



The Selkirk Record

THURSDAY, FEBRUARY 18, 2021

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Lending a helping hand

RECORD PHOTO BY KATELYN BOULANGER
Teri Reilly tosses donations to Meagan Kingsland that they collected through a call on Facebook which were donated to homeless and less fortunate residents in the area and Winnipeg during this most recent cold snap.

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Selkirk considering splitting from Red River Planning District

Public Hearing first step in process

By Katelyn Boulanger

The City of Selkirk is considering repatriating land-use planning from the Red River Planning District meaning that should the decision be finalized the city would establish its own planning office and take over planning responsibilities from the Planning District.

City councils have been considering the idea of separating from the Red River Planning District for many years at this point but the current push, according to Selkirk CAO Duane Nicol, to consider its options was started after Selkirk completed its community strategic plan in 2014.

The community outreach at that time which engaged businesses and developers let the city know that, "they wanted more streamlined planning processes."

Prior to entering the planning district, the city issued all building and planning permits itself, however, in 1977 the decision to join RRPD was made as at that time it was more cost-effective for the city.

Nicols says that that is no longer the case.

"Now, with the kind of growth that we have and the fact that we're the only urban centre serviced by the region, we have very different needs than the rural municipalities," said Nicol.

As the Red River Planning District is incorporated under the Manitoba Planning Act the city would have to go through the process for amending its membership as described in the act should it wish to separate.

Before the public hearing, however, the City commissioned a feasibility study conducted by Way-To-Go Consulting which projected that the city could save \$60,000 in its first year of operation should it take over its own planning responsibilities according to a news release from the city.

In this process, the City must hold a public hearing to present information to the public as well as hearing citizen input before applying to the Minister of Municipal Relations asking to be removed from the planning district.

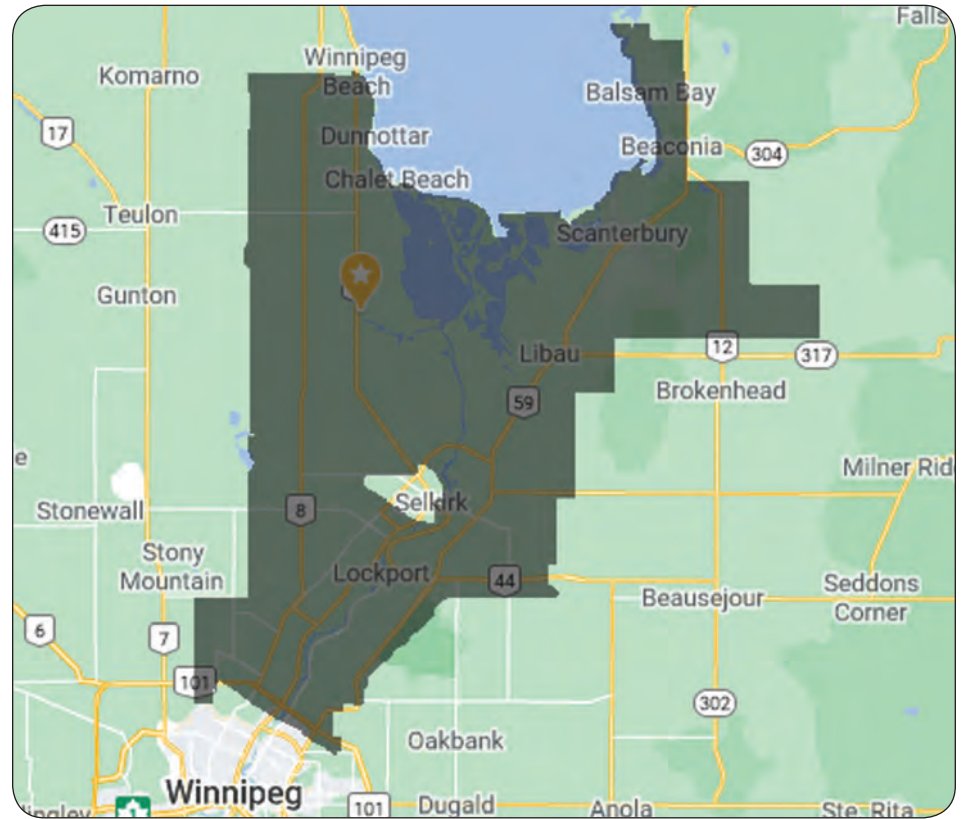
"When we go to the Minister, we want to demonstrate that we have a good solid feasibility and business plan, as well as demonstrating competency to deliver the services," said Nicol.

Though the city is considering this option Nicol says that the city does still intend to work with its neighbouring municipalities to align planning processes in a regional approach.

"I think that there are opportunities for us to work together to ensure that our planning processes are aligned, so that, we're still having the benefit of the regional thinking but not the day to day operations. There's no need for regional thinking when it comes to issuing of building permits in one municipality because no building is crossing municipal boundaries. It doesn't really have any impact, but where regional thinking is required as in a development plan, and that those big picture things, we can still work very closely with our municipal neighbours and the district," said Nicol.

Citizens, developers, and businesses are invited to the public hearing on March 23 at 6 p.m. Due to COVID restrictions, the public hearing will be conducted virtually. Residents must register to receive an invite to the hearing. To register, visit www.MySelkirk.ca/RRPDhearing. For those without internet access the city asks that you call CitizenSupport at 204-785-4900 so that alternative arrangements can be made.

A representative from the Red River Planning District declined to provide comment for this article.



RECORD PHOTO BY KATELYN BOULANGER
Mock-up of what the Red River Planning District would look like without the City of Selkirk.

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to our team of Real Estate Professionals. Justin was born and raised in Arborg, Mb, and currently resides in St. Andrews. Prior to real estate he gained knowledge and experience working in the plumbing and carpentry trades, and honed those skills spending several years working in Western Canada. He stays active with golf in the summer and hockey during the winter months, and in his free time pursues a love of music by attending concerts and playing guitar. Justin is committed to developing honest, long-term relationships with clients and looks forward to the opportunity to assist you with all your real estate needs.

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BIG DOLLAR

Collecting for the less fortunate this winter

Locals get incredible response from community during cold snap

By Katelyn Boulanger

When Teri Reilly and Meagan Kingsland saw the impact that COVID-19 prevention and this year's winter cold snap were having on the homeless population in Manitoba, they decided to put out the call that they were bringing some donations to those in need. What they didn't anticipate was the outpouring of support that they would receive from residents in the region also wanting to help.

They were inspired to lend a hand when Reilly happened to notice a post on Facebook that showed the homeless population in Winnipeg sleeping in bus shelters to keep warm during the cold nights that have seen new record lows set in the province.

"We both put on our Facebook that we were going to go in [to Winnipeg] and take some, clothes and bedding and stuff and within five hours, our truck was packed so full, the kids [were close to buried in the backseat of the vehicle]," said Reilly.

That first night the women stayed out until 1 a.m. handing out blankets and clothing.

"We pulled up [to the first homeless camp they arrived at] and this lady came and I swear to God, she was on the verge of like hypothermia. If not and if she didn't already have it. She took five sweaters from us and layered obviously right in front of us. We

got in the truck and I was just crying I just lost it," said Reilly.

After that first run into the city and the positive feedback from the community, they were inspired to continue collecting.

"The second time, we decided that we were going to collect ski pants. That is the biggest item that none of [the people they saw in their first run to Winnipeg] had," said Reilly.

They set the goal to collect 100 pairs of ski pants.

"It kind of seemed impossible at first and then [it was] like, here's an e-transfer, here's an e-transfer, here's some money, go get ski pants," said Reilly.

In addition to ski pants and blankets, they and their helpers Taryn Reilly and Justice Leveque collected sweaters, sleeping bags, jackets, mittens, hats, scarves, tarps and anything else that could help keep people a little bit warmer.

They have also prepared bagged lunches with donated food which they are handing out with the cold weather gear.

Reilly and Kingsland believe that there are more people unable to get help at homeless shelters in the Winnipeg right now because COVID-19 has made it so people have to be more spaced out and so fewer people can be accommodated.



RECORD PHOTO BY KATELYN BOULANGER

Teri Reilly tossing donations to Meagan Kingsland collected for homeless and less fortunate residents in the area and Winnipeg during the recent cold weather.

They've also connected with organizations in Selkirk to help fulfil the need in their own community.

The two intend to continue collecting until the end of this cold snap but since this is not their full-time jobs they cannot continue indefinitely.

"We really didn't think it was going to get to what it is right now. Not that we're complaining because it's super awesome," said Kingsland.

"I have a lot of respect for those sorting through like, stuff at the second hand

stores," said Reilly.

To donate discuss donations Reilly and Kingsland can be contacted on Facebook by searching their names on the website but they also encourage residents to donate to our local second-hand stores Twice Over which supports Nova House and House of Economy which supports many non-profit organizations in the community.

An advertisement for Red River Dental Oral Health Centre. It features a close-up of a woman wearing a white surgical mask with the Red River logo. The background is a light blue gradient. Text includes the clinic name, a call to book appointments, a phone number (204-482-5702), and a slogan: "DON'T FORGET YOUR SMILE BEHIND THE MASK". At the bottom, it says "Inside Easton Place" and "Across from Rec Centre by Selkirk Veterinary Services".



RECORD PHOTO BY LUCY KOWALCHUK

Donations left for Reilly and Kingsland at the Selkirk Record office.

Connecting community from Loon Straights to Selkirk

Elder honored with trailblazing award

By Nicole Buffie

If you were to ask Elder Ruth Elaine Christie to describe herself, she would opt to say she's an ordinary person.

A humble woman who laid roots in Selkirk 47 years ago, Christie is one of the women chosen to receive the Manitoba 150 Trailblazer Award from the Nellie McClung Foundation.

The award, named after the prominent Canadian known for championing women's rights for the country, seeks to recognize those in the province making significant contributions to the community

In her 80 years of life, Christie has certainly made an impact.

Born in the isolated community of Loon Straights, Manitoba, Christie had the talent of storytelling from a young age.

"My grandmother told my parents, 'Ruth has a gift of a good memory,'" she said. "She saw something in me that I could carry on with the history of our people."

That thirst for knowledge has continued throughout her life in many ways. When bedridden with rheumatic fever as a 12-year-old, she had her cousin sneak textbooks and test papers to her to complete her sixth-grade school year without her parent's knowledge. This driven nature also led her to leaving her community a few years later to complete nurses

training in the 1960s.

She was even featured in the book, *Twice as Good: A History of Aboriginal Nurses* by Mary Jane Logan McCallum, a history of the hardships Indigenous women faced in the healthcare field at the time.

The tales of her nursing days are one of the things which inspired Debbie Tonner to nominate Christie for the award.

"That's an achievement; to come out of the tiny little Northern community and become a nurse and go back into your community," Tonner said of Christie's life path. "That seemed like trailblazing to me."

Tonner said Christie has been invaluable in helping their group at the Gaynor Family Library, Circle of Friends, to assist in providing insight on art projects the group does from that of an Indigenous perspective.

"She seemed very sensible and was kind in leading people in the right direction without causing hard feelings or anything like that," she said.

The impact on the group is merely a drop in the bucket for Christie; she's travelled from Pembina, North Dakota to The Forks via oxcart, over the Atlantic Ocean to Iceland, and through Lake Winnipeg via canoe all for the purposes of telling the stories of her ancestors.

The great-great grandchild of John



RECORD PHOTO SUBMITTED

Elder Ruth Elaine Christie has been awarded one of the Manitoba 150 Trailblazing awards by the Nellie McClung Foundation.

Ramsay and Joseph Monkman - Ramsay a distinguished Cree man known for assisting the Icelandic settlers when they arrived in Manitoba and Monkman involved in the signing of Treaty One - Christie holds her heritage close to her.

"My grandmother said, 'Know where you come from, and you'll know where you're going,'" she said.

These stories led her to a 20-year stint at Lower Fort Garry where she spent her days educating students and tourists of Indigenous history and depicting life during the period of settlement.

These days, Christie provides her knowledge and insight as an Elder for

the University of Winnipeg - where she was awarded an Honorary Doctor of Law in 2019 - as well as the Selkirk Friendship Centre and the Lord Selkirk School Division.

She said without the wisdom bestowed upon her from others and the encouragement to continue pursuing her goals she would not be in the position she is.

"I'm very proud of my heritage," she said. "I always strove to bring my culture forward because I realized that we still had a lot to share."

Her storytelling abilities can only be summed up by the immense detail she brings to them; from remembering the broad strokes of past events to the freckles and red hair on the arm of a friend of her father who visited their family on occasion when Christie was a child, one of the many people she said saw potential in her.

"I always tried to correct what people believe, because they really weren't interested in the truth about our people," Christie said. "So that was my goal: that I could share the positive things of the Indigenous culture."

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get informed

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Selkirk RCMP respond to theft in progress

Residents are reminded to keep a list of serial numbers and vin numbers to help identify recovered items

By Staff

At approximately 12:00 p.m. on Feb. 8, officers from Selkirk RCMP received a report of a theft in progress at a residence located in Belair.

The caller advised that a SUV was currently on their property and had just loaded their snowmobile onto a trailer and was pulling away with it.

The homeowner provided a description of the suspect vehicle, which led officers to an address in Hillside Beach.

Officers arrived at the residence in Hillside Beach and observed a trailer in the driveway with fresh snowmobile tracks going from the trailer into the garage. Three suspects were ar-

rested on scene for Possession of Stolen Property and taken into custody. A search warrant was prepared and executed where officers located the stolen snowmobile as well as another snowmobile, which had its VIN number tampered with. A further search of the garage located additional stolen property including ATV's and various power tools.

RCMP Selkirk would like to remind people to mark down serial numbers of their property as it assist police in their investigation and recovery.

New public health orders effective Feb. 12

Submitted by Manitoba government

Following feedback from Manitobans and advice from public health leaders, the province is loosening a variety of restrictions while ensuring protocols are in place to protect Manitobans from the risks of COVID-19, Premier Brian Pallister and Dr. Brent Roussin, Manitoba's chief provincial health officer, announced on Feb. 9.

"Today is another big day for Manitobans, especially for our local business owners who are eager to safely reopen their doors, and provide the goods and services that Manitobans have missed the past few months," said Pallister.

The orders will formalize the following changes for all of Manitoba, replacing the General COVID-19 Prevention Orders made on Jan. 28 and the Northern Manitoba COVID-19 Prevention Orders made on Feb. 1, 2021. The orders took effect at 12:01 a.m. on Feb. 12 and will last for three weeks.

The orders include the following changes, with further pandemic safety measures in place:

- allowing restaurants and licensed premises to reopen at 25 per cent capacity with patron groups limited to members of the same household only;
- allowing outdoor rinks to reopen for casual sports as well as organized practices and games, with multi-team tournaments not permitted;
- allowing gyms, fitness centres and yoga studios to reopen at 25 per cent capacity;
- allowing indoor sporting facilities such as rinks, gymnastic clubs and martial arts studios to reopen at 25 per cent capacity for individual instruction only;
- allowing places of worship to hold regular religious services if a service does not exceed 10 per cent of usual capacity or 50 people, whichever is lower;
- allowing self-help groups for persons dealing with addictions or other behaviours to hold meetings at 25 per cent capacity of the premise where meetings take place;
- allowing museums, art galleries and libraries to operate at 25 per cent capacity;

- allowing personal service businesses, such as those providing pedicures, electrolysis, cosmetic application, tanning, tattooing or massage services to reopen at 25 per cent capacity;
- allowing photographers and videographers to offer services to individual clients or those residing in the same household in addition to providing services at weddings, with the exception of visiting client homes; and
- allowing the film industry to operate fully with physical distancing and other safety measures in place.

"These new orders allow us to resume more activities and services we enjoy, but we cannot let our guard down yet," said Roussin. "We will continue to carefully monitor COVID-19 developments and case numbers to ensure we protect each other and our health-care system. Manitobans need to continue to follow the fundamentals at all times including staying home when sick, frequent handwashing and wearing masks. We all have a part to play in

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

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



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New school planned for West St. Paul

Funding announced for new classrooms

By Nicole Buffie

The provincial government announced funding that will see a new school in West St. Paul in the coming years.

The cash for the project will be coming from the province's \$210 million education projects fund, building a K-8 school in the RM's Meadowlands development.

"It's exciting to us because some of those families have said they want to move to West St. Paul, so the schools themselves are attracting more people who want to come to West St. Paul and live near the school," said Mayor Cheryl Christian.

As the population continues to rise in the area, so does the need for classrooms. The RM's only K-8 school, West St. Paul School, is already past its 400-child capacity with two portable classrooms built to accommodate extra pupils and two more requested for the next school year.

The new school, still in the planning stages, will be part of the Seven Oaks School Division making for the 6th K-8 school in the division.

"By locating a school in that development, there's an opportunity for a lot more kids to walk to school than if we located in another place," said Seven Oaks Superintendent Brian O'Leary. "That way we spend educational resources on programming for kids, rather than bussing them to a school."

O'Leary said the West St. Paul school is one of two projects announced by the province for the division, with another planned for the Riverbend area in Northwest Winnipeg.



RECORD PHOTO SUBMITTED

A composite drawing of the King's School, a private institution planned for the West St. Paul area. A public school has been funded for construction in the coming years.

West St. Paul Chief Administrative Officer Brent Olynyk said the project is another puzzle piece to larger plans for the area.

"We have managed growth, and we're going to be a healthy community based on our mixed-use of what we're attracting to the community; we have the commercial that you see going up along the Perimeter, we're going to have some retail that's going to drive restaurants and little drive-thrus for the community to go in their community to eat and shop, you're going to see more trails connecting people," he said. "So, we're going in the right direction."

In 2016 the Canadian Census reported a population of 5,368 residents in the RM, a growth of 8.8 per

cent from 2011. Olynyk said with the development of the Meadowlands neighbourhood it will add 6,000 dwellers to the area in the next 10-15 years.

"It is a sign of good things that are coming to our community," said Christian. "Canada's an aging population, and our community is all ages, all nationalities. And that's how you thrive as a community, and it brings great things for everybody."

The school is one of three in the works for the area. Two private schools, Dasmeesh School and Kings School are in the process of coming to the area as well. Dasmeesh School is under construction and expected to open by fall and King's School is due to start construction shortly.

Northern Remote IERHA COVID-19 hot spot

By Ashleigh Viveiros

Manitoba's daily COVID-19 case numbers were down, comparatively, heading into the long weekend, with Interlake-Eastern only seeing an increase of 23 cases from Feb. 8-13, with most of the cases in the Northern Remote district.

Public health officials on Friday announced 81 new cases of the virus. Prairie Mountain Health reported just three cases, there were five in Interlake-Eastern, 20 in Winnipeg, 25 in the Northern health region, and 28 in Southern Health.

Prairie Mountain Health reported just three cases, there were five in Interlake-Eastern, 20 in Winnipeg, 25 in the Northern health region, and 28 in Southern Health.

Northern Remote seems to be the hot spot in Interlake-Eastern, with 171 of the total 231 active cases for the region as of Sunday.

In comparison, Eriksdale/Ashern had 14, Fisher River 27, Pinawa/LacduBonnet 5 and Powerview/Pine-

Falls 9.

Interlake-Eastern RHA announced its 36th COVID-19 death on Sunday. A male in his 70s linked to the outbreak at Kin Place Personal Care Home.

A total of 178 new cases were announced over the weekend, bringing Manitoba's total lab-confirmed cases to 30,766. There were no updated numbers released on Louis Riel Day.

Manitoba as a whole had 1,619 active cases and 28,276 recoveries at the start of the week. A total of 226 people were in hospital due to the virus, 26 in ICU.

The total number of COVID-19 deaths in our province was 871 on Monday.

Chief Provincial Public Health Officer Dr. Brent Roussin said the province is working to identify COVID-19 variants in the population as needed.

"We know that viruses such as the virus that causes COVID-19 change over time and we expect to see many new variants," he said. "The vast majority of these new variants do not have any clinical concern, but we

know some of them can lead to increased transmission or possibly even increased severity."

Three variants of concern are those first identified in the United Kingdom, South Africa, and Brazil.

Earlier last week, Roussin announced Manitoba's first case of the U.K. variant known as B117

He noted that the case was connected to international travel and the individual had already recovered. They self-isolated with their family, none of whom became ill.

Over the weekend, the Assembly of Manitoba Chiefs announced there are seven

probable B117 cases on the Pauingassi First Nation in eastern Manitoba. Samples have been sent to the National Microbiology Lab for confirmation.

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The Selkirk Record

Sharing the Love

St. Andrews students show appreciation for Valentine's Day

Dear Mom & Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My Mom is very loving because she always has time for Hana and me to help us with work or to play with us. My Mom is caring because she lets us help with supper. She helped me get through a time when I lost a hockey game and I got mad at myself. My Mom is very supportive when it comes to sports like hockey, she always cheers me on when I'm playing. My dad is supportive because he'd drive me to hockey, and he cheers me on when I'm playing. My Dad's loving because he helps me do homework and he helps me with hockey. I have the best parents and I love them very much.

Love, Noah

Dear Mom,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. I love you so much because you are loving and caring, because you love my brothers and I. You are very, very caring because you think that we are the most important people, we think that you are the most important person. You are my biggest fan because you are helpful towards my brother and I. You're my biggest sports fan, you are always at my soccer games, you cheer me on and make me smile, which makes me determine to win, but even if I lose you still love me no matter what and you always make me

Love, Zhanna

Dear Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. I love you dad is because you take me out in the wilderness. You taught me how to fish like casting into the water which fish like what bait and which lure to use to catch different fish. You also taught me everything I know about camping how to build a fire and how to cook food on a fire the right way to set up a tent and more. My dad told me how to scare a bear if you see one will hiking and told me everything I now about the wilderness and I think if I put everything I now in this letter here would be long so I'm going to move on. I love my dad so much because he taught me how to dirt bike how to stay on, how to ride it, and how to be safe on it. I learned to play hockey, the right way to skate, and how to be a goalie. From my dad I learned to bike, and you can't really learn that on your own. My dad pushes me and shapes me into a better person every day thank you dad.

Love, Orion.C

Dear Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My dad is such a happy and funny guy. He is always happy no matter what happens to him. He always cheers me up when I'm sad with his super funny jokes. My dad is supportive and hardworking. He is hard working to pay for all me and my brothers' hockey for bills and to keep our yard nice. He builds a hockey rink in our yard every year. He is very supportive to us and he put full confidence in whatever I do. My dad has always helped me improve on my hockey skills and helps me in school and sports. He comes to all my games for hockey. My dad loves watching all the sports on tv. He is also loving and caring. He is caring for what I want and what my family needs before his own [most of the time]. He is loving to my all his family and friends. He pretends to like something I do even if it's bad.

Love, Jace

Dear MOM and DAD,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My Mom and Dad are loving and supportive. My parents support me when I play ringette. They're loving when I see them. They're caning when they make yummy dinner sometimes. When they play with me, we normally play videogames with my dad, and with my mom I like going in the pool. My family goes to the cabin every Christmas and Easter. With my mom we go swimming. With my dad we go ski-dooing. My dad makes a horse. My mom makes yummy banana bread. I love my parents very much.

Love, Callen

Dear Mom and Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My mom and dad are so loving and caring people. They can make anyone's day whole. My mom and dad are so funny they make me happy even when I'm not in the best mood. My dad always takes me fishing and hunting even when he's busy. My mom always helps me when I'm having trouble cooking or baking and pushes me to my limits for baking. My parents are very hard working so me and my brother have food and a warm house to live in. When I get hurt my parents are always there to help me. My parents are the best they don't just make my life amazing they make it whole.

Love, Evan Forkheim

Dear Mom and Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. Thank you so much mom and dad for being hardworking and caring. Mom, you are very hardworking because you always work hard at work, so we are able to have a nice house and go on nice trips. Dad, you are very caring because you always make us dinner and go to buy food, you also do our laundry for us. Mom and Dad, I appreciate how much you love me and Ryan. You are loving because you care about if we are sad and you always cheer us up. Mom thank you for being so helpful, you are helpful because you help me achieve certain things in gymnastics, and when I have homework you always help me if I'm stuck. Mom and Dad, you are always supportive of mine and Ryan's goals and support us in any situation. These are some reasons why I love you so much.

Love, Lyla

Dear Alyssa,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. You make me smile everyday and love me and play with me. You make me smile and feel super happy when you play with me. You make me laugh all the time. You feed if moms not home yet and make me excited when you ask to play video games with me. You motivate me to try different things. You make me excited to do new things and encourage me to try different things in my life so I can experience different things. I like when you and I play chopped at our house. I like when we watch movies together. This is my valentines' letter to you.

Love, Kristofer Loewen

Dear, Mom and Dad

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My mom is such a hardworking and caring person. She is always working so hard even when she doesn't need to. She is so caring to everyone in and outside of our family. My mom is so, so loving towards everyone. She is always there for me all time. She is my biggest cheerleader at all my ringette games and soccer games, and she is my brother's biggest cheerleader at all his hockey games and at all his sports. My mom is so helpful in many ways. She helps me with my homework when I need help with it. She will help me and my brother with projects and way more things like my science project where we had to build carriage. My dad is also a very hardworking person. He built my zipline platform, he is working on finishing my basement, and way more. My dad and mom are very good cooks. They always make me supper (and I do to) and they will drive me places like to my sports and to my family and friends' houses. My parents are the best people in the world!!!!

Love, Rylee

Dear Mom,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. I love you so much because you are loving and caring, because you love my brothers and I. You are very, very caring because you think that we are the most important people, we think that you are the most important person. You are my biggest fan because you are helpful towards my brother and I. You're my biggest sports fan, you are always at my soccer games, you cheer me on and make me smile, which makes me determine to win, but even if I lose you still love me no matter what and you always make me

Love, Zhanna

> VALENTINES FROM PG. 8

Dear Family

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My mom is very caring and hardworking. She works two and a half to three hours a night. Whenever I'm sick, my mom takes the best care of me like making me soup and reminding me to drink lots of water. Next she is helpful and my cheerleader. Whenever I'm having trouble with something she is the one to help me get it. She is always cheering for me at competitions and daily. Next is my dad. He is the best cook. Every night he takes the time to cook me and my family a delicious dinner. He is very kind and will help me with anything I need. He helps me with school projects and gymnastics skills. My dad takes time to play with me and my siblings. He also takes on car rides and much more. Lastly, are my siblings. My siblings are. They are always up for a challenge and whenever in bored they are always up to play they have the biggest imagination. My family means so much to me I love them a lot

Love, Keira

Dear Mom,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. You are very loving because you are my mom. You are very helpful towards me because you help me with my homework and help me grow. You are the most beautiful person in my life, and you help me get ready to go to special places with our family. I love you most because you are very happy when I'm around, and that makes me happy. You are a very hardworking person when you are working on your schooling to get a job. You are very nice to me when I wake up.

This is how much you mean to me; I love you.

Love, Emmah Sardo Yellowega

Dear Mom & Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. Mom, you're so loveable because you help me with my homework, play NHL 21 with me, play air hockey with me, and play ball with me. You also buy me toys that I really want for Christmas like NHL 21. You skate with me and have one on one games. I love you dad because you build me hockey rinks every year. You play air hockey with me. You play NHL 21 with me. You got me NHL 21. You also take shots on me.

Love, Brandon

Dear Mom,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My mom is so hardworking and caring. She always cooks supper. She even works at my school. Every time I have homework, she will help me she also sometimes buys me stuff in games. My mom is so helpful and loving because when I get hurt, she's always there to help. She loves me and my sister. Whenever I need help with something she will help. My mom is so encouraging and supportive. She encourages me to be and do better in everything I do. She supports me to be able to do everything I do. I love my mom for everything she is and does.

Love, Tyson

Dear Mom,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. Mom, you are very helpful when I have homework and when I need help with something that is a bit hard for me. You are also very caring for me, my brothers and everyone in the family, you give us beds to sleep in and food to eat. Mom you are very thoughtful. Whenever you go to Costco with your friend Suzanne or by yourself you always think of me or Nick and sometimes ask if we want to go with you. Or if we want something from the store and you are very playful when you have time to play, we all play a nice family game like Yahtzee or Rummikub. Whenever we play a game like that my heart is filled with joy. That is why I love you so much! Happy Valentine's Day mom!

Love, Abby

Dear Mom and Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. Mom, you are very caring because whenever something happens you are right there. You're supportive because you're always there at our sports like soccer, hockey, baseball, and ringette for me and my sisters. Dad you are always hard working at your work whenever you can you will always do stuff with us. Mom You're always hardworking for us at the same time you are kind. Dad you are loving and kind towards me and you are shown us love. Dad you are very friendly and always in a good mood at night sometimes he'll come and do something funny.

Love, Connor

Dear Mom,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My mom is very amazing. She takes care me and cooks me amazing food. She is also very kind. She is also very helpful when I do my projects for school. Another thing that my mom does for me is she is super hardworking. She goes to work to buy us food to eat. She is also very loving. She buys me things and gives me all the love. My mom is also very supportive when I have a goal's she always helps me accomplish my goals. She is playful too, because in the summertime we always go to the beach and we all go swimming together. That is why I love my mom so much.

Love, Ava

Dear Mommy,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. You are caring and hard-working you take care of me by feeding me and helping me on my homework. You are very hard working because you always have to make me food and tuck me in when it is time to go to bed also you work very hard on your homework so you can play with me and my brothers and sister so we can talk or a tell some stories about us when we were little stories. You are super loving by helping everyone get ready for the day and make food and do dishes and that is loving. You are super nice you let me play games on my computer on the weekends you let me make popcorn for our movie nights.

Love, Demekah

Dear Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. My Dad is supportive and my biggest fan because he cheers me on at my soccer and hockey games when he can make it to them, My Dad supports me by if I do something wrong in a sport then he will help me improve and show me what I did wrong and not to do it again which makes me better at the sport. My Dad is also very loving and helpful to me, my dad will help me if I'm stuck on it. He is also loving because he plays with me, comes to my sports games and practices. My Dad is also caring to me and my whole family and he is always there for us. My Dad is very playful and fun because my mom and my dad bought me and my brothers airsoft and paintball guns for Christmas and then bought one for himself to play with us. These are all the reasons why I love my dad so much.

Love, Brady

Dear Mom and Dad,

This year for Valentine's Day I want to let you know how much you mean to me and to explain why I love you so much. You both are very hardworking and helpful. If there is a project, you both won't stop until your finished, and if I need help with a project, I can always count on the both of you to help me with it! You both are so loving and caring; I couldn't imagine going through all the drama I've been through without your help. I love that you both are so understanding, for example if I say I need to get out of the house you understand me and will find something that I could do to get out of the house like playing with friends! I am so grateful for you both and I love you!!!

Love, Kianna

Documenting history in the making

Real estate team takes talents virtual

By Nicole Buffie

George and Kasey Hacking never thought their YouTube series would end up playing a part in preserving the history of Selkirk.

"I don't think we've gotten deep into that thought," Kasey Hacking said when asked how her and her father feel about being a piece of the puzzle to document life in Selkirk as it happens. The father-daughter real estate duo has dipped their toes into the virtual world, interviewing people from different walks of life in Selkirk on-camera.

"I guess looking back, it'd be an interesting series for sure," George Hacking said. "And I think that when we look back, it's going to be a time of staying apart, but coming together."

The idea for the series came from the two's desire to connect the community and provide exposure to businesses and individuals who may be struggling as a result of the novel coronavirus pandemic.

In his 15th year at Century 21 and her 2nd year working with her father,

the Hacking team wanted to use their platform to provide a space for these businesses in an increasingly virtual world.

"You might not hear about someone, you know, when you're staying at home every day unless it's on your TV, or it's on your computer or it's on your phone. You're not really getting exposure at your building," Kasey Hacking said. "Say you're a restaurant: there aren't people driving around anymore, it's pretty much all online. So I mean, we don't have a million followers or anything, but we always like to use our platform to showcase, you know, local businesses and people who we like to support and people who support us as well."

Guests like the owners of the Mighty Kiwi, RBC employees and security companies have graced the table in the boardroom of the Century 21 office to talk business, mortgages and protecting yourself online, all while maintaining six feet apart.

The savvy entrepreneurs work well together in an interview setting, feed-



RECORD PHOTO BY NICOLE BUFFIE

Century 21 real estate duo George and Kasey Hacking are taking on a side project by interviewing community members of Selkirk for a video series.

ing off the energy of one another which can only speak to the work they accomplish as a real estate duo.

"It's great," George Hacking said of having his daughter come back to the real estate world after stepping away from an assistant position to explore other ventures before reprising her

role as a member of the family business. "It's a great partnership. And I think that we were always compatible."

That compatibility plays well for the two, George Hacking having community connections and Kasey Hacking

Continued on page 11

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THE MANITOBA TEACHERS' SOCIETY

Visiting the coaches corner to discover your heart and soul

Life coaching gaining popularity

By Nicole Buffie

The word 'coach' is often associated with the sports world, where mentors guide their players through training, games and hardships they may face. However, athletes are not the only people who may need guidance in their lives. This is where coaches like Jaimie Kazuk come in.

Kazuk, a newly certified life coach, started her business to help those who seek advice and mentorship through the trials and tribulations of the day-to-day, helping to achieve personal goals.

"We're like a personal trainer for your mind, which affects the rest of your life," said Kazuk on the profession.

Unlike therapists or psychiatrists, Kazuk says life coaching is present-oriented; her goal is to set up her clients for their futures rather than dig into their past.

"It's helping people in a positive way and not diagnosing them with problems or saying, 'this is why you are the way that you are,'" she said. "Coaches don't do that. We help inspire them to be better than they are today."

After going through multiple careers and becoming a single mother, Kazuk felt she was always chasing something that wasn't the right fit for her, career-wise. Yet, there was always a part of her that was interested in helping and supporting people.

After contemplating occupational therapy and counselling she came to discover life coaching through reading self-help books. The journey has been something she describes as a 'lifetime of learning'.

"When somebody comes to me and they're having this challenge or this fear, it's like I get butterflies in my stomach because I'm just like, 'Oh, this feels so rewarding to me that this

person trusts me with how they're feeling,'" she said.

While life and personal coaching is a fairly new concept, stemming from an American financial planner helping his clients in the 1980s, it has gained traction across North America and eventually worldwide in recent years.

Kazuk hopes that by introducing those around her to life coaching, she can shift the way they think about themselves, just like it did for her.

"Something I've actually learned about myself is tapping into all the wisdom and all the potential that I actually have, it's mind-blowing," she said. "And I'm not trying to toot my

own horn, but people need to toot their own horn because people underestimate the power that they have within themselves."

With the COVID-19 pandemic leaving many in isolation and affecting their mental health, the need for therapy and counselling has

risen exponentially. The Province of Manitoba began offering virtual counselling sessions at the beginning of the pandemic in March 2020.

Kazuk said while it's important to address internal problems, her coaching sessions aim to highlight the positive in someone's life and to build on that.

"Going through COVID, there's so much negativity and so much toxicity," Kazuk said. "But in that moment in time, we just focus on you right now; let's not focus on everything else that's happening in the external world, and focus on what's happening in your internal world."

For more information on Kazuk's business, Heart and Soul Coaching, contact her on Facebook by searching Jaimie Kazuk or email her at heartandsoulcoaching21@gmail.com.

**"WE'RE LIKE
A PERSONAL
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- JAIMIE KAZUK**



RECORD PHOTO BY NICOLE BUFFIE

Jaimie Kazuk is Selkirk's newest community coach, ready to serve the community and help them set goals for personal accomplishments.



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> SELKIRK YOUTUBE VIDEOS, FROM PG. 10

with the social media skills to market both their business and YouTube series.

The videos play just a small part in showcasing the community, George said. As a member of the City's Heritage Committee, the group is looking to do a similar series interviewing older members of the community who saw the progression of Selkirk into what it looks like today.

"There's a lot of interesting stories in Selkirk," George said. "And in all the communities, about you know, some of the shenanigans, but also progress over time."

The video series, which remains nameless at the moment, is still in production but will debut on the pair's Facebook Page, The Hacking Team, and YouTube channel.

Province announced new funding for school buildings

Selkirk Junior High School, St. Andrews School, and Robert Smith Elementary School receive funds

By Katelyn Boulanger

The province announced funding for three projects in the Lord Selkirk School Division to ensure that the school's infrastructure is able to keep up with the demands of learning.

On Feb. 8 MLA Alan Lagimodiere, Jerret Long, Superintendent of LSSD and Jack Bogaski, school trustee came together for the announcement of funding for the boiler system replacement at Selkirk Junior High School, foundation leveling at Robert Smith Elementary School, and a new accessibility lift at St. Andrews School.

"It's nice to see certainly that [Lagimodiere and Bogaski] have a vested interest in making sure that they're looking out for the Lord Selkirk School Division. So we definitely felt their support and it was a real boost to see the support in some of these areas in the schools that certainly needed it," said Long.

He feels that even though these are not what people might typically think of when they think of investing in

children's education, upgrades of this nature are also important to student's learning.

"I think probably the best example of that is at St. Andrews School. The support that came from the province was to help with the gym lift. So, it was an accessibility issue. We had students who were not able, if you were in a wheelchair, for example, students couldn't at St. Andrews school access the gym unless you access it from outside. It's a one-level building but the way the school was built way back was [in a way that] access to the gym level [meant] you had to go down six or seven stairs. The provincial government support and recognizing that accessibility for all students is so important," said Long.

Lagimodiere agreed to the necessity of these projects for learning.

"It was minus 44, outside with a windchill [when we made the announcement]. It certainly was one of those things where I went, man, if the boiler failed today, you'd have seri-



RECORD PHOTO SUBMITTED

MLA Alan Lagimodiere, Jerret Long, Superintendent of LSSD and Jack Bogaski, school trustee announcing new funding for LSSD projects.

ous problems. So the fact that we're replacing it, and giving everybody the peace of mind that in the future, you're going to have a state of the art boiler in there, and you're not going to have to worry when you're in there teaching and you're not going to have to cancel classes, because it's so uncomfortable in the classroom [that

definitely gives you an environment that's more conducive to study]," said Lagimodiere.

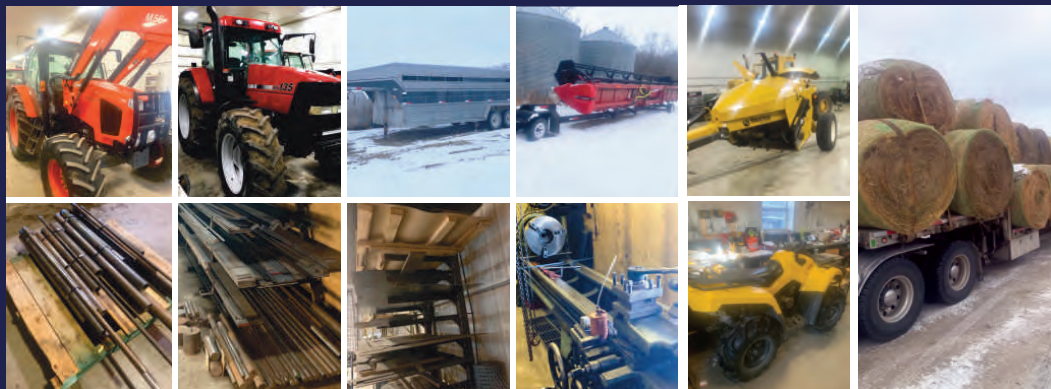
Both of them also understand that these bigger projects can sometimes be difficult to fit into the division's budgets.

Continued on page 18

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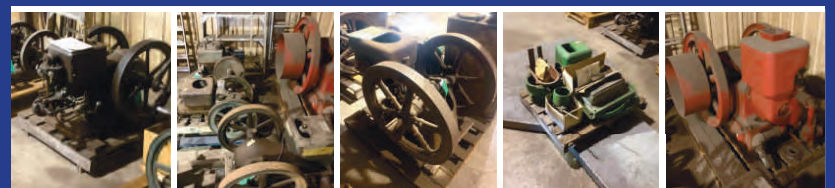
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3 tips to prepare to sell your home

Eliminating pet odors, including those associated with pets, can help homeowners prepare their homes for prospective buyers.

According to Realtor.com, spring is the busiest and best season to sell a home. While a good home can find a buyer any time of year, homeowners might find the buyers' pool is strongest in spring and into summer. The reasons for that are many, ranging from parents wanting to move when their children are not in school to buyers wanting to move when the weather is most accommodating.

Because spring is such a popular time to sell a home, homeowners who want to put their homes on the market should use winter as an opportunity to prepare their homes for the prying eyes of prospective buyers. The following tips can help homeowners during the pre-selling preparation process.

1. Address the exterior of the home.



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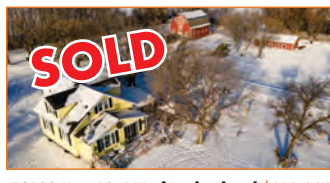
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Eliminating pet odors, including those associated with pets, can help homeowners prepare their homes for prospective buyers.

Winter can be harsh on a home's exterior, so as winter winds down, homeowners who want to sell their homes should make an effort to address anything that might

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negatively affect their homes' curb appeal. A study of homes in Greenville, S.C., from researchers at Clemson University found that the value of homes with landscapes that were upgraded from "good" to "excellent" increased by 6 to 7 percent. If it's in the budget, hire professional landscapers to fix any problematic landscaping or address any issues that arose during the winter. Homeowners with green thumbs can tackle such projects on their own, but hiring professionals is akin to staging inside the home.

2. Conquer interior clutter.

Clutter has a way of accumulating over the winter, when people tend to spend more time indoors than they do throughout the rest of the year. Homeowners who want to put their homes on the market in spring won't have the luxury of waiting until spring to do their "spring" cleaning, so start clearing any clutter out in winter, even resolving to make an effort to prevent its accumulation throughout winter. Just like buyers are impressed by curb appeal, they are turned off by clutter. The Appraisal Institute suggests homeowners clear clutter out of their homes before appraisers visit, and the same approach can be applied to open houses. Buyers, like appraisers, see cluttered homes as less valuable. In addition, a home full of clutter might give buyers the impression, true or not, that the home was not well maintained.

3. Eliminate odors.

A home's inhabitants grow accustomed to odors that might be circulating throughout the house. Pet odor, for instance, might not be as strong to a home's residents as it is to guests and prospective buyers. Because windows tend to stay closed throughout the winter, interior odors can be even stronger come late-winter than they are during the rest of the year. A thorough cleaning of the house, including vacuuming and removal of any pet hair that accumulated over the winter, can help to remove odor. In the weeks leading up to the open house, bathe pets more frequently, using a shampoo that promotes healthy skin so pet dander is not as prevalent. Open windows when the weather allows so more fresh air comes into the home.

Spring is a popular and potentially lucrative time to sell a home, and homeowners who spend winter preparing their homes for the market may reap even greater rewards.

Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



Renovation trends that figure to be popular in the year ahead

Home renovation trends are ever-changing. Renovations that might have been de rigueur 20 years ago may seem dated now. Recognizing the potentially popular trends of tomorrow is a great way for homeowners to give their homes a fresh new look and put themselves in position to capitalize on popular trends when they put their homes on the market. That's especially so after 2020, a year when millions of people spent more time at home than ever before. All that time working from home and relaxing at home gave millions of homeowners ideas about what they like about their homes and what they hope to change. The following are some renovation trends that various experts suspect could emerge in 2021.

· **Eco-friendly living:** Climate change, and how to combat it, was a hot button issue during the 2020 presidential election in the United States. So it should come as no surprise that *urdesignmag.com*, a web magazine that showcases creative trends in design, architecture, art, technology, and fashion, predicts that eco-friendly living solutions figure to be hot commodities in 2021. Eco-friendly appliances, furniture and designs can help to conserve energy and reduce waste, which environmentalists and government agencies like the Environmental Protection Agency note are two critical components in the fight against climate change.

· **Large windows:** Large windows can provide stunning views of the outdoors and allow ample natural light into a home. It may not be a coincidence if large windows prove to be a hot trend in 2021. The COVID-19 pandemic that dominated much of 2020 forced many people to spend considerably more time at home. Darker homes without much natural light can adversely affect mood, especially when people are spending more time at home. HGTV predicts that homeowners will seek ways to bring more natural light into their homes in 2021, and large windows naturally brighten homes while making rooms appear bigger, helping people feel less cramped. That's an especially beneficial characteristic when spending more time indoors at home.

· **Minimalism:** The anticipated popularity of minimalism in 2021 may



also be connected to the pandemic. As professionals were forced to work from home and many families spent more time together inside their homes than ever before, they may have recognized a need to cut back on clutter, includ-

ing extra furniture. A minimalist approach is both simple and clean, which can make homes feel less claustrophobic.

· **Multi-functional spaces:** Homeowners asked a lot of their homes in 2020, as rooms were transformed into multi-functional spaces seemingly overnight. HGTV notes that spending more time at home showed homeowners that it may not make sense to dedicate entire rooms of a home to a single purpose. Renovations that can help homeowners transform rooms into multi-functional spaces figure to be hot commodities in the years ahead.

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What to know before installing built-ins

After purchasing a new home, buyers often want to put their own fingerprint on the property. Homeowners anticipate the day when their homes are transformed into spaces that reflect their style and not the preferences of



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previous owners. When deciding how to renovate interior spaces,

homeowners will make some relatively temporary changes, but they also may consider some permanent adjustments. Built-ins fall into the category of permanent adjustments, and while realty professionals note that built-ins tend to provide a good return on investment, homeowners can learn more about built-ins before deciding if they want to install them in their homes.

What are built-ins?

Realtor.com defines built-ins as any feature that is built into the interior of a home. The term “built-ins” may immediately conjure up images of bookshelves, but built-ins also include benches and entertainment centers.

Why install built-ins?

Built-ins can be both utilitarian and aesthetically appealing. Built-ins are functional because they provide storage space that homeowners may otherwise find hard to create. Built-ins are embedded in walls that may otherwise be useful only to hang artwork. This can provide much-needed storage space in homes with limited square footage. Professionally installed built-ins also can transform rooms, making them appear more organized. Customized built-ins also can give homes their own unique character, though it’s important to

note that prospective buyers may or may not appreciate that uniqueness.

Are there disadvantages to built-ins?

The permanence of built-ins may not appeal to some buyers. If buyers don’t like built-ins at all or are not fond of the look of customized built-ins, that may be enough to convince them to walk away from a property. However, Realtor.com notes that functional built-ins, like built-in bench seats with storage capacity, appeal to modern buyers and their preference for as much storage space as possible.

Permanent built-ins also can be costly. The home remodeling resource Fixr.com notes that built-in entertainment center installations can cost between \$8,000 and \$9,500. Built-in seating and bookshelves are not as costly, but such projects still cost more than simply buying premade furniture.

Some buyers also may see built-ins as limiting what they can do with a space. That can be a major disadvantage as more professionals work from home and seek multi-functional spaces in their homes.

Built-ins can dramatically change the look of a room and provide some much-needed storage space. But it’s imperative that homeowners give ample thought to built-ins before deciding to install them in their homes.

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Additional programs will be announced soon, including ones that celebrate our francophone roots, encourage and facilitate reconciliation, and more!

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Community Art Show back in business

St. Andrews Rectory welcomes back guests

By Nicole Buffie

After months of closures due to the COVID-19 pandemic, the St. Andrews Heritage Centre has dusted off their artifacts and filled the walls with paintings to welcome back visitors for their community art show.

After a call-out in October 2020 for community members to submit their makings, provincial public health orders shuttered most businesses, including museums and galleries.

However, the lack of ability to have people see the submissions in-person didn't stop the rectory from displaying them and they instead pivoted to a virtual showing of the art.

Patti Simko, a first-time submitter and amateur artist, said the show gave her a chance to show off the skills she's acquired since picking up the hobby in 2018.

"It was a little nerve-wracking, never having exhibited my work in a public format before but it's exciting," she said of her artistic debut. "I think I feel a little insecure sometimes about my work, because I'm up against people that are accomplished and, you know, award-winning artists, and then there's my little painting hanging on the wall. So it's always a little bit of, you know, self-judgement going through your head."

A self-taught painter inspired by her daughter, Simko draws from reference photos for her pieces to create realistic-yet-stylized landscape and floral scenes.

She said venues like the Gwen Fox Gallery and the Heritage Centre provide space for new artists like herself to share and appreciate the creations of the community.

"If you go into the galleries and look at the walls of the locals that have been exhibiting the pieces, it's shocking how much talent there is in our community," Simko said.

After working out the logistics and receiving funding from the province's Safe at Home grant, the museum interviewed the 17 artists about their works displayed on the top floor of the rectory for a virtual launch on their website. Meredith Boerchers, program director for the centre, said the interviews and event garnered nearly 300 views in the first week.

"It's kind of interesting to see where people are in their journey coming out in the way they talk about their art," she said of the artist interviews. "It's been really great to see the response from everyone enjoying it online too."

The art show features paintings, photographs and jewellery to make a mixed bag of art amounting to over 40 pieces. Now that public health orders allow for it, visitors can see the pieces for themselves via private bookings.

Simko said having a creative outlet during the pandemic is an invaluable asset and encourages those feeling isolated to pick up a brush, knitting needles, or anything that helps pass the time.

"If I'm painting for 10 minutes or have been painting for three hours, it's a time where it's very meditative, I've blocked all the problems of the world out and it's just me and my own little corner of Lockport not worrying about what's going on, and I think that's terribly important for people right now," she said. "A Manitoba winter is tough on its own, it's important to find a way that you can calm your



RECORD PHOTO BY NICOLE BUFFIE

St. Andrews Heritage Centre Program Director Meredith Boerchers welcomed visitors back to the Rectory for the Community Art Show on Feb. 13.

mind."

The St. Andrews Heritage Centre is accepting private bookings to visit the museum and view the community art

show. To book an appointment, call 204-339-6396. To view the virtual art show, visit their website www.standrewsrectory.ca



RECORD PHOTO SUBMITTED

Artist Patti Simko is one of the 17 featured artists in the show.

> EDUCATION FUNDING, FROM PG. 12

"When we think of education, as a community, we often think it makes sense that we think of our students and the needs of the classroom, making sure that we have enough teachers, class sizes, enough programming, let's say vocational or language programming. So these are the things that we think of right away and are so important, but in order to make sure that we can provide, let's say vocational programming, we better make sure that we don't have water dripping through the roof," said Long.

He also wanted to take the opportunity to praise the staff throughout the LSSD for their hard work during a difficult time.

"So we appreciate and are thankful for our staff, and we recognize them during staff recognition and appreciation week. It's a good reminder that the staff in the buildings, help to make things move completely with our student learning and if we don't have that, then all these other projects on the go don't matter too much. If we can make sure that our education is top-notch, and I would say it's second to none, in terms of the staff caring and the staff's ability to make sure that learning happens in our classrooms," said Long.

get inspired

> MEAL IDEAS



Grilled Portobello Gyros with Yogurt Dill Sauce

- 4 pita breads or naan
- 2 tomatoes, thinly sliced
- 1/2 red onion, thinly sliced
- 1/2 head green lettuce
- crumbled feta cheese (optional)

Remove stems from mushrooms and brush caps with wet towel. Using spoon, carefully scrape out gills. Slice mushrooms into 1/4-inch pieces and place in medium bowl with olive oil, oregano and smoked paprika.

Preheat indoor grill pan over medium-high heat. Add mushrooms and peppers; grill, tossing occasionally, until tender, 5-7 minutes.

To make yogurt dill sauce: Squeeze grated cucumber in clean towel to remove excess liquid. Add to large bowl with yogurt, sour cream, olive oil, lemon juice, garlic, salt and dill. Stir to combine.

To serve, place mushrooms and peppers in middle of pita bread. Top with tomatoes, onion, lettuce, feta, if desired, and big dollop of yogurt dill sauce.

Recipe courtesy of Emily Weeks of "Zen and Spice"

Cook time: 15 minutes

Total time: 25 minutes

Servings: 4

- 4 portobello mushrooms
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon smoked paprika
- 2 yellow bell peppers, sliced
- Yogurt Dill Sauce:
- 1 English cucumber, grated
- 1 cup whole-milk Greek yogurt
- 1/2 cup sour cream
- 2 tablespoons extra-virgin olive oil
- 1/2 small lemon, juice only
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 tablespoon minced fresh dill



Ham and Broccoli Frittata

- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf
- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole-milk ricotta cheese
- 1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano,

Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks of "Zen and Spice"

Cook time: 30 minutes

Total time: 40 minutes

Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces crimini mushrooms, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes

Expert patient here to help!

By Susie Schwartz

Are you bubbly and outgoing? Great. Are you the strong, silent type? Shy? Also great. Regardless of your personality, here's my thoughts on being a patient in a waiting room:

Talk to people!

I sat in a basement room with 12 people lining the perimeter of a square layout. We all needed CT scans. We also, I noticed, all had either stripes or plaid adorning our clothing. Perhaps the stress hormones kicked in, but my mind latched on to this and I burst out laughing. With glances from all around, I jumped in to say that we clearly had two ready-made teams and that we should have a singing contest. From chuckles to boisterous laughing, the room erupted.

In what had been an eerily silent room, conversation began to bubble forth. "Anyone know how long the wait to go in is?" and "I'm waiting for my husband. He's in there now. We waited about 45 minutes down here." At that point I thought out loud and said, "Oh I hope my parking doesn't run out." The woman answered, "My husband has cancer so we're here all the time. We found out from staff that as long as you have a parking sticker displayed, you won't get ticketed, so never pay more than the minimum." Good. To. Know.

Nearing the end of day, people left to get scanned but no new patients were coming down. Our teams were breaking up, but the intimacy lent itself to conversation about living with cancer and illness and the ins and outs of hospital appointments. Not only informative, this became a natural one-time support group. Knowing we'd never see each other again opened



Susie Schwartz

up a safe place to share and vent a bit. The freedom in that was beautiful. Even the quiet chucklers joined in.

Over my many years of appointments, I've been gifted perspective from people who suffer more harshly or regularly than I, and yet still love life; shared in common fears of the future, walking away feeling like I was not alone; had the honour of holding an elderly woman's hand, who sat in the gratitude of that moment rather than feeling sad that she lacked family support. Being comforted by, and having the opportunity to comfort strangers is a delightful surprise in an otherwise scary or frustrating health circumstance. It's worth it, trust me.

One more thing. You might even win an impromptu singing challenge, right?!

Less health stress, yes?

A published author and motivational speaker, Susie currently lives in the UK. She welcomes feedback and questions. Find her on FB @medicalmissstress, Instagram @medicalmiss_stress and her website lesshealthstress.com

no, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer.

Add lasagna noodles and cook, stirring often, until softened, about 15 minutes. Remove from heat and remove bay leaf.

Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top with dollop of ricotta and sprinkle of mozzarella.

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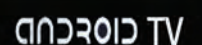
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95-year-old Selkirk organization welcomes new members

P.E.O. invites locals to invest in women's education

By Katelyn Boulanger

Though they haven't been out and about in the community much lately due to the COVID-19 pandemic P.E.O. (the Philanthropic Educational Organization) has continued to host virtual meetings advocating for women's education and invited interested members of the public to join them.

"Basically, P.E.O. is a group of women that come together, they support each other and then they support the advancement of other women in the community. The focus is all education and helping women achieve their goals in education whether it's a degree or a certificate or whichever path they're on," said Merilee Mollard, P.E.O. Selkirk Member.

With 17 chapters in Manitoba, 4 chapters in Selkirk alone, and being an organization in the community since September of 1926, they support women with scholarship opportunities and programs designed to help women receive an education regardless of where they are in life with support even if they fall through the cracks of other options.

To provide these opportunities, they fundraise in the community in a variety of ways though restrictions because of COVID-19 have lessened the amount of recent fundraising they are able to do.

"Last year, we had Bud, Spud and

Steak nights, that was our fundraiser and that was enough to ensure that we could continue with all of our projects and all of the support of the ladies. We've also made a move to also include and really focus on women that are wanting to complete their health-care education. That's been a result of everything we see due to COVID. This year, we're just trying to figure out which fundraiser we'll do because it has to be contactless," said Mollard.

In order to keep up with COVID-19 guidelines from the province, they pivoted to online Zoom meetings in 2020 but maintained elements of the meetings that members enjoyed like having a keynote speakers talk on a variety of topics.

"We try and have some interesting programs so that everybody might find something interesting to them. As an example, this spring, we're looking at having a Master Gardener come in and talk about container gardening," said Barb Cieszyski, past P.E.O. provincial president and a past president of chapter P in Selkirk.

They will also be having their provincial coffee party virtually this year on March 20 at 10:30 a.m. for anyone interested in becoming a new member and joining a local group.

Mollard who's been with the group a little over a year enjoys the fun times that she has while helping her com-



RECORD PHOTO SUBMITTED

Selkirk's P.E.O. members at their annual Christmas event in 2018 before COVID-19 mask wearing restrictions.

munity since she joined.

Cieszyski who has been with the group much longer says the camaraderie keeps her coming back.

"The affection that you get from your sisters is like nothing else. We have some members who have moved here and they have no other family and they say that they now have a family here. You know, people, and we also have some absolutely wonderful project recipients that we have been able to support.

In addition to the group being open

to new members, Mollard most wants to let residents know the P.E.O. is a resource that is available in our area and that should you be a woman who needs a little help with education they will do their best to find a program that may fit with your needs.

To contact a Selkirk member about the coffee party, to discuss potentially becoming a member at one of the chapters in the City, or to discuss education support opportunities email pselkirkmb@gmail.com.

Alarming number of vehicle fires over the past two months

Submitted by MPI

Over the past two months, a total of 81 passenger vehicle-related fires have been opened with Manitoba Public Insurance. Nearly three dozen of these fires in December and January were directly related to the use of block heaters.

Disturbingly, some of these vehicle fires resulted in houses or carports also catching fire. Investigations discovered a number of these vehicle fires resulted from the use of interior

car warmers and household interior heaters being used to warm vehicles in outdoor garages and carports.

Over the same two-month time frame in a normal year, passenger vehicle fires are typically half the numbers compared to 2021.

"Many of these fires could have been prevented. The use of an interior electric heater in an outdoor winter setting is extremely dangerous," explained Paul Brisson, MPI Fire Investigator. "The issue is that moisture and

overheating of the heater elements and internal components, which are not intended to be running continuously for extended periods of time especially outdoors in extreme cold, can cause the heater or power supply to fail."

Interior home heaters used in conjunction with an extension cord causes excessive power draw and may overload a circuit or cause a failure in the extension cord, plugs, fuse panels, said Brisson.

"Block heaters are intended to be used in cold climates to warm an engine prior to starting the vehicle," he said. "As a general rule, an engine block heater should be used when the temperature drops below -15 and greater. It's strongly discouraged to plug in a vehicle which is parked in an attached garage."

Preventative Steps

- Block heater power cords and extension cords must be free of defects, cuts, dirt, and corrosion and should

be stored properly to avoid damage which could lead to a fire.

- Block heater power supply cords should be capped when not in use (if equipped), and be properly routed through the front grill or bumper area of a vehicle to avoid pinching or damage to the cord during winter months.

- Do not drive over your extension cord. This could potentially crack the cord and result in electrical failure when plugged in.

- It is recommended that block heater power supply and extension cords be plugged into a GFCI outlet rather than a standard electrical outlet. The GFCI (Ground Fault Circuit Interrupter) adds an additional layer of safety as it contains a sensor that monitors the flow of electricity current through the wires. When the GFCI sensor detects a variation from the normal current it shuts off the flow of electricity in the outlet and may prevent damage or fire caused by an electrical fault.

ALL HOME GAMES AND AWAY GAMES POSTPONED
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Meet the Fishermen



#29 Brendon Hocaluk
Goalie

Morelli continues to marvel as a coach, teacher at Lockport School.

By Brian Bowman

Over the years, Marco Morelli has always taken great pleasure boasting about his Lockport School students' academic and athletic successes.

But he admitted that he has a hard time talking about himself.

The time, though, is certainly overdue to tell his story as an outstanding educator and athlete here in the Interlake.

He graduated in 1994 from Brandon University. He had several term positions before moving on to William S. Patterson for half time Phys. Ed and then landing a full-time position in Lockport in 1996.

"The rest is history, they can't get rid of me," Morelli joked.

Morelli has found his niche in Lockport at the junior high level, preparing the students for high school and beyond.

The Lancers have been lucky to have a tremendous number of exceptional athletes come through their school over the years. Many have gone on to excel at the high school level and beyond.

"You play the hand that you're dealt, and I've always had a pretty good hand with some wildcards in there," Morelli said. "They always make me look good, that's why I feel strange talking about myself right now. We've had some really exceptional athletes over the years, and I mostly just try and stay out of their way."

Morelli said it's very special to run into former student-athlete's years after they've left Lockport School.

On an academic level, Morelli is very proud to have a leadership club at the school, which he organized with Tara



Lambert.

"We have been running a cool club called leadership over the past decade," he explained.

"It involves teaching kids how to lead, create a positive school culture, how to give back to society and ways to gain skills and confidence. Tara is super creative and we are having fun running it. We oversee planning and running all the school's special events. We are also thankful for adding teacher Sam MacDonald to the leadership mix this year."

The staff at Lockport have been second-to-none over the years. That makes going to work a whole lot easier.

"The staff are like family and are super close and supportive," he said. "It is such a treat to be able to work together and learn from these master teachers and supportive administration."

Morelli is also super thankful for the LSSD international student program.

"Another highlight for me was being



RECORD PHOTOS SUBMITTED

Marco Morelli has enjoyed a tremendous career as an educator and coach at Lockport School on a full-time basis since 1996.

able to host international students," he said. "As a result, our family have learned so much about different culture and now we have extended family in Taiwan, Germany, South Korea, Brazil and Mexico."

Over the years, Morelli has spent countless hours with his students outside of the classroom. It is time that is worth giving up for the benefit of his students.

"I enjoyed every minute of it, and it pays dividends for the athletes in class and in life," he said. "It's fun to be on the courts or on the track, in practice or competitions. It is time well spent. Of course, none of my coaching exploits would have been possible were it not for my understanding wife. Her name is Heidi Holst and is the principal of Centennial (School). Raising three kids your husband is called away for many hours of coaching each year was not so easy on her. So, she needs special recognition - a ton actually."

The pair have raised three children - Mikaela, 24, Tessa, 22, and Alek, 20 - which Marco had the privilege to coach.

"That was a real thrill of mine to be able to teach and coach them as they came through Lockport," he said. "They played on all the sports teams, and I really enjoyed that busy time with them."

There was a time, though, when Morelli was not a coach.

In fact, he played a couple of seasons of pro volleyball in Italy and Germany.

"It was very interesting," said the 56-year-old. "I met some great people, saw some great sights, and I was fortunate that the owners fulfilled all my contracts. It was a super experience."

Before that, Morelli was an exceptional volleyball player with the University of Manitoba Bison's from 1982-87.

"We had a really good team in the '80s," he recalled. "We were fortunate to win two national championships, two silvers, and a bronze in the five years I played. I was fortunate to play with some Bison greats and future national team members like Dale Iwanoczko, Russ Paddock, John Barrett, Terry Gagnon, and coach Garth Pischke. All they did was win in those years."

WHL granted approval to host Hub Centre in Regina

From the WHL website

The Western Hockey League announced last Friday it has been granted approval by public health officials from the Government of Saskatchewan to play in a Hub Centre in Regina.

This will allow the WHL's Saskatchewan and Manitoba-based teams in the East Division to open their season on March 12.

"The WHL appreciates the cooperation we have received from both the Governments of Saskatchewan and Manitoba as we work towards a safe return to play in the East Division," said WHL Commissioner Ron Robinson. "With our extensive protocols and the necessary approvals now in place, we are looking forward to play getting underway in Regina and allowing our players to continue their

development at the highest level in the Canadian system."

Seven WHL clubs, which operate in Saskatchewan and Manitoba, will form the East Division, including the Moose Jaw Warriors, Prince Albert Raiders, Regina Pats, Saskatoon Blades, Swift Current Broncos, Brandon Wheat Kings, and the Winnipeg ICE.

The WHL has agreed that all East Division games during the 2020-21 regular season will be played exclusively at the Brandt Centre in Regina, under an approved WHL Hub Centre model.

The WHL's East Division will play a 24-game regular-season schedule, which will be announced at a later date.

The WHL has developed an extensive set of protocols and believe the

protective Hub environment will provide a high standard of safety, for not only players and staff, but the Regina community at large.

WHL players and staff from Saskatchewan and Manitoba based clubs will begin self-quarantining this Saturday and then will report to the WHL Hub Centre in Regina on Feb. 27, where they will be required to undergo COVID-19 testing upon arrival followed by an additional quarantine period. Players and staff will then undergo a second COVID-19 test before being permitted to engage in any team activity.

WHL clubs are also committed to providing private PCR testing through DynaLIFE Medical Labs, to ensure no additional strain is placed on public health. Players will be tested upon arrival to their WHL club and once again before engaging in any team activity. DynaLIFE's PCR testing is considered a gold standard for

COVID-19 testing, and was utilized in Edmonton during the NHL's Stanley Cup playoffs and the 2021 IIHF World Junior Championship.

As the WHL returns to play in the East Division, no spectators will be permitted to enter WHL facilities. WHL fans can look forward to the launch of a brand-new live streaming service that will deliver the excitement of WHL hockey straight to their homes. Details on the new WHL Live will be announced soon.

With the East Division start date now confirmed for March 12, the WHL will have three divisions ready to open the regular season, starting with the Central Division on Feb. 26 and the U.S. Division March 19. The WHL continues to work with government health authorities in British Columbia to establish a start date for the WHL's B.C. Division. Approval from the health authority in B.C. is required for the WHL's B.C. Division to return to play.

Golf Manitoba announces 2021 championship schedule

Submitted by Golf Manitoba

Golf Manitoba announced its 2021 Championship schedule, which will feature 11 championships at member clubs from across Manitoba, last week.

"We are very excited to announce our 2021 championship schedule," said Lisa Andersen, Director of Competitions for Golf Manitoba. "We have an excellent lineup of venues from across the province and are very appreciative of the support we have received from those member clubs who committed to hosting this year."

Of special note for 2021 will be the 100th awarding of the men's amateur championship trophy.

"The Nott Autocorp Men's Amateur Championship has an incredible history and we are pleased to bring this event back to the Neepawa Golf & Country Club," said Golf Manitoba

Executive Director, Jared Ladobruk. "Neepawa is a fantastic venue and will provide an excellent test of golf for our men's amateur field and we are very excited about the incredible milestone we are recognizing for this championship."

As with this past championship season, the health and safety of all involved will continue to be of paramount importance as COVID-19 protocols continue to adjust. "The safety of our member clubs, players, volunteers, and staff is our top priority," explained Ladobruk. "We will continue to monitor the situation and adjust the season accordingly."

The 2021 championship season will officially kick off with the Match Play Championship qualifier and matches being held at the Grand Pines Golf Club on May 29-30 and June 5, 6, 12 & 13.

2021 CHAMPIONSHIP SCHEDULE
Match Play Championship – Grand Pines Golf Course (May 29-June 13)

Women's City & District & Junior Bantam Championships – Transcona Golf Club (June 26 & 27)

Manitoba Junior Men's & Women's Championships – Shilo Country Club (July 5-7)

Diamond Athletic Women's Amateur and Men's Mid-Amateur Championships – Niakwa Country Club (July 9-11)

Nott Autocorp Men's Amateur Championship – Neepawa Golf & Country Club (July 15-18)

Senior Men's & Women's Championship – Steinbach Fly-In Golf Club (August 4-6)

Ladies Interclub Championship – Larters at St. Andrews Golf & Country Club (August 27)

Men's Provincial Interclub Cham-

pionship – Neepawa Golf & Country Club (August 28)

Men's Senior Interclub Championship – Minnedosa Golf & Country Club (September 1)

Also on the local golf calendar for 2021 is the Golf Canada junior Nex-Gen Prairie Championship being held at the Quarry Oaks Golf Course from June 10-13 in Steinbach. Golf Canada's NextGen program aims to support and develop Canada's next wave of future Team Canada athletes.

More information on Golf Manitoba championships including dates, times, eligibility, how to register and host venues will be available in the coming weeks on the competitions schedule page at golfmb.ca. Entry for registration for most Golf Manitoba championships is set to open online on April 1.

MJHL cancels 2020-21 season

From the MJHL website

The Manitoba Junior Hockey League has made the extremely difficult decision to cancel the remainder of the competitive season which includes regular season games and playoffs.

The announcement was made last Friday.

"After multiple discussions with Public Health, representatives of the Provincial Government, Facility Managers and Stakeholders, the MJHL Board of Governors have determined that the resumption and completion of the 2020-21 season is not feasible due to current conditions," read a statement.

"It has become unrealistic to continue operating in a state of hope with so much uncertainty and no timeline provided. It is unfair to our athletes and staff, our community organizations who have been severely impacted financially and the communities/regions our organizations support and garner support from."

When hockey activities were paused

as the entire province moved to Code Red on Nov. 12, at no time did we not think or work tirelessly towards having the opportunity to resume our season safely. Return to Play scenarios were exhausted with Public Health to allow for a safe, responsible, balanced and financially feasible return to team activities.

This included the MJHL securing Hockey specific CCM face masks for on-ice training along with demonstrated ability to safely manage our operations and extensive Return To Play Protocols from July to Nov. 12, 2020. MJHL teams completed 24 Prospect/Training Camps, 400-plus on and off-ice training sessions and 60-plus games safely and responsibly during that time.

"In the end, our advocacy efforts were not enough for Public Health to allow for a return to on-ice team training activity, even in a non-contact, professionally managed, closed to public, distanced, 100 per cent masked and extremely protected environment.

Steelers' season ends with MJHL's announcement

By Brian Bowman

The Selkirk Steelers' season abruptly ended after the Manitoba Junior Hockey League decided to cancel the 2020-21 season.

The MJHL's decision was announced last Friday.

"Obviously, it's a disappointment with hearing the news and how things were shut down," said Steelers' head coach Hudson Friesen on Friday evening. "It's something that we knew

would be tough to get back going given the speed of the province and the strict restrictions that are in place right now. To know it's officially done is tough news for everybody and you definitely feel for everyone involved, especially the players."

The MJHL's decision came after the province's latest announcement regarding restrictions due to COVID-19. It's already late February, so squeezing in a season would have been very

"As a result, the Board of Governors see no reasonable prospect that future restrictions would be sufficiently altered, in time to allow for a feasible gradual return to regular-season play this season."

Moving forward, MJHL organizations will have the option to continue to provide Training/Development opportunities, exhibition games, etc. based on their individual circumstances and facility availability under current/updated Public Health Orders and Hockey Manitoba Directives.

Our athletes, staff, organizations, facilities and the entire MJHL community are to be commended for their efforts as they meticulously followed and executed the strict and extensive MJHL protocols that were put in place to ensure the safety of everyone involved. The MJHL community were Return To Play leaders throughout the province and beyond and it is disappointing that we were not able to do so once again. I would also like to recognize the entire Manitoba Minor Hockey Community who went above and beyond this season to ensure that the many benefits of organized hock-

ey could be enjoyed in a safe and responsible environment.

The league and member organizations operational focus has now turned toward actively stabilizing our financial position, the continued advocacy for the safe and responsible return to on-ice team training activities for all players?teams across the province and planning for upcoming Team Training/Development Activities, Spring Camps, Prospect Camps, Events and Showcases.

The MJHL and each member organization will determine based on their own unique circumstances how they will proceed with their commitments to their stakeholders going forward.

We are very grateful to our communities, billets, sponsors, supporters, officials, volunteers, league staff, team staff and players for their support and leadership in navigating through the very difficult challenges faced over this past year.

Although we are extremely saddened to make this announcement, we now look forward to the future as we prepare for bigger and better things for the 2021-22 season.

year's team due to aging out of junior hockey.

Selkirk should be in good shape for next season.

"We did have a younger roster this year with a lot of rookies and second-year guys," Friesen noted. "I feel really bad for those two because they couldn't finish things up and they would have liked to have gotten a few more games in.

"But having a younger roster obviously helps us with 22 of 24 bodies returning."

tough to do.

"We were running out of time with no real sign of opening up or clearing up here," Friesen said. "It didn't give us much (hope) that there would be big change in the coming weeks."

Selkirk was 3-5 this season, with it's last game being played Oct. 31 in a 5-2 loss to the Pistons in Steinbach.

The Steelers' will lose two players - forward Tanner Pochipinski and defenceman Thomas Colter - from this

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ANNOUNCEMENT ANNIVERSARY



Happy 50th Anniversary!
Bill and Judy Moyer
on February 20
-Love from your family



EMPLOYMENT OPPORTUNITY Summer Student Positions

The Rural Municipality of West St. Paul is recruiting
Summer Student positions to work in various capacities.

Summer Maintenance Positions

Job Type: Temporary Full Time
Duration: May 3, 2021 - September 3, 2021 (18 week duration)
June 14, 2021 - September 3, 2021 (12 week duration)
Salary: \$15.78
Closing Date: March 25, 2021

For a full list of Duties and Qualifications please visit www.weststpaul.com
Applications should be marked "Application for Summer Maintenance Position".

References shall be required upon request. If you have any questions regarding the posting please contact Rick Friesen 204-334-0092 or rfriesen@weststpaul.com

Summer Camp Counsellors

Job Type: Temporary Full Time
Duration: June 14, 2021 - September 3, 2021 (12 week duration)
June 28, 2021 - September 3, 2021 (10 week duration)
Salary: \$11.90 to \$15.78
Closing Date: March 25, 2021

For a full list of Duties and Qualifications please visit www.weststpaul.com
Applications should be marked "Application for Summer Camp Counsellor". References shall be required upon request. If you have any questions regarding the posting please contact Damara Geddes, Recreation Director at 204-336-0294 or recreation@weststpaul.com.

HOW TO APPLY

Submit resume, specifying if you are applying for Summer Maintenance Position or Summer Camp Counsellor:

- By email to: admin@weststpaul.com
- By mail in a sealed envelope marked "Application for Summer Maintenance Position" or "Application for Summer Camp Counsellor", RM of West St. Paul, Attn: Lainie Shaw, CMMA, 3550 Main Street, West St. Paul, MB R4A 5A3
- Use the secure drop-box located at the entrance to the Municipal Office

The RM of West St. Paul wishes to thank all candidates for their interest in these positions, however, only those individuals considered for an interview will be contacted.

These positions have been made available through the *Urban/Hometown Green Team Grant, Manitoba Metis Federation Summer Student Employment Program and Canada Summer Jobs Program.*

The RM of West St. Paul is an equal opportunity employer and is committed to the employment of a qualified workforce which reflects the community's diversity. **Applicants are encouraged to self-declare.**

Classified booking
deadline is
Monday 4 p.m. prior to
Thursday's publication.
Call 204-785-1618

CELEBRATE THE SPECIAL MOMENTS!

ANNOUNCEMENT

Barbara and Ron Petaski wish to thank everyone who offered condolences; acts of kindness; cards; and donations to CancerCare MB made in Ryan's memory. Thank you to Dr. Dawe, Dr. Bashir Bashir, and Dr. Zoppa and their teams, for all their excellent care and concern. Ryan had a few more years due to your expertise. Thank you to all the staff at Selkirk Regional Health Centre, especially those working in the Emergency Department and Palliative Care.

ANNOUNCEMENT

Skazyk - We would like to thank our extended family and dear friends for their love, prayers, and support during the difficult time of the passing of Peter, our loving husband and father. A special thank you to Rev. Y. Buduykevych for arranging meaningful prayer services, compliant with COVID restrictions. Thank you to the cantors and the pallbearers. Thank you for the flowers, food, gift baskets and the many phone calls with offers of support. Thank you for the lovely cards and written tributes with messages of memories which made us laugh and cry. Thank you for memorial donations to B.V.M. Church and the Cancer Society. Thank you to the staff of the Medical/Surgical Ward at Selkirk Regional Health Centre and Gilbert Funeral Home for their service and care. We are truly grateful.

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PUBLIC SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 19th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 22nd, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

Dangerous ice conditions may not be obvious but will exist. Ice fishers, cross-country skier, snowmobilers and others going on the frozen river must:

- Use caution on the ice
- Stay away from the ice cutting and ice breaking equipment
- Watch for posted warning signs about dangerous ice
- Watch for notices to remove ice shacks and remove them promptly



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Announcements

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ANNOUNCEMENT

IN MEMORIAM



In Memory
Anne Dutka

November 1, 1922 - February 14, 2018
You left us so quickly on the eve of Valentine's Day
I remain so grateful for the many special memories of our very gracious mother.
So wise, calm and forgiving
-Forever missed, with love and admiration,
Marlene

ANNOUNCEMENT

IN MEMORIAM



In Memory of
Lori Dee Ann Grove (Pichor)

It would have been her 50th Birthday on February 17th
Happy Birthday in heaven.
-Love Auntie Bea and Uncle Ron

ANNOUNCEMENT

IN MEMORIAM



Raymond Tchir

October 29, 1943 - February 18, 2020
You held my hand when I was small,
You caught me when I fell;
You're the hero of my childhood,
And my later years as well.
And every time I think of you,
My heart still fills with pride;
Though I'll always miss you Dad,
I know you're by my side.
In laughter and in sorrow,
In sunshine and through rain;
I know you're watching over me,
Until we meet again.

-Love Rhonda

ANNOUNCEMENT

IN MEMORIAM



Raymond O. Tchir

October 29, 1943 - February 18, 2020
Raymond passed away a year ago.
Nothing is the same anymore, so many changes, a different world today.
You were a very hard working man, now Ray, you can rest and no more chest pain.
Those we love don't go away, they walk beside us every day - it seemed like you were in the house. Misty waited for you every day. A very sad furry angel when you didn't come home any more.
Our furry angel Misty passed away in August, 2020. Now you can both rest in heaven.
-Forever loved and very deeply missed, wife Florence and family

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of
James Black

Remembering you is easy,
I do it every day;
But the heartache of missing you,
Will never go away.
Miss and love you always Dad.
-Love your daughter Sharon and family

ANNOUNCEMENT

IN MEMORIAM



In Memory of
Tim Loane

September 23, 1982 - August 16, 2020
It has been six months since you've been gone.
God took you home to prove to us
He only takes the best.
You had a heart of gold, true and tender.
Precious memories keep you close.
We'll know no greater treasure,
Then the days we had with you.
For you are always in our thoughts
and forever in our hearts.

-Loving you forever,
Mom, Dad and your son Chris

OBITUARY

Wilfred W. Keith



It is with sadness that the family of Wilfred W. Keith announces his peaceful passing on February 5, 2021, at the age of 82.
Wilf was predeceased by his mother Elizabeth (Morris) Keith, twin sister Elizabeth Stasiuk, father Wilf Sr., wife Myrna (Stefanson) Keith, nephew Kyle Stefanson, brother-in-law Ken Stefanson, and step-mother Betty (Burch) Keith ("Jama").

Left to remember his laughter and stories are his second wife Barbara (Johnson) Keith; his children Doug Keith, Al Keith (Barb Hansford), Kelly Keith (Brian Morrish), and Jan Forster (Rowland); his grandchildren Cody Kjell (Kristian), Stefan Keith, Mark Edmonds, and Mason and Parker Forster; his great-grandson Otsonen Kjell; along with many other friends and family.

Wilf and his twin sister Betty ("Little Bet") were born on May 3, 1938, to Wilf and Elizabeth Keith (Morris). Tragically, their mother passed away just hours after giving birth. Wilf and Betty grew up in Selkirk and Winnipeg, remaining close to both the Morris and Keith families.

He and Myrna were teenage sweethearts in Selkirk and were married young. They built their cottage at Lester Beach at the age of 21, before they even owned a house. They lived in Winnipeg at that time and Wilf worked as a power engineer at the Winnipeg General (Health Sciences Centre).

In 1963, the family moved out to Pinawa when Wilf took a job at Atomic Energy of Canada until they returned to Winnipeg in 1979 for Dad to take on the role of Director of the Physical Plant and Maintenance at Seven Oaks General Hospital which was just starting construction at the time.

He and Myrna purchased a house on the river in Woodhaven in 1981 and Wilf renovated it from top to bottom. When Myrna passed away in 1995, just as he retired from Seven Oaks, Wilf took on a volunteer job restoring airplanes at the Royal Aviation Museum of Western Canada. He soon met Barb and was fortunate to start a whole new phase of life when they married in 2003.

Wilf's grandchildren were his pride and joy. He was delighted when he became a Papa, loved each of his grandkids to pieces and felt blessed to welcome his first great-grandchild, Otsonen.

An intelligent and talented person, Wilf excelled at anything that involved working with his hands from mechanics and construction to art and model boats. Wilf was generous with his time and enjoyed using his knowledge and skills to help his kids and grandkids (as well as many friends and extended family) with projects at their homes and cottages.

Immediate family is planning a small graveside service; a celebration of Wilf's life will take place when such events are possible and hugs can be freely shared.

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

OBITUARY

Barry Still



It is with heavy hearts and profound sadness that we, the family of Barry Still announce his passing on February 8th, 2021.

Barry will be forever loved and missed by his wife of 46 years, Karen; daughter Leah and son-in-law Sasha; family and friends.

Respecting Barry's wishes, there will be no full obituary or future memorials posted.

A private service will take place at a later date. Flowers gratefully declined.

In our hearts forever
Rest In Peace



The Selkirk Record

Announcements

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OBITUARY

Marlene Ann (Baerr) Gustafson



After a courageous battle with cancer, Marlene Ann (Baerr) Gustafson nee Forster passed away, February 8, 2021.

Marlene is survived by her children Jerry Baerr (Pam), Tyler Baerr (Cindy) and Harley Baerr (Grace); grandchildren Marcaz (Bernadette), Grady and Jaylene; great-grandchildren Atticus and Micah; sister Joyce McKinnon as well as nieces, nephews and close friends. She was predeceased by her parents, Bill and Alice Forster, brother Everett Forster, husband Leonard Gustafson and nephew Ryan McKinnon.

Marlene was born March 3, 1943 in The Pas, MB. She spent her early years in The Pas where she attended school and worked at MTS. She also lived in Fort Churchill, Winnipeg, St. Andrews, Petersfield and Selkirk. Her most cherished memories were when her sons were growing up and their friends were always coming

and going. She loved spending time together as a family. Marlene's faith guided her throughout her life. She had a lifelong love of reading and sewing. She made her own clothes as a young girl and found her passion for creating. She could sew literally anything and created many beautiful quilts and wall hangings which her family will cherish forever. She was fiercely independent and supported her family by running her own cleaning business for over 20 years. She became close friends with many of her clients over the years. She loved to spend time chatting with them as she worked.

Marlene was a loving caring person who was known to gift her beautiful quilts to her family and even to perfect strangers. She once met a family at the laundromat who had recently lost everything in a fire. After hearing of their situation, she went out to her vehicle and gathered up one of her quilts. She gave it to the family because she felt that they could use a warm blanket. She enjoyed many hours quilting with her friends and working with them to provide quilts to those in need.

As Marlene wished, cremation has taken place with a private memorial service to follow at a later date.

The family would like to express their extreme gratitude to mum's dear friend Tannis Somerville for the care and help that she has provided. You have a heart of gold and we will never forget the compassion that you have shown to our mum.

In lieu of flowers, donations can be made to the Canadian Cancer Society or the Humane Society.

I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on the Day, and not to me only but also to all who have loved His appearing. II Timothy 4:7-8

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Shirley Kuivenhoven (Onishko)

Peacefully, Shirley passed away February 9, 2021 with family by her side at the Selkirk Regional Health Care Centre following a courageous battle with cancer, at the age of 77.

She will be fondly remembered by her husband Herman; brother Wayne Kotowich (Julie); her daughters Christine King (Lawrence), Jo-Anne Richardson (Lark), Val Miller (Ritchie), step-son John Kuivenhoven (Laurie), nephew Steven (Julie), niece Kim (Brian), grandchildren Jana, Marcus, Olivia, Cash, Flynn, Joss, Shaun (Heather) and David and great-grandchildren Olivia and Luuk.

She was predeceased by her first husband Anthony Onishko who passed away in 1990.

Shirley was born in Selkirk, Manitoba on July 15, 1943 to parents Steve and Jean Kotowich. Shirley was very close with her brother Wayne throughout their lives. Shirley lost her mother at a young

age. Her father remarried Mary (Sykes) and was introduced to her new extended family, Les (Lydia), Ronald (Joyce).

Shirley grew up in Cloverdale, Manitoba on the family farm spending many hours doubling her brother around on her bicycle going to visit friends and play.

In 1996, Shirley remarried Herman Kuivenhoven and expanded her family which brought her great happiness. Together they shared a passion for travelling around the world creating many memories together.

Shirley worked at the Royal Bank in Selkirk for many years creating everlasting friendships with clients and co-workers. She was a School Trustee for decades and enjoyed helping shape the school system, learning new concepts and connecting with her colleagues across the country.

Shirley will be remembered as a loving and caring individual who treasured spending time with family and friends. She was a proud wife, mother, grandmother, sister and friend. She will be fondly remembered by all those who knew her and loved her.

The family would like to extend immeasurable thanks to the wonderful staff at the Selkirk Regional Health Care Centre for their professional, caring and compassionate care.

Those who so desire, in lieu of flowers, may make memorial donations in memory of Shirley to Cancer Care at the Selkirk Regional Health Centre.

Due to present COVID restrictions, family and friends will be invited to a celebration of Shirley's life at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Edward Alvin Kalawarny

On Friday, February 12, 2021 at the Selkirk Regional Health Centre, Edward Kalawarny, aged 84 years of Selkirk, MB passed away.

In keeping with his wishes, cremation has taken place and no formal service will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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