p>
<p>WEDNESDAY APRIL 15TH</p> <p>SCHOOL CHORAL & SPEECH ARTS 9:30 AM - GROUP 1 10:30 AM - GROUP 2 11:30 AM - GROUP 3</p> <p>SCHOOL CHORAL & VOCAL 1:30 - GROUP 1 2:30 - GROUP 2</p> <p>VOCAL, SPEECH ARTS & MUSICAL THEATRE 3:30 PM</p> <p>DANCE 7:00PM</p>	<p>THURSDAY APRIL 16TH</p> <p>INSTRUMENTAL 10:30AM</p> <p>BAND 1:00PM</p> <p>VISUAL ARTS GALLERY OPEN DURING ALL PERFORMANCE TIMES</p> <p>FRIDAY APRIL 17TH</p> <p>GALA AWARDS EVENING 7:00PM \$5 PER PERSON / \$20 PER FAMILY</p>



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RECORD FILE PHOTO BY KATELYN BOULANGER AND SUBMITTED

Don't miss out on some of the great performances going on throughout the week at the Selkirk & District Arts Festival.

formances from the week, will have desserts and snacks, as well as a bar with alcohol for purchase. To attend the gala, we will be charging \$5 at the door, or \$20 per family," explained Bullen.

She encourages residents to stop by any of the five days of the festival or grab a ticket at the door for the Gala.

"Come check out what talent our community has to offer. Listen to a few performances, take in the visual

arts display, and enjoy the decor put out by our board. I highly recommend attending the Gala. It is an entertaining night with excitement and awards. The gala is our main fundraising effort that allows us to continue with our festival, offering continuous improvements and growth," said Bullen.

To learn more, check the Selkirk & District Arts Festival out online at <https://www.selkirkartsfest.com/>.



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> LEE HANSON, FROM PG. 3

of new members that have been coming," said Hanson.

He explained that their goal is to have all their multi-use spaces in the building busy morning, afternoon and evenings.

Since he's been Executive Director, Hanson said that a lot of new opportunities have come about, but just in the last year, there are some great things that have started up.

"We started a Men's Shed. (It's a men's group that meets every Thursday morning. Basically, about 75 per cent of the people who come here are women. So, this is a Men's Shed that we started every Thursday. They've been meeting since last fall. There's about 20 to 25 members, and it's just for men to talk about ideas, to share ideas. Eventually, they're going to get into maybe doing some small projects, or maybe going out into the community and helping out with repairing fences or decks. Another new

thing has been line dancing, we started again and belly dancing, which we weren't sure about. We had an initial class, just to try it out, and we had about 28 people at the initial class," said Hanson.

The many regular activities like fitness classes, cards, quilting, wood-working, painting and more continue to run, making the Gordon Howard Centre quite a busy place if you stop by on a weekday.

Hanson says that none of this would be at all possible without the help of the many people who give their time to the Gordon Howard Centre.

"We couldn't do it without our fabulous volunteers. Our volunteer receptionists, our activity leaders, who are looking after our activities in each room, our maintenance people who do lots of maintenance, retired plumbers, retired electricians who do a lot of our work, right? We're non-profit, so we rely heavily on volun-

teers," he said.

His favourite part of his job over the years is naturally the wonderful people that he's met thanks to his work.

"Some of our volunteers were actually here before me when I first started, and they're still here volunteering. I've known them for 19 years. The other part, too, is when new people come into the building, and we give them a tour of the facility, and we show them the different rooms and the different activities. They're often surprised at the size of the building and also the number of activities that we have. We give them a newsletter, and we give them a tour of the building and a lot of the time they sign up as members right then, but if not, they'll come back. We've found that usually when we get someone into or starting with an activity or coming to one of our Christmas dinners, they usually come back, which is awesome," he said.

The Gordon Howard Centre welcomes residents aged 45 and up who reside in the City of Selkirk, RM of St. Andrews, and the RM of St. Clements to become members, and membership is very reasonably priced for all the activities that take place.

Something that Hanson says not everyone in our community realizes about the Gordon Howard is just how amazing and fun the community is when they get together. For example, he explained that in prepara-

tion for their Perogy Bees, they make 500 dozen perogies over 2 days. It's a well-organized endeavour, but it's also fun having 30-40 people at a time downstairs pinching perogies.

"A big part of what we do is not only the activity or the program, but the socialization that comes along with it," said Hanson.

As for the future of the Gordon Howard Centre, Hanson has high hopes.

"(I'd like to see them) continuing on with new programs and new activities, so people come into our lobby and if they have a new idea that we haven't tried, let's be open to do it, and let's try and have all of our rooms full with activities so that people have a choice on what they can do," he said.

Hanson also plans to enjoy his retirement, but he's not planning to go too far.

"I will come back probably to the Men's Shed for sure in the fall. I hope to golf in the summer and do some travelling in the winter," he said.

He wanted to conclude by thanking all of the people who make the Gordon Howard Centre such a great hub in our community.

"I just want to thank you again to all of our phenomenal volunteers. It's been fun, it's been a good run and very enjoyable," said Hanson.

Quilters gift dignity quilt



RECORD PHOTO SUBMITTED

The Betel Home Foundation recently posted a big thank you to the Riverside Quilters from the Gordon Howard Centre, who gifted them with a beautiful Dignity Quilt. A dignity quilt is used to honour residents as they take their final journey from the home. In a statement online, Betel Home Foundation said, "Special thanks to Donna Mostowy for her dedication to this project creating a beautiful and thoughtful design from fabric contributed by Cathy Sveinson. Donna believes that Cathy would have been very proud that her fabric was used for this special purpose. Our appreciation to Joann Makara for the wonderful quilting job. Thank you to Heather Dankochik and Karen Hygaard for all of their help in arranging this project." If you are a quilter interested in learning more about opportunities to quilt in community, you can connect with the Gordon Howard Centre. Pictured from left to right are quilters Joann Makara and Donna Mostowy, and Recreation Facilitator Janice Lucek.

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Low-to-moderate flood risk across Manitoba; Fisher River basin a concern

Moderate risk of flooding for Red River

By Haley Cvar

The Province of Manitoba is forecasting a low-to-moderate risk of spring flooding across most of the province as runoff season approaches, though higher risk remains in parts of the Interlake.

According to Manitoba Transportation and Infrastructure's Hydrologic Forecast Centre, the majority of Manitoba rivers are expected to see limited flooding under normal conditions. However, the Fisher River basin is facing a moderate to major flood risk, making it the primary area of concern heading into the spring melt.

A moderate risk of flooding is also in place for several major waterways, including the Red, Assiniboine and Souris rivers, along with the Icelandic River in the Interlake and portions of the Saskatchewan River in northern Manitoba.

Flood risk remains low for many tributaries, including the Pembina, Rat and Roseau rivers, as well as eastern Manitoba's Winnipeg River basin and the Whiteshell Lakes area.

Officials note that conditions leading into spring have generally been favourable. Soil moisture at freeze-

up was near to below normal across much of Manitoba, while winter precipitation was also near to below normal in many regions. In addition, frost depths are normal to shallower than usual, allowing for improved absorption of meltwater.

Snowpack conditions are also contributing to the relatively stable outlook. Snow-water content across most Manitoba basins is within normal ranges, though parts of southern Manitoba are below average. The Fisher River basin, however, has normal to above-normal snow levels, contributing to its elevated flood risk.

Lake levels across the province remain within operating ranges, with Lake Winnipeg and Lake Manitoba sitting well below normal for this time of year. As a result, inflows into major lakes are expected to be below seasonal averages.

The province does not anticipate operating the Red River Floodway under normal or favourable conditions. However, it may be used if weather conditions worsen to help reduce water levels in Winnipeg. The Portage Diversion could also be activated

under unfavourable conditions or to address potential ice jams along the lower Assiniboine River.

Ice-cutting and breaking activities have already been completed on the Red and Icelandic rivers to reduce the risk of ice-jam flooding. Despite these efforts, officials caution that ice-jam flooding remains possible in historically affected areas, including along the Saskatchewan, Carrot, Swan, Icelandic and Fisher rivers.

The province emphasized that weather conditions in the coming weeks will be the key factor in determining how the spring flood season unfolds. Additional snowfall, rainfall and the speed of the melt could all significantly influence water levels.

As temperatures rise and ice conditions weaken, Manitobans are being reminded to stay off rivers, retention ponds and other waterways.

The Manitoba Emergency Management Organization says it continues to work with municipalities, First Nations and other partners to prepare for potential flooding, including reviewing emergency plans and coordinating resources.

The full March flood outlook report is available on the provincial government website.

letter to the editor

Just when the entire world is in turmoil, my faith in humanity has been restored.

On Sunday, March 15, 2026, I was overwhelmed when I was at the checkout at Walmart in Selkirk at around noon. A young gentleman behind me approached me and said he wanted to pay for my groceries.

I was in disbelief because this just doesn't happen. To think that a complete stranger would be so generous and compassionate is almost a miracle.

I shall be forever grateful and will remember this special moment in my life. There are still some wonderful and caring people in this world,

and he is on top of that list. These individuals are few and far between, and we need more of them.

God Bless them all!

Submitted by Myrtle Feniuk, Libau, MB

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

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



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

TROUBLE WITH PAPER DELIVERY?

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

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Manitoba-made series serves up diabetes-friendly cooking

By Jessica Eblie

A new Manitoba television series is showing viewers that healthy eating can still be full of flavour while highlighting local food producers across the province.

The Diabetic Kitchen, a six-episode cooking series that began airing in January 2026, combines a traditional cooking show format with visits to farms and food producers throughout southern Manitoba. Each episode features a different theme, ranging from game-day eats to vegetarian-style meals.

The series follows host Kevin Beaulieu as he prepares diabetes-friendly meals using local ingredients. Registered dietitian Bailey Lakutsa closes out each episode with a breakdown of each recipe's nutritional composition.

The Manitoba-made series was celebrated at a public screening on March 10 at the Park Theatre in Winnipeg, where three episodes were shown to a large audience.

For the show's cast and crew, the project represents both a health-focused initiative and a celebration of Manitoba's culinary and agricultural communities.

The concept for the series came from producer Karen Tusa, who said the inspiration was rooted in her own family's experience with diabetes.

Tusa explained that her father was diagnosed with the disease years ago, prompting her family to pay closer attention to what they were eating. With other friends and relatives also living with the condition, she said the issue has long been on her mind.

The idea developed through conversations with director George Orallo, a longtime collaborator who also lives with diabetes. While researching the concept, Tusa said they discovered there were few cooking shows focused specifically on diabetes-friendly recipes.

"I did a lot of research, and there are no diabetic (cooking) shows out there," said Tusa.

After pitching the idea to several broadcasters, the series was picked up by Bell Fibre TV1. The network supported the concept, but producers wanted to ensure the program reflected Manitoba's food culture.

Instead of filming exclusively in a studio kitchen, the production team decided to visit local farms and suppliers, tying the ingredients used in each episode to the producers who grow or supply them.

Tusa, who works professionally as a location scout and location manager, said the approach allowed the show to showcase Manitoba's agricultural



RECORD PHOTOS SUBMITTED

The cast and crew of the Diabetic Kitchen at the public screening of the series at the Park Theatre on March 10, 2026.

landscape and the people behind it.

"I thought, wouldn't this be a cool twist to bring this (idea) into a cooking show?" stated Tusa. "We thought it would be so much better to send our host to the different locations and interview the producers at their place of work so they could share what they do in their environment."

While the show highlights Manitoba producers and healthy home-style cooking, the central goal is to make diabetes-friendly meals accessible to people looking to improve their health.

Beaulieu brings an unusual background to the role. Unlike most television cooking hosts, he does not come from a culinary or broadcasting profession.

"I sell trucks at the Freightliner dealer in Winnipeg for a living," Beaulieu said. "I've worked there for almost 15 years now."

His connection to the series came through Orallo, whom he has known since high school. The idea for Beaulieu to host the show came during regular Sunday dinners he hosted for friends.

"One day Orallo said, 'I'm going to do a cooking show, and you're going to be the host,'" Beaulieu recalled.

Like Orallo, Beaulieu also lives with Type 2 diabetes, which helped shape the direction and tone of the series.

The creators wanted the show to feel approachable, especially for viewers who might be intimidated by complicated recipes or specialized equipment. Simple tools — including beginner-friendly gadgets like a slap-chop — appear regularly throughout the episodes.

"We didn't want to intimidate anybody," Beaulieu said. "We wanted to encourage people to try the recipes and make small changes toward better health."

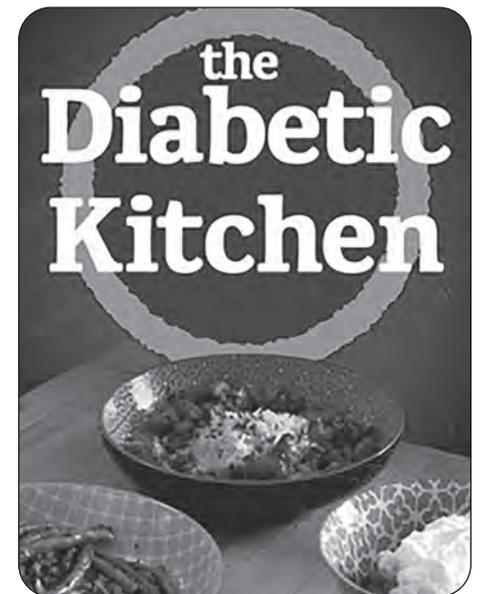
Filming for the first season took place over several days, including visits to farms and food producers across southern Manitoba, followed by cooking segments filmed in a home kitchen.

Despite the relatively short production schedule, Beaulieu said the experience gave him a new appreciation for television production.

"I've walked away from this with a deeper appreciation of folks that do this for a living."

For Beaulieu, one of the most meaningful aspects of the project was the way it brought together longtime friendships and community connections.

"The show really tells a story of relationships," he said. "Food brings us together



Official Diabetic Kitchen photo from the Bell.ca website

as family and friends."

All six episodes of The Diabetic Kitchen are now available for streaming on Bell Fibre TV1. The cast and crew hope the series will attract additional distribution and potentially be renewed for a second season.

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 All Welcome! - Ask about Member Specials

First goose arrives at Oak Hammock Marsh

By Jennifer McFee

Spirits are soaring for *Record* reporter Jennifer McFee, who closely guessed the arrival of the first goose of the year at Oak Hammock Marsh.

Each year, Oak Hammock Marsh organizes a contest asking participants to guess the date and time of the arrival of the first Canada goose on site. An employee of the Wetland Discovery Centre at Oak Hammock Marsh must see or verify the goose, which needs to be located within the physical limits of the site's wildlife management area. The winner receives a one-year family membership to the Wetland Discovery Centre, along with a plush Canada goose.

Your local reporter guessed the first goose would arrive at 10:07 a.m. on March 10. Indeed, the first goose arrived that day — but two minutes earlier at 10:05 a.m. The next-nearest guess was 10 a.m.

In total, 170 people took a guess in this year's contest, which has been running annually since it launched in 1993.

Besides being a fun tradition, the contest also serves several meaningful purposes tied to nature observation, community engagement and wetland conservation.

"The return of the Canada geese celebrates a change of season. It is one of the best signs that winter is ending on the Prairies. The contest builds excitement around this," said Jacques Bourgeois of Oak Hammock Marsh.

"It gets visitors actively looking and listening for migrating birds, which leads to wanting to learn more about migration, wetlands and the importance of habitats like the marsh. As a major stopover along the Mississippi Flyway, the marsh plays a crucial role during migration. The contest highlights that fact in a fun way. Whether

it's families, birders or school groups — we had a few this year — entering their guesses, the contest creates a sense of connection and friendly competition."

At the same time, the contest introduces the idea of tracking wildlife observations, which Bourgeois says is central to conservation.

"Noticing the 'first sighting' helps real scientific monitoring of migration patterns," he said.

"As a matter of fact, we also keep track of every bird species' first sightings of the year in a friendly staff competition. Our First Goose of the Year contest turns a natural event into an engaging experience that connects people with wetlands."

During spring migration, tens of thousands of geese return to Oak Hammock Marsh as they head north to their nesting grounds. It starts in early to mid-March, when a few hundred geese arrive. The first goose of the year is usually spotted at Oak Hammock Marsh around mid-March. The earliest arrival was on Feb. 21 at 1:45 p.m. in 2017, while the latest arrival was on April 6 at 7 p.m. in 1996.

From mid- to late March, numbers quickly rise to 5,000 to 10,000 daily. Early to mid-April is the peak of spring migration, when up to 20,000 to 40,000 Canada geese can be seen daily.

By late April, numbers taper off as the flocks continue north, but several thousand geese might still stop over. Only a few hundred will remain and nest at Oak Hammock Marsh.

Bourgeois explains why the spring numbers are lower than the fall numbers.

"In spring, geese migrate in smaller groups and don't linger as long. Finding good nesting sites drives them north quickly, whereas fall is about feeding heavily and resting,



RECORD PHOTO SUBMITTED

Ricardo, Sammy, Jennifer and Jacob are enjoying their family membership for the Wetland Discovery Centre at Oak Hammock Marsh, which they won for having the closest guess for the First Goose of the Year contest. The first goose sighting of 2026 took place at the marsh on March 10 at 10:05 a.m.



The first Canada Goose arrived at Oak Hammock Marsh on March 10.

which is why hundreds of thousands build up then," he said.

"Migration seasons, both spring and fall, are fantastic times to visit the marsh. While fall migration is truly a sight to behold, with hundreds of

thousands of migrating waterfowl filling the sky and the marsh, spring migration can be just as exciting, with the arrival of each species inching us closer to warmer days."

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> WSP BUDGET HEARING, FROM PG. 4

month. The appeal deadline is October 13, 2026," he said.

He also reminded residents that effective 2027, the property tax due date will change.

"The current date is September 29. Starting in 2027, property taxes will be due on June 30 each year. TIPP payments will run from January 1 to December 31 each year. This change will take effect starting January 1, 2027. For further details on the transition, information will be provided in advance of the 2027 tax year," he said.

The hearing concluded with questions from residents.

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Internship student shares insights on positive experience

By Jennifer McFee

A Springfield student got an inside glimpse at health-related careers during her recent internship at Selkirk Regional Health Centre.

Kara Petrasko, a Grade 12 student at Springfield Collegiate, said some of

her favourite wards included the operating room, diagnostics, emergency and obstetrics.

"Overall, every ward I experienced left me with valuable knowledge. The hospital is an amazing place to explore the many different opportu-

nities within health care, and this internship helped me better understand my true interests," said Kara, who is interested in becoming a nurse practitioner.

"I would strongly recommend this experience to any high school student who is interested in health care or trying to figure out if this field is right for them."

Nicole Harris, surgical services educator, outlined some of the benefits of the program.

"Welcoming high school students such as Kara into the surgical observation program creates meaningful benefits for everyone involved. For the students, it offers early exposure to health care, real-world insight into

surgical teamwork and inspiration for future education and career paths," she said.

"For the staff, it provides an opportunity to mentor, share expertise and reflect on the impact of their work through fresh eyes. These experiences strengthen our connection to the community, help cultivate the next generation of health-care professionals, and reinforce the pride and purpose behind practising health care in a rural setting."

Lori Buors, Indigenous human resource officer, thanked all staff and managers for making these internship experiences a great success.



RECORD PHOTO SUBMITTED

Left to right: Sonnet Chipman, Adele Hummelt, Denny Bernhard, internship student Kara Petrasko, Bonnie Krut, Dana De Luca, Haley Lane, Kelly Unruh and Denise Klein.

Registration now open for free Spirit of Caring course

By Jennifer McFee

Get in the spirit of caring through a training session focused on spiritual health.

A free nine-week Spirit of Caring volunteer education course will run on Wednesdays from April 8 to June 3 from 12:30 to 3 p.m. The location will be determined based on the communities of registered participants. Virtual sessions via Microsoft Teams will also be an option if participants are from different communities.

Through this course, participants will learn about spiritual care in health care. Other topics include death and dying, communication, spiritual development and spiritual diversity. The course will also touch on understanding suffering and compassion, as well as self-care, prayer, mediation, rituals, trauma and crisis.

"Illnesses and loss are those crisis points where our way of life and seeing things can be profoundly shaken and tested," said Ferdinand Funk, spiritual health services co-ordinator for Interlake-Eastern Regional Health Authority.

"It is during these moments that we

ask questions about meaning, purpose, suffering, forgiveness, hope, resilience, connection with the people we love and the sacred. The Spirit of Caring course is designed to train spiritual health volunteers to journey with and support people during these crisis points."

Regular attendance and participation are requirements to be considered for a Spiritual Care volunteer position.

For more information, contact Ferdinand Funk at ffunk@ierha.ca or 204-461-3414. Visit <https://forms.office.com/r/KYubUZ5sRx> to learn more or register for free.

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Manitoba the first province intending to end “predatory” grocery/retailer pricing practices

By Patricia Barrett

The provincial NDP government announced last week that it intends to enact legislation to end what it calls “predatory pricing” in grocery and other retail stores in Manitoba.

Consumers can pay different prices for the same product based on their personal profile, which can include what postal code they reside in (i.e., a wealthy or poorer neighbourhood), their unwillingness to switch brands, and other data collected through loyalty or rewards cards and apps.

The practice is called algorithmic pricing or dynamic pricing, and it can lead to hidden price changes and have an impact on food affordability.

The province’s public service delivery minister, Mintu Sandhu (Maples MLA), introduced Bill 49, the *Business Practices Amendment Act*, to ban retailers from using consumers’ data to increase the price of groceries and other goods.

The proposed legislation also applies to online retailers and online distributors.

“Protecting Manitobans from unfair pricing practices is essential to keeping life affordable,” said Sandhu in a March 17 news release. “These are first of their kind amendments and

take aim at the misuse of personal data to inflate prices and ensure consumers are treated fairly whether they shop at the grocery store or other retailers. By strengthening these protections, the Manitoba government is reinforcing its broader commitment to lowering everyday costs for families.”

The bill was given first reading in the legislature on March 12.

Grocers and other retailers can employ algorithmic pricing based on the consumer data they feed into artificial intelligence and other technological systems. But Bill 49 states that an “unfair business practice” may occur when grocers/retailers use machine learning or artificial intelligence systems to analyze and target consumers.

Personalized algorithmic pricing is defined in the bill as “pricing that’s based on the use of an algorithm or automated processing to set, recommend or vary a price offered to a specific consumer as a result of data about the consumer collected, analyzed or processed with or without the consumer’s consent, knowledge or involvement....”

If there was any doubt that consumers are being intensely scrutinized



RECORD PHOTO BY PATRICIA BARRETT

Cereal is shown on a grocery store’s shelves in 2022 when food prices alarmingly spiked during the COVID-19 pandemic. Grocers employ personalized pricing based on a consumer’s profile and charge a price unique to them for some items. The Manitoba NDP government is intending to ban that “predatory” practice with Bill 49, the Business Practices Amendment Act.

by grocers and other retailers, Bill 49 puts that to rest.

It says the data that grocers/retailers collect include consumers’ personal information, browsing behaviour, purchasing history, spending patterns, the profiles on consumers’ electronic devices that are used to browse or purchase items, their “inferred willingness” to enter into a transaction, socio-economic status that includes their income level, their employment pay period, their financial assistance payment schedule, credit history, location that includes their address, and their medical history or health status.

The data are collected when people sign up for rewards or loyalty cards,

use loyalty apps to browse online, and through in-store tracking.

It’s unclear how a grocer/retailer will be identified and prosecuted under the proposed legislation. And the bill has a two-year time limit on prosecutions for an offence.

Bill 49 is part of a suite of measures the NDP is taking to help lower grocery prices for Manitobans. Those measures include a price freeze on milk (1 litre), removing property controls on grocery store locations to encourage grocery competition, permanently eliminating the gas tax, and increasing the provincial property tax credit so that people have more money for groceries.

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SDCF brings residents together for Food Summit

Twenty or so organizations met up to talk food security

By Katelyn Boulanger

On March 16, the SDCF hosted a Food Security Summit and about 20 different organizations were represented at the world-café style meeting.

Facilitator Pam Grahame put attendees into four groups and gave discussion topics with the end goal of each group coming up with three things that could help all groups work together to improve food security.

Many of the people in the room shared their history helping to address food security in our region and others brought their perspectives from working in different areas of our community.

David Thorne's experience is an example of why those working to improve food security issues in the region need to join forces, and it involves himself quite eagerly showing up at the Our Daily Bread Soup Kitchen with a big grin and an enormous offering.

"I showed up at the soup kitchen several years back, it was the first time I met Barb (Pasaur), and I had 700 pounds of cucumbers with me that we'd grown in the Rotary garden," Thorne recalled.

"And her response was, 'What do you think I'm gonna do with all that!'"

That may be the moment Thorne, a Director with the Selkirk & District Community Foundation as well as a Selkirk Rotary member, started the wheels turning on how the various organizations that work to make sure everyone is fed could work together.

The result, this food summit, blew everyone away with the large turnout, which included about 20 different local agencies, including churches, senior centres, and more.

"It was a really good meeting last night, in fact, I think we're on to something big," he said.

"My single biggest takeaway of the night was the energy. There was an immense amount of energy, everybody was pumped, you could just feel the vibe in the room, and that's what I liked about last night the most."

Lesli Malagus, Selkirk Food Bank Treasurer, attended, saying that it was a great first run through with a lot of new participants.

"I think the next one should have more, but a lot of great ideas came out of this that I think are going to really benefit the community."

Barb Pasaur, Chair of the Our Daily Bread Soup Kitchen, was impressed

by the meeting as well.

"It was fabulous, the meeting went very well. There was lots of good ideas, we had a good group, and it sounded like they were all good groups," Pasaur said.

"I'm one of those territorial people about our organization, so it's difficult for me, but I think I can see opening up. I think you have to, in this day and age, if you're going to take care of the people, then we have to open up."

Deborah Vitt, SDCF Chair, said the groups were engaged and came up with great suggestions.

"When I was walking around, there was a buzz, and as people got to know each other a little better, the energy pumped up, and there were things happening, and it was really great," Vitt said.

"It's exactly what we had hoped would happen out of the research that we did that went into Vital Signs."

One of the 'three things we can do to make a difference' from Vital Signs 2025 was to host a food summit.

Vitt said the night also demonstrated the power of participating.

"People got up out of their nice warm homes, they came out, they participated, and that is just an incredible gift, and I want to thank everyone who was there."

Plans are already underway for another summit with hopes that even more organizations participate in the



RECORD PHOTO SUBMITTED

Residents gathered with the goal of putting Selkirk on the map when it comes to food security.

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Manitoba mandates free menstrual products in workplaces

Some employers in favour, some say government over-reach

By Patricia Barrett

The provincial NDP government announced it's making it mandatory for employers in Manitoba to provide free tampons and pads to all workers who menstruate.

Manitoba will be the first province in Canada to require employers to pick up the tab for the cost of menstrual products to ensure workers have access to "basic necessities" while on the job.

"These changes are about dignity and fairness at work. No one should have to worry about access to basic menstrual products while they are doing their job," said provincial labour and immigration minister Malaya Marcelino in a March 9 news release. "Periods are a normal part of life and workplaces should reflect that reality by making sure workers have what they need."

In addition to menstrual products, an employer "must provide a covered container for the disposal of menstrual products" near each toilet in a wash-room.

The new rule comes into effect on Sept. 1.

The government amended the Workplace Safety and Health (WSH) regulation after a five-year review which was completed in January by the Workplace Safety and Health Review Committee. The review also recommends dropping the word feminine from menstrual products and providing products to genders rather than to just two sexes.

Federally regulated employers are already mandated to provide free menstrual products to people who menstruate, regardless of the gender they identify with.

Just as corporate supermarkets have priced some food items beyond many consumers' ability to pay, forcing them to turn to food banks for help, as well as engaging in unfair real estate practices, the manufacturers of menstrual products have set price points beyond the financial means of many people who menstruate, forcing them into "period poverty."

The federal department of Women and Gender Equality Canada says 17 per cent of Canadians who menstruate have experienced period poverty, meaning they couldn't afford the products they needed. For those in lower income households, that number rises to 25 per cent.

Some people may switch to lower priced alternatives such as menstrual cups or reusable period underwear, but others who can't afford menstrual products might not attend school, work or social events.

Karen Bowman, executive director of the Gimli-based Evergreen Basic Needs (EBN) store and food bank, said she "applauds" the government for addressing the needs of people who can't afford menstrual products.

The charity's staff and volunteers have long been stocking their washroom with menstrual products for the benefit of all who work at EBN, she said. And to be clear, EBN also receives public donations of menstrual products, but those are distributed exclusively to food bank clients.

Whether or not employee-provision of products

Continued on page 15



RECORD PHOTO BY PATRICIA BARRETT

Freely available tampons and pads are shown in a women's washroom in the Balmoral Community Hall last year.

A denture success story after a life changing decision

BY ELISHA VANDOR

Manuela decided it was time for a change after struggling with failing and broken teeth for years. She says, "my dental situation was a nightmare after a jaw bone/gum infection years ago. The only 'fix' from the dentist back in my home country was to pull some of the bad teeth and get partial dentures, but I suffered with the bones in my mouth chipping and sticking out and cutting my gums and so on. I've been dealing with that issue since 2018 and have extremely bad anxiety when it comes to dentists because of childhood dental trauma. However, Brock at Vandor Denture Centre and Dr. Brett at Evergreen Dental saved my sanity, fear of dentists and future."

It all started when Manuela booked a consultation appointment with us. Although she was still nervous about

the entire process, her ability to sit down and talk about her options and come up with a plan together with Denturist Brock subsided her dental anxiety. At the appointment, Brock assessed her full upper and lower dentures and found she was doing well with the upper denture, but wanted a dental implant solution for the lower denture. We often find that the lower denture is the one people struggle with the most because there's usually very little jaw bone to hold it in place. Together, during the consultation, Manuela and Brock decided to make a new upper denture with much improved aesthetics and a tighter fit, and a lower denture that's secured onto 4 dental implants to give her back the confidence to eat what she wants.

Manuela had the dental

implant procedure and actually had the denture secured onto the dental implants that day! She says, "tonight, I'm happy for the first time in 22 years of what my mouth looks like. I feel awesome! I will be able to eat everything again in no time - something I wasn't able to do since I was 17. This is one happy old lady today."

We are so happy for Manuela and the many others who have benefitted from combining their dentures with dental implants. Having a youthful smile that feels like you again and the confidence that comes with it is achievable. We want to help you feel as good as Manuela does now too. If you're inquiring about a dental a implant solution or know your dentures could be better, then call today. We look forward to hearing from and seeing you soon!



- supplied photo -

Manuela is happy with her dentures for the first time in 22 years and shares her story.

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> MANDATING MENSTRUAL PRODUCTS, FROM PG. 14

is allowed under the government's menstrual-product directive is unclear, she said. Nevertheless, EBN would "foot the bill" for pads and tampons for its staff and volunteers if necessary.

"It wouldn't be a hardship. It would fall under our personal hygiene [budget] line that we already have. We have a first aid kit and an eyewash station and other items for our staff," said Bowman. "I think the spirit of this bill is that the menstrual items are provided. And if we're providing them, it shouldn't matter if they're donated by staff or purchased. That's my opinion. If we're told differently, we'll abide by the rules the government has."

Bowman said she thinks it's a "good idea" for employers to provide menstrual products as this "helps to lower the cost of living for a part of our population."

She doesn't see it becoming a "huge expense" for smaller workplaces to shoulder, she said, but for larger businesses with lots of employees - say the size of Walmart - it might entail more of an expense.

To soften the impact on businesses that will feel the pinch of having to outlay funds for menstrual products, she said the provincial government might perhaps want to consider some sort of incentive.

"When a government comes out with something that will cost businesses money, they should offer something to help mitigate that cost, whether it's a tax incentive or a credit system of some sort," said Bowman. "For instance, let's say your company spends \$1,000 on hygiene products over the course of a year and you can get maybe \$250 back through a tax break. I think something like that would make the pill easier to swallow for some of the larger companies."

Pad and tampon manufacturing is a highly lucrative industry. For instance, Procter & Gamble, which makes Always pads and Tampax tampons, saw net sales of over \$20.3 billion in its "baby, feminine and family care" line in 2024, according to the company's annual report. Always and Tampax brands command 25 per cent of the global market share. The company's total net sales were \$84 billion.

An Interlake business owner with more than 10 staff said the government's announcement last week was the first time she said she heard of the directive, and she thinks the government should have first consulted with

Continued on page 16



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Sports offer countless mental and physical health benefits. But what if your child isn't interested in playing team sports like hockey or football? Introduce them to some of these individual sports—they might just find their perfect fit.

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- 2. Racket sports.** Tennis and badminton are great choices for kids as young as four or five. In addition to burning off plenty of energy, these sports help kids develop coordination, reflexes and focus.
- 3. Running.** Running is a suitable activity for people of any age, as long as the intensity and distance are adjusted to the individual's capabilities. It's one of the best ways for your child to build cardiovascular endurance and bone strength.

4. Golf. Children can start learning golf at a very young age with simple putting. Golf helps build muscle and sharpen concentration. It also helps kids develop strategic thinking skills as they plan their shots.

5. Figure skating or speed skating. If your child has good balance, they can start skating as early as age three. Skating works many muscles at once and develops both balance and coordination.

The options don't stop there. Gymnastics, judo, skiing, climbing, swimming, fencing, sailing and skateboarding are just a handful more—the list is endless! Check out local programs to see what courses are offered in your area.



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> **MANDATING MENSTRUAL PRODUCTS, FROM PG. 15**

the business community before going ahead and amending the WSH act.

The entrepreneur, who's located on the west side of the Interlake, does not want to be identified as she feels the issue could polarize her customers and some employees.

The financial impact on her business would be fairly minor, she said, as she currently has a limited number of menstruating employees. And her staff bring in various menstrual products and leave them in a drawer in the women's washroom for anyone to use.

She said providing toilet paper and soap makes sense under workplace safety rules, but menstrual products should remain optional because she doesn't view them as a health and safety issue.

Nor should the province be making Manitoba employers assume higher operating costs because a free-market product is priced too highly for some people who menstruate.

"This is over the top," said the entrepreneur. "I feel the province is micro-managing how businesses operate."

For employers with a good proportion of menstruating staff, the mandate will cost them money, she said.

And there's a potential for an invasion of "period privacy" should the more "receptive" employers ask their staff what products work best for them.

She cited the government's FAQ document which states employers have to provide one type of pad and one type of tampon. But that "one-size-fits-all" approach won't neces-

sarily work in every workplace. She's aware that the menstruating employees in her workplace have different product needs because their menstrual cycles are different.

"Are we going to ask employees what brand they'd like, do they have a heavy or light flow, and what size pad they need? If an employer buys only one type of product to meet the WSH rule, some employees might not use it because it won't meet their needs," said the entrepreneur.

As part of the new mandate, the news release states the WSH branch will be conducting menstrual-product compliance checks in workplaces.

The entrepreneur said that's not a good use of WSH staff time as they "have a job to do."

A potentially irksome issue employers may have to address further down the line is theft. Because menstrual products are so expensive for some people, the temptation to steal may arise.

"Who's to stop employees from taking products home for their children or relatives?" said the entrepreneur. "And what about employees that work from home? Do employers have to provide for them as well?"

Samantha Hampton, who owns the Shoreline Restaurant in Steep Rock in the RM of Grahamdale and is also president of the Gimli Chamber of Commerce, said providing menstrual products is "part of a broader conversation" about treating basic health needs the same way we treat other essentials in washrooms.

She's heard mixed feelings about the government's new requirement, but she said the overall consensus seems to be that the cost will be

relatively small.

"The government has estimated it at around \$10 to \$25 per employee per year, which for many businesses isn't a large expense if the outcome is that staff feel they have what they need at work," said Hampton.

She said there are moments when having menstrual supplies available "makes a difference."

With regard to a potential for theft, Hampton said she feels she's hired people who "respect their workplace and won't abuse" a system that's meant to support everyone.

"Like many workplace policies, the key will be implementing it in a practical way so businesses and employees alike benefit from it," she said.

Workplaces with no menstruating employees cannot opt-out of purchasing menstrual products and used-product containers, according to the government's FAQ. It's unclear why a workplace made up of employees who don't menstruate would be required to have them on hand.

Commercial fisher Bill Buckels said he has no employees in his workplace, which is either the ice or a skiff on Lake Winnipeg. But if he did have either menstruous or non-menstruous employees, he assumes he'd have to comply with the government's mandate and purchase tampons and pads for them.

"How about we just buy every hygiene product for everybody - including Depends for seniors who work using provincial funds?" he said. "That would be fair. Or let's have a provincial drug plan for these hygienic supplies. That would probably be a better and more democratic and inclusive plan than this vertical solution, which sounds like a union contract being shoved down the throats of independent businesses."

The *Record* reached out to the Lakeshore School Division and the Evergreen School Division - workplaces

with a good number of staff - for their thoughts on the new directive, including how they'd identify the number of staff who menstruate and how the divisions would pay for the products.

"We haven't received any direction on this yet, so I'm not in a position to be able to answer your questions," said ESD superintendent Scott Hill, who added that when they learn more, they'll be able to speak to the issue.

Lakeshore didn't respond.

The *Record* asked the provincial department of labour and immigration why Manitoba businesses have to shoulder the cost of products that pad- and tampon-making companies have priced beyond the means of many Manitobans, how it's defining "Manitoba employers," whether it's considering a tax-break for employers to partially offset the cost of the mandatory requirement, and how often menstrual-product-compliance inspections will be carried out, among a number of other questions.

"Like other employers, the province is working through its implementation plans for this update to the Workplace Safety and Health Regulation," said a spokesperson. "The Workplace Safety and Health Branch will enforce compliance through existing workplace inspections. The branch conducts investigations of workplaces in Manitoba, including proactive inspection activities and in response to complaints."

The spokesperson declined to say how many menstruating employees the Government of Manitoba has and how much it would cost to provide free pads and tampons to them. He referred the *Record* to cabinet communications to find out whether the government is considering a tax break.

As to how the government defines a Manitoba workplace, the spokesperson said:

"According to Statistics Canada, there are 43,792 businesses with employees in Manitoba and 94 per cent of workers are covered under provincial workplace safety and health requirements. Federally regulated industries are exempt from provincial regulations. The Canada Labour Code already includes requirements for federally regulated industries to provide menstrual products to workers."



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Local author brings Manitoba sasquatch story to young readers

By E. Antonio

Sasquatches, giant beavers and mysterious northern sightings aren't just campfire stories for Interlake author John Warms — they're the foundation of his newest children's book, inspired by a real encounter in northern Manitoba.

Interlake-based author John Warms recently published his first children's book, *The Girl Who Met Sasquatch*, earlier this summer.

Warms, who grew up west of Carman, said his inspiration for becoming an author comes from the people he has met throughout his life. Now the author of three books, he continues to collect and share stories of strange encounters experienced by both himself and others he has crossed paths with.

"All of my books are people-driven," Warms said. "You have to enjoy what you write about, and these unusual encounters have certainly piqued my interest."

A retired teacher who spent years working in Indigenous communities in the northwest region of the Interlake, Warms said he occasionally heard stories about large, frightening and unknown creatures. Over time, he noticed these sightings were common in remote northern communities, while many people in southern Manitoba were largely unaware of them.

"My delight is to share what is somewhat secret and let it be known in other parts of Manitoba and other parts of the world," he said.

Warms gathered stories from eyewitnesses describing extraordinarily large birds, bats, beavers, snakes, sasquatches and more. Before teaching in the north, he said he had not heard of many of these creatures, later describing the experience as "an absolute gold mine of little-known creatures," and the sightings themselves as "phenomenal."

Through word of mouth and storytelling, Warms collected account after account of these eerie encounters and compiled them into his second book, *Stranger Creatures Seldom Seen*. His newest children's book expands on one of those accounts, telling the story of a young girl who encountered a sasquatch while camped beside a lake where her grandfather did commercial fishing.

The story follows five- or six-year-old Marlene, who, after flying to a remote location with her family, was tasked with periodically checking on her baby sister while her grandmother cleaned fish by the lake. On one particular trip to the hammock, Marlene noticed a terrible smell, looked up and found herself face to face with a sasquatch.

Although the encounter took place more than four decades ago, Warms said he has remained in contact with Marlene over the years not only to confirm details, but "also to enjoy the story again and again together."

The 40-page picture book — illustrated by Warms' granddaughter — invites readers into the day Marlene saw the sasquatch with her own eyes.

Warms said writing a children's book proved more challenging than his previous work, as it required transforming a real-life account into a child-friendly story young readers could understand and enjoy. Still, he welcomed the challenge.

"I enjoy thinking and getting inside the person who is having the experience," he said. "I like dramatizing the story from the clues that have been given to me, and then try to make it exciting for the reader."

For *Stranger Creatures Seldom Seen*, Warms said he enjoyed putting on a "reporter's hat," gathering clues from across the province to determine what might be real and what might not.

"I got so many witnesses from the north, south and everywhere in between that it made sense to me their stories matched," he said. "I report what I heard and give my conclusions and insights on these findings, like a comprehensive report."

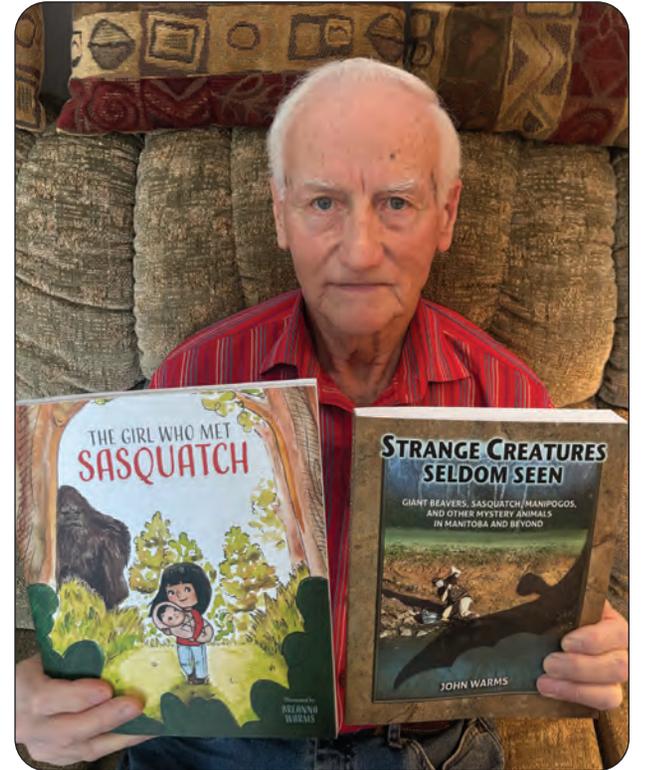
Warms said he appreciates the opportunity to showcase the wonders — and mysteries — of Manitoba, something he finds both challenging and intriguing. For him, the excitement lies in realizing what creatures may roam close to home and uncovering secrets that remain unexplained.

He has personally witnessed three unusual creatures mentioned in his books: a giant beaver, a giant snake and a platypus-like creature. His favourite sighting was a black bear-sized beaver he saw west of Brandon in the Assiniboine River.

Based on evidence shared by Elders, Warms believes these beavers lived in large burrows. He noted that one southern Manitoba farmer discovered a massive burrow without knowing what could have lived in it.

"That's when things just clicked," Warms said. "As soon as I learned they lived in burrows — which farmers, road construction workers and grave diggers have exposed — I realized which animal was capable of making such tunnels."

His goal is to one day locate a burrow and place a camera inside to capture evidence. He also hopes to re-establish the giant beaver as the world's largest



RECORD PHOTO SUBMITTED

John Warms is the author of *Stranger Creatures Seldom Seen* and *The Girl Who Met Sasquatch*, books that explore stories of Indigenous Peoples' encounters with strange and unusual creatures.

living rodent — a title lost when the species was labelled extinct.

Of the creatures he has yet to encounter, Warms said he hopes to one day see a giant bat, a species believed to live in large caves. Firefighters who have been near these sites have reported large collections of bones, according to Warms. If he cannot see the bat itself, he hopes to locate one of the caves they once inhabited and search for signs of life.

"The residue may be of interest to biologists," he added.

Warms is already planning his second children's book, which will focus on another young girl who reportedly saw a sasquatch in the woods near Fairford.

All of Warms' books are available on Amazon, with his two creature books also carried by Chapters and several small shops and art galleries throughout Manitoba, including Toews Printing in Carman and Red Sun Smoke Shop and Gas Bar in Rosser.

Check out the Open House connecting seniors to community services on April 2

By Katelyn Boulanger

The Selkirk & District Seniors Resource Council Inc. also known as Services to Seniors is hosting an Open House and Information Day on April 2, from 10 a.m. to 3 p.m. at Christ Church in Selkirk. This casual drop in event aims to connect residents in Selkirk, St. Andrews and St. Clements with local service providers so that you can learn more about who they are and the resources they provide.

The Seniors Resource Council supports people 65 years of age and older

in staying independent and living in their own homes.

"We're trying to bring as many groups together as possible in an effort to inform area residents of all the services and supports that are available to them," says Yvonne Oxer, Chair of the Seniors Resource Council board.

"There are many resources that people 65 and over can access and I'm sure there are people who simply aren't aware. By bringing them all to-

gether, we can educate the public in one day under one roof."

Some of the organizations that will be sharing at the open house include the Manitoba Alzheimer Society, Meals on Wheels, Heart to Home, Selkirk Men's Shed, and PhysiGo.

For more information, call 204-785-2737.



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Survivor's Hope Crisis Centre hosts workshop on Understanding Childhood Exploitation

By Katelyn Boulanger

Earlier this month, Survivor's Hope Crisis Centre brought awareness to March being Stop Childhood Sexual Exploitation Awareness Month by hosting an Understanding Childhood Exploitation workshop at the Selkirk Friendship Centre. This event brought people from different groups together to discuss the issue of Childhood Sexual Exploitation and how being more aware can help make our community a safer place.

The workshop started with Survivor's Hope's Chantal Shibata reminding everyone to care for themselves as they go through the workshop, followed by an Elder from our community opening the day's discussion.

"The goal is to create space, not only to listen and learn, but also to ask questions, reflect on what you hear and, connect with presenters and others in the room," said Shibata.

The first professional of the day was Shamin Brown of Shamin Brown Consulting, who is a trauma-informed counsellor, registered social worker, and certified life and health coach based in Winnipeg.

Brown started her discussion by talking about vulnerability factors that make youth more likely to be exploited. Some factors that she brought up were being disconnected from home, poverty, racism, colonialization, and stigmatization.

Brown explained that all of these factors disrupt psychological safety.

She said that these vulnerabilities can be exploited in a variety of grooming relationships that lead to exploitation. These relationships can be peer to peer exploitation, an older boyfriend exploiting a younger person, a party model where the youth

go to a party too far away for them to get back on their own and then are exploited in return for a trip home, and, finally, Brown discussed a familial model where a family member organizes the sexual exploitation of the youth.

"We're linking vulnerability factors with grooming. We also have to consider how that grooming takes place. I think we often think that grooming happens by one person on one occasion, but as you've heard today, it can actually happen over a long period of time through multiple people and multiple experiences, which normalizes that experience for the youth or the person who is having it. When you're experiencing the same thing over and over again, you start to believe that that is exactly what you should be experiencing, and that it's normal, and maybe not healthy, but definitely normal, especially if we're coming from backgrounds where there is dysfunction in the home or unhealthy relating with one another," said Brown.

She concluded by talking about how healing is ongoing for survivors and that we need to find ways so that people coming out of exploitation can find safe spaces where, instead of being someone with a lived experience, they can become a survivor.

The day's next speaker was a survivor of exploitation who chose to share their story. This powerful story really brought home that, though this person is an adult now, youth from our own community are being exploited, and it is something we need to be aware of.

The next presenter was Janet Campbell from the Joy Smith Foundation.

The Joy Smith Foundation is a three-

generation family foundation that dedicates its life's work to combating human trafficking.

Campbell discussed how exploitation and trafficking can occur in ways that are not always immediately visible, and how increased awareness can help communities recognize and respond to these situations.

"In the years that we have been doing this work, we have had the great honour of connecting with, meeting, getting to know, and supporting thousands of survivors across the country. What we know is that for sure, there are warning signs, right? It's like we talked about, they're there. But the reality is, it is hidden in plain sight, and that is why the education and awareness about the issue and the process is so important," said Campbell.

She explained that sometimes these warning signs are chalked up to rebellion or a phase, but that's why education and awareness are important, so that people can recognize the signs.

Campbell pointed to free resources online at <https://joysmithfoundation.com/> for more information.

Some common factors that Campbell discussed that they see again and again in people who have been exploited are complex trauma, online spaces, and drugs and alcohol.

She also says that fear and shame are the biggest barriers to their work.

"The fear is that no one will believe them. It's that they are going to get in trouble. It's that they will be hurt, or maybe their family members will be hurt, because we've seen that a lot as well. If you don't do what's expected of you, we will hurt your family. Fear is a huge barrier in opening these conversations, and shame, shame people carry, shame of 'It's my fault. People

are going to judge me. I chose this,' which, by the way, I don't agree with any of those things, but I do understand that that's the lens that people feel as they carry that shame. The shame that's being carried there is a barrier to getting help and also healing afterwards, but I don't agree that it's your fault," said Campbell.

She concluded by talking about how education is our greatest weapon against exploitation.

Shibata and Natasha Van Dorp, SARAH Crisis Coordinator & SADI Coordinator, and the Health & Safety Representative for Survivor's Hope Crisis Centre, led the next presentation about digital boundaries as our youth navigate online spaces.

They first discussed how consent is important and consent needs to be given freely, it needs to be reversible, it should be informed, and given enthusiastically.

They then talked about how in presentations to youth, they talk about what healthy relationships are and the characteristics of healthy relationships, like honesty, trust, respect, open communication, and being able to still be your own person.

Next, the pair discussed some statistics about exploitation, including that, though the stereotype may be that girls are more at risk, in practice, boys are actually targeted more when it comes to online harms.

"Luring is when a person, typically an adult, but not always, communicates with youth through technology like texting, direct messaging or chatting in an app, game or website to make it easier to commit a specific sexual offence against them. Luring is often the first step in online sexual exploitation, as it establishes trust before requests for images, personal information, or sexual conversations begin," said Van Dorp.

Shibata then explained that sextortion, simply put, is blackmail.

"It's when someone online threatens to send a sexual image or video to another person if you don't pay them or provide them with more sexual content. Sextortion often begins with luring or grooming and can escalate quickly through fear and shame," they said.

These videos or images aren't even necessarily real, as technology exists which can make it appear that someone's head is on a different body.

Some signs of online luring are youth being secretive about their online activity. There might be sudden new online friends that they don't want to talk about. There might be emotional changes after being online, like

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Learning about fishing and having some fun on the ice



RECORD PHOTOS BY KATELYN BOULANGER

Walter Whyte School students learned about watching their lines for tipping, chopping firewood, and that the best hotdogs are had on the Lake when the school took them out to ice fish last week.



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> MEAL IDEAS



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Chocolate Easter Egg Cupcakes

To make cupcakes: Preheat oven to 350 F. Line 12-cup muffin tin with cupcake liners.

In bowl of electric mixer, sift flour, sugar, cocoa powder, baking soda, baking powder and salt.

In medium bowl, whisk egg, butter-milk, water, vegetable oil and vanilla extract.

Mix dry ingredients on low speed 1 minute. Add wet ingredients. Mix 2 minutes on medium speed and scrape sides and bottom of bowl. Mix 1 minute on medium speed.

Divide evenly among cupcake liners. Bake 12-15 minutes, or until toothpick inserted in center comes out almost clean.

Cool cupcakes on wire rack.

To make frosting: Using paddle attachment of electric mixer, whip butter 8 minutes on medium speed until pale and creamy. Add powdered sugar, milk, vanilla extract and salt; mix on low speed 1 minute. Increase speed to medium and mix 6 minutes until frosting is light, creamy and fluffy. Add food coloring and whip 1 minute.

Pipe frosting onto cupcakes and top with egg-shaped chocolate-coated candies.

Photo courtesy of Unsplash

Recipe adapted from A Classic Twist

Prep time: 30 minutes

Cook time: 15 minutes

Cupcakes:

1 cup all-purpose flour

1 cup sugar

1/3 cup cocoa powder

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon salt

1 egg, at room temperature

1/2 cup buttermilk, at room temperature

1/2 cup hot water

1/4 cup vegetable oil

1 teaspoon vanilla extract

Frosting:

3 sticks unsalted butter, softened and cubed

3 cups powdered sugar, sifted

2-3 tablespoons milk

1 teaspoon pure vanilla extract

1 pinch salt

2-3 drops brown food coloring

egg-shaped chocolate-coated candies

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Ask the Money Lady

Dear Money Lady Readers: Have you been offered a BN-PL option at a store self-checkout?

It's now the latest thing this fall, being offered only on the self-checkout at your local retailer, whether that be for household goods, car parts or even groceries. So, what is it you ask?

BN-PL stands for "Buy Now - Pay Later" and is a new stream of business almost all financial institutions are getting involved in for 2026. With the rising cost of practically everything these days, banks, credit unions and even smaller companies that offer POS (point of sale) services have now realized there is an opportunity to capitalize on Canadians that are struggling. Of course, you know how this works, right? At the time of purchase, when you are prompted to pay, you will be given the option to defer the payment, "taking the merchandise with you now" and then agreeing at the point-of-sale terminal to "pay for it sometime in the future." Viola, you get to defer the re-sponsibility of payment!

Now some of you may be saying - well Chris, I can do that with my credit card? Sure, you can. But a BN-PL plan is not just for use with credit card holders, it's for debt or cash too. Some banks are now pre-authorizing debit cards and bank accounts to allow you to pay for purchases in installments with the first payment sometimes due at the checkout and then the rest auto-charged to your debit card/account over the next few weeks (usually in two-week intervals) or it could be set-up monthly.

And don't think that these are small companies behind this new phenomenon. Moneris is now the biggest proponent of BN-PL through its point-of-sale terminal solutions, owned jointly by RBC Royal Bank and BMO Bank of Montreal. Moneris calls it their one-time recurring payment plan, while RBC recommends it as a way to "grow your business, and give your customers a better shopping experience." RBC says to small businesses: "Turn more browsers into buyers with little effort. There's no development work on your part and PayPlan by RBC will easily integrate into your existing site."

Obviously, you can tell, I disagree to a buy-now and pay-later model for small retail. It's one thing to offer it with big ticket items like, furniture, cars, boats/motorcycles and homes; but



it's quite another to offer it for small household purchases, like a toaster or basics, like groceries and pet food. Are we never to get out from under our debt to retire comfortably? Apparently, the financial institutions would rather us not. This sound like another creative way to get people continuing to borrow. All lenders know that loans and mortgages are their "biggest money-making machines" and when people are struggling why not make it easier for them to borrow even more?

Banks know that if Canadians have a lot of open credit that they eventually can't handle, when offered to amalgamate it into a consolidation loan or at the time of a mortgage renewal - well, they will mostly likely do it to ease the financial pain. Having been in banking for over 35 years and seen the before and after of the 2008 Financial Crisis, this feels like the times before the crisis, when banks and lenders were eager to showcase new clever and inventive products to entice us all to carry more credit.

Please be careful with your money. Make it a habit to stick to a written financial plan or budget and try to resist spending too much as we go into the holiday season. If you would like help with creating a new 2026 financial plan, I now offer one-on-one personalized and confidential money coaching. You can find out more on my website or drop me an email at coaching@ask-themoneylady.ca

Good Luck and Best Wishes this Holiday Season,

Money Lady
Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemoneylady, or on Facebook (Christine Ibbotson).

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Youth for Christ breaking ground



RECORD PHOTOS SUBMITTED

Youth for Christ has some great news for local youth in Selkirk. The community has stepped up, and they are only \$185,000 away from achieving their fundraising goal for their new building. This new building replaces their previous space, which was lost to an electrical fire over a year ago. Being so close to their goal, Youth for Christ has taken the first steps in breaking ground for the new build. If you would like to learn more about this project or donate towards the final \$185,000 needed to complete the project, visit <https://yfc.ca/selkirk/>.



PET of the Month Winner March 2026



Scooter



Fun Fact:

This is our 12 year old cat we call Scooter. A fun fact about him is he welcomed 6 rescued kittens into his home.

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> CHILDHOOD EXPLOITATION, FROM PG. 18

anxiety, withdrawal, mood swings, or maybe they don't want to get offline. Also, receiving unexplained money, gifts or devices, deleting messages or quickly closing the screen when others enter the room are things to look out for.

They continued the conversation, talking about why learning autonomy is important for youth.

"Guided autonomy helps build a healthy digital identity. It can also teach responsibility and consequences. If the adults make every decision,

children don't learn how to manage privacy settings, they can't handle conflict or be able to respond to risky messages, or balance screen time. So, gradual autonomy allows children to learn from small mistakes in safer environments before they face bigger risks as teens," said Van Dorp.

Additionally, they discussed the importance of understanding and limiting what parents share online about their children, as parents can reveal personal information which could affect their children in the future with-

out even realizing it.

In ending their presentation, they shared resources like the Canadian Center for Child Protection at protect-children.ca, needhelpnow.ca, cyber-tip.ca, loveisrespect.org, and dontgetsexorted.ca. You can also learn more from Survivor's Hope themselves at survivors-hope.ca.

The final presentation of the day was Hennes Doltze, Geraldine Gruszczyk, Alexis Delaurier, and Chris Molloy from EmpowerMen, who spoke about the role men play in prevention and creating safer communities.

Doltze discussed how men need to

be part of the conversation about reducing exploitation.

Gruszczyk discussed some of the community training opportunities that they have for adults before Delaurier and Molloy discussed the options that they have for youth workshops that help to bring awareness to stopping exploitation. Molloy also discussed how their workshops are for youth of all genders, and they keep it fun while also educational.

The day ended with a question and answer session followed by a sound meditation.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fishermen chase another title in CRJHL finals

By Kieran Reimer

For the first time in three seasons, the Selkirk Fishermen are heading back to the Capital Region Junior Hockey League finals.

They will begin the best-of-seven series this week against the fourth-ranked La Broquerie Habs, who are seeking their first-ever title since entering the league last season.

Selkirk last won in the 2022-23 season, marking a three-peat of championships over a five-year span due to COVID-19 cancellations.

"It's been quite a few years, even since when I first started with the Fish, that we were not in the finals," said head coach Chris Poponick on Sunday. "Having two years in a row like that, it was kind of a rebuild that we were doing, trying to get ourselves set again. Now we've got ourselves back to a place where we can compete each year and be back in the finals, and it's where you want to be. You work all year to try and get to this point, so all you want is that opportunity."

The series marks the second time Selkirk and La Broquerie have faced off in the post-season after Selkirk ended the Habs' inaugural season in the first round last March.

Both clubs have put together strong playoff runs, each recording semifinal upsets. Third-ranked Selkirk defeated the second-ranked Beausejour Comets in five games, winning the series 4-1 and outscoring them 27-13.

Their toughest test came in round one, when the sixth-ranked Lundar Falcons pushed them to the brink in a best-of-five series.

Selkirk led the series 2-1 before Lundar netminder Dylan Leclair delivered a 47-save shutout in a 1-0 Game 4 win.

That forced a winner-take-all Game 5, where Selkirk broke through with two late third-period goals to secure a 2-0 victory and advance.

Poponick said that close call helped elevate the team's play heading into the semifinal.

"Lundar really made us focus and continue to have the players believe in the process and the systems that we're playing," he said. "We weren't seeing the rewards from it because we couldn't get a puck past their goaltender, but once we did, getting through that series really amplified the process and the style we wanted to play. It meant Beausejour was in for it because we were really playing good hockey."

The semifinal series also brought adversity after forward Logan Saluk was injured in Game 1 following a check that left him needing to be stretchered off the ice.

Saluk missed the remainder of the series, but the team rallied in his absence, winning Games 1 through 3 before closing out the series with a 7-3 victory in Game 5.

Poponick said Saluk has since been cleared and will return for Game 1 of the finals, providing a boost to Selkirk's offence.

"It's huge. He's a 21-year-old and has been one of our top scorers for the last couple of years," said Poponick. "Having him out of the lineup always hurts a little bit. Just having more firepower will

help us, and I think we're going to need it against La Broquerie."

The Habs defeated the defending CRJHL champion St. Malo Warriors in six games in their semifinal, erasing a 2-1 series deficit by winning three straight.

They also advanced past the Arborg Ice Dawgs in the first round, capturing the franchise's first-ever playoff series win.

Now, they will look for redemption after last year's playoff loss to Selkirk.

Selkirk, however, won three of five regular-season meetings between the teams.

Poponick expects a different challenge this time around.

"They've picked up some really good affiliated players along the way," he said. "Ty Mistelbacher, who played with the Selkirk Steelers, is with their club now. They've added some good players now that their teams are out. Not that we haven't as well, but we just really have to play like the veteran team we are. We've got six 21-year-olds on our squad and a lot of rookies, but our vets know how to play the game. If we continue to play the way we did against Beausejour and

Lundar — fast and physical — I think we'll have success."

Both clubs are expected to draw their largest crowds of the season, with Selkirk hosting games at the Selkirk Recreation Complex and La Broquerie at the HyLife Centre.

The Fishermen hold home-ice advantage and will host Games 1 and 3, along with Games 5 and 7 if necessary.

UPCOMING GAMES:

- Game 1: Tuesday, March 24 — 7:30 p.m. at Selkirk Recreation Complex
- Game 2: Friday, March 27 — 7:30 p.m. at HyLife Centre
- Game 3: Sunday, March 29 — 3 p.m. at Selkirk Recreation Complex
- Game 4: Tuesday, March 31 — 7:30 p.m. at HyLife Centre
- Game 5: Thursday, April 2 — 7:30 p.m. at Selkirk Recreation Complex*
- Game 6: Saturday, April 4 — 7 p.m. at HyLife Centre*
- Game 7: Sunday, April 5 — 3 p.m. at Selkirk Recreation Complex*

* If necessary

NEXT HOME GAMES

at the Selkirk Rec Centre

PLAYOFFS VS. La Broquerie Habs

Game 1: March 24, 7:30pm in Selkirk

Game 2: March 27, 7:30pm in La Broquerie

Game 3: March 29, 3:00pm in Selkirk

Game 4: March 31, 7:30pm in La Broquerie

Game 5: April 2, 7:30pm in Selkirk

Game 6: April 4, 7:00pm in La Broquerie

Game 7: April 5, 3:00pm in Selkirk

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Meet the
Fishermen
2025-2026



#23 Ryan Cromie
Forward

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Golden at last: Kudusov earns redemption at nationals

By Kieran Reimer

A moment three years in the making unfolded last Saturday on one of Canada's biggest boxing stages.

Seventeen-year-old Damir Kudusov of Maulers Boxing Club in Selkirk stepped into the ring for the Boxing Canada 2026 Youth Open Nationals gold-medal match in Calgary against hometown favourite Sonny Meredith.

The two had met just months earlier at the Western Championships, where Meredith earned the win.

They entered Saturday's 65-kilogram U19 bout carrying the wear and tear of back-to-back fights over the previous two days — performances that secured their spots in the final.

From the opening bell, the fighters displayed contrasting game plans.

Kudusov struck early in the first round, landing a shot that stunned the Calgary native. He followed with a body shot and pressed Meredith to the ropes. Moments later, Kudusov stood over his opponent after unleashing a lightning-fast combination, capped by a knockout punch to the head that ended the fight just one minute into the opening round.

The knockout secured Kudusov the victory in front of a crowd largely supporting the hometown fighter, as he celebrated with coach Devin Tomko — completing a three-year pursuit of national gold after earning bronze in each of the previous two years.

"I'm just happy about me making it after so many tries, so many losses and stuff," said Kudusov. "It's not the gold medal that matters, but me facing my mistakes, not giving up, and just keeping going — trying and making my dreams come true."

Kudusov described the win as a team effort, crediting his supporters — especially his coach. He took up boxing three years ago after moving to Selkirk from Ukraine, where he had competed in Muay Thai.

After meeting Tomko, the two quickly formed a strong bond during Kudusov's transition to boxing, where he adapted quickly to the new style. With his natural ability, they soon began travelling across Canada for amateur bouts.

His breakthrough came with a bronze medal at the 2024 nationals, establishing him as one of the country's top emerging fighters.

He then fought almost monthly, compiling mostly wins while learning from occasional setbacks. Through it all, Tomko remained in his corner as both coach and mentor.

The work was tested in Friday's semifinal, where Kudusov was knocked down by a body shot. He recovered, weathered the pressure and responded with heavy punches of his own to secure the win.

After the gold-medal victory, few were more excited than his coach.

"We've had so many ups and downs — a couple silver medals, a couple bronze medals, and a lot of times getting the wrong end of decisions," said



RECORD PHOTO SUBMITTED

Maulers Boxing Club's Devin Tomko (left) and Damir Kudusov (right) stand atop the podium at Boxing Canada 2026 Youth Open Nationals on Saturday at the Genesis Centre in Calgary, AB. The 17-year-old Kudusov defeated Calgary Boxing Club's Sonny Meredith that afternoon for the gold medal in the 65kg U19 division.

Tomko. "The fact that he stuck to his guns, stayed consistent and ignored the outside noise — it was really beautiful to see. To win a national gold medal like that is almost unheard of in this province, and in the country."

Kudusov echoed that sentiment, saying he was happiest for his coach.

"Devin is the reason I got to win," he said. "He was in my corner, telling me what to do. He was with me all those times I lost."

He also thanked other coaches and fellow boxers who supported him in Calgary.

Among them was Pan Am Boxing Club's Jersey Gallinger, who loaned his trunks to Kudusov for the final, and coach Dylan Martin, who worked alongside Tomko during training.

Kudusov said he combined Martin's "hit-and-move" style with Tomko's pressure-based approach in executing his gold-medal knockout.

He also adjusted his pre-fight preparation by stepping away from social media in the weeks leading up to nationals,

reducing distractions and pressure.

Only close family and friends knew he was preparing for another title run.

When he won, word quickly spread back to Manitoba, where he has since returned and felt strong support from the community.

"I'm thankful to everybody who was supporting me and who was watching my fights," he said.

Tomko said Kudusov's next step will be representing Team Canada — an opportunity earned through his national title.

Had he fallen short, Kudusov had been considering turning professional, but that path is now on hold as he shifts focus to the national team.

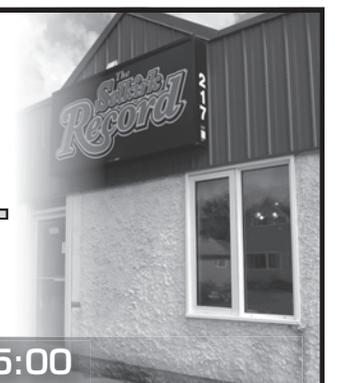
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Manitoba players named to U16 Program of Excellence spring camp roster

Local players take next steps on roster for 2026/27 Boys Under-16 Program of Excellence

By Annaliese Meier

A group of Manitoba's top young hockey players will take the next step in their development pathway as Hockey Manitoba has announced the roster for the 2026-27 Boys Under-16 Program of Excellence (POE) Spring Selection Camp.

The camp is scheduled for April 10-12 at the Scotiabank Hockey for All Centre in Winnipeg and marks the first stage in identifying athletes who will represent the province on the national stage.

Players selected to attend the camp come from communities across Manitoba, reflecting the depth of talent developing throughout the province.

The Spring Selection Camp will feature a series of scrimmages, a goaltender session and a Western Hockey League (WHL) presentation, giving athletes both on-ice evaluation opportunities and exposure to the next levels of hockey.

Following the April camp, a reduced group of players will advance to the Top-40 Camp, set for May 21-24 at the Southeast Event Centre in Steinbach.

From there, the final roster for Team Manitoba will be selected ahead of the 2027 Canada Winter Games, which will take place Feb. 27 to March 14, 2027, in Quebec City.

Heading the program is Brad Purdie of Winnipeg, who returns for his second stint as head coach of the U16 squad and his fifth year with the Program of Excellence. He is joined by assistant coaches Dave Funk of Winnipeg and Garrett Szeremley of Morden, while Bernie Reichardt serves as director of operations.

The U16 Program of Excellence represents the first step in Hockey Canada's high-performance pathway. Athletes introduced at this level gain exposure to elite training standards and competition, with many advancing to represent Canada at the U17, U18 and World Junior levels.

Hockey Manitoba officials say the program is designed to provide elite athletes with the tools and opportunities needed to succeed at higher levels, including major junior, U SPORTS and NCAA hockey.

The full camp schedule includes multiple intra-squad scrimmages across the three-day event, beginning Friday afternoon and concluding Sunday, along with a mandatory WHL presentation for all participants and one parent.

Hockey Manitoba continues to partner with CCM Hockey and the Western Hockey League in supporting the Program of Excellence and its athlete development pathway.

Selected players include Andrew Abbott (Winnipeg), Koen Braunberger (Winnipeg), Kingston Catchway (Dauphin), Declan Champagne (Winnipeg), Aiden Christie (East St. Paul), Maddux Clark (Winnipeg), Jaxson Cullen (Killarney), Carter Cunningham (Winnipeg), Alex Delorme

(La Salle), Alexander Dyrland (Winnipeg), Mohamad El Hossari Garcia (Winnipeg), Reed Everett (Winnipeg), Logan Fey (West St. Paul), Daniel Flett-Neapew (Brandon), Mason Froese (Winkler), Nixon Gaudet (Île-des-Chênes), Bentley Goulden (Virden), Joshua Harvey (Winnipeg), Owen Hirst (Lac du Bonnet), Carter Hope (Winnipeg), Felix Huberdeau (Russell), Benjamin Kolton (Winnipeg), Rhett Legaarden (Grandview), Sawyer Lepp (Rivers), Camden Lesuk (East St. Paul), Owen Lovie (Holland), Tyler McCallum (Winnipeg), Declan McNicol (Winnipeg), Liam Meier (Stonewall), Jacob Mirrlees (Oak Bluff), Kale Nicol (Brandon), Ryder Olford (Île-des-Chênes), Easton Pitz (Virden), Bo Sabourin (Winnipeg), Max Sauders (Winnipeg), Reed Sherry (St. Malo), Kellan Shtykalo (Dauphin), Cooper Soltys (Erickson), Taylor Sullivan (Brandon), Wyatt Sydenham (Hodgson), Greyson Urquhart (Winnipeg), Beck Van Kemenade (Rosser), Graycen Van Meijl (Brandon), Evan Vigier (Notre Dame), Brock Vodden (Manitou), Eli Waslyk (Winnipeg), Everhett Weiser (Winnipeg), Jett Wood (Brandon), Easton Anderson (Brandon), Jack Arseniuk (Winnipeg), Madden Atkinson (Swan River), Mason Auger (Virden), Bryson Calder (Carlowrie), Asher Carey (Selkirk), Owen Derkach (Winnipeg), Braedan Gilbertson (Lorette West), Zachary Haney (Winnipeg), Garrett Henderson (Morden), Walker Kempthorne (Souris), Jett Kuypers (Winnipeg), Daxton Lopushniuk (Oakbank), Ryder MacLean (Winnipeg), Marko Malbasa (St. Andrews), Alexander Malmstrom (Winnipeg), Zander Maloney (Winnipeg), Gabriel May (Mitchell), Maverick McFarlane (Oak Bluff), Blake Meier (Stonewall), Joshua Nowe (West St. Paul), Brayden Olsen (Brandon), Andren Paulsen (Oak Bluff), Colton Pawlyshyn (Winnipeg), Brady Pic (Oakbank), Will Preston (Brandon), Drew Simpson (Winnipeg), Chimezie Uzoruo (Winnipeg), Neely Victor (Morden), Dane Wubbe (La Rivière), Haize Brightnose (Ste. Anne), Nicholas Buhay (Niverville), Nicolas Fontaine (Winnipeg), Benjamin Gardner (Dauphin), Connor Lemieux (Stonewall), Leonid Nikipelov (Lorette), Ethan Radke (Morden), Nash Siemens (Winnipeg), Jaxon Smedvik (Winnipeg), Champ Vannus (East St. Paul), Aurick Veldhuisen (Brandon) and Darby Wilson (Neepawa).



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson claims silver at World Women's Curling Championship

By Haley Cvar

Kerri Einarson of Gimli and Team Canada captured a silver medal at the BKT World Women's Curling Championship following a 7-5 loss to Switzerland in Sunday's final.

The result marks the team's best finish at a world championship, improving on a previous bronze medal performance.

"It's pretty amazing to medal on the world stage, and it's an upgrade from our previous bronze, so it does still feel very special," Einarson said in a press release.

The championship ran March 14-22 at the WinSport Event Centre in Calgary, featuring 13 teams in a 12-game round robin. The top six advanced to the playoffs, with the top two earning byes to the semifinals.

Einarson, alongside third Val Sweeting, second Shannon Birchard and lead Karlee Burgess, put together a strong showing throughout the week. Canada finished second in the standings with a 10-2 record, with both losses coming in extra ends against Switzerland and Norway.

Canada advanced to the gold-medal game with an 11-3 semifinal win over Japan.

Switzerland, holding hammer as the higher seed, blanked the opening end before scoring two in the second. After another blank in the third, Canada responded with a deuce to tie the game.



Kerri Einarson celebrates with her daughters Kamryn (left), Khloe and husband Kyle.

A missed tap attempt by Switzerland opened the door, but Einarson's draw came up light, allowing Switzerland to score two and take a 4-2 lead.

Canada was forced to a single in the sixth but answered with a steal in the seventh to even the score at 4-4. Switzerland regained control with two in the eighth after Einarson's hit rolled out, leaving an open draw.

Trailing 6-4, Canada managed just one in the ninth despite attempting a difficult double raise, setting up a final end without hammer. Einarson attempted a tap around a centre guard to remove Switzerland's shot stone



RECORD PHOTOS SUBMITTED

Pictured left to right, Kerri Einarson, Val Sweeting, Shannon Birchard and Karlee Burgess hold their silver medals after Team Canada's second-place finish at the BKT World Women's Curling Championship in Calgary, Alta., Sunday.

but was unable to move it far enough, sealing the outcome.

"Unfortunately, it just wasn't our day. We battled hard and I'm super proud of my team," Einarson said. "But this has been a pretty amazing experience."

Attention now shifts to the men's world championship, with Canada's Team Dunstone — featuring Gimli's Colton Lott — set to compete at the LGT World Men's Curling Championship in Ogden, Utah, from March 27 to April 4.

Rock League announces inaugural season, Einarson among headliners

By Haley Cvar

A new era in professional curling is set to begin this spring, with a strong Manitoba connection at the forefront.

The Curling Group announced the schedule and format for the inaugural Rock League season, a new professional league aimed at reshaping how the sport is presented and experienced. The league will launch with a condensed preview season April 6-12, at the Mattamy Athletic Centre in Toronto.

Among the headliners is Gimli's Kerri Einarson, who will suit up for Shield Curling Club as part of a deep Canadian roster that blends elite experience with international talent.

Einarson joins a women's lineup that includes Tracy Fleury, Agnes

Knochenhauer, Carole Howald and Marlee Powers, while the men's side is led by Olympic champion Brad Jacobs.

Gimli's Colton Lott was initially slated to join Shield Curling Club, he will not compete in the inaugural season after opting to take extended time off following a busy curling season.

The six-team league, featuring Alpine Curling Club, Frontier Curling Club, Maple United, Northern United, Shield Curling Club and Typhoon Curling Club, will introduce a unique format combining men's, women's and mixed doubles play within each matchup.

"Today's fans want more than a seat in the stands. They want to feel the energy, be part of the action, and

share in the passion of the sport," Curling Group CEO Nic Sulsky said in a release. "Rock League's debut season will be a showcase of the innovation and atmosphere that will define a new era in curling, honouring the game's roots while making it more accessible, more interactive, and way more fun."

Each game will see two franchises facing off against each other in three different matchups across the sheets: men's teams, women's teams and mixed doubles. The franchise that takes at least two of the matchups wins the game.

Things get "mixed" up for the final day of preliminary play on Friday, April 10. Each franchise will field two mixed fours teams, with each game

worth one point toward the standings.

The top four franchises advance to the semifinals on Saturday, April 11, followed by the third-place game and championship finals on Sunday, April 12. All playoff games will follow the round-robin format.

Following the preview season, Rock League is set to expand into a full five-week schedule in 2027, further establishing what organizers hope will become a staple on the international curling calendar.

With Olympic champions, world medallists and fan-focused innovation at its core, the league's launch marks a significant step toward modernizing the sport.

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<p>SCRAP METAL</p> <p>Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid. Phone Alf at 204-461-1649.</p>	<p>RULE APARTMENTS</p> <p>located at 424 Eve-line Street. 2 beds & 1 bath apartment suites available from \$1300/ month to \$1400/ month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amen-ities, Selkirk Park, public transportation, legion, fishing, shop-ping & more. No pets & no smoking policy. Call/text Rule Apart-ments for more infor-mation 204-290-3805.</p>	<p>UPCOMING EVENTS</p> <p>Dr. Doug Tataryn is hosting a Men's Therapy Group for Chronic Anger, PTSD, Anxiety, and Depres-sion. Teaching Healthy Emotional Process-ing. Mondays 7:00 to 8:20 p.m. Eligible for Insurance Coverage. Contact info@bioemotiveframework.com for more info. Wom-en's+ Group Available, please contact.</p>	<p>HANDYMAN</p> <p>Licensed plumbing, electrical, hot water tanks, furnaces, etc. Carpentry, ceramic tile and roof snow re-moval. All senior rates. Call The Good Guy 204-785-3344 or Darryl at 204-485-1641.</p>	<p>NOTICES</p> <p>URGENT PRESS RE-LEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the in-formation into the right hands for ONLY \$35 + GST. Call MCNA 204-947-1691 for more in-formation. See www.mcna.com under the "Types of Advertising" tab for more details.</p>	<p>NEWS TIPS? Story Ideas?</p> <p>call the Record 204-785-1618</p>	<p>EXPRESS YOUR THANKS</p> <p>with a message in the Record</p>
<p>BUYING SCRAP METAL, CARS, TRAC-TORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHIN-ERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.</p>			<p>WANTED</p> <p>Private collector look-ing to buy firearms. Complete collections, ammunition and hunt-ing related items. Li-censed and insured. Cash buyer. Also of-fering gunsmithing services. Call or text 204-297-9223.</p>			<p>CONNELLY SIGNS AND SERVICE LTD Now Hiring Full Time Postion Sign Installer/Service</p> <p>Must have class 5 drivers license and be able to drive a standard truck Wages start at \$20.00-\$27.00 Send resume to: ronda@connellysigns.com </p>
<p>BOOKKEEPING</p> <p>Year-end, quarterly, monthly. \$72.50 per month. profitrecoverycentre.com 204-330-1910.</p>						<p>Netley Creek Golf Course Pesticide Use Program</p> <p>PUBLIC NOTICE</p> <p>Public notice is hereby given that the following pesticide use program will be conducted during the 2026 season.</p> <ul style="list-style-type: none"> - Fungus control in turf and treed areas within the property using: propiconazole, pyraclostrobin, boscalid, chlorothalonil, azoxystrobin, fluoxastrobin, fludioxonil, benzovindiflupyr, mefentrifluconazole, metconazole, fluazinam, cyazofamid, pydiflumetofen, thiophanate-methyl, metalaxyl-m and s-isomer, penthiopyrad, isofetamid, difenoconazole, mono- and dibasic sodium, potassium, and ammonium phosphites, potassium phosphites and mineral oil. - Weed control in turf areas within the property using: dicamba, mecoprop-P, 2,4-D, carfentrazone-ethyl and glyphosate. - Insect control in turf and treed areas within the property. Target pests include mosquitoes, tent caterpillars, cankerworms, white grubs, black turfgrass atenius, etc. using: bacillus thuringiensis var. kurstaki, bacillus thuringiensis var. israelensis, permethrin and chlorantranilprole. - Algae on Turf using: hydrogen peroxide - Growth control on turf within the property using: trinexapac-ethyl. <p>The projected dates of application will range from April 20th, 2026 to November 15th, 2026. All applications are part of a comprehensive IPM strategy. The duration of each program will vary within this time period, depending on weather conditions and pest thresholds. All of the pesticides used and procedures followed will be according to federally approved label recommendations and will only be used on Netley Creek Golf Course property.</p> <p>The public may send written submissions or objections to specific pest control program(s) within 15 days of the publication of the notice to:</p> <p>Manitoba Environment and Climate Change Environmental Approvals Branch Box 35, 14 Fultz Boulevard Winnipeg MB R3Y 0L6</p>

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RURAL MUNICIPALITY OF ST. CLEMENTS

REQUEST FOR QUOTATION

RFQ-2026-02 GRAVEL SUPPLY AND HAULING

The Rural Municipality of St. Clements is requesting quotations for the supply and hauling of gravel to be deposited on Municipal roads throughout the RM of St. Clements, as per area maps in the appendices. The material to be applied in one main haul during the period of approximately May 26th of this tender calendar year (pending road restrictions), until completed. The Municipality expects a minimum of 1,500 tonnes per day supplied and delivered.

The approximate amount of material to be hauled and supplied in this tender is 9,250 tonnes (this is based on last years prices and is subject to change based on prices from this current tender)

Tender Close: 1:00 pm local time, on Thursday April 2, 2026

The Rural Municipality of St. Clements invites quotations on the following:

Supply and Haul various types of gravel to various areas of the Municipality.

Detailed RFQ packages complete with specifications are available to interested bidders at the Public Works Office, between the hours of 8:00 am to 3:30 pm, Monday to Friday. You can call (204) 482-4539 to register and have the package sent to you. Any questions or concerns can be directed to:

Sean Collins
Project Technician
155 CIL Road (highway 509)
East Selkirk, MB
pwpt@rmofstclements.com
www.rmofstclements.com
Phone: (204) 482-4539

EMPLOYMENT OPPORTUNITY

GENERAL LABOURER

Charisons Turkey Hatchery is currently hiring for general labourer type positions.

- Full time and part-time positions available with competitive compensation and benefits package which includes health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.

EMPLOYMENT OPPORTUNITY

Full-Time Assistant Manager

Teulon Bigway

We're looking to hire a hardworking and reliable individual to join our team. Full-time position, including some Saturdays.

Responsibilities include: Lead hand duties, Placing and receiving orders, Stocking merchandise, Inventory control, Working closely with staff and customers

Applicants must be able to lift up to 50 lbs and work effectively in a fast-paced environment.

Annual Salary: \$50,000 plus, depending on experience.

Health benefits.

Experience not required — willing to train the right person.

For more information or to apply, please send your resume to: TeulonBigWay@hotmail.com

Subject line: Employment - Grocery

CROSSWORD

CLUES ACROSS

- 1. "Bird of Paradise" constellation
- 5. Red Sox WS winner Bronson
- 11. Whirl
- 12. The State Dept. has a notable one
- 16. Energy, style and enthusiasm
- 17. Part of the mind
- 18. Mountainous country
- 19. Type of beverage
- 24. Atomic #109
- 25. Opposite of falsities
- 26. Female sheep
- 27. Rocky peak
- 28. Sensitive information sharing environment
- 29. Ethnic group of Thailand
- 30. Patron saint of Rome Philip
- 31. Psychedelics
- 33. Japanese pine
- 34. Have an impact on
- 38. Violent disorder
- 39. A French river
- 40. Early Mesoamerican civilization
- 43. Messenger ribonucleic acid
- 44. Musician Clapton
- 45. Ancient Greek sophist
- 49. Largest English dictionary (abbr.)
- 50. Valley
- 51. A way to unwind
- 53. Atomic #93
- 54. Recommending
- 56. Indigo bush
- 58. Larry and Curly's pal
- 59. Off-Broadway theater award
- 60. Fencers
- 63. Small Eurasian deer (pl.)
- 64. Relating to songbirds
- 65. A way to assign

CLUES DOWN

- 1. Some are "secret"
- 2. Intestinal openings
- 3. Distant planet
- 4. Assembly possessing high legislative powers
- 5. Genus of typical owls

1	2	3	4		5	6	7	8	9	10				
11					12						13	14	15	
16					17			18						
19				20	21			22	23			24		
25						26					27			
28						29				30				
				31	32					33				
34	35	36	37					38						
39						40	41	42						
43					44						45	46	47	48
49				50					51	52				
53			54						55					
56		57					58				59			
60						61	62				63			
				64							65			

- 6. One with distinctively colored hair
- 7. Red cross
- 8. An alternative
- 9. Abominable snowmen
- 10. About ear
- 13. The opening letters
- 14. Feeling of regret
- 15. Atomic #39
- 20. Luteinizing hormone
- 21. Atomic #55
- 22. Carries a debt
- 23. Albanian monetary unit
- 27. Semitic abjad letter
- 29. Yes
- 30. Negative
- 31. Earn a perfect score
- 32. Connecticut
- 33. Partner to cheese
- 34. Snack nuts
- 35. Quadruped's body part

- 36. Locate
- 37. Pitching statistic
- 38. "___, myself and I"
- 40. Utah city northwest of Provo
- 41. Football players in the trenches
- 42. One who runs the show
- 44. Wood
- 45. Performing artists
- 46. Slang for a cut
- 47. More breathable
- 48. Most crafty
- 50. Provokes into action
- 51. University of Dayton
- 52. Sodium
- 54. Large fish of the mackerel family
- 55. Not one
- 57. ___ and behold
- 61. Sports highlight show
- 62. "The Great Lakes State"

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RURAL MUNICIPALITY OF ST. CLEMENTS

REQUEST FOR QUOTATION

RFQ-2026-05 TRAFFIC GRAVEL HAULING

The Rural Municipality of St. Clements is requesting quotations for the hauling of 1" or 2" traffic gravel from the gravel pit located near PTH 59 and Stead Road to be deposited on Municipal roads throughout the RM of St. Clements, as per area maps in the appendices. The material is to be applied in one main haul beginning when spring road restrictions are lifted until completed. Material to be placed using belly dump trailers.

The approximate amount of material to be hauled and supplied in this tender is 1100 loads, this is based on previous years and is subject to change based on prices from this current tender. The RM is seeking approximately 6-10 trucks total and may award the work to one, multiple, or no contractors.

Tender Close: 1:00 pm local time, on Thursday April 2, 2026

The Rural Municipality of St. Clements invites quotations on the following:

Haul 1" or 2" traffic gravel to various areas of the Municipality.

Detailed RFQ packages complete with specifications are available to interested bidders at the Public Works Office, between the hours of 8:00 am to 3:30 pm, Monday to Friday. You can call (204) 482-4539 to register and have the package sent to you. Any questions or concerns can be directed to:

Sean Collins
Project Technician
155 CIL Road (highway 509)
East Selkirk, MB
pwpt@rmofstclements.com
www.rmofstclements.com
Phone: (204) 482-4539



Grow Your Business by placing a HELP WANTED ad in the Record

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

Sudoku Answer

T	O	S														
S	E	O	R													
E	I	B	O													
A	P	T	A													
L	I	O	G													
A	V	A	S													
W	H	A	M													
U	O	T														
I	R	E	R													
R	O	T														
M	T															
L	B	E	T													
A	V	A	R													
A	V	A	R													

Crossword Answer

FULL TIME CAREER OPPORTUNITY Gimli Seniors Resource Council Inc. MANAGER

We are looking for a people oriented, organized, innovative manager who will be responsible for the overall supervision of all staff and of support services programs. Programs include Congregate Meal Programs, Lifeline, Meals on Wheels, Transportation Service, and others.

Reporting to the board of directors, the requirements for the position include good supervisory, administrative, creativity and problem solving, written communication, and interpersonal skills, as well as a commitment to seniors' health and well-being and community.

University or college credentials, plus related experience, or some equivalent combination are required, as are a car, valid driver's license and pre-employment checks.

The hours are Monday to Friday 8:00 am to 3:30 pm, with some potential evenings or weekends.

We offer a competitive starting wage which includes pension and benefit package.

Deadline for applications: Friday April 10, 2026. Please submit a resume including 3 references to:

Gimli Seniors Resource Council
Box 1928, Gimli Mb. R0C 1B0
c/o P. Wiscombe
pwiscomb@mymts.net



RURAL MUNICIPALITY OF ST. ANDREWS EMPLOYMENT OPPORTUNITY RECREATION COORDINATOR Full Time/Permanent

Under the supervision of the Recreation Director, this position will lead or assist in the delivery and expansion of recreation and leisure services in the municipality. This includes programs and events, registration and payments, municipal and community promotion via social media, organizing summer student and student programs, as well as providing administrative assistance and performing other related duties as required for culture, heritage and tourism initiatives and the RM of St. Andrews administration office.

To find more details, including qualifications please go to: www.rmofstandrews.com/p/job-opportunities

take a break SUDOKU

> GAMES

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

Answer on page 27

Selkirk Record

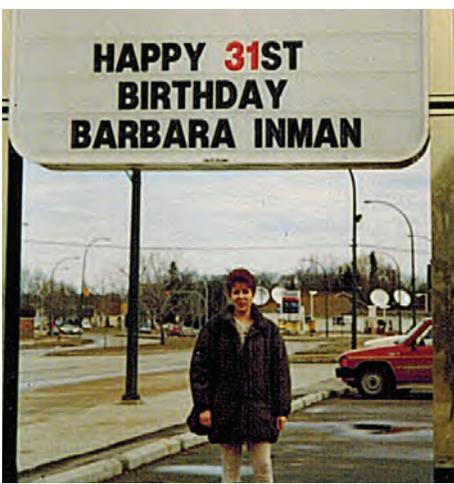
Announcements

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ANNOUNCEMENT CARD OF THANKS

The family of Dennis Banash would like to thank everyone for prayers, cards, food, donations in memory of Dennis and other expressions of sympathy. A special thank you to Father Gerald Langevin of Notre Dame Church for the beautiful mass, the Catholic Women's League for a lovely lunch, and to Gilbert's Funeral Home for their support.

ANNOUNCEMENT BIRTHDAY



Happy 62nd Birthday
March 27, 1964
Barbara Elaine Inman
-Love Mom and Dad

PUBLIC NOTICE

2024 Audited Financial Statement

PUBLIC NOTICE is hereby given pursuant to Section 194 of the Municipal Act that the Municipal Auditor's Financial Report, together with the related financial statements for the 2024 fiscal year, have been deposited at the RM of Alexander office located at 1 Bouvier Trail, St. Georges, Manitoba, and are available for inspection during the office hours of 8:30 a.m. - 4:30 p.m.

Gisèle Smith
Chief Administrative Officer
RM of Alexander

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Canadian Navigable Waters Act

Public Services and Procurement Canada (PSPC) hereby gives notice that an application has been made to the Minister of Transport, pursuant to the *Canadian Navigable Waters Act*, for approval of the work described herein, its site and plans.

Pursuant to subsection 7(2) of the said Act, PSPC has deposited with the Minister of Transport, on the online Common Project Search registry (<http://cps.canada.ca>) under registry number **14000**, and under the NPP file number **2025-616099**, a description of the following work, its site and plans:

Cofferdam and sediment curtain work is anticipated to take place from August 2027 until January 2028, within the Red River, at the St. Andrews Lock and Dam, located at approximately 50° 5' 7.00" N, 96° 56' 27.99" W, in the province of Manitoba.

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above-referenced number). If you do not have access to the internet, you can send your comments directly to:

**Navigation Protection Program – Transport Canada
344 Edmonton Street
Winnipeg, Manitoba
R3C 0P6**

Comments will be considered only if they are in writing (electronic means preferable) and are received no later than 30 days after the publication of the last notice. All comments conforming to the above will be considered and an individual response may be sent for further inquiry.

Loi sur les eaux navigables canadiennes

Services publics et Approvisionnement Canada (SPAC) donne avis, par la présente, qu'une demande a été faite au ministre des Transports, en vertu de la *Loi sur les eaux navigables canadiennes*, pour obtenir l'approbation des travaux décrits ci-après ainsi que de leur emplacement et des plans connexes.

Aux termes du paragraphe 7(2) de ladite loi, SPAC a déposé auprès du ministre des Transports, sur le registre en ligne Recherche de projet en commun (<http://rpc.canada.ca>), sous le numéro de registre **14000** et sous le numéro de dossier du PPN **2025-616099**, une description des travaux suivants ainsi que de leur emplacement et des plans connexes :

Des travaux mettant en cause un batardeau et un rideau de turbidité devraient se dérouler d'août 2027 à janvier 2028, dans la rivière Rouge, à l'écluse et barrage St. Andrews, situé à environ 50° 5' 7,00" N, 96° 56' 27,99" O, dans la province du Manitoba.

Les commentaires concernant l'effet de ces travaux sur la navigation maritime peuvent être envoyés par l'entremise du registre Recherche de projet en commun susmentionné, dans la section des commentaires (en faisant une recherche à l'aide du numéro indiqué ci-dessus). Si vous n'avez pas accès à Internet, vous pouvez envoyer vos commentaires directement à :

**Programme de protection de la navigation – Transports Canada
344, rue Edmonton
Winnipeg (Manitoba)
R3C 0P6**

Les commentaires ne seront considérés que s'ils ont été reçus par écrit (préférentiellement de façon électronique) au plus tard 30 jours suivant la date de publication du dernier avis à ce sujet. Tous les commentaires conformes à ces directives seront examinés, et une réponse individuelle pourrait être envoyée aux fins d'obtention de précisions.

Remember your loved ones or send your special wishes to your friends and family.

Call 204-785-1618

Announcements *The Selkirk Record*

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OBITUARY



Kathy Barilsky

Born August 23, 1933, as Kathleen Elizabeth Krauchi and died March 20, 2026.

As a young girl Kathy entered various art contests and often walked away as the winner.

Later in life, she was still winning awards as a florist, with her floral arrangements.

Cancer took her life in the end, but she didn't stop living even after she had late stage ovarian cancer. She was still making large batches of perogies and cabbage rolls for family and friends.

The family would like to thank all those who took care of Kathy; CancerCare, homecare and all the doctors and nurses at Selkirk Hospital.

Memorial Services will be held March 27, 2026, at 11:30 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

Tributes: gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Ellen Fisher (Van Caesele)

After a short and courageous battle with cancer, we announce the passing of Ellen on March 16, 2026 with her family by her side.

She leaves to mourn her passing her husband Lloyd of 55 years' son Chris (Dianne); daughter Jo-Anne (Pat); grandchildren Nathan, Garrett, Aaron (Jolene), and Ernie and great-grandchildren Cheyenne and Georgia. She also leaves her brother Robert, sister-in-law Debbie (Don), sister-in-law Joan (Richard) and many nieces, nephews, family and friends.

Mom was predeceased by her parents George and Muriel, brother Pat, sister Bernadette, brother-in-law Walter Walashek and granddaughter Baby Mary.

Funeral Mass will be held on Saturday, March 28, 2026, at 10:00 a.m. in the St. Margarets Roman Catholic Church, Little Britain, Manitoba.

In lieu of flowers donations can be made to CancerCare or a charity of your choice.

Tributes: gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM



Al Zembik
1932-2022

Dad, Grandpa, Great-Grandpa

The years seem like days, the more than often signs you send to us from above are much appreciated and we will always remember you. Your smile, the kindness you have given us will never fade. We miss you dearly, "I wish Grandpas never died"

Love you Dad

-Love Cheryl and Darren Teigen (Teigs), Jon, Landen, Lennex Colton (Colt), Melissa, Ella

ANNOUNCEMENT

IN MEMORIAM



Duke Cameron

January 10, 1969 - March 28, 2024

It's been two years since you left. To me it still feels like yesterday. I miss the sound of your voice, Your smile and laughter, The comfort of knowing you were beside me. No time, no distance can take you from me, Save a place beside you, my love. I'll come, when it's my turn. I'll find you again in Heaven.

-Love, Jody

OBITUARY



Hannes (Ding) Bell Jr.

Peacefully on March 16, 2026 at the Selkirk Regional Health Centre with his nephew by his side, Hannes passed away.

A Celebration of Life will be held Sunday, April 12, 2026 at 1:00 p.m. at the Royal Canadian Legion in Selkirk, (403 Eveline St.).

A second Celebration of Life will be held Sunday, June 28, 2026 at 1:00 p.m. in the Manigotagan Community Centre.

Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.

ANNOUNCEMENT

IN MEMORIAM

Nick Hnatiuk

August 25, 1978 - March 29, 2024

Sometimes I wish for you to come back, But I don't want you to suffer again. I know you are with me, And I will always love and miss you with all my heart. Your time in this world was too short, But what an honor it's been to be your sister. Until we meet again.

-Love Holly

ANNOUNCEMENT

IN MEMORIAM

Nick Hnatiuk

August 25, 1978 - March 29, 2024

Of all the special gifts in life, However great or small; To have you as my son, Was the greatest gift of all. A special time, A special face; A special son, I can't replace. With an aching heart, I whisper low; I miss you Nick, And love you so.

-Mom

OBITUARY



Adelaide Joan Law (nee Cunningham)

September 10, 1948 - March 13, 2026

Peacefully, with family by her side on Friday, March 13, 2026 at the Health Sciences Centre, Adelaide Law, aged 77 of Selkirk, MB, passed away.

She leaves to mourn life partner Donald; daughters Charlene (Keith), Brenda, Angela (Gord), and Wendi (Gary); son Kevin (Sam); granddaughters Kandace (Mark), Sabrina (Rishab), Aurora; grandsons Tony and Aiden; great-granddaughter Vienna-Rose; step-children Stefanie (Tom), and James (Chris); step-grandchildren Olivia, Tyler, Ryan and Caleb; sister Moira (Boogie); brothers Alex and Bob; as well as countless extended family, and friends.

She is predeceased by her parents Robert and Violet, brother Donny, and sisters Vi and Betty.

Adelaide spent her childhood on the family farm in Clandeboye where she made many great memories and friendships. She later moved to Selkirk where she spent the rest of her life.

Over the years, she has made many friends through her career at the Selkirk Royal Canadian Legion Branch #42, catering funeral luncheons with Donald at Gilbert's, at bingo nights at the Friendship Centre, and wherever she went on her journeys around town. It didn't matter where someone came from, she always saw the best in everyone and would do anything to help out or bring a smile to their face.

Adelaide was a generous woman and enjoyed the small things in life. Being a mother and grandmother were her proudest achievements. From cooking fresh homemade meals and treats, to taking us on adventures whenever possible; she did everything she could to give the best life to her babies. In her final days, we did all we could to return the favour.

We would like to thank the team at Health Sciences Centre for all the care they put into making her last moments as comfortable as possible.

In keeping with her wishes, cremation has taken place and a gathering will be held in Adelaide's honour at Gilbert Reception Hall on Saturday, May 2, 2026 at 1:00 p.m.

In lieu of flowers, please make a donation to an organization of your choosing.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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SELKIRK MARKET WATCH

14
homes sold

\$336,757
avg sold price

- 0.62%
avg sold price change*

JAN 1/26 - MAR 23/26 stats for: Single Family Attached, Single Family Detached, & Townhouse properties in Real Estate Zone R14. *over previous year

FEATURE OF THE WEEK! | 22 FULLER ROAD, EAST SELKIRK | \$599,900

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<p>3 BED, 1 BATH BNG!</p> <p>OPEN HOUSE SAT, MAR 28TH 1-3PM!</p> <p>733 McLean Ave Selkirk \$299,900</p>	<p>1,236 SQ FT BI-LEVEL!</p> <p>OPEN HOUSE SUN, MAR 29TH 1-3PM!</p> <p>905 Vaughan Ave Selkirk \$424,900</p>	<p>ZONED C2!</p> <p>206 Dufferin Ave Selkirk \$189,900</p>	<p>TREED LOT!</p> <p>16 Greening Ave Libau \$49,900</p>	<p>2 ACRE LOT!</p> <p>41 Tom Prince Dr St Andrews \$79,900</p>	<p>2 ACRE LOT!</p> <p>45 Tom Prince Dr St Andrews \$79,900</p>	<p>READY TO BUILD!</p> <p>49 Tom Prince Dr St Andrews \$79,900</p>	<p>2 ACRE LOT!</p> <p>53 Tom Prince Dr St Andrews \$79,900</p>
<p>DUNARA DELIGHT!</p> <p>403 Dunara Ave Petersfield \$289,900</p>	<p>BUILD IN PETERSFIELD</p> <p>201 Dunara Ave Petersfield \$79,900</p>	<p>78' X 197' LOT!</p> <p>128 Autumnwood Dr Gimli \$69,900</p>	<p>5 ACRES, TREED!</p> <p>0 Hall Road Petersfield \$149,900</p>	<p>2.2 ACRES, TREED!</p> <p>6 Fuller Road East Selkirk \$109,900</p>	<p>2.2 ACRES, TREED!</p> <p>7 Fuller Road East Selkirk \$109,900</p>	<p>2.2 ACRES, TREED!</p> <p>9 Fuller Road East Selkirk \$109,900</p>	<p>JUST SOLD!!!</p> <p>YOUR HOME HERE</p> <p>CONTACT US TODAY TO SELL YOUR HOME! 204.202.1922</p>

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

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