



MIND THE GAP: **VitalSigns**[®] REPORT
2025

Still minding the gap, together

Chair's Message

Since the launch of the initial 2018 Vital Signs report, the Selkirk & District Community Foundation has identified and responded to the most important issues facing the residents of Selkirk, the R.M. of St. Andrews and the R.M. of St. Clements. Our region includes a major hub that both attracts and supports people from far and wide. You now hold in your hands our second Vital Signs report which will further our work in our communities.

Many thanks to the hundreds of community leaders, survey respondents, town hall attendees and focus group participants who have shared their experiences of living, working and thriving in our communities.

This data-driven report, together with many personal stories, has created a well-rounded snapshot of life in the entire region. Whether you are brand new to our community or a longtime resident, change is happening here.

It is our belief this report will affirm our strengths, and challenge us to work together. We encourage everyone around us to continue listening, learning and collaborating, ensuring we will all thrive for many generations to come.

The knowledge gathered in this report will continue to improve our collective well-being, strengthening the vitality of our communities

and providing a guiding light for the rest of Manitoba.

We trust you will enjoy reading and using this 2025 Vital Signs report.

— David Thorne, SDCF Chair, 2024
and Deborah Vitt, Chair, 2025



Photo: Shirley Muir

The Selkirk & District Community Foundation supports and serves on Treaty One Land and the home of the Anishinaabeg, Cree, OjiCree, Dakota, Dene, and Métis peoples. We acknowledge that our Indigenous peoples are the stewards and guardians of this land. As a community and workplace that embraces the values of diversity and inclusion, we honour and celebrate our Indigenous nations, their traditional knowledge and their contributions to all our communities. We acknowledge the harms of our shared history on Indigenous people, and that we pursue a path forward that is inclusive and supportive of Reconciliation within all our communities.

“Our Vital Signs committee has been actively working to connect with the voices of our community, listening to the diverse perspectives and needs of our citizens. Every conversation, public survey and outreach effort in seven different community consultations is a step toward creating a stronger, more vibrant future for everyone.”

— Brandon Sutherland, Co-chair of the SDCF Vital Signs Committee

Our Region

- Our Region (Selkirk, St. Andrews, St. Clements and Brokenhead Ojibway Nation)
- Selkirk
- R.M. of St. Andrews
- R.M. of St. Clements
- Brokenhead Ojibway Nation
- Winnipeg

Samir's in school now!

The front cover of Vital Signs 2018 welcomed baby Samir Ramadan-Adam to our community. His Sudanese family was in a Chad refugee camp when our local churches sponsored them in 2016. Two years later, Samir was the first member of his family to be born in Canada.

When this 2025 report was printed, Samir was in Grade 3.

“The teachers tell us he is very smart, so that makes us happy,” said his father, Yaya. Yaya and his wife, Zara, said life in Canada has been “incredible”.

“We are never lonely. We're enjoying our family, our friends, our church, our work and playing soccer. But we are still not used to the cold,” he joked.

There have been lots of exciting changes for the family. Samir now has two little brothers. All the adults are now working in either restaurants, green-houses, landscaping or construction. Samir's uncle Djamal, who couldn't be found in the final hours when the family was leaving for Canada, was finally reunited with his family in Selkirk in 2021, also thanks to the Red River Churches Refugee Team (RRCRT).

However, Ache, the family matriarch who worked hard to get her family to Canada, returned to the refugee camp two years ago to help her daughter, who is raising six children there.

Since its inception, RRCRT has helped refugees from Pakistan, Somalia, Sudan and Thailand come to our region. The SDCF has been proud to provide grants to the RRCRT over the years as together we mind the gap.

● Learn more: rrcrtteam.com

What is Vital Signs?

Vital Signs is a community check-up, a way to measure the vitality of our region, to learn where we are strongest and where we need to improve. Community foundations like ours all across Canada use Vital Signs reports to identify significant trends in the community that lead to ideas for action. SDCF released our first Vital Signs report in 2018, and now we're checking in again on some of the important indicators and data points that tell the story of our community – this time, with a special focus on housing.

This Vital Signs report was created with community – through surveys, engagement sessions and dozens of conversations. We wanted to know what issues matter the most, and you told us: affordable housing, mental health, substance use and transit, among many other issues.

We also wanted to know what we're great at. We heard the region's key strength is our ability to pitch in together to solve problems and make change happen. All of this has helped us measure the vital signs of Selkirk, the R.M. of St. Clements and the R.M. of St. Andrews, to help our community grow, be healthy and welcoming, and nurture a regional identity.

Photo: Shirley Muir

If our region was 100 people



Calls to Action and Justice

This report includes Calls to Action from the Indian Residential Schools Truth and Reconciliation Commission Report (2015) and Calls for Justice from the National Inquiry into Missing and Murdered Indigenous Women and Girls Final Report (2019). Each sector highlights specific Calls that relate to the topic being explored.

Indigenous Community



Students as young as five learn how to play a hand drum. Photo: Liz Tran

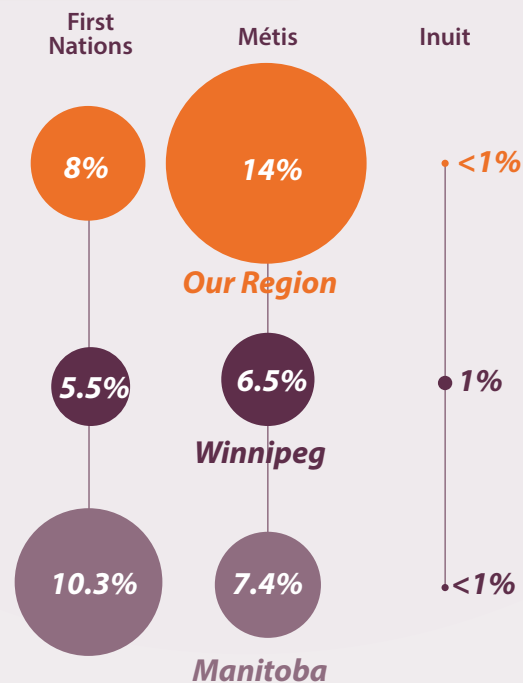
Education is the answer

When hundreds of children – from all backgrounds – take a school outing to Holiday Alley every year, they are part of an immersive, hands-on Indigenous educational experience that will serve them for generations. The students learn the origin story of the traditional hand drum, how to sing drum songs, and make traditional Indigenous rattles. They also learn the role of tobacco as a sacred medicine and ceremonial blessing. “During these school trips, some of our Indigenous students are experiencing their Indigenous culture for the first time because it has been taken away from

their families,” said Kat Marsch, vice-principal of École Selkirk Junior High. “Some students are experiencing it from a familiar place, and some of them, who are not Indigenous, are observing and having fun with a culture that is new to them.” “Experiences like this also show teachers how simple and enriching it can be for our Indigenous kids, but especially for our newcomer kids who have no idea about Indigenous culture,” said Kat. The school trips were made possible with grants from many organizations, including the SDCF.

● To learn more: holidayalley.ca

Indigenous Population % of the population who identify as Indigenous (2021)



Elder Ruth Christie reflects

Elder Ruth Christie has seen a lot in her 84 years, and she knows that without truth, there is no Reconciliation.

She was born Ruth Monkman and grew up on the shores of Lake Winnipeg in the community of Loon Straits, surrounded by siblings and cousins and love. When she left home to pursue her education, she was quiet and shy. Though it took her a while to come out of her shell, when she did, Elder Ruth began telling her truth and encouraging those around her to do the same.

Elder Ruth was a nurse at a time when Indigenous people rarely, if ever, entered the profession. She bit her tongue when a racist doctor did his best to belittle her. When the time was right and she finally stood up to him, the other nurses cheered. “I thought, if I don’t say anything, it’s like I’m agreeing with him,” Elder Ruth says now. She taught her own children to stand up for themselves, and she’s become the voice several generations turn to for knowledge and advice. It’s important that Residential School survivors continue to



Elder Ruth Christie’s family is buried at the cemetery of St. Peter Dynevor Anglican Church in the R.M. of St. Clements. Photo: Donna Maxwell

tell their stories, to undo the detrimental effects of the schools, as well as the ‘60s Scoop, on Indigenous education, culture, language and health. Because she didn’t grow up on reserve land, Elder Ruth and her siblings weren’t taken to Residential School or caught up in the scoop. “We’re moving forward. I feel encouraged,” she said. “Sometimes it seems like there’s no movement, and then I’ll hear something positive, and I realize, ‘oh, I shouldn’t have been down. There’s always light at the end of the tunnel.’”

Indigenous Languages
Number of people who speak an Indigenous language

205

2016
2021

420

Our Region

5,645

Winnipeg

2016
2021

5,175

40,465

2016
Manitoba

34,405

2021

Learning the language, one generation at a time

Indigenous teachings tell us that it will take seven generations to remedy the damage of Residential Schools. Teacher Kim Blackburde Moore is doing her bit one generation at a time, starting with her high school students. Kim, who leads the Manidoo

Ma’ingaana Skaabewag (Indigenous Student Centre), is teaching Anishinaabemowin at the Lord Selkirk Regional Comprehensive Secondary School. “Sixteen students signed up for the elective in 2025, and it was way more than I expected,” she

said of her students, who attend “the Comp” from Berens River First Nation, Peguis First Nation, Brokenhead Ojibway Nation and Selkirk. “I hope that the basics I can give my students will inspire a younger generation to go on and learn even more,” said Kim.

Indigenous School Population

% of LSSD students who identify as Indigenous

29%
30%
30%
31%
32%

2020-21
2021-22
2022-23
2023-24
2024-25

How the TRC’s Calls to Action guide us

Call to Action #8 says:

We call upon the federal government to eliminate the discrepancy in federal education funding for First Nations children being educated on reserves and those First Nations children being educated off reserves.

3 things we all can do to make a difference

Read the Truth and Reconciliation Report 94 Calls to Action and find three things you can do for reconciliation.

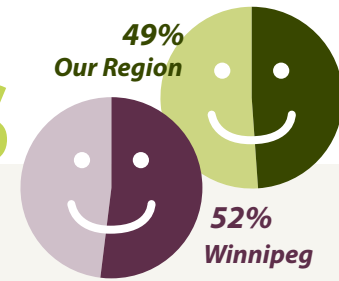


Create accessible outdoor spaces for Indigenous land-based learning, teaching and sharing for all.

Develop a platform that lists Indigenous cultural resources available in the area that can also lead to Indigenous education, sharing and tourism.

Health & Wellness

Proportion of residents who rate their mental health as very good or excellent



Healing through sharing

The last few years for Maria Freeman's family have been a roller coaster of tears and fears, arguments and guilt, frustration and anxiety. Doors were opened only to slam shut again as the family blindly felt its way through the pain of loving a person who uses drugs. Among the hardest things was the isolation and secrecy.

"The judgement, the embarrassment, the shame and the feeling that you should have done something different makes it so much harder," said Maria, who by day is the executive director of Inclusion Selkirk.

"We now know that this is happening all around us right here in our community. And being scared to say that out loud makes it hard to manage the issue for all of us, and doesn't make us a very inclusive community."

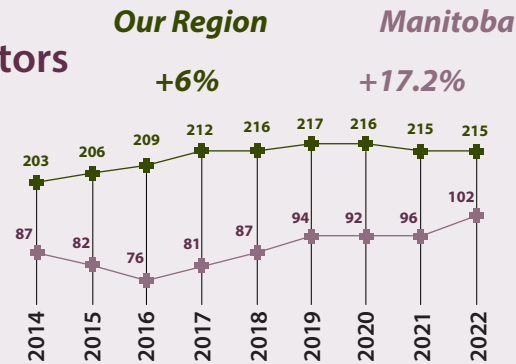
Maria, her son RJ and niece Jenn don't want any more secrets and assumptions because they know it gets in the way of meaningful change. So, they have started sharing in hope that other families have the courage to talk, learn and heal, together.

"When I was a young parent and heard of families with kids using drugs, I thought 'What is their family not doing? They need to just fix that,'" said Maria. "Now I know, when you are in it with your own son or daughter, you will do anything to help them. But we learned a family can't do anything unless your kid wants to change, or the help is available when they are ready to make a change."

Jenn, 35 at the time Vital Signs was printed, got addicted to painkillers from a workplace injury around 2011. When her doctor cut her off cold from

Access to Doctors

Number of physicians per 100,000 people (throughout the Interlake-Eastern health region)



Percocet after three months, Jenn self-doctored and replaced it with Oxycontin and Dilaudid from street dealers. She used and continued to work for years, until one day she felt like she was in too deep and went to a hospital. But the emergency room staff were ill-equipped to understand how to help a woman going through withdrawal. After a few hours, she went back to the street to meet a dealer who sold her enough opioids to last her a month. The window of opportunity had closed.

RJ's path to drugs was different. He was just 13 when two older girls at a local school gave him meth, "because they thought it would be fun to get me high," said RJ, who was 37 when Vital Signs was printed. "By the time I was 19, I was using every day to feel numb. I thought using would help my depression, but it was just a band-aid."

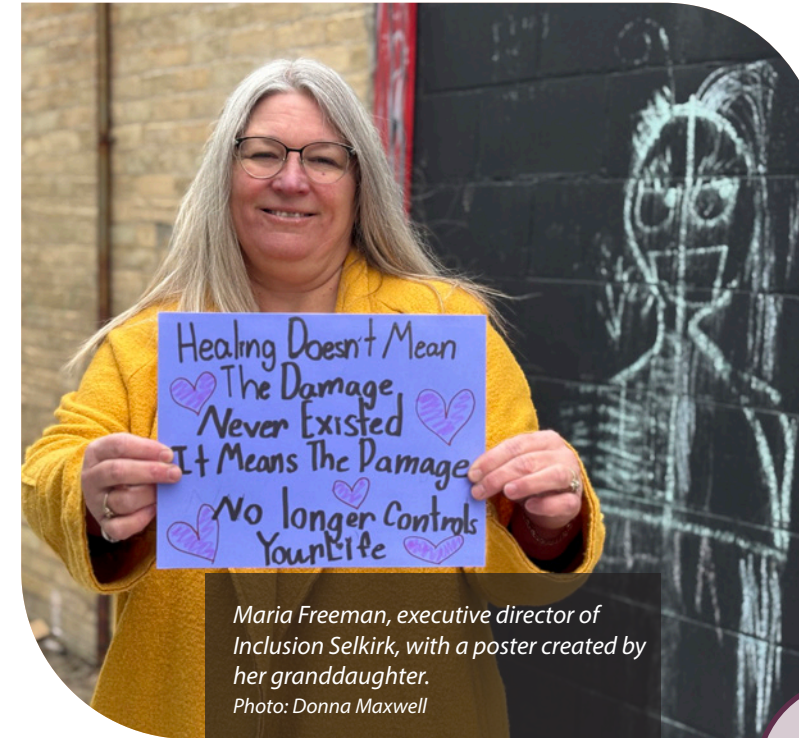
Maria, RJ and Jenn all know the journey could have been safer and healthier if they'd had help closer to home, with more professionals who better understand drug use.

"As a community, we need centralized services, resources, affordable housing and shelters in our region," said Maria. "It's sad that our son was better off in Winnipeg, far away from us, rather than right here in our own community."

Projects in Winnipeg like the Main Street Project, ACCESS Clinic and several homeless shelters saved RJ's life. But without similar services in Selkirk, the RMs of St. Andrews or St. Clements, families are losing touch and, in some cases, losing children entirely to drug overdoses.

Jenn used painkillers for five years and has been substance free since 2018. RJ used for over 20 years and had stopped for 10 months at the time this report was published. Both were supported by a local methadone program, a treatment for opioid use, provided by the Rapid Access to Addictions Medicine Clinic (RAAM).

● To learn more: selkirk.accessraam.ca and mhrn.ca



Maria Freeman, executive director of Inclusion Selkirk, with a poster created by her granddaughter.
Photo: Donna Maxwell

MRI Scan Wait Times

Average wait time, in weeks, for an MRI scan (March 2025)



How the TRC's Calls to Action guide us

Call to Action #19 says:

We call upon the federal government, in consultation with Aboriginal peoples, to establish measurable goals to identify and close the gaps in health outcomes between Aboriginal and non-Aboriginal communities, and to publish annual progress reports and assess long-term trends. Such efforts would focus on indicators such as: infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidence, and the availability of appropriate health services.

Social Connection

% of residents who have five or more friends they can rely on

Our Region = 69%

Winnipeg = 48%

"Relationship is the treatment. Community is the cure."

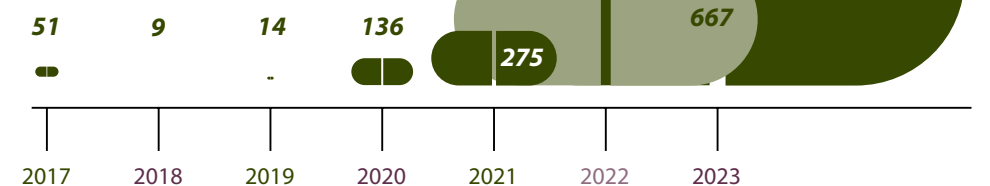
— Participant at World Cafe for Vital Signs 2025

What's real inclusion?

Inclusion is about more than just removing physical barriers. It means creating an environment where everyone feels they belong, that they can reach their full potential and participate freely with respect and dignity. That includes people with many kinds of visible and invisible barriers – low income, substance use, mental health struggles and other challenges or stigmas.

Dangerous Drug Supply

Number of Naloxone kits distributed in our region



3 things we all can do to make a difference

Combat loneliness by joining a class, taking a course, connecting with a community group.

Connect. Take cookies to the new person in your neighbourhood, a new family at your child's school, a single person at work, or volunteer regularly.

Agencies and governments ensure clients and front line workers are at the table before creating or updating a health service or program.

Youth Engagement & Education



Steve Grahame and some of the young men who play basketball together every week.
Photo: Donna Maxwell

Supporting young men makes sense

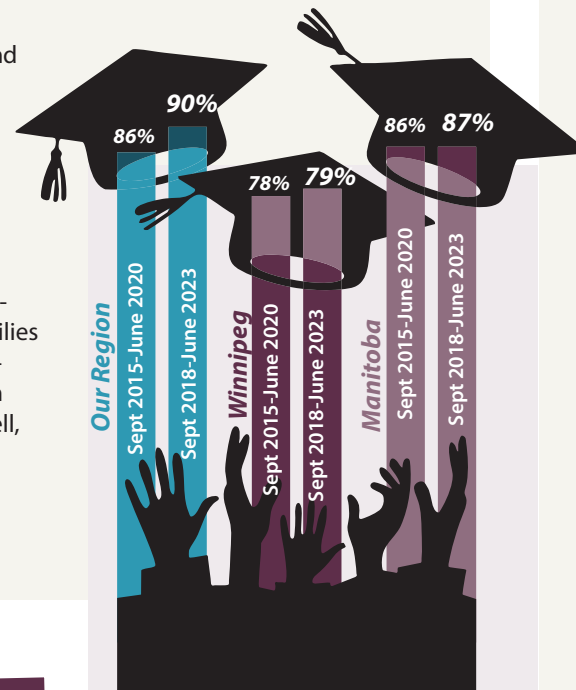
Once a week, retired teachers Steve Grahame and John Bukich meet young men ages 12 to 22 for a friendly basketball scrimmage at École Selkirk Junior High. It's Steve's way, after 10 years as head of the Lord Selkirk Education Centre – the alternative school for 15- to 19-year-olds in need of personalized supports – to stay connected to the male youth in the Selkirk community.

"There is very little support for young men in society today," said Steve. "Some struggle to find mentors and guidance in a complicated world, turning at times to Tik Tok and podcasts to form opinions and patterns of behaviour that may prove detrimental to them and their partners down the road."

While there are plenty of organized sports clubs, lots of families struggle to meet regular commitments or get their children to practices and games. As well, programs to offset costs – like KidSport and Jumpstart – are

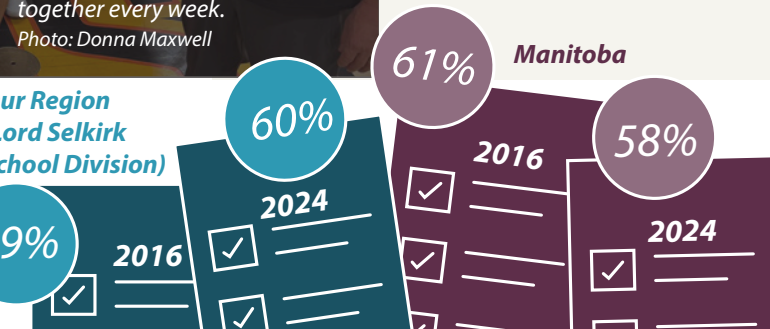
often focused on younger children, not young men. Steve believes that providing programming now helps keep young men on the road to success. A gym, a basketball and just being present, is a simple way to help a few young men every week.

• To learn more: lsec.lssd.ca



High School Graduation

% of students in Grade 9 who graduated high school five years later

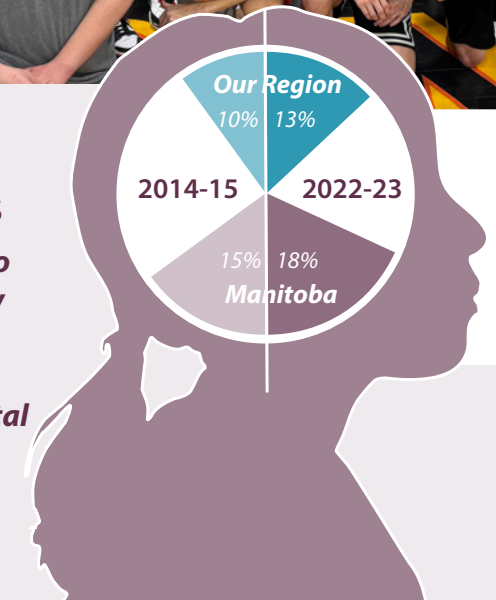


High School Math Scores

Average grade in the Grade 12 Essential Mathematics exam

School Readiness

% of kids who are not ready for school in two or more developmental domains



Three things youth want

As part of the Vital Signs community meetings, nearly two dozen students gathered in the high school's library to talk about what they love about their community and what could be improved. These youth – part of Promoting Aboriginal Student Success (PASS) and Manidoo Mai'ingaan Shkaabe-waag (the Indigenous Student Centre) – wished for:

- **More diverse recreation programming.** They said they love the region's great parks and the access to sports and community events, including Indigenous culture. But they wish there were more indoor recreation spaces – public gyms, arcades and creative spaces for art. The students would love to see a public Indigenous ceremony ground.
- **Better bike and transit options.** The youth said they walk and bike most places, and wanted more bike paths, better sidewalks and better snow clearing. They also struggle to get to more rural parts of the region for cultural and land-based activities.
- **More culturally appropriate mental health resources.** Youth said they have strong relationships with teachers and school staff, but called for expanded therapy options alongside culturally informed services led by Elders and Knowledge Keepers.

Warm welcome, no shushing

More study cubbies, more youth-focused programming, maybe a conference on graphic novels – and never any shushing.

That's part of what's in store for the revamped Gaynor Family Regional Library in Selkirk, as it continues to be a hub for the region's youth.

"We're not a shushing library," said Ken Kuryliw, director of library services. "Yes, we support literacy and learning, but we're also a place to hang out and escape to and meet friends, without necessarily needing to spend money."

In 2025, the library embarked on a \$2.5-million expansion into the former space of the local plan-

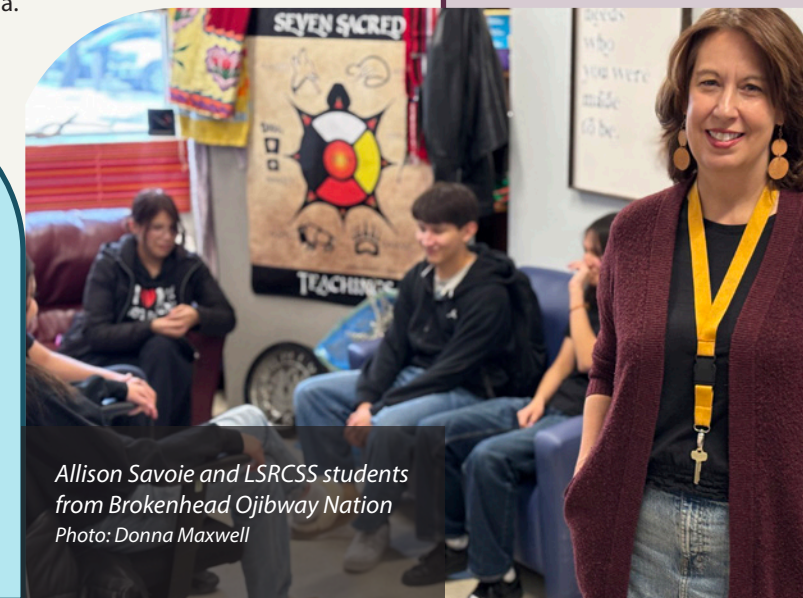
ning district. This will add another 6,000 square feet to the library, including more space for youth programming and events and more study cubbies – which became an unexpectedly hot commodity among teens when the new library opened a decade ago.

All this is about building the readers of the future, said Ken, but it's also about creating informed citizens who can think critically and are engaged and connected to their community.

"The library is the natural community point for that," said Ken. "It's welcoming. We don't have a specific agenda."

High school grad success

Selkirk's high school has done such a good job rebuilding Indigenous student attendance rates that even the bus drivers from Brokenhead Ojibway Nation have noticed their buses are fuller more often. More kids are staying in school and completing the year, thanks to a team of educators who have created a community where Indigenous students feel safe and seen, said LSSD school social worker Allison Savoie. That means organizing student-led feasts, incorporating Indigenous teachings into programs and bringing in Indigenous leaders to help model career paths.



Allison Savoie and LSRCSS students from Brokenhead Ojibway Nation
Photo: Donna Maxwell

How the TRC's Calls to Action guide us

Call to Action #66 says:
We call upon the federal government to establish multi-year funding for community-based youth organizations to deliver programs on Reconciliation and establish a national network to share information and best practices.

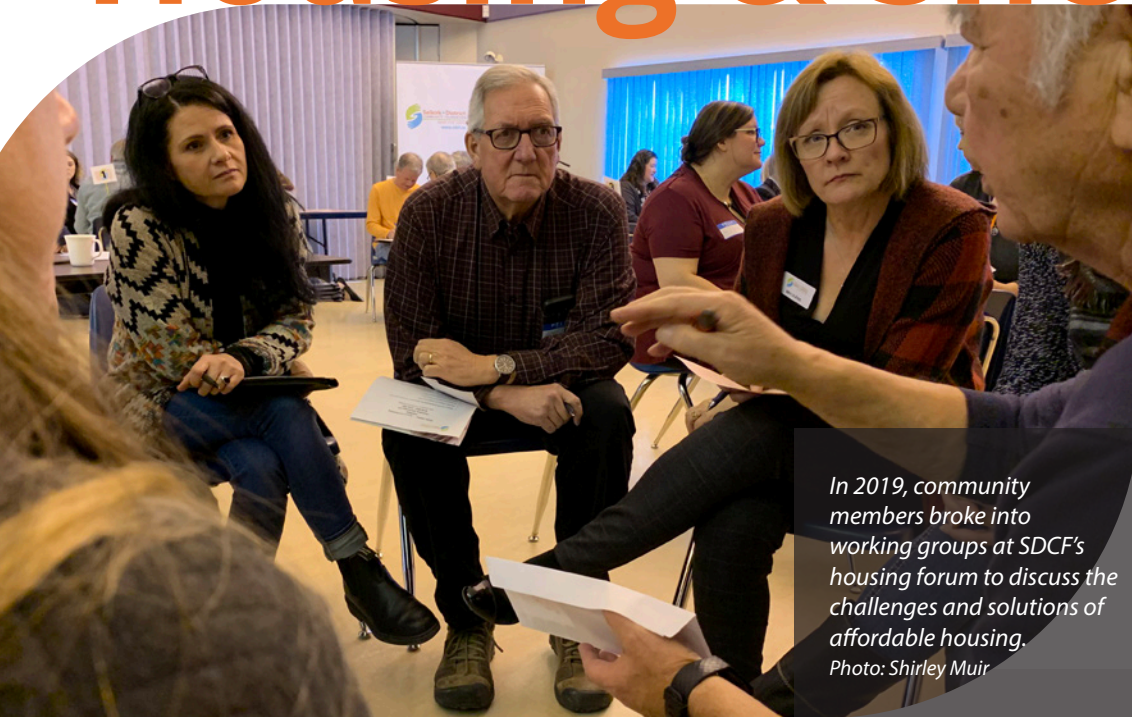
3 things we all can do to make a difference

Create a platform that includes links to organizations with after school opportunities for youth.

Offer free bus rides for families from downtown Selkirk to the soccer pitches, and open school gyms more often for drop-in recreation.

Organizations adopt a policy to invite youth to sit on a committees or boards and have meetings outside of school hours, and listen and learn from youth input.

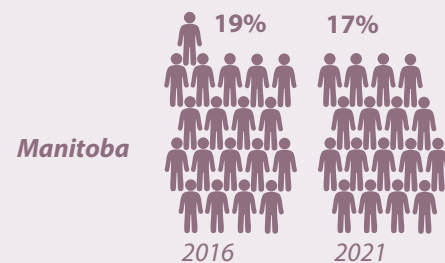
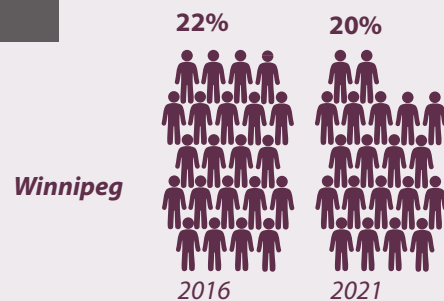
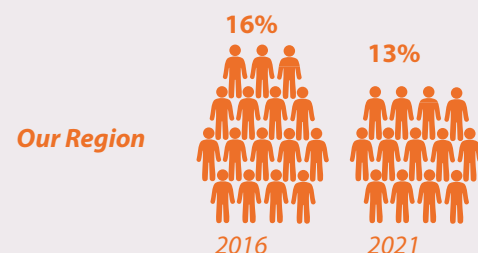
Housing & Shelter



In 2019, community members broke into working groups at SDCF's housing forum to discuss the challenges and solutions of affordable housing. Photo: Shirley Muir

Core Housing Need

% of residents who spend more than 30% of their income on housing



What's really "affordable"?

Affordable housing can be a deceptively broad term, and everyone uses it differently. Here's a handy glossary:

Below Market Rent: When governments announce funding for affordable housing projects, we often hear phrases like "80 per cent of median market rents" or "below market rents". This means the new apartment has a monthly rent that is below the local average. For example, according to Canada Mortgage and Housing Corporation (CMHC) data from October 2024, the average rent for a one-bedroom unit in Selkirk was about \$1,150. A unit that rents for 80 per cent of that average would be about \$920 a month.

Rent Geared to Income: These are apartments, often run by nonprofits, where the rent is based on what a person can afford. According to CMHC, households should not spend more than one-third of their income on rent. So, if you're a single parent working full-time on minimum wage, you can afford about \$840 a month in rent without dipping into your food budget.

Subsidized Housing: This typically refers to public

or social housing, like Manitoba Housing. It's another name for an apartment with rents geared towards someone's income.

Learn more at: gov.mb.ca/housing/progs/renters.html

Housing is our key priority

In 2017, our community knew – long before it made national headlines – that a shortage of good and affordable housing was a major issue.

When we met to look at the challenges in our community in preparation for Vital Signs 2018, housing was the one thing we could not stop talking about. We knew it was the number one gap.

The SDCF has a mandate to be a leader in the community, so from 2019 to 2020 it hosted a separate Vital Signs Housing Forum, which sparked conversations about the need for a variety of housing, specifically affordable places to rent and own.

In 2024, when over 100 community members met again to plan the next Vital

Signs report, they talked about the desperate need for seniors' housing, a homeless shelter and housing for people who have low incomes. They wanted more affordable apartments that allowed people to live, work and raise their kids in the area.

During the 2024 community gathering, people said housing was the number two most important issue in the region, second only to health and wellness. But many at that meeting spoke about how the right kind of housing can address everything from seniors' loneliness to the well-being of people who use drugs or have mental health challenges.



Staff from Gerdau volunteer on a Habitat for Humanity build in Selkirk. Photo: Habitat for Humanity

Habitat builds equity and pride

The Habitat for Humanity house that Amy and Dennis Walker bought in 2009 did exactly what it was supposed to do. It gave them a chance to build equity in home ownership, learn how to take care of a home and be proud of their efforts.

The Habitat formula includes a long interview process and attending several meetings to get approved, Amy said. Families must also put many hours of

sweat equity into the construction of their new home, alongside community volunteers. "There is a misconception that the family gets the house for free. Actually, you have to pay for it, but the mortgage is held by Habitat at zero interest," said Amy. And that often makes the difference for families who are working but don't qualify for a traditional bank or credit union mortgage.

While the Walkers were in the program, Habitat adjusted the family's mortgage payments annually based on their income, so that monthly payments were never more than 25 to 27 per cent of

their household income. It's the independence of homeownership that has been the surprising bonus for the Walkers. "When you can paint whatever colour you want, put up your own fence or a pool or a trampoline for the kids, you're making it your home, which we could never do in a rental," Amy added. The Selkirk chapter of Habitat for Humanity has built 10 homes since 1998. Each time, the chapter must fundraise for construction costs and get volunteers to donate hundreds of hours of labour.

To learn more: habitat.mb.ca/chapters/selkirk/

Housing advances

Much of the most recent housing data on these pages is collected from Statistics Canada. It does not always reflect what is currently happening. Some of the housing initiatives completed, under construction or under discussion as of mid 2025 in our region include:

R.M. of St. Andrews

- Proposal for a large 55+ housing complex before Council

R.M. of St. Clements

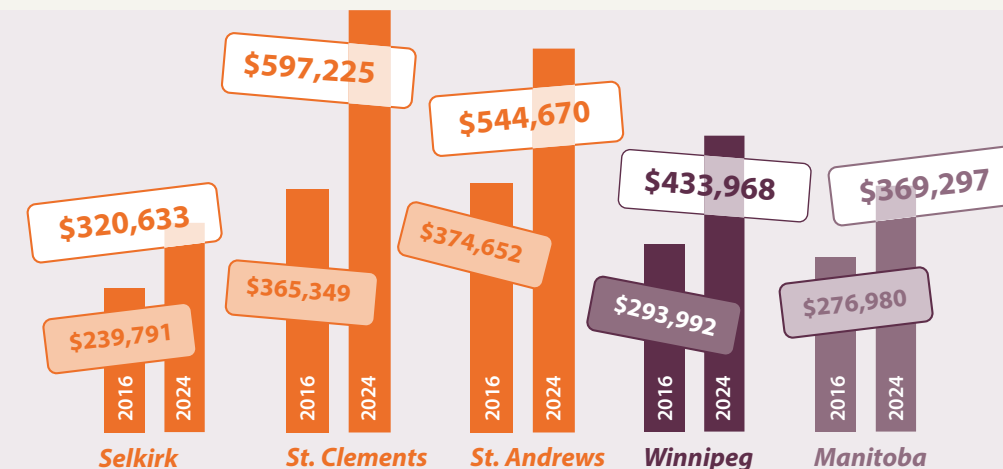
- 110 duplex-style units in East Selkirk, shovel ready
- 56 townhouses and apartments in East Selkirk, shovel ready
- Plans underway for age-in-place units to be built in 2025 in another part of the municipality

City of Selkirk

- 350 housing units started or completed by 2024
- 49 new apartments for the 55+ market, including subsidized units built by the Manitoba Métis Federation (MMF)
- 8-unit apartment to be built by Inclusion Selkirk, of which four units will be rent geared to income for people it supports.
- 65-unit apartment in the Vaughan Avenue development area underway

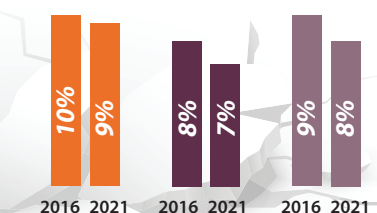
House Prices

Average price for a single detached house



Housing Quality

% of homes needing major repairs



Our Region Winnipeg Manitoba

Housing & Shelter

Acute need for shelter

Our region needs a safe consumption site, local addictions treatment services and especially a well-run, supportive homeless shelter. This was the urgent message from more than a dozen members of the Manitoba Harm Reduction Network's (MHRN) peer network, who gathered to share their experiences with SDCF's Vital Signs team. They spoke candidly about the big gaps in basic services in the region, and the stigma that surrounds residents who use substances or lack housing. The region has struggled for years to provide temporary shelter for those experiencing homelessness. In 2018, a volunteer-run homeless shelter shut down after being open for a short time. Since then, there has been little progress in creating overnight shelter beds, warming spaces or transitional housing with wrap-around supports. MHRN's peer network participants said this means many go to Winnipeg in the colder months, or seek shelter in bank entrances, malls or local



MHRN's team prepares an art project that highlights the need for housing in our area
Photo: Donna Maxwell

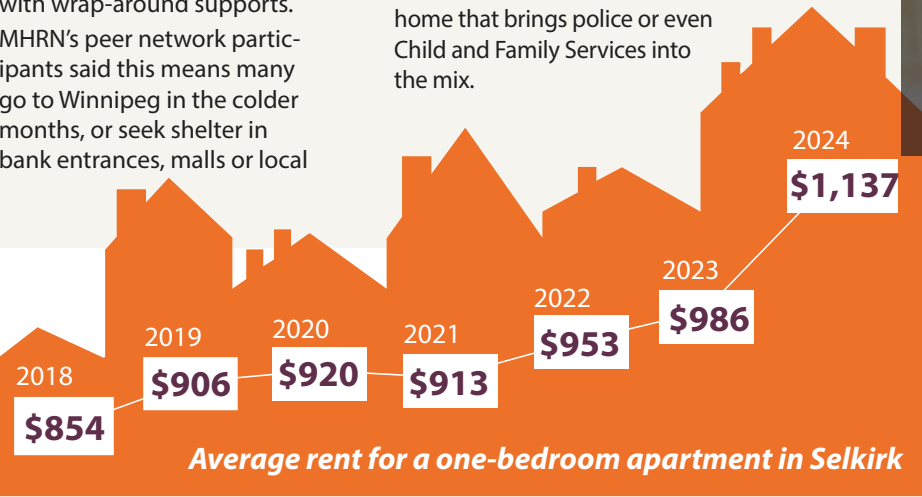
businesses, whose owners may then call police. Others stay with friends or community members, who may also be precariously housed, creating an informal network of couch-surfing. "We are the homeless shelter," said one MHRN participant. But that informal network creates real risks for helpers – rumours, stigma, angry neighbours and landlords, and the risk of an overdose or health crisis in someone's home that brings police or even Child and Family Services into the mix.

"You're always looking over your shoulder," said another MHRN participant, "or asking others to take on risk by sheltering you in their homes or on their properties."

● [Learn more: mhrn.ca](#)



Pam Jenkins loves her new side-by-side rental in Tyndall, but it's further away from her adult children in the R.M. of St. Andrews than she would like.
Photo: Shirley Muir



Housing challenge for aging adults

When Pam Jenkins was ready to downsize from her acreage in the R.M. of St. Andrews, where she lived for 50 years, she knew she wanted to stay close to her son and daughter-in law, as well as her lifelong friends. She searched for five years with no luck. So, in 2021, she moved to Tyndall in the R.M. of Brokenhead, 30 minutes away. She liked the side-by-side units in a rural setting and couldn't find anything similar closer to home. "They call this 'mature adult living', so we try to be as mature as we can," Pam joked of her new neighbours, who share coffee and wine regularly in each other's kitchens and patios. "We take care of each other. But I wish I could do this in my old neighbourhood." Pam's new Tyndall neighbours come from Arborg, Beausejour and Winnipeg – all looking to age in their communities or at least close to their children and grandchildren. Developers with experience in building homes for aging baby boomers say there are a few core challenges in creating more housing for this group:

- Developers need enough capital for 25 to 40 per cent of a project's cost before a lender will agree to finance the rest.
- Some developers want to pre-sell most units before they put shovels in the ground, but that's a challenge for older adults preparing to sell their homes.
- Some rural areas may not have water and sewer service for a large housing complex.
- Faith-based groups or service organizations that built seniors' housing a generation ago are seeing a decline in membership and capacity.



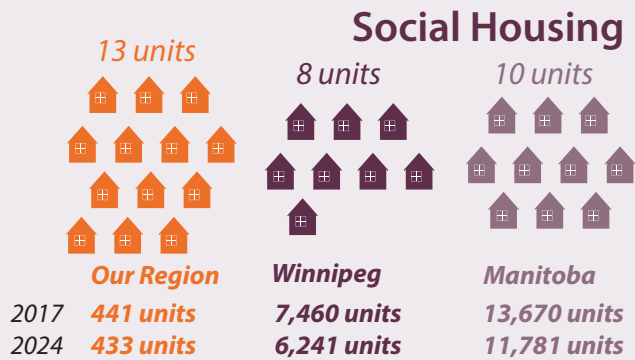
Nova House Executive Director Viktoria Westgate and board member Doug Simister in a newly renovated transitional home.
Photo: Donna Maxwell

Nova House successfully providing transitional housing

Nova House is doing great work in the community to increase transitional housing for women and children in crisis. It has bought four houses in our community to move women and children out of its emergency shelter beds sooner and into more stable housing. Nova House is only meant to house clients for a short time, until suitable housing can be found, said Executive Director Viktoria Westgate. This can be challenging because, while Manitoba Housing is an excellent resource, wait times are high and the private housing market is often unaffordable for families starting over. The wait for housing can be upwards of three to six months – too long for a family of six to remain in an emergency program where space is limited, Viktoria said. Inside Nova House are several short-term, transitional apartments where families can stay for up to two years while they make positive changes in their lives. The success of these apartments prompted Nova House

to expand to four stand-alone properties. "We can now potentially provide 11 families with transitional long-term housing supports," said Viktoria. "We plan to expand our outreach program to include a robust transitional housing program that provides an array of continued supports." A Selkirk & District Community Foundation grant helped with some of the renovations to the second house.

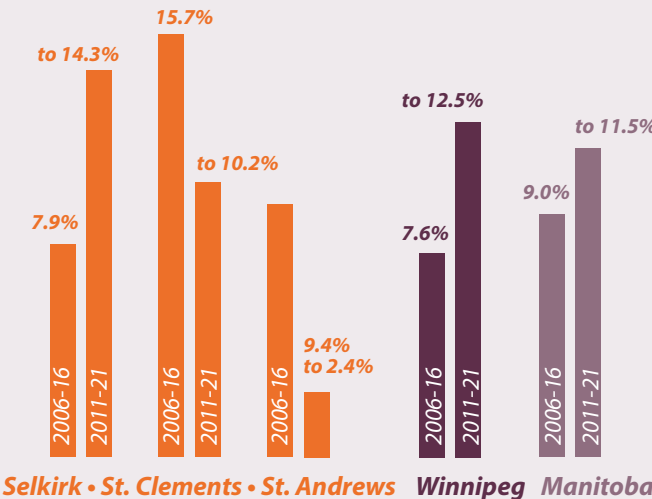
● [Learn more: novahouse.ca](#)



How the MMIWG Calls for Justice guide us

Call for Justice 4.7 says:
We call upon all governments to support the establishment and long-term sustainable funding of Indigenous-led low-barrier shelters, safe spaces, transition homes, second-stage housing, and services for Indigenous women, girls and 2SLGBTQQIA people who are homeless, near homeless, dealing with food insecurity, or in poverty, and who are fleeing violence or have been subjected to sexualized violence and exploitation.

New Homes % increase in new home construction



3 things we all can do to make a difference

Schools deliver consistent life skills curriculum for youth on everything from money management to how to maintain a house.

Municipalities work together to develop a strategy to create a regional homeless shelter.

Municipalities work together to develop an affordable and inclusive housing strategy collaborating with people who need affordable housing.

Food Security & Access

Usage up at food bank, timely Thomas Sill grant offers stability

Visits to the Selkirk Food Bank increased during the COVID-19 pandemic and stayed consistent since then, with on average 250 people accessing the food bank every two weeks. Of those, about one-third are kids.

"We saw a real spike, a real increase in numbers of users," said Lesli Malegus, Selkirk Food Bank treasurer.

High grocery prices contributed to increased usage. While that's concerning, the good news was the food bank received nearly \$23,000 in 2025 from the Thomas Sill Manitoba Fund, distributed through the SDCF. The grant was earmarked for the purchase of perishables, like fruit, vegetables, milk and meat. Lesli said the grant also allowed the food bank to buy hygiene products.

Vice Chair Bonnie Singleton said there will always be a need for a food bank, and the current board is committed to working smarter to ensure food is available for all who need it.

"I think one of our biggest challenges is keeping the food bank in people's minds. The need for food is an ongoing issue, and it's never going away," Bonnie said.

Both volunteers said the community is incredibly generous. Every local grocer contributes in their own way, through donations or reduced pricing. Bonnie calls the partnerships "fantastic" and is looking to expand them. Work is underway with local hamper groups to try and coordinate the services into one large group working for the entire community. The Selkirk Food Bank and Our Daily Bread Soup Kitchen are also working to strengthen their partnership and look for efficiencies.

"We want more of a partnership with the soup kitchen," Bonnie said. "I think the time is right for the two organizations to partner more."

● For more information: selkirk-food@outlook.com

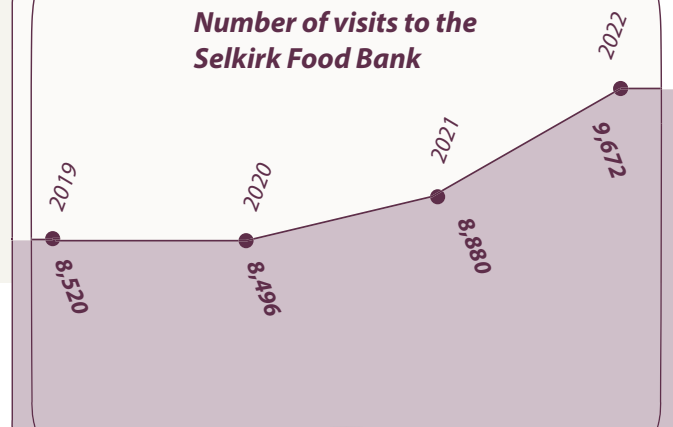
Worrying about food is a daily reality for many, often forcing trade-offs between affording housing, nutrition, and other essentials. See Housing & Shelter and Income & Work for more information on these connections.



The Selkirk Food Bank's Bonnie Singleton and Lesli Malegus are working to coordinate better food access for the community. Photo: Donna Maxwell

Food Bank Usage

Number of visits to the Selkirk Food Bank



Growing food security one garden at a time

The Rotary Club of Selkirk and Red Bomb Fireworks have partnered over the years to grow a garden and donate all the food to the Selkirk Food Bank and Our Daily Bread Soup Kitchen.

Rotary Past President David Thorne says they're filling a need. "We're extremely proud that we're supporting food security in the community, as it has been identified as a huge priority," said David. "This is something that our club believes strongly in, and we have about 15 volunteers who consistently look after this garden over the summer months."

Since 2021, the garden has produced 2,377 pounds of vegetables for donation.

Taylor Gyselinck, president of Selkirk Communities in Bloom, is the coordinator of the community gardens located near the City of Selkirk's iconic water tower. She oversees 40 raised garden beds that are available to community members free of charge. All 40 are spoken for, and there's a waiting list.

Many gardeners are seniors and, more recently, immigrants new to the community. Food security

is the top reason people use the gardens.

"A lot of the seniors are on fixed incomes and they rely on it," said Taylor. "It's a mixture of food security and the social aspect."

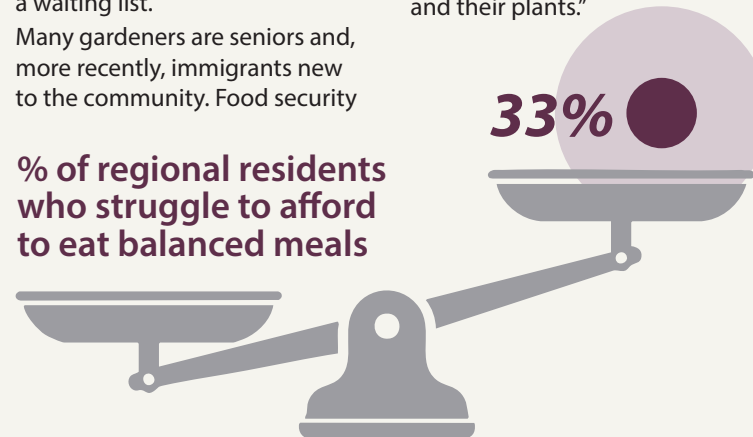
"Nothing goes to waste. We do have a couple of plot holders the last two years who grew solely to donate to the food bank."

Taylor is hoping to add a few more plots this year, and she's working with the City of Selkirk to establish a second community garden in another location. Communities in Bloom fundraises the roughly \$1,000 it costs to maintain the gardens each year. Taylor said both the City and Communities in Bloom are determined to keep it a free program.

"We are still, to date, one of the only communities that I'm aware of that offers this for free for residents," she said. "All others have to pay a fee, whether it's \$20 or \$40, and we make it so the residents don't pay anything. They just have to provide their seeds and their plants."

% of regional residents who struggle to afford to eat balanced meals

33%



How the MMIWG Calls for Justice guide us

Call for Justice 12.4 called on governments to "resolve issues of poverty, inadequate and substandard housing, and lack of financial support for families, and increase food security to ensure that Indigenous families can succeed."

3 things we all can do to make a difference

Grow the number of community gardens in the region.

Restaurants, churches, grocery stores, community clubs and groups work together to offer training on how to cook "from scratch".

Host a food security summit to increase collaboration and communications between all groups to create new programs, avoid duplication and learn what clients need.



Rotarians and garden volunteers pose with their harvest. Photo: David Thorne

Environment

Youth have big concerns, big hopes for environment

The region's teens want to do better than past generations when it comes to the environment. That was the key takeaway from a Vital Signs focus group at the Lord Selkirk Regional Comprehensive Secondary School. The room full of teens who gathered to talk about green ideas said they see progress on active transportation in the community, and on improving the tree canopy. But, they also have some big things on their minds, including:

- **The water quality and pollution in the Red River.** "I think the river is kind of gross," said one focus group participant. Another added, "I feel the people don't respect the river enough. It's become a dumping ground."
- **The challenge of moving away from fossil fuels.** It can be hard to find other methods to heat and cool buildings,

and green choices like buying electric cars or solar panels aren't always affordable for local residents. "It's cheaper to hurt the environment than to help it," said one teen.

- **The opportunity for the region to be a leader in green innovations.** Youth want more coordinated, region-wide initiatives to help the environment, like composting and water

conservation. The students said teachers do a great job keeping the environment top-of-mind in class, and even moved them to environmental action, including planting dozens of trees. "We talk about environmental impact, our environmental footprint," one teen said. "I believe we know enough to make the healthiest decision."



High school student Laina at the 2024 Vital Signs community consultation
Photo: Shirley Muir

1,0959,031 kWh
2024/25
540,396 kWh
2020/21

Energy Efficiency

Total annual energy savings from Efficiency Manitoba grants in our region (in kilowatt hours)

95 66 Selkirk

26 52 R.M. of St. Clements

58 48 R.M. of St. Andrews

72 59 Manitoba

Recycling

Total kgs of recycled materials per capita

The weight of recycling has generally declined, in part because of declining newspaper use and lighter packaging.

Selkirk is a leader in environmental stewardship

The City of Selkirk has become a leader in climate action, with bylaws that hold it accountable for reducing greenhouse gas (GHG) emissions, along with plans, policies and strategies that make the environment part of day-to-day city decisions.

Selkirk has committed to reducing its corporate GHG levels to net-zero by 2030, and is doing it in many ways:

- Selkirk's new wastewater and water treatment plants, which were the City's largest GHG emitters, now operate without fossil fuels. The state-of-the-art wastewater plant uses membrane technology to treat sewage so it's as clean as drinking water when it goes back into our waterways.
- In 2024, Selkirk installed three public water fill stations so people can bring their reusable bottles and fill up, reducing the use of plastic bottles.
- The City's fleet is moving away from gas to hybrid or electric. Even chainsaws and leaf blowers are being swapped out for electric models.
- The City's active transportation (AT) network is continually growing. For example, an AT pathway will take a walker or cyclist all the way from one end of Manitoba Avenue to the other and into Selkirk Park.
- Selkirk's growing tree inventory not only looks beautiful but reduces the heat island effect, absorbs stormwater, sequesters carbon and pollutants to improve air quality and provides habitat for birds, small animals and pollinators. Trees also provide shade to reduce our reliance on air conditioners.



Murray Sinclair on the environment

"My people, the Anishinaabe, use the term 'nii-konasiitook,' which means 'all of my relations,' when speaking. It reflects the belief that all people owe each other as well as the environment, including animals and plants, a duty of respect. In turn, a healthy environment provides for our well-being, through clean air and water, plentiful food and favourable weather. The respect is mutual. When we act with respect for other beings, we also act with self-respect, and in humanity's long-term interests."

— The late Sen. Murray Sinclair, born in Peguis First Nation, writing in Macleans Magazine, Dec. 2020

3 things we can all do to make a difference

The regional municipalities and City of Winnipeg develop a coordinated plan to reduce sewage spills in Red River and tributaries.

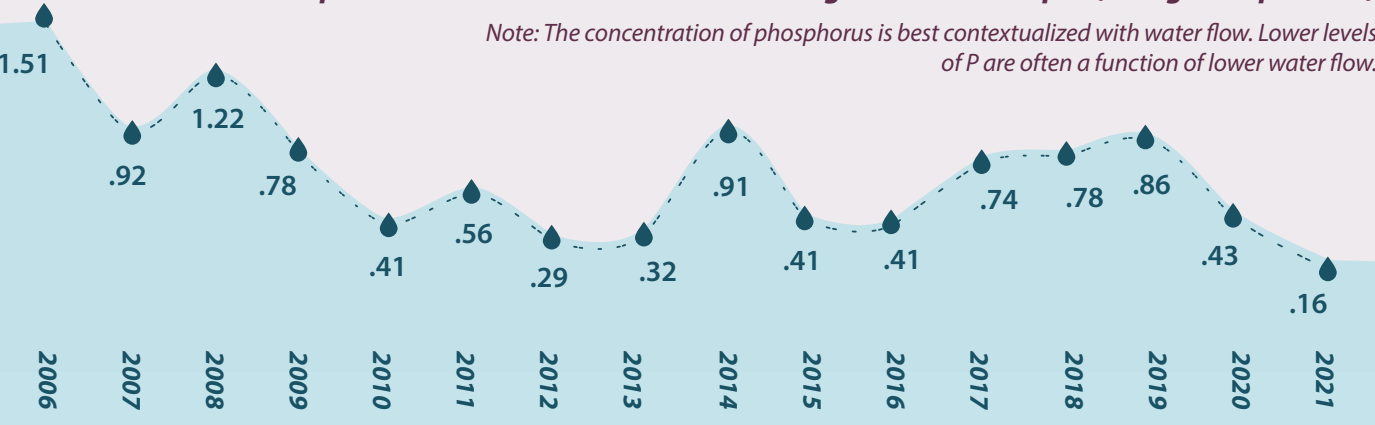
Invite Efficiency Manitoba to come to the region to provide workshops on ways to reduce energy consumption.

Plant more trees and native plants on public streets, on farms, in private yards, and in school playgrounds.

Algae-causing nutrients in the Red River

Phosphorus rates at the Selkirk monitoring station each April (milligrams per litre)

Note: The concentration of phosphorus is best contextualized with water flow. Lower levels of P are often a function of lower water flow.



Transit & Active Transportation



Students from Selkirk Community Renewal Corporation's girls wellness day camp hop on the bus.
Photo: Ashley Henry

3 things we all can do to make a difference

Start a car share and carpooling program in the municipalities.

Continue to increase the number of bike stands, bike trails and walking paths in the region.

The municipalities work together to create a regional transit service and a Winnipeg route.

Regional transit on everyone's mind

Across all seven Vital Sign community forums, there was one thing that everyone agreed on – the region needs a better public transportation system. Youth told us they want a bus service they can ride to post-secondary school in Winnipeg. Newcomers without cars need a bus so they can live in this re-

gion and work in Winnipeg. Aging adults want better transportation options to avoid highway driving in the winter. Everyone said public transportation would help reduce gas emissions. Electric trolley cars operated from Selkirk to Winnipeg in the late 1800s, then buses and vans made the trip up until 2019.

Each of these services ended when the private operators said they could not make a profit. At the time this report was printed, only the City of Selkirk provided public transit with a fixed route within Selkirk and operated Selkirk Mobility for accessible transport for citizens in all three municipalities.

City of Selkirk CAO Duane Nicol, who championed Selkirk Transit that started in 2011, said a route from Selkirk to Winnipeg would require:

- Leadership and funding from the province, like the regional public transportation systems of TransLink in BC and Metrolinx in Ontario.

- Participation by all three municipalities, including operating and capital investment.
- Partnering with the City of Winnipeg to integrate the regional service with Winnipeg Transit, making it seamless for users.

Commuting Method

% of workers who bike, walk or take transit to work

■ Our Region
■ Winnipeg



R.M. of St. Andrews trails get thumbs up from youth focus group

When the Vital Signs team spoke with youth during a focus group for this 2025 report, the teens were pumped up about the R.M. of St. Andrews walking/cycling trails. Highway 9 (Main Street) cuts through the rural municipality, with homes lining the highway and subdivisions running off it. For young people looking to connect with friends, the new trails are accessible, safe and keep them off the highway.

“My brother has one friend that lives on Main Street and now his mom’s way more comfortable with him biking over because of the bike path,” one teen said. “He’s able to stay over later because the mom’s not scared he’s going to get hit in the dark.”

Teresa Howell, R.M. of St. Andrews recreation director, said the 10-plus kilometres of trails allow people to walk with friends or pets and ride their bikes, without the worry of being close to traffic. “Anytime of day that you go by, there’s typically people on the trails,” Teresa said. “We’re getting positive feedback.”

Trail construction began in 2020, and in the summer of 2025, work began on a feeder trail near Lockport as well as a pedestrian bridge over Parks Creek.

The Selkirk & District Community Foundation also provided grants to this multi-phase project.

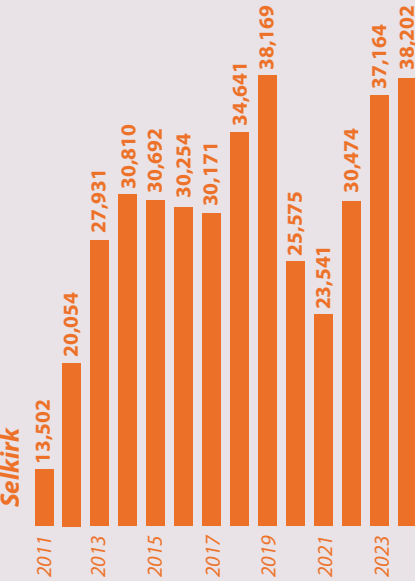
Nature Trails

Kilometers of nature trails per 1,000 residents



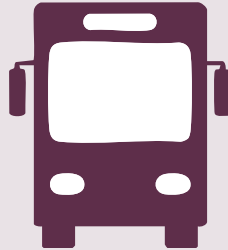
How the MMIWG Calls for Justice guide us

Call for Justice 17.9 says: We call upon all governments to provide safe transportation options, particularly in rural, remote, and northern communities, including “safe rides” programs, and to monitor high recruitment areas where Métis women, girls, and 2SLGBTQIA individuals may be more likely to be targeted.



Transit ridership

Number of Selkirk transit riders



Recreation, Culture & Heritage



The Anish Healing Centre dragon boat team paddles the Red River.
Photo: Selkirk Canoe and Kayak Centre

Sports help kids and the community

Food in the fridge or soccer registration fees – that’s a choice KidSport Manitoba doesn’t want parents to have to make. Grant programs like Jumpstart and KidSport, which give low-income and new-comer families a few hundred dollars for a kid to play an organized sport, have helped erase that need to choose for hundreds of families in our region.

“For a single mom, every dollar counts, and the idea of putting her kid in sports sometimes seems like a luxury she can’t

afford,” said Dustin Ehr, Manitoba’s KidSport coordinator.

In the last three years, KidSport has seen eligible applications for grants jump about 20 per cent per year. In our region, KidSport has provided more than \$17,000 to families in that period.

Despite this increase, Dustin still encourages more families to apply. In fact, he wants to know just how big the need really is, in order to ramp up fundraising to meet the demand. Research shows kids who play sports are less

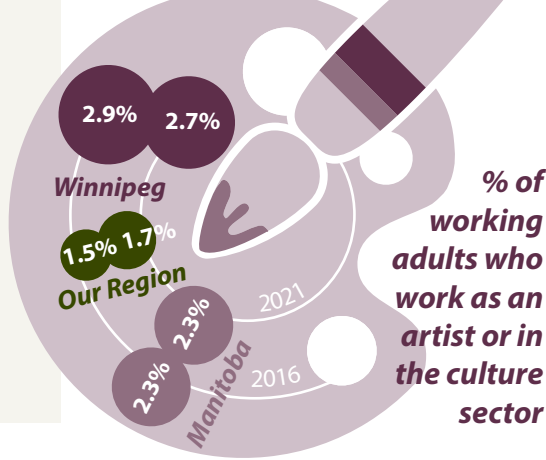
likely to engage in risky behaviours and they are more likely to be successful adults.

“They’re learning strategies on how to succeed and even how to fail and be okay with that – setting goals, being part of a team and learning how you can contribute,” said Dustin. “That has a huge payoff for the community, as well.”

SDCF donors and fund holders support KidSport through granting, “So all kids can play.”

● Learn more: myselkirk.ca/sports-recreation/recreation-funding-assistance/

Arts and Culture Workers



How the TRC’s Calls to Action guide us

Call to Action #90 says:
We call upon the federal government to ensure that national sports policies, programs, and initiatives are inclusive of Aboriginal peoples, including, but not limited to, establishing:

3 things we all can do to make a difference

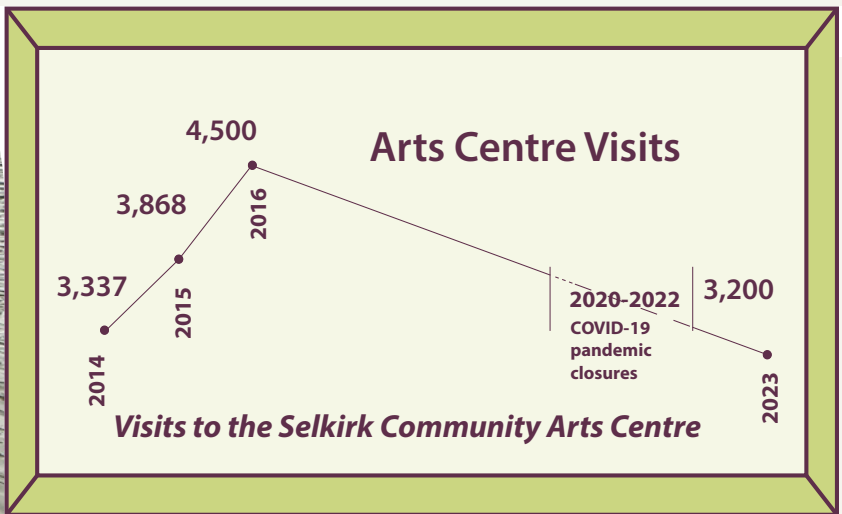
- In collaboration with provincial and territorial governments, stable funding for, and access to, community sports programs that reflect the diverse cultures and traditional sporting activities of Aboriginal peoples.
- An elite athlete development program for Aboriginal athletes.
- Programs for coaches, trainers, and sports officials that are culturally relevant for Aboriginal peoples.
- Anti-racism awareness and training programs.

Host a meeting to revitalize a regional cultural heritage group.

Support the Garry Theatre by booking events and activities in the newly renovated theatre.

More arts and cultural groups join Red River North Tourism, which has tools to advertise their events.

The St. Clements Activity Centre fills an important need for residents
Photo: Donna Maxwell



St. Clements Activity Centre fills big community need

When the Vital Signs team held focus groups and town halls over the last year, they heard people want more indoor recreation facilities.

Brenden Collins, recreation manager for the R.M. of St. Clements, said the opening of the St. Clements Activity Centre, a new 10,000-square-foot gym plus amenities located in Narol, was in response to that long-held desire. “The vision started over 20 years ago,” Brenden said. “There’s a group of dedicated residents who tirelessly advocated for the project, so they’re very excited to see where it’s headed.”

Existing facilities are getting old, and community members are focused on building something new for coming generations. The first success of the activity centre came in 2022 with the

grand opening of a park, play structure, pond, walking trail, interpretive signs and fitness circuit — but there’s huge excitement for the opening of the Activity Centre.

“The building is what everyone has been waiting for. It’s the biggest success of this whole project,” Brenden said.

Federal, provincial and municipal grants were critical to the project’s success along

with a donation of \$20,000 from the Selkirk Rotary Club towards the purchase of Manitoba Maple trees and a peace pole. Community members will need to ensure its success long-term, said Brenden.

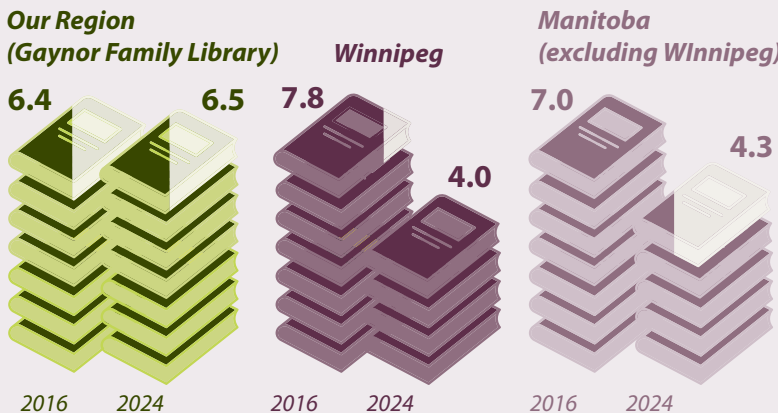
“These facilities rely on a balance of dedicated volunteers and staff to function effectively.”

● Learn more: rmofstclements.com/st-clements-activity-centre-and-park/



Library Usage

Checked-out items annually per capita



Safety & Security

It's a START

For a teen struggling with substance use and absenteeism, Selkirk's RCMP detachment might be the last place they'd expect to find the wrap-around services they need to get on a better path.

But the detachment is also the home of the START program, which brings together the region's agencies to help clients one at a time.

When police identify someone at risk of criminal involvement, or when a school or community group knows a teen who is struggling, they can call START. Staff at START can either get that person connected directly with services or enroll them in START, which sparks an all-hands-on-deck response.

"It has the client at the table, and usually the family at the table, and we build the support team around them," said Tammy Thompson, START program manager. "What I find is that, whenever someone is working with a lot of agencies, each worker gets a piece of the puzzle. They don't often get the whole picture. We try to bring everyone to the table to build that picture – policing, youth corrections, mental health, any one of dozens of different agencies."

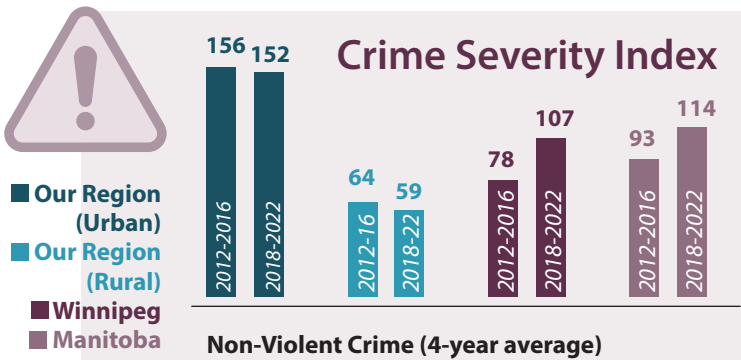
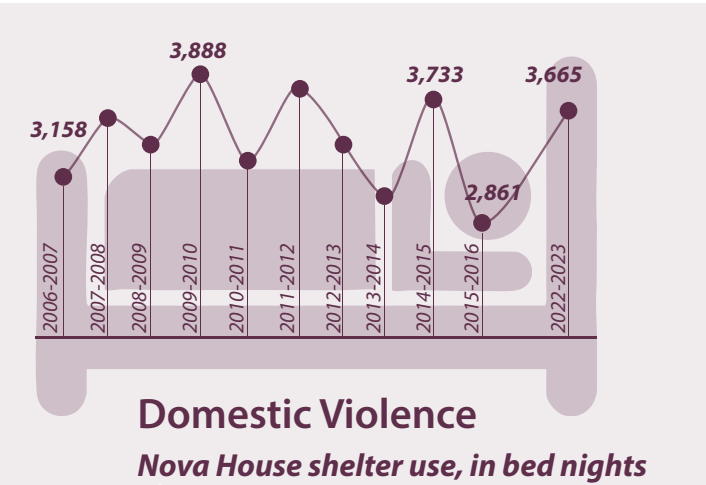
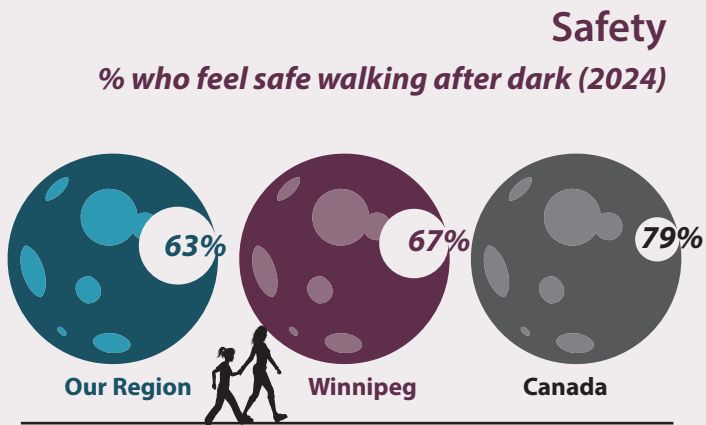


Tammy Thompson from START with RCMP Insp. Chris Lambert
Photo: Donna Maxwell

This support team of experts takes the time to really understand what's going on with each client, and what strategies and referrals they might need – for housing, addictions and mental health.

Selkirk's START program usually has about 105 clients. About 86 per cent of START clients see a reduction in risk factors. Among youth, about 60 per cent get better grades and boost their school attendance.

● Learn more: startmodelprograms.ca/start-program-selkirk



Dealing with root causes

When residents and businesses see a homeless encampment or someone panhandling or causing a disturbance, their first call is almost always to RCMP.

Insp. Chris Lambert knows that – it's his members who often deal not just with the region's major crimes but the side effects of poverty, homelessness, mental illness and addictions.

"But we can't really arrest our way out of those problems," said Lambert. **"Our strategy has to be connecting people to support services."**

Lambert said the RCMP wants to be part of a common vision in the region to deal with the root causes of crime.

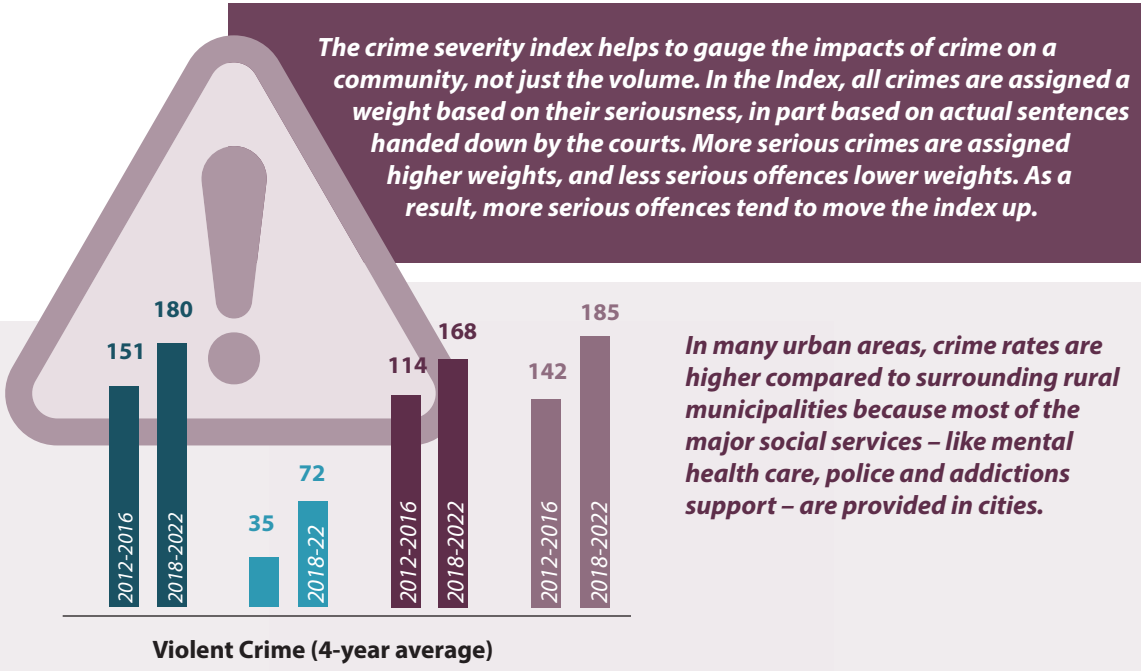
Selkirk is currently participating in a Community Safety and Well-Being Plan pilot project facilitated by Manitoba Justice, along with 11 other municipalities and First Nations communities. The project, while still in development at the time this report was written, could be a gamechanger when it comes to that common vision.

The project aims to bring together provincial staff responsible for housing, health and education, along with city staff and community groups. Together, they will identify steps the community can take in the next few years to tackle the underlying

causes of crime, like poverty and substance use.

The pilot project team has been engaging residents about their views on safety and researching service gaps and ways local groups and levels of government can work together.

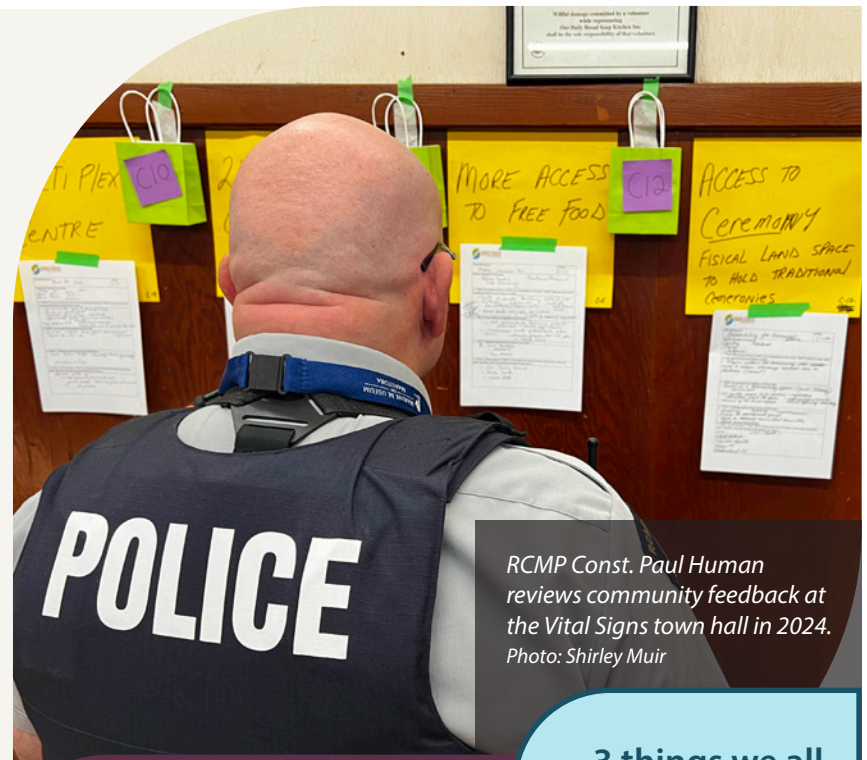
"So often, my members just have negative interactions with people, so we relish a chance to make a difference, to identify problem areas and problem behaviours in the community before they get serious," said Lambert.



How the TRC's Calls to Action guide us

Call to Action #30 says:
We call upon federal, provincial, and territorial governments to commit to eliminating the overrepresentation of Aboriginal people in custody over the next decade, and to issue detailed annual reports that monitor and evaluate progress in doing so.

Today (2015), Statistics Canada data shows Indigenous people make up about 77 per cent of admissions to correctional services in Manitoba, even though they are only about 18 per cent of the population.

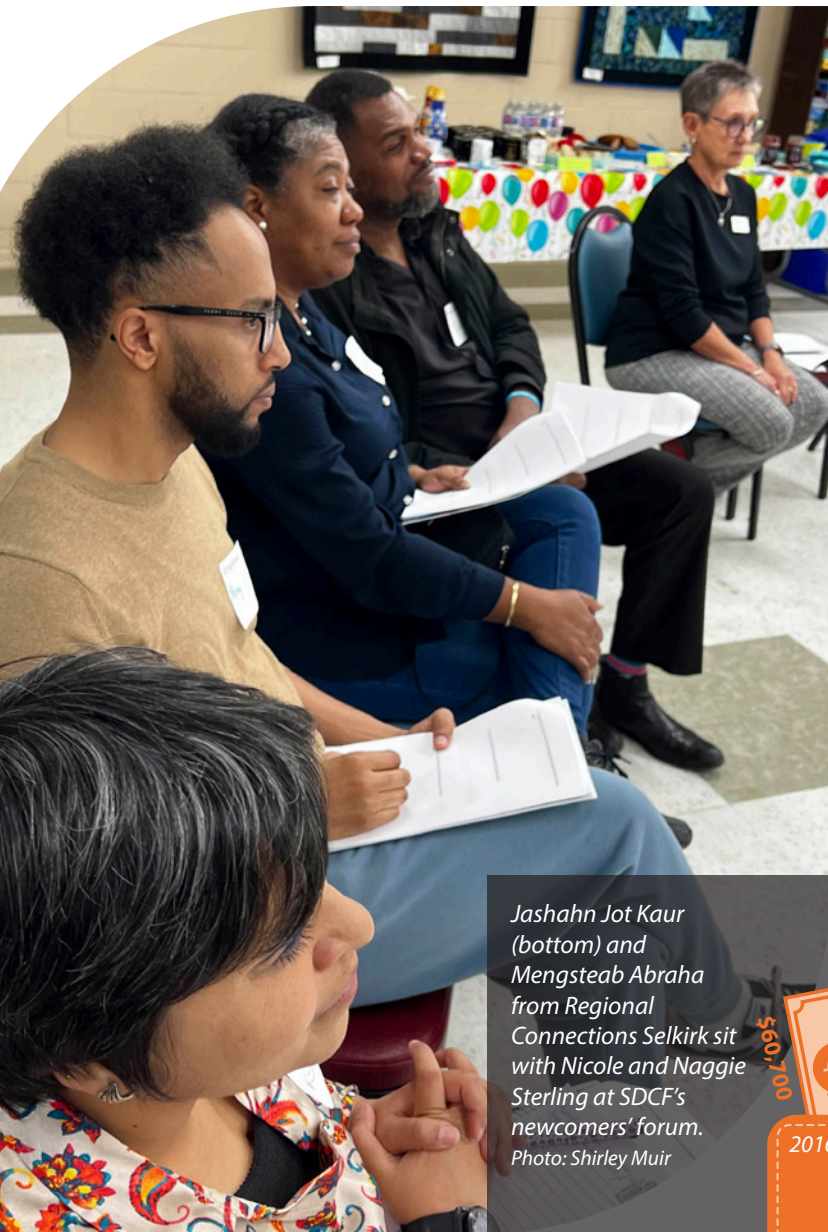


RCMP Const. Paul Human reviews community feedback at the Vital Signs town hall in 2024.
Photo: Shirley Muir

3 things we all can do to make a difference

- Increase lighting in public spaces and around apartment buildings and private homes.
- Encourage RCMP to provide more community training such as fraud and scam prevention workshops.
- Join, start or donate to groups like the Bear Clan, Neighbour Watch, Citizens on Patrol, START and Huddle.

Income & Work



Jashahn Jot Kaur (bottom) and Mengsteab Abraha from Regional Connections Selkirk sit with Nicole and Naggie Sterling at SDCF's newcomers' forum. Photo: Shirley Muir

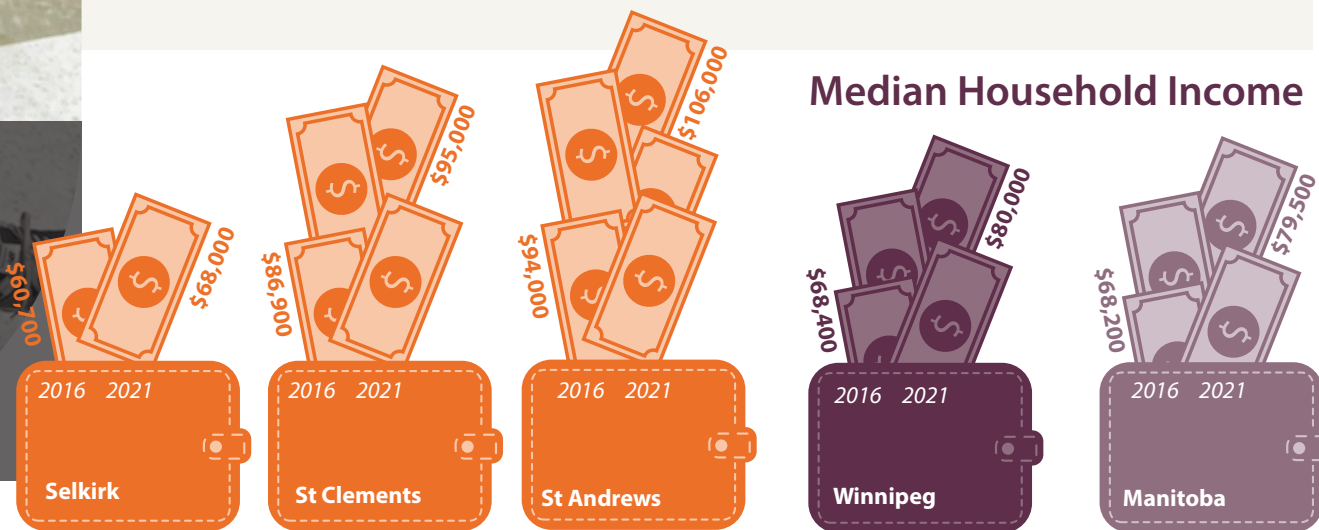
Newcomers needed now

Regional Connections, a non-profit settlement agency, opened an office at the Gaynor Family Regional Library in Selkirk in 2024, bringing 30 years of experience in helping newcomers settle in Manitoba's rural communities. "When we looked at the statistics, we could see quite a few businesses in the Selkirk area were employing temporary foreign workers," said Tina Barkman, settlement program director. "This told us the region had more job opportunities than could be filled by permanent residents in the area. Helping newcomers settle and integrate

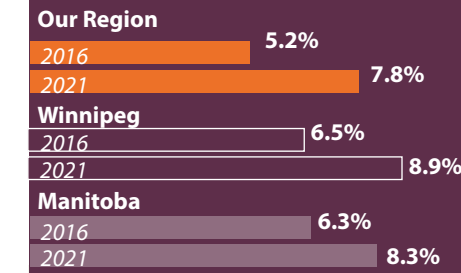
in the community, so they feel connected and at home, is what we do." Regional Connections' initial services in Selkirk included creating settlement plans that helped newcomers understand Manitoba's health care and education systems, apply for health cards, register children for school, apply for the Canada Child Benefit, get referrals and connect with community events. In preparing Vital Signs 2025, the SDCF hosted a forum for newcomers. We heard from professionals living in our region,

including a hip surgeon and an IT teacher, each with years of experience. Most of the 25 people in the room shared how hard it has been to get their professional experience recognized in Canada. They reported having to work at "survival" jobs while trying to get into fields where they can really contribute. Many jobs in the region get filled by word-of-mouth, which is a barrier when you're new to a community, they told the foundation.

● To learn more: regionalconnections.ca and selkirkes.ca



Unemployment Rate



Child care as economic Reconciliation

The Manitoba Métis Federation had barely finalized the designs for its new child care centre, and 300 families were already on the waitlist.

The Little Infinity Child Care Centre, located in a revamped church in the R.M. of St. Andrews, opened in March 2025, ready to offer Métis-centric, land-based early childhood programming to 55 kids in the region, both Indigenous and non-Indigenous.

A big goal of the new child care centre is to ensure greater economic participation by women, part of economic Reconciliation. But, it's also about making sure families can connect with Métis language, food and culture. "We want the children of our centre to experience that same feeling that we had as children, sitting around our Red River Métis kitchen tables," said Anita Campbell, spokeswoman for Infinity Women Secretariat.

Expanded daycare hours – including evening and weekends – are essential for shift workers, and help more parents enter and grow in the workforce. Photo: Donna Maxwell



Poverty Rate

% of residents on low incomes

Many of the measures of poverty and income saw a marked improvement in the 2021 Census, due in part to the prevalence of pandemic benefits like the Canada Emergency Response Benefit (CERB).

How the TRC's Calls to Action guide us

Call to Action #12 says: We call upon the federal, provincial, territorial, and Aboriginal governments to develop culturally appropriate early childhood education programs for Aboriginal families.

3 things we all can do to make a difference

Host training for businesses on diversity, equity, inclusion and belonging in the workplace.

Lead the way to create a centralized service desk – like at a multiplex facility in Selkirk – to find jobs, learn English, find new friends, join recreation.

Daycare providers expand service to night and weekend childcare to support shift workers and single parents.

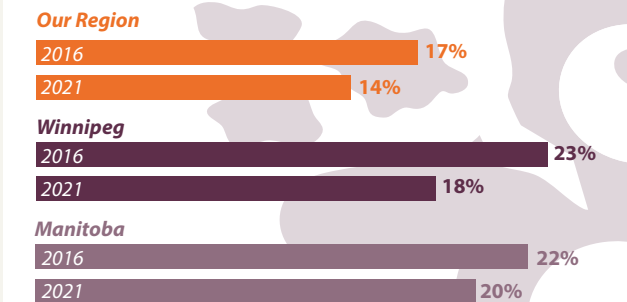


The MMF is now working on another 40-space child care centre in the region. Those additional spaces could be open in Spring 2026. Next on the radar is meeting the need for after hours and weekend care – something all child care centres in our region know is a big gap. None of the region's

21 licensed child care centres are open after hours, making it hard for workers to manage shift work or take on additional hours. To learn more: mmf.mb.ca/early-learning-child-care

Child Poverty

% of kids 0-17 in low-income households





Brandon Sutherland, one of the co-chairs of the Vital Signs committee, leads a community consultation with newcomers.
Photo: Shirley Muir

About your community foundation

The Selkirk & District Community Foundation creates different ways for people to give back to our community, connects donors with community wishes and dreams and provides grants that touch a lot of people. Every year, nine community members from our region of the R.M. of St. Andrews, R.M. of St. Clements and the City of Selkirk lead the organization and steward its \$20.7 million (2025) in assets. Since 1995, the SDCF, a registered charity, has granted \$5.7 million to 125+ organizations from daycares to seniors' centres; from cultural dance troupes to women's shelters. The generosity of donors from both near and far, combined with the power of endowment, means the SDCF is Here for Good.

SDCF Vital Signs team (2023-2025)

David Thorne (Co-Chair)
Brandon Sutherland (Co-Chair)
Deborah Vitt
Bonny Wynnobel
Tristan Dreilich
Maria Freeman
Ashley Henry
Shauna Curtin
Donna Maxwell (writer and photographer)
Rose Pallone (graphic designer)
Shirley Muir (PRHouse)
Mary Agnes Welch (Probe Research Inc.)
Meredith Boerchers (SDCF)
Bev Clegg (SDCF)
Sherry Kaniuga (copy editor)

SDCF Board of Directors (2025-2026)

Deborah Vitt (Chair)
Ryan Werbicki (Vice-Chair)
Brandon Sutherland (Treasurer)
Bonny Wynnobel (Secretary)
Brian Chorney
Wendy Meger
David Thorne
Kelly McDonald
Neil Bennett

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How to use Vital Signs

Here at the SDCF we use the Vital Signs report to help us decide where to provide grants and invest in community. We also use the report to guide our long-term strategic plan – and so can you. If you're a non-profit organization or a government office, consider using this document to support your plans and policies on issues that matter most to our citizens. If you're a realtor or business investor, Vital Signs is a deep and thorough dive into who lives, works and volunteers in this community and why this is the place to grow your family or your business. The data and the stories show that we are not perfect (but who is, really?). What Vital Signs 2025 does show is that this community cares deeply and works hard to bridge the gap for everyone. And that it is pretty amazing.



The Vital Signs committee debating the data.
Photo: Shirley Muir

3 things the Foundation can do to make a difference

Host focused community meetings to bring people together on the top major needs raised in Vital Signs 2025.

Publish a follow-up Vital Signs within five years.

Use the data to strengthen our strategic planning, operations, donor partnerships and granting.

Data Sources

For more information about each data point, including links to sources, visit sdcf.ca/VitalSigns or scan this QR code.



COVID Alert

The COVID-19 pandemic significantly changed daily life between 2020 and 2022, which affected the trends and numbers during those years.

\$5.7M

Total SDCF grants to the community since its founding in 1995

\$20.7M

SDCF assets in 2025

75+

Number of SDCF endowment funds created by donors since 1995

\$730,910

SDCF by the numbers

Grants to our community over the decades

\$94,248

2004
-2005

\$168,755

2014
-2015

2024
-2025

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*Hearthstone Community Group
provides safe and engaging homes and programs
for people living with intellectual challenges
in the Selkirk region.
Photo: Donna Maxwell*

