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RECORD PHOTO BY KATELYN BOULANGER

Lord Selkirk Regional Comprehensive Secondary School and the PASS program hosted the 2026 PASS Grad Gathering honouring 2026 Indigenous student graduates. The ceremony blended cultural celebration with acknowledgement of how far these graduates have come and hope for their futures. See more inside. Pictured: Valedictorians Tehya Blackburde Moore(left) and Darrien Flett-Carriere.

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Tenth Kirstin's Walk for Kids taking place June 14

Walk reaches goal of a decade of fundraising for kids and remembering Kirstin Rae Sutherland

By Katelyn Boulanger

Kirstin's Walk for Kids is celebrating a major milestone as they've reached their tenth anniversary fundraising for causes that support children in Selkirk and the surrounding area.

"Kirstin's Walk is a family-friendly walk. It's held in memory of Kirstin (Rae Sutherland), who was killed tragically in a car accident at the age of 27 in 2014, and the walk started to honour Kirstin's memory and raise funds for the Kirstin's Walk for Kids Endowment Fund, which is managed by the Selkirk and District Community Foundation, and all funds raised go to projects that benefit young children," said Laurie Sutherland, one of the walks founders and Kirstin's mom.

Sutherland explained that Kirstin was always someone who enjoyed caring for children. She loved taking care of her younger sister and cousins when she was younger, and she went on to obtain her Early Childhood Educator certificate from Red River College in adulthood. From there, she worked in local daycares in our area.

"Meeting Kirstin was a special experience, and she was a very generous girl with her time and her love for people and for children, and she was a happy person, and she was a delight just to be around," said Sutherland.

To honour Kirstin's dedication to caring for the next generation as well as commemorate a life taken from us

Continued on page 4



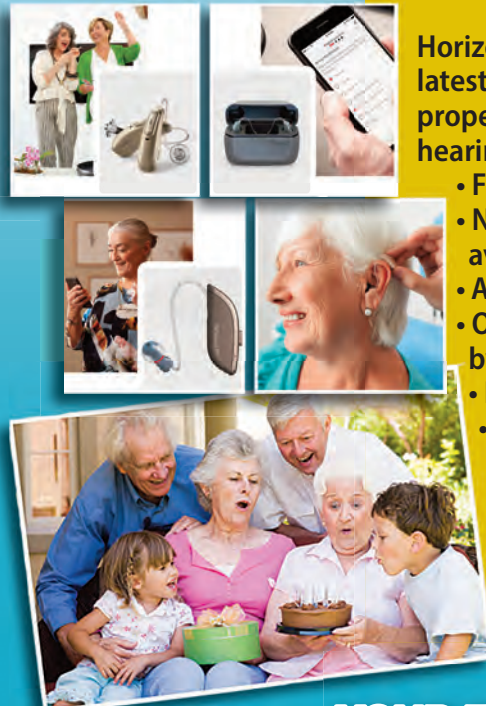
RECORD FILE PHOTO BY KATELYN BOULANGER

Join the Kirstin's Walk for Kids for it's tenth year. Photo from a previous walk.

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> KIRSTIN'S WALK FOR KIDS, FROM PG. 3

too soon, Kirstin's family took on the task of hosting an annual walk and setting up the fund, which will contribute to young people in the area in perpetuity.

Sutherland said that the fund has already been contributing to our community with donations being made primarily to local daycares to help them get toys and larger structures, like a gazebo set up, so that the kids have more options to relax and play.

Sutherland expects that if Kirstin was with us now, she would be surprised by the good that's been done.

"I think mostly she would be very honoured and pleasantly surprised that anything of this magnitude or of this sort would be taking place," said Sutherland.

Sutherland expects this to be the final Kirstin's Walk as their goal was to reach the ten year mark, but she is sad to see the legacy of this walk end. Luckily, they are planning to have a commemoration of the walk, Kirstin,

and the good that's been done in our community, which will be unveiled in the upcoming months.

"We had a goal in mind, and we've reached that goal, and the most important thing is that Kirstin's fund will continue to give through the interest on the endowment fund," said Sutherland.

If you would like to participate in this year's walk, make sure you're dressed for the weather and head on down, since everyone is welcome.

"The walk takes place Sunday, June 14, at Selkirk Park, just as it always has. We've been very fortunate to have the support of the City of Selkirk and the St. Andrews Agricultural Society, and so it takes place there at the Ag. Building. Registration is \$25 for adults, and with that comes a meal, and for youth it's \$10, and 6 and under is free," said Sutherland.

Registration takes place from 9:30 to 10:30 a.m., and the walk itself begins at 11 a.m.

"It's a five kilometer route, it's through the beautiful Selkirk Park. We loved it there, camped there, and she loved it there. So, it was just a really good place to have it, and everybody enjoys it. If you haven't been there before on that walk, you'll certainly be very pleasantly surprised," said Sutherland.

She also wanted to add that the walk and building are completely accessible for walkers, wheel-

chairs, scooters, and strollers, so no matter if you walk, run, or roll, you're welcome.

"It's fun for the whole family," said Sutherland. "We welcome anyone, and there's some things for the kids. There's a silent auction. Sometimes the fire department comes, they bring their fire truck, and they bring their mascot, Sparky, and oftentimes the Métis Music Van comes and leads the walkers with enthusiastic music."

Sutherland says that her favourite part of the walk over the past ten years has been the people who've taken part.

"When people show up, they're having a good time. That's why it's going to be very hard to conclude, but we have a plan, so we're trying to stick by it, and it'll definitely be very bittersweet, because it's been a long, successful time," she said.

Sutherland hopes that a large crowd stops by to mark the tenth anniversary of the walk.

"Just come and have fun. A lot of people partake in the walk. We have some seniors that don't walk, but they come and enjoy the meal and the silent auction and visit," she said.

She also wants to say thank you and show gratitude for everyone who has supported the walk over the past ten years.

"I'd like to just thank everyone for an incredible 10 years of showing up with open hearts and their unwavering support. Because of them, Kirstin's Walk became more than a walk, it became a community, a place of comfort and an expression of love," said Sutherland.

Some major sponsors in particular who have supported the walk over the decade are: Danny's Wholehog, Red River Pawn Shop, 204, Steelcity, and the Legion Ladies Aux. to name a few.

To learn more about the walk or make a donation, visit <https://www.kirstinwalk.ca/>.

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PHOTO SUBMITTED
Kirstin Rae Sutherland.



RECORD FILE PHOTO
BY KATELYN BOULANGER
The Kirstin's Walk for Kids takes place on June 14.

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Bloodshots shoot music video in Winnipeg Beach

By Jo-Anne Procter

Winnipeg-based rock band The Bloodshots continues to build a growing fan base across Canada and internationally with its signature Nu Grunge Punk 'n Roll sound. The band features lead singer and guitarist CJ Loane of Selkirk, alongside guitarist and backing vocalist Keith Skazyk and drummer Ben Hodges.

The Bloodshots recently filmed a music video for their newly released single "Gettin' Around," written by frontman and guitarist CJ Loane of Selkirk.

"Lyrically, I wrote the song from the point of view of rumors and gossip," Loane told the Record. "In a sarcastic kind of way. Almost like playing along with the gossip in real life, like giving in to it."

Director Craig Ovendag said he was inspired after hearing "Gettin' Around," which was released April 14. He reached out to the band with a vision for a music video that captured a 1990s aesthetic, and felt Winnipeg Beach was the perfect setting for the production.

The group has performed on stages across Canada and beyond, earning recognition throughout North America and internationally. The Bloodshots received the "Best Rock Video" award at the Indigenous Superstar Awards and the National Native American Music Awards in the United States for their single "No Way Out." The band was also nominated for "Best Rock Band" at the Indigenous Music Awards.

Looking ahead to 2026, the band is

preparing for a busy touring schedule that includes performances at festivals and venues across the country. The Bloodshots will head to Alberta on June 5 and 6 before returning to Manitoba to perform in Winnipeg Beach on June 27. Following that show, the band will continue touring

with additional stops planned in Alberta, Ontario, Nova Scotia and Quebec.

More information about the band, including music and upcoming performances, can be found on The Bloodshots official website <https://thebloodshots.ca>.



RECORD PHOTO BY JO-ANNE PROCTER

Lead singer of The Bloodshots, CJ Loane, belts out the lyrics to 'Gettin' Around' to a model on Main Street in Winnipeg Beach, while being filmed by Trav Anema on May 16.

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Centennial School students learn drumming from Fubuki Daiko



RECORD PHOTOS BY BRETT MITCHELL AND SUBMITTED Fubuki Daiko, a Japanese drumming group, took part in an artists in schools program working with students from Centennial School for a week, in addition to doing an in school performance on Monday, May 4.

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Selkirk Canoe and Kayak Centre takes part in national We Paddle program

Program brings paddling to community groups

By Katelyn Boulanger

The Selkirk Canoe and Kayak Centre is participating in a pretty cool program to bring paddling to local groups. The Centre was chosen as one of 27 clubs and provincial sport organizations in Canada to receive funding as part of Canoe Kayak Canada's We Paddle program, which is supported by 2025-2026 funding from Sport Canada's Community Sport for All Initiative (CSAI).

"We're going to offer programs for Selkirk Mental Health Center. . . and we've been working with the Selkirk Friendship Center, Youth for Christ and Selkirk Huddle. We're going to work with them, each, individually. Part of our goal is to meet them where they're at," said Bonny Wynnobel from the Selkirk Canoe and Kayak Centre.

The goal of the We Paddle program is to introduce new paddlers to the water, expand adaptive and inclusive programming, and create welcoming entry points into paddling for participants who may not have previously had access to the sport.

The Selkirk Canoe and Kayak Centre is a non-profit volunteer organization which creates space for people of all abilities to get paddling. Regardless of your experience level, they have options to get you on the water, and they also have accessible options.

The We Paddle program starts this week, with Head Start and Youth for Christ being the first organizations to head out on the river.

"We're going to give them a series of opportunities, introducing them to different types of boats and different opportunities. For example, particularly for the youth, we're going to be teaching them, 'Okay, this is how you're going to paddle a kayak.' And, we're going to start with the stable kayaks and the stable K2s, where you can have a lot of fun with somebody else in the boat with you. And then, we're going to move towards, for those that want to, they can then try some of the more competitive type boats," explained Wynnobel.

She said that it's not just about learning how to paddle, as programs like this allow participants to benefit in many ways.

"The benefits for the mind can include things like lowering stress levels, lowering levels of depression and anxiety and building confidence.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Canoe and Kayak Centre is bring paddling to some local organizations. Pictured: Selkirk Canoe Kayak Centre's Bonny Wynnobel, Paul Eramchuk, and Ethen Garn, Brenda Malenfant from Head Start, Jodie Grimes and Roll Atotuomah from the the Selkirk Mental Health Centre, Patricia Stevenson, and Ashley Macsween from Huddle Selkirk, and Teresa Galashan from Youth for Christ.

And that's the thing about paddling, is you can start with no experience at all, and we have the type of boats that you go in and develop confidence quite quickly," she said.

Additionally, Wynnobel mentioned that it's a low impact sport and a full body workout, which can have the added benefits that being active can provide like protecting your cardiovascular health while being kinder than other sports to the body's joints.

"The most important thing that we're looking for in this (for participants) is they're going to have fun," said Wynnobel.

In addition to this We Paddle program, the Canoe and Kayak Centre will also be hosting their summer

camp, and people can also pick up a membership which includes full access to all equipment (individual and family rates) and access to special events.

And, for those that want to participate or cheer on some competition, the Canoe and Kayak Centre is hosting the Manitoba Cup on June 20.

"We want these children that we're introducing to these sports to actually then experience competitive paddling because it's lots of fun," said Wynnobel.

She encourages anyone who might be interested in learning more about the Canoe and Kayak Centre to connect with them.

"We are always

wanting to create a space where people feel welcome. So, it's all abilities. We want to see people feel welcome and have fun and do the thing that gives them joy," said Wynnobel.

You can keep up with the Selkirk Canoe and Kayak Centre online at <https://www.instagram.com/selkirkcanoeandkayakcenter/>. You can also learn more about their summer camps and sign up for a membership at <https://paddleselkirk.ca/>.

Wynnobel also wanted to thank Fort Distributors, Home Hardware, and the Selkirk and District Community Foundation for keeping them paddling.



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Webinar to encourage future school trustees

Election day to vote is Oct. 28

By Lana Meier

Residents considering a run for local school board in the 2026 municipal elections will have an opportunity to learn more through upcoming virtual information sessions hosted by the Manitoba School Boards Association.

The free webinars are designed to help prospective candidates better understand the role of a school trustee and Manitoba's public education system ahead of this year's elections.

Topics will include trustee responsibilities, campaigning, governance, the structure of Manitoba's education system and a question-and-answer session.

The sessions will take place Wednesday, May 27 and Monday, June 1 from 6 to 8 p.m. No registration is required.

Alan Campbell, past president of the Manitoba School Boards Association and president of the Canadian School Boards Association, said school trustees play an important role in representing community voices within public education and encouraged residents to consider serving in the role.

"School board trusteeship is something I would strongly encourage for anyone who wants to give back to their community in a meaningful and rewarding way," said Campbell.

Campbell said school boards are an important part of the democratic foundation of communities and should reflect a broad range of perspectives.

"Parents of current and former students, people who don't have children, members of the business community, those who are retired or perhaps just starting in their career, members of IBPOC communities and



those who identify as 2SLGBTQ+ all have valuable perspectives to offer," he said.

He noted that trustees serve in a governance role rather than an operational one, working with senior administration to help guide division priorities and decision-making through board policy.

"The most important annual policy statement by the local school board comes in the passage of the annual budget," Campbell said. "Trustees must come prepared to consider student, staff, PAC, community and other stakeholder feedback in the preparation of the budget."

Campbell added that local school boards play a key role in maintaining accountability within Manitoba's public education system.

"Public schools provide a vital function in the current and future success and sustainability of our society and therefore are not only worthy of, but reliant on investment by everyone — not just those with kids in school," he said.

He also stressed that school boards function best when trustees work collaboratively and respectfully.

"Individual agendas are only as

strong as the votes around the table," Campbell said. "The division will be guided by the majority will of the board of trustees and not by the priorities of individual trustees."

Campbell noted that school boards in Manitoba are non-partisan and focused on supporting students, staff and families regardless of the provincial government of the day.

He added that those considering trusteeship should understand the time commitment involved, including evening meetings and occasional daytime responsibilities.

"Effective trusteeship takes time," he said. "Those considering the role must be willing to give up several evenings per month."

School trustees in Manitoba are elected to four-year terms during municipal elections. Trustees receive an honorarium for their service, with amounts varying between school divisions based on board policies and responsibilities.

The next Manitoba school trustee elections are scheduled for Oct. 28, 2026.

More information is available at elect2026.ca

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City of Selkirk bringing back their summer concert series in 2026

Don't miss out on some great acts at the waterfront this season

By Katelyn Boulanger

The thermometer has finally brought some good news to the region, and with warmer temperatures comes upcoming summer fun. If you're someone who likes to embrace the summer weather in Selkirk and doesn't mind some good music, you're going to want to mark all of the shows in Selkirk's 2026 Concert Series on your calendar.

The fun starts on June 6 with two country rockers, Derek Peters and Shania Twain cover band Forever & Always.

Ellie Longbottom, the city's Culture Coordinator, said in a recent release from the city that the concerts, which take place at the Waterfront and on Manitoba Avenue for Music on Manitoba, are something people look forward to all year.

"They're free to attend, and it provides an enjoyable evening out for families during our great summers," Longbottom said.

"We're always searching for great entertainment, and this year we have a variety of acts representing a range of musical genres, so there's really something for everyone."

The first act of the season will be Peters on June 6 at 7 p.m. As the former frontman of Past the Perimeter, he'll bring that experience to his high-energy

country/rock performance.

Forever & Always will then take the stage at 8:30 p.m. with their tribute to Canada's Shania Twain. Lead singer Ali will be bringing the crowd through a list of Twain's hits, complete with costume changes and a great backing band.

The fun won't stop in June, however, as on July 18, the Waterfront will be rocking with some tunes from Black Lights, who take the stage at 7 p.m. The Winnipeg-based band has a little something for everyone as their repertoire of covers comes with songs from the 70s all the way to modern melodies. From Kansas to the Killers and The Glorious Sons to Honeymoon Suite, you'll be tapping your toes, but the night isn't going to be over with just one act. Looks that Kill will deliver all the Motley Crue music you love starting at 8:30 p.m.

There will also be costume contests at each concert – a Shania Twain one on June 6 and a rock-themed night on July 18. Bring your best outfits, as there are going to be prizes.

The concert series will wrap up with the iconic Music on Manitoba on Aug. 8, on Manitoba Ave.

It's a night full of fun with kids' activities from 6-8 p.m., including The Bubble Barn, Fit Kids Healthy Kids Motion Zone, and Mr. Squiggly.

From 6-10 p.m., there's the night market in partnership with Bud & Bloom. The market is pretty special as it promotes local makers in particular, and the creativity and variety of products that come from our local community are unmatched.

The music will start pumping at 7 p.m. with Irvin



RECORD PHOTO SUBMITTED

Rock out with some sick beats this summer during the Selkirk's 2026 Concert Series.

Miller, a 22-year-old talent who blends blues, funk, country and gospel to create his own unique genre. He'll be followed at 8:30 p.m. by The Coveralls with songs from all your favourite eras and genres.

If you're a local maker and you want to take part in Bud & Bloom's night market, or any of their markets, send them an email at budandbloomcollective@gmail.com and for more information on the Selkirk Concert Series, check it out online at MySelkirk.ca/ConcertSeries.

The Concert Series is sponsored by South Beach Casino and media sponsor Selkirk Record.

Cleaning up Selkirk Park



RECORD PHOTO BY CASEY GRANT SUBMITTED

When the snow melts away there's always a little spring cleaning that needs to take place and some local residents decided to take it upon themselves to help Selkirk Park be a cleaner place for all of us this summer. Pictured: Kathleen McCallum, Lorie Fiddler, and Brenda Malenfant with an impressive garbage haul.

DUFFERIN GANG Family Research Meeting

Do you have a family connection to the Dufferin Gang?



The City of Selkirk is inviting family members to view updated research completed so far for the Selkirk Museum website and help fill in missing gaps with stories, photographs, and family information.

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Knox Presbyterian's "Knox Your Socks Off!" race day a resounding success

By Jessica Eblie

Runners, walkers and volunteers came together at Selkirk Park this past weekend for the inaugural Knox Your Socks Off! race and walk event, held as part of Knox Presbyterian Church's 150th anniversary celebrations.

What began as a suggestion from Rev. Naggie Sterling quickly grew into a full-scale community event, offering participants the choice of a five-kilometre race or a two-kilometre walk. The event was supported by a range of local partners, businesses and volunteers who came together to celebrate the church's milestone 150th anniversary.

"We wanted to be inclusive," said event organizer and Knox Presbyterian congregation member Candyce Aisman. "It's about getting everyone out and getting everyone together."

From the start line, the race drew a



Rachel Winzowski poses with her medal after placing second in the women's five-kilometre division.

healthy turnout, with organizers noting around 100 participants took part.

Kathy Wiens, executive director of the Manitoba Runners' Association, which endorsed the event, said the response and participation from the public exceeded expectations.

"(Knox Presbyterian) approached us about wanting to put on a race and walk in Selkirk," Wiens said. "I was hoping that they would get 50 to 80 (participants). For a brand-new event, they've done very, very well."

Wiens said she often visits and volunteers at race events across Manitoba to offer support and ensure things run smoothly. Based on her observations, she believes the race and walk has strong potential to become an annual tradition.



Jordan Simko crosses the finish line to claim first place in the men's five-kilometre division.

RECORD PHOTOS BY JESSICA EBLIE



Runners and walkers participate in the group warmup led by Iron Image.

She also noted the race could potentially be added to the Interlake Run Series — a circuit of four races held yearly across the Interlake region. Its strong debut, she suggested, could position it well for inclusion in future editions of the series.

Beyond the race itself, the event received strong support from local businesses and volunteers. Iron Image and Tom Pachal Physiotherapy played key roles as sponsors, helping fund the event.

Owner Tom Pachal said his involvement with the event was rooted in the spirit of community and giving back.

"It's nice to give back to the community and support something fun that gets people active and out seeing friendly faces," he said. "It's about community and camaraderie."

Pachal's team also led the pre-race and pre-walk warmup and provided

on-site physiotherapy and sports support for participants following both events.

For many participants, the event was a welcome way to spend a Saturday morning, while for some it carried a deeper emotional meaning.

Awards for the top three finishers in both the men's and women's five-kilometre categories were dedicated to the memory of individuals connected to Knox Presbyterian, including church congregants and family members who had passed away. First place honoured 17-year-old Ethan Fiddler.

Jordan Simko, who won the men's five-kilometre race with a time of 20 minutes and 27 seconds, said the victory held special meaning for him as Fiddler's cousin.

"It felt good because I wanted to run for my cousin," he said.

Second place was dedicated to Ron Corrigan, while third place honoured Eric Davidson.

The second- and third-place finishers in the men's five-kilometre division were Dan Kell and Rick Shone, respectively. Kaitlyn Nault claimed first place in the women's five-kilometre division, with Rachel Winzowski finishing second and Janessa May placing third.

As the final runners and walkers crossed the finish line, a clear sentiment could be felt throughout: this was more than just a race.

It was a celebration of community, a milestone anniversary and a tribute to lives remembered — all moving forward together on the same course.

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Red River Revival recovers stolen vehicle from water

Keeping our river clear sometimes means cleaning up after others and Red River Revival is making it happen

By Katelyn Boulanger

The Red River has made it possible for people from our region to have water, food, and so much more for generations. Unfortunately, its importance is not always respected, and sometimes cleaning needs to take place to maintain the river for future generations. Red River Revival, with some help from Submerged Underwater Services Inc., did just that as they recently pulled a stolen car from the river, removing a source of many different pollutants.

“Red River Revival is a Métis-led environmental cleanup project. We’re a not-for-profit organization focused on cleaning the Red River, the Assiniboine, and the tributaries industrially. We are not looking at this as a grassroots movement. We are looking at this as an industrial cleanup of the Red and the Assiniboine,” said R.J. Kusmack, Executive Director of Red River Revival.

The vehicle was retrieved from the area where Netley Creek meets

the Red River. It was a 2022 Chevy Malibu, and information from the retrieved license plate indicated that it was stolen in 2024.

The group knew where to look for the vehicle because a scan of the Red River last year indicated an anomaly in the area.

“This winter we went out and cut a hole in the ice, sent a diver down and pulled the license plate off, then reported it to the RCMP and MPI,” said Kusmack.

From there, the plan to retrieve the vehicle was underway, though the breaking up of the ice and spring weather did delay its retrieval by a few weeks.

The process of extracting a car from the river is really quite involved, but the professionals who brought this car up made it look easy.

“We launched a large boat, sent a dive team down, attached big airbags that float the vehicle to the surface. Then we dragged the boat along the

Continued on page 13



RECORD PHOTOS BY BRETT MITCHELL

Red River Revival removed a stolen vehicle from the Red River earlier this month.



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Sloohai release new album SLOOHAI LIVE!



RECORD PHOTOS SUBMITTED

SLOOHAI LIVE! is Selkirk band Sloohai's fourth album, which was released earlier this month. The band held a release party to celebrate. Learn more about the band and the album at <https://sloohai.ca/>.



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> STOLEN VEHICLE RECOVERY, FROM PG. 11

surface of the water to the boat launch, and we had a local tow truck company, Terry's Towing, pull the vehicle out of the water and onto a flat deck trailer, which, it went at that point, to an MPI compound for further investigation," explained Kusmack.

The vehicle was very heavy, not just because it was waterlogged, but because over the two years or so it had been in the water, the vehicle had accumulated a great deal of silt as well as an unfortunate number of zebra mussels.

"One thing that I found surprising, because the vehicle was in such shallow water, boats were passing over top of it, and propellers were actually hitting the roof of the car. There were actually slash marks on the roof from boat propellers, so not only did we pull the vehicle out of the environment, helping our waterways, but we also made the waterways safer by not having a big chunk of metal for our props to be hitting," said Kusmack.

Red River Revival isn't just in the business of removing cars from our waterways. They understand the importance of retrieving all types of items from the river. In fact, last fall, they removed \$57,000 worth of shopping carts from one city park in Winnipeg. Out of the 127 shopping carts that they removed, 96 went back to their rightful retailers, saving Mani-

toba businesses money as well.

There are a lot of reasons that cleaning up the Red benefits residents.

"It's important to keep our waterways clear for our future generations, for our children. We only get the opportunity to experience one Mother Nature. We will never get another one," said Kusmack.

With this vehicle removal, Red River Revival is doing what they can for the river, and they aren't planning to stop. Kusmack explained that they have more removals of items from the river ahead and that by the end of the summer, they would love to completely map the floor of the Red River and use that information to start building a game plan for future priorities.

Kusmack hopes to encourage everyone to do their part to keep the river clear.

"It's something that we do every weekend when we go ice fishing. We always go ice fishing, but we make sure to actually pick up a full garbage bag before we leave our environment. It's our goal to educate the future generations to leave this planet better than how we found it," he said.

If Red River Revival is something you'd like to keep up or support, there are a few ways that you can follow their progress. They are on Instagram at <https://www.instagram.com/redriverrevivalproject/> and on the web



RECORD PHOTOS BY BRETT MITCHELL

The vehicle was covered in silt and zebra mussels..

at <https://www.redriverrevival.ca/>, though they are still perfecting their website.

"You can also touch base with your counsellors, your MLAs, any politician that's willing to listen, because as of right now, finding funding for river cleanups has seemed to be an uphill

battle. And, with more people pounding the drums, saying that we need this type of environmental stewardship, I think that our politicians might just come around and start supporting great concepts like ours," said Kusmack.

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MANITOBA
CANADA'S HEART IS CALLING

WAVE artists honour co-founder with Helma Pictures exhibition this weekend

By Patricia Barrett

Artists who are part of the WAVE Artists Studio will be paying tribute to their co-founder during their 25th anniversary show titled *Body Language: The Figure in Art*.

Body Language starts this Friday and will feature a special segment called the *Helma Pictures*, an exhibition dedicated to Winnipeg Beach visual artist and writer Helma Rogge Rehders, 84, whose vision 25 years ago blossomed into an annual studio tour that invites the public into Interlake artists' workspaces.

WAVE and Gimli Art Club artist Gayle Halliwell said Rogge Rehders inspires creativity through her art, and that her pioneering idea to hold an annual studio tour has grown into a popular event that attracts art lovers from around the region and has led to a thriving arts community in the east Interlake.

Halliwell said WAVE artists were invited to interpret and create an original work of Rogge Rehders based on a single photo of her. The idea was inspired by American artist Andrew Wyeth, who created the *Helga Pictures* based on one model.

"Sharon Cory [fellow artist] and I talked about recognizing Helma for her contribution to the arts in this area and the Interlake, and decided

it would be perfect to honour her because it's the 25th anniversary of the WAVE," said Halliwell. "Sharon planned the *Body Language* show. She chose a particular photo of Helma and invited all the artists to interpret her in any way they wanted."

Those who took up the challenge created a rendition of Rogge Rehders that ranges from historical and mythological figures, Prairie muses, dreamlike presences and extraterrestrial visitors.

Halliwell, whose studio is located in Winnipeg Beach, took part in the creative exercise, making a six-piece work depicting Rogge Rehders based on the faces of Eve.

Some of the artists featured in the *Helma Pictures* exhibition are part of the Gimli Art Club's Watercolour Wednesday group.

Some of the artists who took part told Halliwell they had a bit of "angst" as they progressed through the project. Others got so excited about doing portraits that it sparked a whole new direction for them.

"Oh my goodness, the artists who talked to me about it shared the angst we all go through to figure out what to do and knowing there are other artists participating," said Halliwell. "How can this truly embody something about Helma as well as be my



Artist: Gayle Halliwell



PHOTOS OF ARTWORK SUBMITTED
Artist: Alice Smith. Smith depicted WAVE co-founder Helma Rogge Rehders as Greek myth Medusa.

own unique painting or other medium? I knew I was going to do linocut printmaking but I wasn't sure what I'd do with it. But it was an opportunity for us to learn together and experiment."

One of the portraits features Rogge Rehders as Medusa with snakes in her hair from the Ancient Greek myth of a woman whose face was used to ward off negative energy.

"The Medusa portrait is amazing because Helma is complicated and

her mind goes in all directions," said Halliwell. "With Medusa, you unleash all kinds of things - and that's exactly what happened when Helma unleashed the idea of the WAVE. Who knew where it would go? And here we are 25 years later."

Halliwell said the WAVE artists will be holding a special presentation for Rogge Rehders on Saturday, May 30 at 1:30 p.m. Admission is free.

Later in June, the WAVE artists will also be presenting an award called the Helma Rogge Rehders Award for Creativity to a Grade 6 student at Winnipeg Beach School. The recognition is a way of carrying on with Helma's vision to encourage creativity in others as a lifelong pursuit.

The *Body Language* show will be held at Gimli Lakeview Resort on Friday, May 29 from 1 to 7 p.m., Saturday May 30 from 10 a.m. to 7 p.m., and Sunday, May 31 from 10 a.m. to 5 p.m.

Admission to the show is free, and art lovers will have an opportunity to purchase art.



Artist: Barb Foreman



Artist: Milli Flaig-Hooper



Artist: Rosemary Miguez

PCs push to raise Manitoba tax exemption amid affordability concerns

By E. Antonio

Progressive Conservatives are calling on the Manitoba government to more than double the province's Basic

Personal Exemption, saying the move would provide meaningful affordability relief for families facing rising living costs.

Progressive Conservative finance critic Lauren Stone, who is also the MLA for Midland, said the party is pushing to raise Manitoba's Basic

Personal Exemption to \$30,000, which would allow Manitobans to earn more income before paying provin-

Continued on page 15



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> PUSH TO RAISE MAN. TAX EXEMPTION, FROM PG. 14

cial income tax.

The Basic Personal Exemption is the amount of income a person can earn before paying provincial income tax.

Stone said the proposed increase could save a single-income family about \$1,500 annually, or approximately \$3,000 for dual-income households.

"As we know, families across Manitoba are feeling the squeeze of the cost-of-living crisis Manitobans are facing right now," she said. "The cost of living is increasing faster than our paycheques, and it's no doubt families are falling behind. This would put hundreds of dollars into the pockets of hardworking Manitoban families, allowing them to spend their money in their communities and boosting local economies."

Manitoba's current Basic Personal Exemption sits at \$15,780, below neighbouring Saskatchewan's exemption of \$20,381 and Alberta's \$22,769.

Stone said Manitoba is currently the only province not increasing its Basic Personal Exemption or maintaining indexation tied to inflation.

The NDP government paused indexation in 2025, meaning tax brackets no longer automatically rise alongside inflation. Stone argued that without indexation, some Manitobans may end up paying more income tax even if wage increases simply keep pace with rising costs.

"Every other province is either increasing the exemption amount for their citizens and/or bringing in indexation," she said. "Manitoba is the only province that is doing the opposite."

Stone said rising costs for groceries, fuel, utilities and other household expenses continue to place pressure on Manitoba families.

"People need those extra dollars in their pocket," she added. "These are basic needs Manitobans have, and those are real dollars and affordability

relief that could go a long way."

She described the proposal as a "fair and common-sense approach" that would benefit most Manitobans.

The PCs introduced the proposal during the provincial government's spring budget session. Stone said the party is willing to compromise with the NDP government in order to move affordability legislation forward before the end of the spring sitting.

She suggested the province could increase the exemption to \$21,000 initially to match Saskatchewan and British Columbia levels if the government is unwilling to support the full \$30,000 proposal immediately. The \$21,000 would increase to one-third of the of the PC's goal, and she expects the partial increase would cost a maximum of \$350 million annually.

"Raising the exemption will attract new investment and grow the tax base, as well as further allowing us to cut government waste," she said.

"We are ready to support and bring their budget bill to a vote, but only if it includes meaningful affordability measures like a stronger Basic Personal Exemption."

Stone added that organizations including the Canadian Taxpayers Federation and the Canadian Federation of Independent Business have publicly supported increasing the exemption.

Gage Haubrich, Canadian Taxpayers

Federation Prairie Director said Manitobans deserve and need to get all the tax relief they can get, acknowledging they pay the highest provincial taxes in Western Canada.

"Increasing the basic personal exemption is a great thing for taxpayers because that means that every taxpayer in Manitoba can earn more money before having to pay taxes, reducing their overall tax burden," he said. "Bracket creep is a massive burden to Manitobans because it hikes their taxes every year through stealth. Because of bracket creep, inflation can automatically bump taxpayers into a higher income tax bracket and increase their tax bills. It's a stealth tax hike because Manitobans pay more every year because of inflation, not because politicians vote on a tax increase."

He explained the government needs to be doing as much as possible to alleviate the burden, noting raising the Basic Personal Exemption is what Manitobans need right now.

"Life is only getting more expensive for Manitobans and they need any and all tax relief available for the government to give."

Manitoba Finance Minister Adrien Sala acknowledged affordability remains a major concern for many Manitobans and said the NDP government has focused on targeted relief measures.

The province has introduced a temporary fuel tax holiday, a permanent fuel tax reduction, lower middle-class

income taxes and expanded education property tax credits.

Through the Budget Implementation and Tax Statutes Amendment Act (BITSA), the government is also proposing to eliminate PST on groceries, provide free childcare for lower-income families and introduce free transit for Manitoba students.

While basic groceries are already PST exempt in Manitoba, the proposed legislation would remove PST from grocery-store food items that currently carry the tax, including many prepared foods, snack foods and beverages, while restaurant meals and non-food household items would still remain taxable.

"We know Manitobans need the support now," Sala said. "I think the combination of tax reductions and credits that we brought forward are helping to provide the targeted relief that Manitobans need."

Sala said rising grocery prices remain one of the province's largest affordability challenges and pointed to the proposed grocery PST exemption as a key measure aimed at helping households manage costs.

He added that if BITSA does not pass before the end of the spring legislative session, some affordability measures could be delayed until the fall.

With only weeks remaining in the spring sitting, both parties continue to pressure each other over competing affordability measures as Manitobans face ongoing financial pressures.



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PASS grad recognizes the efforts of Indigenous graduates

Grads recognized with ceremony and drums in celebration of their success

By Katelyn Boulanger

Last week, Indigenous students at Lord Selkirk Regional Comprehensive Secondary School were acknowledged at the 26th annual PASS (Promoting Aboriginal Student Success) Grad, which honoured their Indigenous roots with a ceremony and took time to recognize the unique strengths of and challenges faced by these students.

The theme of the event was Zaka'gaade - Ignite the Fire, and the event lived up to that theme with dancing, singing, and the passion of the students coming through.

The event started with the Binesi Ik-wewag Singers kicking off the grand entry with a song on the big drum.

There was a land acknowledgement and opening prayer by Elder Henry Hall before some school division staff

took time to highlight the achievements of the graduates.

The Comp's Principal, Darcy Nazimek, came up first and acknowledged the hard work of the people who made this day possible while thanking everyone who attended the event.

Lord Selkirk School Division's Superintendent Jerret Long followed up, saying, "On behalf of Lord Selkirk School Division, I would like to congratulate each and every one of the graduates here today, the students who celebrate today at PASS represent our leaders of tomorrow. We come together to honour your achievements and recognize the contributions you made to the community."

The ceremony then took on a serious tone when Ethan Fiddler was

acknowledged. Fiddler should have graduated with this class, but was tragically taken from his community last October. The room took a moment of silence to remember, breathe, and hold space for his spirit. In addition to the moment of silence, a chair was left open for Fiddler in the graduates section in remembrance.

Up next was the event's keynote speaker, Knowledge Keeper Taylor Galvin, who, in addition to her many other accomplishments, recently established the Rising Voices Bursary for a student at the Comp.

Galvin celebrated the student's achievement, saying, "You have earned every single bit of this celebration. High school is a collection of fleeting moments and long-lasting friendships, and the kind of late nights that you may claim to be study nights, but we know better, that become the stories that you're going to tell years from now. I know that for

many of you, this path has not been a very straight line, and it certainly wasn't for me, both outside of high school and inside the university system. Being an Indigenous student often means navigating a landscape that wasn't always built for us to be in. It never had our successes in mind. However, it does mean that you have become stronger from overcoming challenges, balancing different worlds, and proving your resilience time and time again. You have pushed through those obstacles with tenacity, and that deserves an incredible amount of recognition. You are here because you refuse to let the noise of the world distract you from the work of you showing up for yourselves. Looking around this room, you are witnessing the collective strength of your peers. Graduating is a very significant rite of passage, and one

Continued on page 17



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> PASS GRAD, FROM PG. 16

of the most memorable milestones that marks your transition into a new journey. One into adulthood, one of quests and conquests, and a search for who you are and your role within your communities."

Next, the Dr. Elder Ruth Christie Award was presented to Camira Chapman.

Chapman shared some advice with her fellow graduates, saying, "The only message that I want to share is to never take the little things in life for granted. Those little moments in life that don't seem big during the time, those are the moments you will desire to relive once more, and the memories you wish were able to exist once again. So, enjoy every moment like it's your last, take pride in everything you do. Spread love with everyone you come across, and never let life stop you from living," said Chapman.

Next, Valedictorians Tehya Blackburde Moore and Darrien Flett-Carriere came to the stage to give their

valedictorian addresses. Both dedicated their speeches to Ethan Fiddler.

"It has not been easy to get to where you are now, but you have done it. If there is one thing I've learned from our people, it is to keep going. I applaud you all for your resilience and grace," said Blackburde Moore to her fellow graduates.

"The success that we've created together, we hope to create for our future generations as we move forward. I hope you all remember our heritage and roots, and we continue to heal and grow. Congratulations to us all. May we walk proudly on the path ahead, honouring our culture and dreams," said Flett-Carriere.

The ceremony ended with the graduates coming up in a circle to be acknowledged with handshakes and hugs by their families, local dignitaries, school staff and many others who attended the event to congratulate these students.



RECORD PHOTOS BY KATELYN BOULANGER

Congratulations to all 2026 PASS graduates.



SELKIRK STEELERS MONSTER



FRIDAY, JUNE 12, 2026
Selkirk Rec Complex - Banquet Hall
180 Easton Drive, Selkirk
Doors open: 3:30pm • Regular Bingo starts: 6:30pm

ALL POTS MUST GO!



Minimum \$10,000 for Full House

ADMISSION

- 400 Tickets in Total Available
- \$100 each (9 TV Regular)
- 300 Door Tickets \$125 each (9 TV)
- Extra Cards \$10 (3 TV 10 page) \$15 (6 TV 10 page)
- Early Birds \$15 (6 TV 5 page)
- Extra 3 TV for Yellow Game \$10 ea.
- Special Games \$5 ea.
- Jackpot Strips \$10 (3 TV)

For more information or Advance Tickets
Email: bingo@selkirksteelers.com
or Call Lori at 204-223-2911

EARLY BIRDS starts: 5:30pm
Two Lines Any Way - 3 Games

<p>Game 1. PINK One Line The Hard Way (No Free Space) Two Lines The Hard Way (No Free Space)</p> <p>Game 2. AQUA One Postage Stamp Two Postage Stamps</p> <p>Game 3. PURPLE Six Pack (Anywhere) Block of Nine</p> <p>Game 4. LIME Outside Line Letter "L" (Any Way)</p>	<p>Game 5. PEACH One Line Any Way 2 Lines Any Way</p> <p>Game 6. ORANGE Letter "V" (Any Way) Letter "X"</p> <p>Game 7. BROWN "B" Line or "O" Line Letter "M" (the right way)</p> <p>Game 8. GREY One Diagonal Line Letter "X"</p>
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15 MINUTE INTERMISSION

LUCKY 7

BONANZA PICK 7
Proceeds to the Selkirk Steelers, MJHL Junior Hockey

Game 9. NAVY
One Line & 4 Corners
Roving Kite

Game 10. YELLOW
(Ex. Jackpot Strips \$10 each)
Wee House
Empty House
Full House

FIRST 48 NUMBERS FOR THE BONANZA WILL BE PRE-CALLED BEFORE EARLY BIRDS



P.E.O. Chapter S hosts annual spring fashion show

By Jessica Eblie

Spring and summer fashion was in full bloom at the Selkirk Golf and Country Club as the Philanthropic Educational Organization (P.E.O.) Chapter S held its annual fashion show on Sunday, May 24, to raise funds in support of women's education.

The fashion show was organized by the Chapter S "sisters," a term the group uses to refer to its members. A total of 151 attendees gathered for the sold-out event, which featured a luncheon, silent auction, 50/50 draw and door prize alongside the spring fashion showcase.

Members from other Selkirk P.E.O. chapters were present at the show, including those from Chapters A, G and P.

The clothing featured in the fashion show was provided by Gimli-based Johnson's Fashion & Footwear, which supplied a wide range of seasonal pieces for the runway. The local retailer's contribution helped bring the event to life, showcasing a variety of styles that reflected current fashion trends while supporting Chapter S's fundraising initiatives.

"We always look forward to connecting with the groups of ladies that we work with each season and all of the P.E.O. ladies are always such a joy to dress," said Kim Magnusson of Johnson's Fashion & Footwear. "We love supporting women's organizations."

The fashion show featured 15 models displaying 60 different looks, each styled using roughly three pieces. The outfits highlighted a mix of seasonal staples, including tops, bottoms, dresses, handbags and footwear.

Attendees received a program with each outfit itemized, allowing them to mark their favourites and potentially purchase the pieces later. Models carried numbered cards corresponding to the matching outfits listed in the program.

Funds raised from the event are allocated to P.E.O. projects, ranging from the STAR Scholarship for exceptional women in their final year of high school to the locally focused P.E.O. Chapter S Bursary, awarded each June to a graduating Grade 12 student from the Lord Selkirk Regional Comprehensive Secondary School.

P.E.O. also supports a wide range of post-secondary programs for women at different stages of their academic journeys.

Barb Cieszynski, a member of Chapter P and past Manitoba-Northwest Ontario provincial president, said P.E.O. offers needs-based grants for women returning to school after time away, as well as scholarships for both



Char Henrikson poses for a photo while modeling at the annual P.E.O. Chapter S fashion show.

undergraduate and doctoral-level study.

"For me, it's being able to help women continue their education and support them in that way," she said. "P.E.O. is a sisterhood — the relationships, camaraderie and support you receive from your P.E.O. sisters are very important."

Many of those involved in the fashion show return year after year to support the cause, including Char Henrikson of Chapter P, who has modelled in the event for several years.

"P.E.O. does things that are so important for women's education. Anything we can do to help, we're there," she said.

Organizers said events like the annual fashion show continue to play an important role in keeping P.E.O.'s educational mission alive and visible within the community.



RECORD PHOTOS BY JESSICA EBLIE

Models waited backstage ahead of the annual P.E.O. Chapter S spring fashion show at the Selkirk Golf and Country Club on May 24, where 15 models showcased 60 different spring and summer looks in support of women's education initiatives.



Models showcase spring and summer fashions provided by Johnson's Fashion & Footwear

Manitoba seeks feedback on time changes

Province seeks feedback on how best to stop the clocks

By Annaliese Meier

The Manitoba government is asking residents to weigh in on whether the province should continue changing clocks twice a year or move to a permanent time system.

Glen Simard, Manitoba's minister of municipal and northern relations, announced this week that consultations are now open as the province considers adopting either permanent standard time or permanent daylight time.

"Across Canada, a number of prov-

inces and territories are ending the time change and Manitobans have made it clear they want us to look at doing the same," Simard said in a news release. "From a lower risk of stroke to when the sun rises and sets, there are a number of things to consider, and we want to hear directly from Manitobans."

A recent analysis by the Manitoba government concluded eliminating the twice-yearly clock change would be better for population health than

maintaining the current system.

The discussion is also drawing attention from Manitoba's agricultural community, where strict daily routines are an important part of livestock care.

Warren's Rob Boonstra, owner and partner at Boonstra Farms Ltd., said dairy cattle respond best to consistency.

"On a dairy farm consistency is key. Cows do not like change," said Boonstra. "A high producing cow feels the affects of being milked an hour later."

Boonstra said the animals eventually adapt after a few days, but routine remains important.

"They are a creature of habit and they do prefer things to stay the same," he said.

While he appreciates the longer summer evenings as a person, Boonstra said dairy cattle would likely benefit from keeping one consistent time year-round.

"As a human being it's nice to have the long summer nights but as the owner of dairy cows, they themselves would prefer to not change the time," he said.

Commercial fisherman Bill Buckels said he believes maintaining the current seasonal time changes remains

Continued on page 23



Spring Home & Garden Guide



7 golden rules for growing plants in pots

Are you ready to grow plants in pots on your patio or balcony? Try these seven expert tips for growing healthy plants, vegetables, flowers and herbs this summer.

1. Ensure your pots are big enough. Select a pot that's wide and deep enough to allow your plants' roots to grow freely. A pot that's too narrow or shallow can stifle growth.

2. Choose a design that allows drainage. Drill holes in the bottom of your pots or look for styles with built-in drainage. This will prevent you from oversaturating the soil, which can lead to root rot.

3. Use high-quality potting soil. Purchase soil specifically de-

signed for potted plants. It should be lightweight, nutrient-dense and provide excellent water retention.

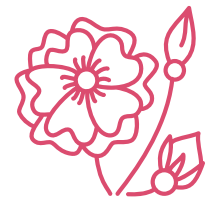
4. Prune bulky roots. If your plant's roots become intertwined, carefully trim them in a few places to encourage healthy growth.

5. Water enough. When you water for the first time, ensure the water drains out the holes at the bottom. After that, adjust your watering routine based on the specific needs of your plants.

6. Put them outside at the right time. Don't rush to take your pots outside. Wait until the risk of frost has passed so you don't lose the benefits of all your hard work.

7. Add fertilizer. The nutrients in potting soil can deplete quickly. Regularly apply a suitable fertilizer rich in nitrogen and potassium, tailored to the needs of your plants.

Visit your local garden centre to find pots, plants, potting soil and all the equipment you need to grow lush, healthy greenery.

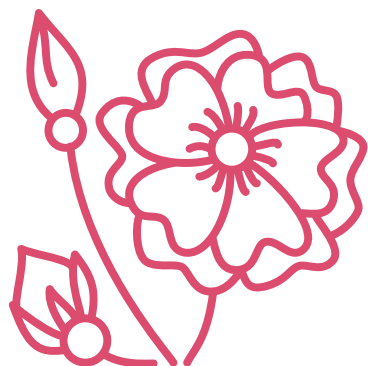


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PET of the Month

Winner May 2026

Tutankhamun and Lani



Fun Fact:

Tutankhamun was born in Poland in 2019. In 2026 he moved to Selkirk. He is calm, gentle, and wise.

Lani is two years old and was born in Winnipeg. She is full of life — playful, joyful, and always ready for fun. She especially loves chasing a laser pointer and bringing energy into every corner of the house.

They are a perfect contrast — Tutankhamun is the calm boss, while Lani is pure energy. And yet, despite their differences, they are always close to each other and share a very special bond. For us, they are not just pets, but family.

Canvasback Pet Supplies

Tutankhamun and Lani have won a prize from Canvasback Pet Supplies!

To submit your pet for the Pet of the Month 2026 contest, send a photo and a fun fact to: ads@selkirkrecord.ca

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Funding boosts English training for Ukrainians

By Lana Meier

The Manitoba government is investing \$500,000 to expand English language training programs for Ukrainian newcomers across the province as part of ongoing efforts to support settlement and long-term integration.

The funding, announced by Manitoba Sport, Culture, Heritage and Tourism Minister Nellie Kennedy on Vyshyvanka Day, will support programming delivered through the Ukrainian Canadian Congress – Manitoba Provincial Council (UCC-MPC).

“As Manitobans celebrate Vyshyvanka Day and honour Ukrainian culture and heritage, this investment reflects our commitment to ensuring newcomers have the tools they need to thrive, find work and fully participate in communities across our province,” Kennedy said in a news release.

“Our government is proud to support the Ukrainian Canadian Congress – Manitoba Provincial Council as it helps Ukrainian newcomers build strong connections and successful futures in Manitoba.”

The UCC is a national organization representing Ukrainian Canadian community groups, with the Manitoba council among the oldest in Canada. Since the start of Russia’s war on Ukraine, the organization has helped

support thousands of individuals and families who have settled in Manitoba.

According to UCC Manitoba, more than 30,000 Ukrainian newcomers have arrived in the province since the war began.

From July 2025 to February 2026, the organization delivered English language training to approximately 900 adult learners across Manitoba in partnership with community organizations.

UCC Manitoba president Joanne Lewandosky said language training plays a critical role in helping newcomers build stable lives in their new communities.

“English language training is one of the most important tools helping Ukrainian newcomers build successful lives in Manitoba, opening doors to employment, education and full participation in our communities,” said Lewandosky.

“We are deeply grateful to the Manitoba government for its ongoing support of Ukrainians forced to come to Canada because of Russia’s invasion of Ukraine and for investing in programs that help newcomers integrate and contribute to our province.”

Continued on page 23

Standing hearing scheduled in Selkirk RCMP inquest

By Haley Cvar

A standing hearing has been scheduled ahead of the inquest into the death of 24-year-old Myles Clearsky of Winnipeg while in RCMP custody in Selkirk.

According to information released under Manitoba’s Fatality Inquiries Act, Clearsky was being held at the Selkirk RCMP detachment on Oct. 24, 2022, while awaiting transport to the Winnipeg Remand Centre.

Clearsky was later found unresponsive in his cell. CPR was initiated and he was transported to Selkirk Regional Health Centre, where he was pronounced dead.

An autopsy determined the cause of death was methamphetamine overdose.

The chief medical examiner has called an inquest into the death. Under the Fatality Inquiries Act, inquests examine the circumstances surrounding a death and consider whether any measures could help prevent similar deaths in the future.

Before the inquest proceeds, a standing hearing will determine who may participate in the process and question witnesses.

Individuals or groups seeking standing must contact inquest counsel Kerry UnRuh by June 23.

The standing hearing is scheduled for July 7 at 2 p.m. in Courtroom 402 at the Manitoba Law Courts Complex in Winnipeg.

Pathways to Healing brings community together



RECORD PHOTOS BY KATELYN BOULANGER

Nova House hosted its Pathways to Healing event recently, bringing together many organizations that help residents with all types of health and healing services. In addition to learning more about services right here in Selkirk, residents had fun with Free Henna by Kim from Hasina Mehndi & Body Art, self-care services like hair care, and a pop-up from Twice over Thrift Store. Organizations that were involved were: ADAM, Aim for Work, Alzheimer's Society, Breast Cancer Awareness, Canadian Royal Purple, City of Selkirk Community Safety, Gaynor Family Library, Gordan Howard Centre, Growing Years, Huddle, Manitoba Key Worker, Interlake FASD Committee, Interlake Wellness, Interlake Regional Indigenous Services, ISEE, Lord Selkirk Adult Learning Program, Lord Selkirk Education Centre (LSEC), Manitoba Harm Reduction Network, MMF Head Start, Our Daily Bread Soup Kitchen, RCMP, Selkirk Bear Clan, Selkirk Canoe Kayak Centre, Selkirk Employment Services, Selkirk Friendship Centre, START Program, and Survivor's Hope.



get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Spring Greens Smoothie

1 banana, sliced
1-2 dates
1 1/2 cups almond milk
1 tablespoon chia seeds
1 pinch cinnamon (optional)
Wash greens. In blender, blend spinach, apple, banana, dates, almond milk and chia seeds until smooth. Add cinnamon, if desired, and blend.

Leftovers can be refrigerated 1-2 days.

Photo courtesy of Unsplash

Recipe adapted from KatieSpring.com

1 cup packed spinach or pea shoots
1 apple, cored and chopped



Picnic Pasta Salad

1 English cucumber
2 bell peppers
10 ounces grape tomatoes
1/2 red onion
2 tablespoons fresh chopped parsley
1/4 cup crumbled feta cheese
1 bottle (16 ounces) Italian dressing
1/4 teaspoon salt
1/4 teaspoon freshly cracked black pepper

Cook pasta according to package instructions. Drain in colander and rinse with cool water; drain well.

Slice cucumber into half-moons, chop bell peppers, halve tomatoes, thinly slice red onion and chop parsley. Set vegetables and parsley aside.

Transfer drained pasta to large bowl. Add chopped vegetables, parsley and feta cheese.

Pour dressing over pasta salad and toss until evenly coated. Add salt and pepper then refrigerate until ready to eat.

Photo courtesy of Unsplash

Recipe adapted from "Budget Bytes"
Prep time: 10 minutes
Cook time: 8 minutes
Servings: 10
1 pound rotini pasta



BINGO

SUNDAY NIGHT BINGO

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in 51 numbers
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Grilled Chicken Bundt

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

Top tips to manage arthritis-related morning stiffness

By News Canada

Mornings can be the hardest part of the day when you're living with arthritis. At rest, joints can stiffen up—either because they haven't been moving and lubricating properly, or because inflammation builds overnight. The result is pain, stiffness and a slow start.

Here are eight practical, expert-backed tips from Arthritis Society Canada to help you loosen up and take control of your mornings.

Start moving before you get up

While still in bed, gently move your joints through a comfortable range of motion for five to 10 repetitions. This can loosen the joints and reduce some of the pain and stiffness before getting up. An occupational therapist or physiotherapist can help tailor movements to your needs.

Use heat to your advantage

A warm bath or shower in the morning can work wonders on stiff joints. Heating pads, electric blankets, or even a microwaved bag of rice may also be helpful. A programmable thermostat set to your preferred temperature 30 minutes before you wake up can also help make starting your day easier.

Try topical relief

Warming creams, gels or oils can provide temporary relief by soothing sore joints or reducing inflammation. For hands, try applying mineral oil, wearing loose rubber gloves and soaking them in hot water while gently moving your fingers.

Check your sleep setup

A supportive mattress and the right pillow can help keep your body aligned, reduce strain on your joints, and prevent awkward positions that contribute to morning stiffness. If you tend to clench your hands or bend your wrists, a splint can help keep joints in a more neutral position overnight.



Upgrade your tools

Small changes at home can make a big impact. Ergonomic tools like lever-style door handles, adaptive kitchen gadgets or utensils with larger grips can reduce strain on stiff hands and make everyday tasks more manageable.

Prioritize sleep

Poor sleep doesn't just make you tired, it can also increase pain sensitivity. Creating a consistent sleep routine and improving sleep quality can help reduce both pain and stiffness in the morning.

Eat right

Choose anti-inflammatory foods and avoid sugars and processed foods. Boosting your intake of foods with omega-3 fatty acids and antioxidants that have been proven to reduce inflammation is another way to support your joint health.

Keep moving

Too much activity can leave you sore the next day, but too little can increase stiffness. Aim for a balance of movement throughout the day, including flexibility, strength and light endurance exercises to keep joints mobile.

Get more arthritis pain management tips at arthritis.ca/healthy-living.

4 potatoes
2 carrots
8 Brussel's sprouts
oil
2 tablespoons garlic powder, divided
2 tablespoons onion powder, divided
2 teaspoons salt, divided
1 whole chicken (4-5 pounds)
1/2 stick butter, softened
Heat grill to 350 F with one burner off for indirect heat.
Cut potatoes, carrots and Brussel's sprouts into bite-sized pieces. Drizzle

with oil and mix in 1 tablespoon garlic powder, 1 tablespoon onion powder and 1 teaspoon salt; set aside.

Rub chicken with softened butter, remaining garlic powder, remaining onion powder and remaining salt.

Place some veggies in bottom of bundt pan. Place chicken on top of chimney or tube of bundt pan. Fill pan with remaining veggies.

Place pan over indirect heat and grill 1 hour, 30 minutes, or until chicken reaches internal temperature of 165 F.

Social prescribing program launches for Manitoba seniors

By Lana Meier

A new initiative being launched by Shared Health Emergency Response Services aims to help older Manitobans build stronger social connections and access community supports while reducing unnecessary hospital visits.

As part of Paramedic Services Week, observed May 17 to 23, Shared Health announced that paramedics in rural Manitoba communities will begin introducing a new social prescribing initiative in June focused on residents aged 65 and older.

The program is designed to help seniors overcome barriers to community-based services and improve awareness about the importance of staying

socially connected.

According to Shared Health, loneliness and social isolation can have a significant impact on overall health and well-being, particularly among older adults. The initiative recognizes that paramedics are often among the first health-care professionals to interact with seniors who may benefit from additional supports beyond medical care.

"Social prescribing reflects an important shift in how we think about care, recognizing that health is shaped by more than medical treatment alone," said Jason Little, chief operating officer of Shared Health ERS.

"By linking individuals to local supports such as senior centres, commu-

nity programs and social services, we help reduce isolation and improve quality of life in meaningful, everyday ways," he added.

The program builds on an earlier provincial government announcement that social prescribing services are now available in all five of Manitoba's regional health authorities.

Loren Bacala, provincial manager of community paramedicine with Shared Health ERS, said not all paramedic calls require transportation to hospital and that some patients may benefit more from improved awareness and access to local supports.

"We know that strengthening these connections can help prevent avoidable hospital visits, support smoother

transitions in care, and enhance quality of life for patients and families," Bacala said.

He added that the initiative will involve collaboration between regional health authorities, community organizations and local partners to help connect Manitobans with appropriate care and services within their own communities.

The initiative is supported in part through funding from Healthcare Excellence Canada and partnerships with Services to Seniors coordinators in the Northern Health Region, Interlake-Eastern Regional Health Authority, Southern Health-Santé Sud and Prairie Mountain Health.

> TIME CHANGE FEEDBACK, FROM PG. 19

important for safety in Manitoba's outdoor industries.

"In Manitoba, permanent Daylight Saving Time would mean the sun wouldn't rise until nearly 10 a.m. in the winter," said Buckels. "For industries like commercial fishing or agriculture, this is a major safety hazard."

Buckels said workers in industries such as commercial fishing, forestry, mining and trucking rely heavily on early morning daylight during winter months for travel and equipment preparation.

"The risk of wildlife collisions, specifically with deer and moose, is significantly heightened during these pre-dawn hours," he said. "By reverting to standard time in the winter, an essential hour of natural light is

returned to the morning, providing a critical safety margin for those on the road and on the ice."

Buckels added that while many people view the twice-yearly time change as an inconvenience, he believes Manitoba's seasonal clock adjustments continue to serve a practical purpose for industries operating in difficult outdoor conditions.

"The clock should serve the safety and productivity of the province's foundational industries," he said.

The Manitoba Health report is available through the Manitoba government.

Residents can also participate in the public consultation through EngageMB at <https://engagemb.ca/time-change>.

> FUNDING FOR ENGLISH TRAINING, FROM PG. 20

The new provincial funding will support additional staffing, expanded course offerings and organizational supports aimed at strengthening program delivery in both urban and rural communities.

UCC Manitoba said there has been particularly strong demand for English language training in Winnipeg, western Manitoba, the Morden-Winkler area and the Interlake region.

The organization noted it is committed to offering as many rural courses as possible where demand exists, although finding qualified instructors continues to be a challenge.

The expanded programming will continue to focus on in-person instruction, as UCC Manitoba does

not currently offer online language courses.

UCC Manitoba spokesperson Ostap Skrypnyk said language skills remain an important part of helping newcomers become job ready and establish long-term roots in Manitoba communities.

"Employers in general want workers who are job ready. Language is an important part of that," said Skrypnyk. "Viable and long-term employment is important for rural municipalities to retain newcomers."

Vyshyvanka Day is observed annually on the third Thursday in May and celebrates Ukrainian culture and unity through the wearing of traditional embroidered shirts known as vyshyvankas.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake baseball prospects shortlisted for provincial teams

By Kieran Reimer

The names are in for the players shortlisted for the 2026 Baseball Manitoba youth team rosters.

The Interlake has representation at all levels — 14U, 15U, 16U and 17U — after players were recently named to selection camp rosters.

The 14U/15U camp features Stonewall's Jake Fortin, Alex Walker and Crew Corbett. All three are members of the 15U AAA Interlake Orioles team, which is currently 5-1 in league play.

Other local players include St. Andrews' Jensen Freiter and Cohen Linsenmeier of the 15U AAA North Winnipeg Pirates.

The 16U camp includes Stonewall's Ty Kopys of the 18U AAA Interlake Orioles and Narol's Declan Fisher of the 18U AAA Elmwood Giants.

The 17U camp features Stonewall's Chase Corbett and Grosse Isle's Ashton Baldwin, both of the 18U AAA Interlake Orioles, along with St. Andrews' Koen Nickel of the 18U AAA North Winnipeg Pirates and East St.

Paul's Maddox Struch of the 18U AAA Elmwood Giants.

Selection camp serves as the final tryout round before Baseball Manitoba officially names its rosters.

Players previously showcased their talents at identification camp in early May, while members of last year's Team Manitoba squads advanced directly to selection camp.

Once final rosters are selected, all four teams will begin their 2026 seasons, which consist solely of tournament play, with the 14U and 16U

clubs serving as development teams for their respective 15U and 17U counterparts.

The 14U and 16U teams will play their biggest tournaments of the season at the 2026 Western Selects, scheduled for Sept. 3-6 in St. Albert, Alta.

The 15U and 17U teams, meanwhile, will head to Summerside, P.E.I., later in the summer for the 2026 15U Ray Carter Cup from Aug. 20-23 and the 2026 17U Canada Cup from Aug. 5-9.

Classifieds

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PUBLIC NOTICE

Change in Meeting Date June 2026

June 9, 2026, Regular Meeting of Council is rescheduled to June 16, 2026, commencing at 9:30 a.m.

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APARTMENT FOR RENT

Upstairs Apartment Rental - Spacious one bedroom/one bath. Rent \$1,100 per month. Utilities extra (hydro, water, phone, cable). Includes parking, security system, appliances (fridge, self-cleaning oven 30 inch stove, dishwasher, AC, washer and dryer), and blinds on windows. Laminate hardwood floors, kitchen, living room - open area concept. One year lease, no pets, non-smoking, adults only. Damage deposit \$550. Location: 204 Clandeboye Ave., Selkirk, Manitoba R1A 0X1. Phone: 204-785-3097.

Beautiful 1 bedroom apartment, main floor, private entrance, behind Gypsy Traders 238 Man. Ave. New stainless steal appliances, washer/dryer, hardwood floors, granite counters, \$1195/mo. no pets. 204-482-7297.

TOOLS

For sale, Westward 12 speed drill press, 3/4 H.P., \$175. Call 204-482-5666.

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER! The Motorcycle Ride for Dad is Saturday, May 30, 2026, 10 a.m., Polo Park, Winnipeg. Visit ridefordad.ca/Manitoba to register or make a pledge.

**News Tips?
Story Ideas?
call the Record
204-785-1618**

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Simply writing



Lakeview Gimli Resort

*We are recruiting vibrant,
energetic characters to join our great team.*

Looking for Housekeepers, Cooks and Dishwashers.

Please forward your resume to
jdemarcke@lakeviewresorts.com or apply in person at the hotel 10 Centre St, Gimli, MB with your resume.



The Selkirk Community Renewal Corporation (SCRC) is hiring for full-time, term positions as follows;

CANADA SUMMER JOBS

- Two (2) Full-time Program Coordinators (8 weeks)
- Two (2) Full-time Program Leaders (8 weeks)

URBAN HOMETOWN GREEN TEAM

- One (1) Full-time Program Coordinator (12 weeks)

Qualifications:

- A Student registered in School or Post-Secondary Education
- Experience working with Youth
- Ability to communicate effectively
- Acceptable criminal record check and child abuse record check
- Must be a resident of the City of Selkirk

Resumes will be accepted until **4pm on Friday, June 5, 2026.**
Apply to SCRC by Email: scrc@selkirkcsrc.ca

We thank all candidates for applying; however, only those selected for an interview will be contacted.

EMPLOYMENT OPPORTUNITY

Join Our Team as a Civil Technician

Help shape the future of our community.

The Municipality of Alexander is currently accepting applications for a Civil Technician to support infrastructure improvements and daily public works operations.

We're looking for someone who:

- ✓ Enjoys both field and office work
- ✓ Has strong technical and problem-solving skills
- ✓ Works well independently and with a team
- ✓ Is interested in municipal infrastructure and community development

In this role, you'll assist with:

- ✓ Road, drainage, water, and sewer projects
- ✓ Construction inspections and project tracking
- ✓ Asset management and mapping
- ✓ Technical reporting and documentation

What We Offer:

- ✓ Competitive compensation
- ✓ Municipal pension and benefits
- ✓ Professional development opportunities
- ✓ A collaborative team environment

Visit www.rmalexander.com for full details.

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FINANCIAL SERVICES

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

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GORDON HOWARD ACTIVE LIVING CENTRE ANNUAL GENERAL MEETING

New date:
TUESDAY, JUNE 30TH
1pm • Multi-purpose room

- Introduction of our new Executive Director, Yulia Savchuk
- Election and Appointments of New and Continuing Board Members
- Presentation of Executive Directors Report
- Presentation of Financial Report
- Presidents Report

Light Refreshments to be served.

WANTED: Collector paying top prices: old advertising signs, gas pumps, Red Indian, White Rose, Buffalo, Ford Dodge, GM. 1968-70 Chargers, 1970-71 Barracuda's. Running or not. 306-221-5908.

NOTICES

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

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HOUSE FOR RENT in Winnipeg Beach

Cozy 1,100 sq. ft. 2-bdrm, full bathroom home featuring bright living areas, wood stove fireplace, large front deck, private treed yard, garden shed, functional kitchen and lots of parking. Quiet location near the lake, beach, shops and restaurants. \$1,450/month plus utilities. Available May 15. **Phone 1-204-389-2023, to book a viewing.**

HELP WANTED

Winnipeg Livestock Auction Mart is looking to hire for sale days (Thursdays & Fridays) & weekends (8am-4pm)

- CATTLE EXPERIENCE IS AN ASSET BUT NOT NECESSARY
- EXPERIENCE WITH LARGE EQUIPMENT IS REQUIRED



Drop off resume at
Winnipeg Livestock Sales Ltd.
Corner of Hwy 236 & 6
Call Dylan 204-228-4754

Email: winnipeglivestocksales@gmail.com

NOTICE OF PUBLIC HEARING DEVELOPMENT PLAN AMENDMENT APPLICATION Red River Planning District

Under authority of The Planning Act, the Red River Planning District Board will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the RRPD at 204 669-8880.

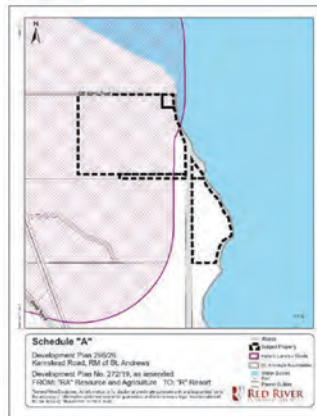
Wednesday
June 17th, 2026
5:30pm

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

Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File:	DPA 296-26
Applicant:	Landmark Planning & Design
Property Location:	Kernstead Road (Roll #641600, 641700, 641750, 641300, 641755)
Application Purpose:	To redesignate the subject lands to Resort to facilitate future subdivision and align the land use policy designation with their historic, present, and future land uses.



Current Designations	Proposed Designations
From: Resource & Agriculture	To: Resort

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at <https://www.redriverplanning.com/hearings.php> or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



EMPLOYMENT OPPORTUNITY

Charisons Turkey Hatchery is accepting applications for the following positions:

CHARISONS TURKEY HATCHERY

Work directly with eggs and day-old turkeys inside a controlled building environment

- Must be reliable, punctual and available for early morning shifts
- Required to be physically fit; lifting, standing, walking & bending throughout day
- Duties will vary by position
- Valid driver's licence is preferred
- Hours will vary dependant on work load
- Guaranteed minimum hours and performance bonuses available for certain positions
- Competitive Compensation with Health and Dental package
- Profit-Sharing Plan
- Training will be provided for ideal candidates

CHARISONS BREEDER FARMS

Work directly with live turkeys inside a controlled barn environment

- Must be reliable, punctual and available for early morning shifts
- Required to be physically fit and capable of lifting 30 plus pounds frequently throughout day
- Frequent, standing, walking and bending
- Farm duties; includes collecting/grading eggs, general husbandry, nest cleaning & maintenance
- Cleaning, sanitizing, barn preparation
- Mandatory shower-in and shower-out facilities
- Duties will vary by position
- Valid driver's licence is preferred
- Work week will consist of four 10-hour shifts
- Competitive Compensation with Health and Dental package
- Production Bonuses
- Training will be provided for ideal candidates

Please submit resume and availability start date to shaunne@charisons.ca
Or call 204-886-2922 for further information.

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Announcements *The Selkirk Record*

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ANNOUNCEMENT

IN MEMORIAM



Thomas Peter Thorsteinson
April 18, 1980 – May 29, 2016

A heart of gold stopped beating,
Working hands at rest;
God broke our hearts to prove to us,
He only takes the best.
Leaves and flowers may wither,
The golden sun may set;
But the hearts that love you dearly,
Are the one's that won't forget.
Missing you Tommy.

-Love your family

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



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**Bradley Meyers
Auctioneer
Cell: 204-476-6262
www.meyersauctions.com**

ANNOUNCEMENT

IN MEMORIAM



Donald Gifford
May 10, 1938 - June 2, 2023

Memories of the way we were
Always with me.

-Love Linda

ANNOUNCEMENT

HEAVENLY BIRTHDAY



Diane Walker
1956 - 2023

Another year and
Another Birthday in Heaven.
Time keeps going by faster every day
Yet it seems like forever since you've been gone.
I thank you for the wonderful family you've given me.
They are a blessing and keep me going.
We love you. We miss you and I can't wait to see you again.

-Love Chris and family

**Don't Forget Your
Loved Ones**
WITH AN ANNOUNCEMENT IN THE

**Call 785-1618 or
email lucy@selkirkrecord.ca**

OBITUARY

Walter John Budy



Walter passed away peacefully on Friday, May 15, 2026 with family by his side. Today heaven is an even better place because of this extraordinary husband, father, grandfather and friend.

He was a gentleman who will be remembered for his beautiful qualities, his caring thoughtfulness, his deep faith (a man of prayer) and his great dedication to his family, his friends and his Church.

He was a patient, methodical person who was able to balance that with his fun-loving nature and unique sense of humor. He had endless energy, which was channeled to his volunteer ventures (which were numerous) and to helping friends and family.

Walter was a man who inspired and served many people and many causes and modeled what it means to love.

He retired in 1995, allowing him to pursue golf, travel and relaxation at the lake. After retirement he re-invented himself and took on different seasonal jobs, which he thoroughly enjoyed. He always looked forward to winters away in White Rock, B.C. There he could pursue his daily walks by the ocean and re-new established cherished friendships with people he met over the years. His foremost enjoyment of winter on the coast was being a hands on Grampsie.

He leaves not to mourn but to love and remember his sons, grandchildren, daughters-in-law and many nieces and nephews of which he was their favorite.

His beloved wife predeceased him in September of 2024.

With the passing of this decent man a large and wonderful chapter of our life's book comes gently to a close.

A Funeral Mass will be held on Saturday, June 20, 2026 at 11:00 a.m. in the Notre Dame Roman Catholic Church in Selkirk, Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

William Barilski

July 28, 1934 – May 15, 2026

Bill passed away in the Selkirk Regional Hospital.

Predeceased by his wife Kathy just a few months earlier, he is lovingly remembered by his sons David, Darren (Debbie) and Allan, his granddaughters Katelyn and Robyn, as well as many other family members.

Born on a farm in 1934 in Rosenberg, MB, Bill then moved to Okno, MB until grade 8. In 1955, he joined the navy where he trained in Cornwallis as a helicopter mechanic until 1960. After the navy he became a helicopter mechanic in Dawson Creek, B.C.

He married Kathy (Krauchi) in 1963 and had three sons. He worked for the majority of his life as a private journeyman electrician, drawing inspiration for his business name "Satellite Electric" from the car he owned, a 1971 Satellite Sebring.

Around the age of 50, Bill tried and succeeded at many other jobs, such as top new real estate agent, an investment property owner, starting his own lawn fertilizing business, cutting grass for the RM of St. Andrews, and working briefly for Larter's Golf Course. But he still always took on various electrical jobs, wiring rec rooms, garages, etc. for family and friends. Bill loved life and was a big kid at heart, still wanting to have and use big kid toys like quads, and snowmobiles well into old age. He will be missed!

Memorial services will be held June 1, 2026, at 11:00 a.m. at the Gilbert Funeral Chapel, Selkirk, MB.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



CELEBRATION OF LIFE

Larry Swain

Family and friends are warmly invited to attend a graveside service celebrating the life of Larry on Saturday, June 13, 2026, at 10:00 a.m., at Old St. Andrews on the Red Anglican churchyard cemetery located at 3 St. Andrews Road, St. Andrews, MB. A reception will immediately follow at the Little Britain Church Hall, 5879 Main Street.

Friends and family are invited to visit Larry's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to: **Interlake Cremation & Memorial Services**
204.482.1040

Your memory will live forever engraved within our hearts.

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OBITUARY



Stephen Fryza
December 11, 1939 - May 16, 2026

Peacefully and quickly, Steve passed on to glory May 16, 2026. He leaves to mourn his beloved wife of 53 years, Grace; his four adult children, Joey (Vanessa) Fryza, Susan (James) Beck, Kimberly (Mike) Mulder, and Jennifer (John) Fryza; his beautiful and adored grandchildren, Emily (Mark), Sophia (Tanner), and Josie (Keen) Fryza, Andrew (Kamryn), Sean (Emily), and Georgia Beck, and Liam Mulder; his older brother Frank Fryza as well as many nieces, nephews, and cousins.

Steve grew up on the farm in Petersfield, Manitoba and farmed most of his life. He loved his animals ranging from dairy/beef cows, pigs, geese, chickens, many dogs, cats, a horse, and even a goat. It wasn't safe for him and his daughter Kim to go to the auction as they would always come home with a new farm animal.

He loved his cars, especially when he could race at the local speedway. He was always tinkering in the shop, taking an engine apart and putting it back together to keep old trucks and tractors going long after their expiry date. He was a man of many talents but truly excelled in carpentry. He could fix almost anything.

Later in life, Jesus took him on mission trips to Greece, Africa, Poland, and the United Kingdom. He loved the Lord, and expressed that love by singing, dancing and rejoicing before His Saviour. Even in the last six years while at River East Personal Care Home, he could be heard singing his favorite hymns with his spiritual sister, Rachael. Thank you Rachael for your faithful service.

Thank you to all the staff at River East PCH, they all took such great care of him and could always make him break out into that big, beautiful smile of his. There are too many to mention but a special thank you to Cassandra, Jo-lene, "the tomato man", and Kristy - who he referred to as the big Kahuna.

Steve will be greatly missed and leaves a large hole in our lives.

In lieu of flowers, charitable donations can be sent to Parkinson's Canada.

Funeral services will take place on Friday, May 22, 2026 in the Gilbert Funeral Chapel, Selkirk, MB at 1:00 p.m.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Dwight William Little
November 20, 1949 - May 13, 2026

Dad was many things - a rancher, carpenter, bus driver, welder, fisherman, hunter, gardener, teacher, and a man who could fix almost anything with his hands and his heart. But above all else, his greatest accomplishment was the unbreakable family he built and the love he left within each of them.

The loving son of Walter and Louise "Lee" Little, he carried the values of hard work, kindness, loyalty, and family with him throughout his entire life.

He is survived by his high school sweetheart and devoted wife, Diana Seniuk, and their children: daughter Laura, son-in-law Gino, granddaughters Ella and Sophie, and their father Shane; daughter Shauna, son-in-law Jason, grandsons Liam and Leland, and their father, son-in-law Ryan "Cody"; and son Dwayne, daughter-in-law

Christie, and grandchildren Jaxon, Charlie, and Quinn.

Each grandchild held a piece of his heart, and each carries a part of his legacy forward.

He was a father figure to many children over the years, opening his home and heart to anyone who needed guidance, support, or simply a place to belong. While he impacted countless young lives, many remained a close part of his life well into adulthood- including Nadine, Dennis, Chris, Freda, Chad, Leah, Dez, Linden, and Leeland.

To many others, he was simply "Big D." Owen, Drew, Jake, Liz, and countless others knew him by that name. He remained forever young at heart, happiest surrounded by people, sharing stories, laughter, and time with "the Boyz," young and old alike.

He was a father and grandfather beyond measure, but his love extended far beyond blood. He was a mentor, protector, and safe place. There was always room at his table, another chair by the fire, another person he would gladly help. He would give you the shirt off his back without a second thought. He gave freely of his time, his strength, and himself.

He looked out for his neighbours, stood by his friends, and built lifelong connections everywhere he went. His humour was unforgettable, his smile infectious, and his presence larger than life. To know him was to feel welcomed, valued, and remembered.

He was kind, gentle, and fiercely strong. He faced his devastating diagnosis with remarkable grace, quiet courage, resilience, and kindness- showing those around him what true strength really looks like.

Dad was a simple man whose wealth had nothing to do with money. His wealth surrounded him in that crowded hospital room. His wealth gathered around the fire the day we said goodbye. His wealth lives on in the family he built, the friendships he nurtured, the lives he shaped, and the legacy of love he leaves behind.

He was rich in ways no bank could ever measure.

He welcomed everyone and forgot no one. He was a gentleman in every sense of the word, and we are endlessly proud to call him ours. We are forever grateful for the wisdom he passed down, not only through his words, but through the way he lived every single day.

We took the family trips. We took the pictures. We shared a lifetime of memories with him- memories that will continue to bring comfort, laughter, and love for generations to come.

In his words, "Family is good."

As per his wishes, cremation has taken place. An intimate family service will be held in the fall, his favourite season. His final resting place will be the farm in Winnipegosis- the land where he was raised and where he built his life and raised his family. Our family extends heartfelt thanks to the Dyck family for honouring his final wishes.

A celebration of life will follow, also to be held in Winnipegosis. All are welcome. Details to follow.

Our family extends sincere gratitude to Dr. Tuma and all of the healthcare workers who cared for our Dad. While many did their jobs, there were those who went far beyond that, showing genuine compassion, dignity, humanity, and heart during some of our family's darkest days. Your kindness, comfort, and care will never be forgotten.

Thank you as well to our family and friends for every prayer, message, meal, visit, and moment of support that carried us through.

And finally, thank you to John and the staff at Gilbert Funeral Home for your professionalism, care, and respect.

In lieu of flowers, please do something kind for someone who would least expect it. Dwight believed deeply in kindness, and honouring him in this way would put a smile on his face.

"If grief is what we get for loving deeply, then we know we loved well"

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Lorraine Frost
January 29, 1938 - May 24, 2026

It is with heavy hearts that we announce the passing of our dear mother, Lorraine Mary Frost, at the Selkirk Regional Health Centre, at age 88.

Left to cherish her memory are her son Laurie (Madeleine), daughter Brenda Waytiuk (Lloyd), grandsons Jordan and Dennis Waytiuk (Savannah) and many nieces and nephews. Mum was the last surviving member of her generation within her immediate family. She was predeceased by her parents Tony and Frances Trautman, her sister (and brother-in-law) Diane (Jim) Rieger, her husband Harold and all 13 of Harold's older siblings (Josie, Edgar, Leslie, Elsie, Myrtle, Charlie, Hazel, Lorne, Lily, Lindy, Benny, Russel and Louise) and their spouses.

Mum grew up on the family farm near Phippen, Saskatchewan. She loved farm life and all of the adventures associated with it. Despite this, Mum's desire for a professional career took her away from the farm to nursing school in Selkirk, Manitoba. It was here that she met our dad, married and raised a family. Mum spent the majority of her career as a Registered Nurse/Registered Psychiatric Nurse at the St. Amant Centre in Winnipeg. It was her calling, one in which she was able to apply her skills and give care and love to those who so dearly needed it.

As hard as it is for us to say goodbye, we have comfort in knowing that Mum was ready for her next journey and that her long wait to be reunited with her beloved Harold was over. Rest in peace Mum. We love you.

Respecting Lorraine's wishes, cremation has taken place and a private family service will be held.

The family would like to thank the Selkirk Regional Health Centre and Palliative Care for the kind, compassionate and excellent care of our mum during her final days. And special thanks to Dave Gilbert and Gilbert Funeral Home for their compassion and guidance during this difficult time.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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Announcements *Selkirk Record*

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OBITUARY



Wesley Edmund Sewell

Wesley Edmund Sewell, passed away peacefully on May 12, 2026, leaving behind a lifetime of memories, friendships, laughter.

Dad was predeceased by his beloved wife Gaylia, his partner of 58 years; his parents, Burt and Ellen Sewell, his sister Carrol Longmuir, his son-in-law Douglas Cox and his faithful cat, Zip.

Dad is lovingly remembered by us, his four children, Brian (Val), Cathy, Joanne and Carrol (Jamie), his eight grandchildren and nine great-grandchildren. Dad is also remembered by his brothers-in-law Neil Longmuir, Allan Watts (Andrew, Wendy and Abby) and Carl Watts.

Dad dedicated 38 years of service to the Manitoba Telephone System before enjoying 31 active years of retirement. Dad pursued many passions and hobbies throughout his life, especially target shooting, where he served as range officer and competed in

numerous competitions earning hundreds of awards. He also enjoyed golfing and photography. Dad was always ready to lend a hand and he volunteered for numerous organizations throughout his life and was a member of the Gordon Howard Seniors Center for a number of years.

An avid reader of all genres, he especially loved reading westerns, Louis L'Amour being his favourite author. In the later years when tired eyes made reading more difficult, he happily switched to his word search puzzles to keep an active brain. Dad and Carrol (and husband Jamie) enjoyed playing cribbage together and kept track of the wins, week-to-week, along with all the trash-talk that came with the wins and losses.

Dad loved food. Home cooked meals, meals with family, or at a restaurant, food made him happy, especially anything on a bone that he could take for leftovers the following day. Dad treasured his time with his best friend Jim Petrie as well as Gord Fedora and his brother-in-law Neil when they would either meet for a simple coffee or drive into the city for a Chinese buffet!

Dad had a great sense of humour and was always ready for a quip to try to get a laugh. His family and friends will deeply miss him.

The family would like to extend heartfelt thanks to Dr. Badenhurst and his receptionist Val, to the Seven Oaks Hospital Renal Clinic for their years of care and compassion, and most recently the staff at the Betel Personal Care Home in Selkirk, Manitoba for their kindness and support.

At Dad's request there will be no funeral, just a small family service, after which he will be interred beside his wife Gaylia and cat Zip at St Clement's cemetery.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Evelyn (Lynn) Joan Restau

Peacefully, on Friday, May 22, 2026 at the Selkirk Regional Health Centre, Lynn Restau, aged 73 years of St. Andrew's, Manitoba, beloved wife of Ed, passed away.

A celebration of her life will be held on Saturday, May 30, 2026 at 11:00 a.m. in the New Hope Community Church, 214 Henderson Hwy., Winnipeg, Manitoba.

Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Elizabeth Beth Harrison (Dutka)

August 28, 1944 – May 20, 2026

Elizabeth Beth Harrison (Dutka) passed away peacefully Wednesday, May 20, 2026.

Beloved wife of the late Dewey Harrison, left to cherish her memory are her children Jeanette, Vernon (Tamara), Sammy, Teresa, Tricia (Adam) and numerous grandchildren, great-grandchildren and nieces and nephews.

Betty, as she liked to be called, loved her family. There were many happy times and many struggles being a farmers' wife, a mother, and what she liked to call being a Domestic Engineer. Alongside her husband Dewey, she worked many years of farming, raising livestock, chickens,

gardening and being the best mother she knew how to be.

Betty was a dedicated Jehovah Witness. She read her bible and magazines daily when she could.

Cremation has taken place, and a celebration of life will be held on Saturday, May 30, 2026, 11:00 a.m. at Gilbart Funeral Home, Selkirk.

In lieu of flowers, donations can be made to Nova House or any mental health support services in your community.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Percy Allan Freeman

Percy Allan Freeman born February 26, 1948, passed away peacefully May 22, 2026, with his forever devoted wife and daughter by his side after battling Parkinson's Disease.

Percy was born in Selkirk to Raymond and Ethel Freeman in a large tight-knit family of sisters and brothers: Jim, Patty, Ethel Rae, Holly, Corliss, Raymond, Coral and Cheryl. He met and married the love of his life Kathy Whiteway August 7, 1971 and together had two children Carla and Trevor. When he married Kathy he became part of another very large tightknit family from Mathson Island, Manitoba. The family included: Peggy, Freda, Lorraine, Kelly, Bert, Billy, Gail, Wayne, Denise, Lynn, and Sherry. Dad and Mom often spent many summer/winter weekends and holidays at "the Island" with family fishing, swimming, boating, ski-doing, attending dances and poker derby's.

He was a hardworking dedicated employee for 30+ years at the Selkirk Rolling Mill (Gerdau) who took pride in attending work everyday without fail in all his years there. He was never one to just sit but was always up and about helping friends and family and his daughter with building a fence or table in the garage or helping around the yard (even when his health began to fail). When Dad and Mom took on the large task of renovating their home Dad did many of the construction tasks required for this and he was able to pass on this knowledge to his daughter.

Dad loved camping with his and Mom's family all over Manitoba, Ontario and the U.S. especially at Hecla Island where the Freeman's the A's the B's and extended family often took up an entire bay with sisters, brother's and numerous nieces and nephews. He enjoyed fishing in Selkirk and Lockport with family and friends and would often spend the weekend "at the dock".

Dad took great pride in his appearance and always worked out and rode his bike everywhere, to work and back daily for many years and even surprised mom one day by calling and telling her he had rode all the way from Selkirk to Winnipeg.

During Dad's illness, even at its most trying, he never failed to ask how others were doing. He always thanked Mom for her kind loving care. Mom devoted her entire life 24 hours a day to his health and comfort, she was and remains his greatest love, defender and advocate. Percy leaves to forever mourn his passing his wife of 54 years Kathy, his daughter Carla and partner Jane. As per Dad's wishes there will be no formal service, a private family gathering will be held at a later date.

Dad dedicated his entire life to his family and their well-being and happiness, he will be missed always.

OBITUARY



Margaret (Peggy) Janisch (née Fisher)

Margaret (Peggy) Janisch (née Fisher), age 80, passed away peacefully on May 16, 2026.

Margaret was born in Selkirk, Manitoba, and spent much of her life in Petersfield, Manitoba, where she raised her family and built many lasting friendships within the community.

She was predeceased by her husband Raymond in 2023.

Margaret will be deeply missed by her daughter Theresa (Fred) and her son Tony (Claudie); her grandchildren Lily-Anne (Dylan), Annabelle, and Sébastien; and her great-grandchildren Madelyne and Anastasia.

Margaret was one of 11 brothers and sisters and remained closely connected to her large family including many nieces and nephews throughout her life.

She was a warm and friendly person who genuinely enjoyed talking with people and being part of her community. She worked a number of local jobs over the years, including one she especially enjoyed at the local community store, where she appreciated the daily conversations and connections with others.

Margaret found great joy in caring for her family in thoughtful and practical ways. She loved gardening and planting flowers, and every fall she enjoyed canning and preserving food for those she loved. In her later years, she developed a passion for knitting and quilting. She lovingly created handmade quilts for her children, grandchildren, and several of her brothers and sisters, often giving them as cherished Christmas gifts.

She will be remembered for her kindness, warmth, creativity, and the quiet ways she cared for the people around her.

The family would like to sincerely thank the staff at Red River Extencicare in Selkirk, Manitoba, for their care, compassion, and support during her final years.

A celebration of Margaret's life will be held this fall. Details to be announced at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY



Dairdie Mae Frost
 July 12, 1929 - April 28, 2026
 "If all the world deserted us, to our Mother we could turn"
 Born July 12, 1929 to Edna (Flett) and Russel Cromarty, Dairdie was the eldest of four children.

She was predeceased by her brothers Allan and Gerald (Jean) Cromarty, and recently by her sister Marlene Cooke.

Dairdie Cromarty married Charles Frost in October 1947. Together, they built their family home on Superior Avenue and welcomed

two daughters and six sons. Sadly, baby Harold died shortly after birth. Charlie was an iron worker, and because most of his jobs were up north, the responsibility of raising the children, managing the finances, and running the household fell primarily to Mom. Her favourite pastimes included shopping, knitting, outings, baking, and cooking. Her family loved her delicious fried and homemade bread, bannock, and shortbread. Many cherished memories were made around her kitchen table, sharing tea and homemade treats. Family was the center of her world. She enjoyed bringing everyone together for birthday and holiday celebrations. Our small home on Superior Avenue rang with laughter and noise when more than 30 relatives gathered for our annual Christmas Day celebration. Mom loved her family unconditionally; she was our guide and protector. Her life was not easy. She faced many challenges, especially the untimely deaths of her sons George, Gerald and Glen. In December 2002, she mourned the loss of her 18 year old great-grandson Adam Fontaine, and in 2023, her granddaughter Tristan Frost at age 26. She met these hardships with great strength, determination and courage. She was the heart of our family, our safe place, our anchor. Her passing leaves a huge void. Mourning her loss are her daughters, Audrey Laye and Dairdie Ludwick, and her sons, Garry and Geoffrey Frost, and many grandchildren, great-grandchildren and great-great-grandchildren. Her family is her legacy.

Mom was blessed with the love and support from her granddaughters, Lauren MacLean, Cherri Little, Vicki Strick and Christine Ludwick. Her niece, Susie Hourie, and her goddaughter, Darlene Maloney, kept in touch throughout her life and always thought of her on special occasions. Mom had a special relationship with her daughter-in-law, Jade Frost, who showed her unwavering kindness and affection.

Our family extends heartfelt thanks to the staff at Tudor House PCH, especially the nursing staff in Poplar Hall, for the compassionate care they provided during Mom's final days.

A celebration of Life will be held in Selkirk to commemorate her birthday in July 2026.

"God has Mom in his keeping.....We have her in our hearts."

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OBITUARY



Robb Royce Robinson
 May 6, 1966 – May 7, 2026

Robb Royce Robinson passed away suddenly on May 7, 2026, one day after his 60th birthday, doing what he loved, moving through nature with joy and intention.

Robb loved the LORD with all his heart. John 3:16 was the verse he carried, and the deepest desire of his life was that every person he loved would know that same relationship. His faith was not just something he held privately; it shaped how he showed up, how he helped people, how he loved, and how he did family.

Family was first. Always. Robb was a devoted father, a brother, and a man who's heart was to make people feel seen. He brought a bucket of joy into every room, a big laugh, a love of music and dancing, and a calm that steadied the people around him.

He worked as a home renovator and quietly supported people's wellbeing through natural health and wellness, caring deeply that the people in his life could feel good in their bodies and their lives. On Saturdays, you could find him with his Beloved in the mountains, hiking, breathing, being exactly where he wanted to be. He loved nature, worship, his trucks, his community and the colour blue.

Robb was predeceased by his mother Sonya Robinson, his father Albert Robinson, and his beloved son Zur Robinson.

He is survived by his sons Thane, Elijah, Uri (Mae), and Creed (Nyssa); the children he loved and supported as his own, Kyrsten, Luke, and Kaiden; three grandchildren Nyla, Oden, and Trustin; his brothers Tom (Kathy), Rick (Julie), and Tim (Shannon) Robinson; and many nieces, nephews, and friends whose lives are quieter without his joyous spirit.

He is also survived by his beloved, Suzanne. Theirs was a love held in the words of Song of Solomon:

"I am my Beloved's and my Beloved is mine," which they recited frequently. She releases him now with

the prayer he carried which she gave him:

"Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life." Psalm 143:8

Join us for Robb's Celebration of Life: Saturday, June 6, 2026 at 11:00 a.m., Grace Baptist Church, 479 Eveline Street, Selkirk, Manitoba.

A private interment for close family will follow on Monday, June 8, 2026.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16

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