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The Selkirk Record

THURSDAY, FEBRUARY 25, 2021

VOLUME 12 EDITION 8

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Celebrating the big 100!

RECORD PHOTO BY NICOLE BUFFIE

Jean Gunter celebrated a rare milestone on Feb. 9 — her 100th birthday. Learn more about her life on page 3.

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A century lived: Selkirk woman celebrates 100 years

By Nicole Buffie

It's not every day a 100th birthday is celebrated, yet despite public health orders during the novel coronavirus pandemic, Jean Gunter rang in 100 years of life in style.

With a drive-by parade of family and friends, a small dinner and a greeting video from one of her favourite Winnipeg Blue Bombers alumni Milt Stegall, Gunter seized a day she didn't think she'd see.

"We always thought she would make it because she's pretty stubborn," said Wendy Bisiak, Gunter's daughter.

In the house she's lived in for 60 years, Gunter recalled her memories in Selkirk and how she got here, the place she's called home for 75 years.

After moving to Cyprus River, a small town in the Westman area of the province, from Scotland when she was four-years-old, Gunter said she wasn't much of a chatterbox in school.

"I wouldn't talk," she said. "I don't know why, it may have been because of the Scottish accent I had, but I just wouldn't say a peep."

After a schoolyard game in which players had to recite the colour of the sky and run around a circle duck-duck-goose style, Gunter begrudgingly recalled the colour and it was 'all over' after that.

"That ended it, I was yapping after that," she joked.

After becoming comfortable in her community after a few years had passed by, Gunter met her soon-to-be husband, a worker on her family's farm.

However, World War II quickly called for the enlistment of willing troops and volunteers and he went to serve, along with dozens of others who lived on the same block of Dufferin Ave and they eventually became known as the Dufferin Gang, one of the largest groups of people hailing from the same street to enlist for the war.

Wasting no time after the war ended and the gang was homebound in 1946, the Gunters married in her hometown of Cyprus River, moved to Selkirk and began their lives.

Over the years, Gunter said Selkirk has nearly doubled in size; she's watched the old railroads go out of commission, her first home after moving to Selkirk demolished and turned into retail stores, however, the thing she's watched change over the years but enjoyed the most has been the Selkirk Steelers.

A self-proclaimed superfan, Gunter has avidly watched the junior hockey team for the last 50 years. She's billeted young players starting their careers in the past, and remembers watching every game at the old hockey arena.

"We had far more fun there than we've had in the new arena," she said of the memory. "It was so crowded and it held about 1200 people and they were just jammed in there. Just roaring fans, and we had such good teams back then."

Gunter, so well known for her support of the team, was even gifted season tickets to see the boys play for her 80th birthday. And while the Steelers season has been cancelled by the Manitoba Junior Hockey League, Gunter has plenty of hockey to still watch with the Winnipeg Jets back on the air.

For someone who didn't think that she'd make it to her 100th birthday, Gunter still lives relatively independently, with the support of her four children, 9 grandchildren and 20 great-grandchildren.

Gunter's advice for keeping busy throughout the years and during the pandemic? Find something to do.

"Do housework, sit around, watch sports, anything."



RECORD PHOTO SUBMITTED

Jean Gunter celebrated her 100th birthday on Feb 9. Pictured Above: Gunter with the Grey Cup when the Blue Bombers won the national championship in Nov. 2019.

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BIG DOLLAR

Fishermen warning of carbon monoxide danger

Gas-powered heater thought to be cause of death of couple

By Nicole Buffie

Fishers on the Red River and Lake Winnipeg are urging caution while keeping warm with portable heaters after an accident that left a Manitoban couple dead while ice fishing.

A man and woman were found unresponsive in an ice fishing tent on the Red River on Jan. 30 and were later pronounced deceased in hospital. RCMP believe carbon monoxide played a role in the accident.

Dubbed 'the silent killer', Rick Gergatz, a member of the Lake Winnipeg Ice Report and 20-year ice fishing veteran, said harm and poisoning can happen quickly.

"In the air you breathe there's carbon dioxide, and there's about 400 parts per million and you can probably take 5,000 parts per million before he has any kind of effect to you," said Gergatz. "But when it's carbon monoxide, it can be as low as 50 parts per million [to] affect you, and 100 could kill you."

Fumes generated from portable heaters which keep ice fishing tents and shacks warm can quickly build up in an enclosure causing dizziness,

headaches, shortness of breath and death in extreme cases.

Gergatz said with the influx of new fishers looking for outdoor activities amid COVID-19 restrictions, it's important to highlight the dangers of the undetectable gas.

Rick Wur, the fire prevention officer for the Selkirk Fire Department, said while the fatality is the first he's seen of this nature he urges fishers to stray on the side of caution.

"If it's an enclosed area with no air movement, you don't need very many emissions to cause problems," he said. "If you have some kind of a fuel-burning device that you're bringing inside you need to have it adequately vented or you're gonna have problems."

Gergatz said even with ventilation in place, if there's not enough air circulation or air flaps on tents freeze it can make for a dangerous situation.

He noted that most portable and gas-powered heaters, while meant for outdoor use, are being sold to fishermen without knowledge of the potential dangers they pose.

"When they sell these propane heaters, it says right on the box 'not for

internal use, only for external use,'" Gergatz said. "Well, who would use one outside? Everyone uses them inside because it's an easy heat source."

He said it's up to both businesses to educate new fishers on carbon monoxide poisoning when purchasing heaters, as well as manufacturers to have warning labels on packaging.

In an effort to bring awareness to the issue, Gergatz gave away carbon

monoxide detectors to fishermen on his Facebook page and encourages all fishers to have one in their tackleboxes for the next time they head out on to the ice.

"Even if you're just out for the day or fishing in an enclosure for the day: have the flaps open, get some fresh air into the place, and have a carbon monoxide detector with you," he said.



RECORD PHOTOS BY NICOLE BUFFIE

Ice fishers are reminding those new and old to the hobby to keep a carbon monoxide detector handy after a couple was found dead in their ice fishing tent on Jan. 30. RCMP believe CO poisoning was a factor.



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Ice Jam Mitigation Program underway on Red River

The mark of spring brings ice cutting and flooding

By Nicole Buffie

Twenty-eight kilometres of icy tundra will soon turn into a flowing river of jagged chunks in the coming weeks as the province prepares to unleash the Amphibex machines for their annual ice jam mitigation program.

For the last 15 years in February and March, North Red Waterway Maintenance Corporation hauled the fleet of lime green machines down the Red River to assist in flood prevention by breaking up the frozen water as to not cause jams during the spring melt.

The corporation was formed by the RM's of St. Andrews and St. Clements as well as the City of Selkirk in an effort to address increasing concerns of spring flooding along the river, where Darrell Kupchik and his team 'wrote the book' on the icebreaking program.

"We've all seen what happens when you do have an ice jam like we had in 1996; there was a major ice jam along the Red River and it caused millions of dollars of damage along the Red River, and lots of beautiful homes were flooded. It was really a disaster," Kupchik said. "And that's really what

kind of got this program started was looking for a way to make sure this never happens again."

In Sept. 2019, Infrastructure Minister Ron Schuler issued a Request For Information as the province sought to lease out or outright sell the Amphibex machines, citing the government's desire to seek a better deal in the open market than the \$1M annual contract carried out by North Red to operate the machines.

"As the ice jam mitigation program is only active for a portion of the year and the equipment may be used for other purposes, such as dredging, there is an opportunity for an entity to pursue other activities – when the ice-jam mitigation program is inactive – under a revenue-sharing agreement between the entity and Manitoba," said the document.

The original intended use for the machines was to prevent flooding by dredging waterways in springtime to prevent build up of soil and plant material. The province realized the Amphibex's could be used for the same thing but at the end of winter to pre-



RECORD PHOTO BY KATELYN BOULANGER

(Left to right) Mayor of Selkirk Larry Johannson, Executive Director of North Red Waterway Maintenance Corp. Darrel Kupchik, and Mayor of the RM of St. Clements Debbie Fiebelkorn welcoming the three amphibex machines to the Red River in Feb. 2020.

vent spring flooding and retrofitted them to break up ice along the Red River.

In December, Schuler announced a five-year contract of operations for the contraptions was awarded to Winnipeg Environmental Remediations Incorporated, a Manitoba-based company that provides comprehensive environmental services, general contracting and civil earthworks to a variety of industries in both the private and public sectors throughout Canada and the United States' according to a Dec. 30 press release.

With the new company overtaking responsibility of the program, Kupchik said the company hired 15 of his staff to continue operations.

"We want to make sure that the program itself does not suffer in any way. We've put a lot of effort into building this corporation and developing these techniques and researching the correct equipment and finding staff and training them," he said. "You can't just walk away from something like this, you have to ensure that you've done everything you can to make sure it's successful."

To carry out the program in a timely manner and ensure the least amount of damage is done to properties on the

Red River by spring flooding, Kupchik said the Amphibex began their tour de Red at the mouth of Netley Creek working towards Netley Lake on Feb. 22 and will turn back and run down the river towards Selkirk.

As for North Red Waterway Maintenance, they will be dissolving as a corporation in the near future.

"We're just pleased that the ice jam mitigation program is continuing, and the residents along the Red River, the municipalities, you know, greatly appreciate this program," Kupchik said.



RECORD PHOTO BY NICOLE BUFFIE

The Province's Ice Jam Mitigation Program is underway which means ice fishers must begin to move their shacks off the Red River to make way for the Amphibex machines.



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What to do when your pipes freeze

Long cold snap brings questions from residents about what to do when pipes freeze and how the City of Selkirk can help

By Katelyn Boulanger

Though this week has warmed up considerably it was not very long ago that temperatures were reaching the -40 Celsius range and frost levels had gotten to the point where pipes in some Selkirk homes were in danger of freezing over. Because of this, some residents had some questions about how the situation was handled in our community.

"[As the winter goes on] the frost in the ground is going deeper. It's penetrating into people's buildings more, like their basement and the crawl spaces are colder because the ground is colder. That's how this mostly happens," said City of Selkirk's Director of Operations, Dan McDermid.

Though it may have seemed like this winter had colder temperatures for longer, it didn't mean that more homes had frozen pipes as Selkirk only had one more home this year have issues than last year, according to McDermid.

He started to receive these calls at the typical time of year of late January and early February as well.

"A lot of the time the homeowner

can solve the problem on their own. Just by getting some heat into their crawlspace and stuff like that. A lot of the calls that we get is it's a crawlspace, or there's a draft, or they need to close up their skirting around their inside of their house, those sort of

things. A lot of the problems can usually be handled on the homeowner side," said McDermid.

Though there are many things that homeowners can do there are some circumstances that make homes a little more vulnerable to freezing pipes. If this is the case, residents are asked to contact Selkirk's municipal office where after determining that there are not alternatives, they may recommend that residents keep the water running in their homes until it warms up enough that the ground thaws, because running water doesn't freeze.

"If you don't turn on the tap a lot, that water in that line is staying still and still water will freeze. The personal use of people [in the home are a lot of what impacts freezing]," said McDermid.

He does say, however, that residents

shouldn't try to run water continuously without taking it to the city first, as they will be charged for the water and that could cause them to receive a huge water bill.

McDermid says you can tell if your water is frozen by trying to shut off the water using the shut-off valve since you won't be able to shut it off if it's frozen.

"[Also,] the water meter, it's designed when it freezes to actually crack, there's a plate on the bottom of the water meter so that if the meter freezes, that plate will split and that's a piece that we look for in the frozen waterline situation," said McDermid.

Though the city does acknowledge that having water continuously running is a burden to the city, McDermid says that the processing of water is much less costly to the homeowner than the damage that frozen pipes would be.

One thing that residents may not realize is that the warmer weather that we are having this week won't be the solution to the problem until it becomes sustained in the spring and the ground starts to thaw. This means that should it become cold again more homes could experience frozen pipes and residents should continue to be vigilant should they suspect they may have this issue or have had it in the past.

If you do think your pipes are frozen McDermid advises Selkirkians to call the city.

"Come and talk to us. We can work you through it and [find the] solutions," said McDermid.

"[AS THE WINTER GOES ON] THE FROST IN THE GROUND IS GOING DEEPER. IT'S PENETRATING INTO PEOPLE'S BUILDINGS MORE, LIKE THEIR BASEMENT AND THE CRAWL SPACES ARE COLDER BECAUSE THE GROUND IS COLDER. THAT'S HOW THIS MOSTLY HAPPENS,"
- DAN MCDERMID

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McPherson family extremely grateful for care

End of line care continues to take a priority

Submitted by IERHA

On January 17, 2021, loving wife, mother and grandmother Irma McPherson passed away at Selkirk Regional Health Centre (SRHC). Husband Maurice and daughters Rachel and Melissa credit the wonderful care received at SRHC, especially the CancerCare unit, for Irma's productive and fulfilling final two years. Other than her cancer diagnosis Irma led a very healthy lifestyle. Chemotherapy extended her life and allowed her to do all the things she loved; planting a large garden, walking, picking berries and spending quality time with loved ones.

To acknowledge the care Irma received, the family sent personal cards to staff that showed incredible compassion and empathy to Irma. They also requested donations go to the CancerCare unit, and they provided a gift card to Roxi's by the Red so staff could enjoy lunch.

One of Irma's daughters Melissa said that her family was overwhelmed with the great care her mother received at SRHC.



RECORD PHOTO SUBMITTED

Left to Right: Ashley Catellier RN, Deb Boykorn RN, Michelle Eramchuk RN, Sarah Smith RN, and Lisa Sine, Clerk.

"The physicians, nurses and SRHC staff not only gave exceptional care to our mom but they cared for our family as well. They showed us compassion and respect and listened to our wishes during this difficult time. The support and kindness allowed my mom to pass peacefully, with dignity and her family by her side. We felt that the experience provided at SRHC was unique to a rural facility, where they were able to provide a personal touch and connection."

Audra Nesbitt-Hume, clinical team manager for CancerCare at SRHC says staff from the units have been

touched by the kind words and gestures from the McPherson family.

"The staff were grateful for the generosity of Irma's family and told me they are honoured to be able to walk with patients on their journey," said Nesbitt-Hume.

Interlake Eastern Health Foundation executive director, Pamela McCallum, acknowledged the importance of showing gratitude toward staff, especially during these difficult times.

"It was really touching to work with Melissa and the McPherson family on this incredibly nice gesture for our staff," said McCallum. "They have

taken a heart-breaking situation and turned it into a heart-warming tribute to Irma. We feel very grateful to have such wonderful, compassionate staff and such generous, kind community members like the McPhersons in our region."

Interlake Eastern Health Foundation's mission is to raise funds that support health care in the Interlake-Eastern RHA. For more information visit www.iehf.ca or contact Pamela McCallum, executive director of the Interlake Eastern Health Foundation at (204) 785-7044.

Province tightens contact, self-isolation guidelines

By Ashleigh Viveiros

Manitoba's confirmed cases of the B117 COVID-19 variant remained at four on Monday as public health officials announced 97 new cases of the virus.

Chief Provincial Public Health Officer Dr. Brent Roussin said variants are to be expected. Some of these may be more contagious or cause more severe illness.

"Our goal is to slow the introduction of the variants of concern into Manitoba," he said, explaining that as the province rolls back some public health restrictions it needs to amp up its contact tracing and management efforts to try and stay ahead of the spread of the virus.

To that end, they're introducing new guidelines for determining who is a close contact of known COVID-19 cases, including lowering the threshold of prolonged contact from 15 minutes to 10 minutes.

"This is a guide. If there is high-risk contacts where we feel somebody was

absolutely exposed to droplets, then that could be as low as just a few seconds or minutes," Roussin noted.

"By that way we'll have more people identified as close contacts, so more people being required to self-isolate," he said, adding that if someone in a household tests positive for COVID-19 all members of that household will be considered close contacts and must self-isolate.

As well, if a close contact of a confirmed case lives in a different household, all members of their household must self-isolate as well until the contact has received a negative test result.

"Close contacts will be required to self-isolate for a minimum of 14 days, and that's regardless of testing results," Roussin said. "That's because the incubation period of this virus is 14 days."

The 97 new cases of the virus announced on Monday brought Manitoba's tally to 31,483.

At press time there were 1,219 active cases and 29,378 recoveries, 886

deaths, and 206 people hospitalized with COVID-19 (78 still infectious), 32 in ICU (14 infectious).

Interlake-Eastern had a total of 163 active cases as of Monday, 10 total hospitalization (five still considered contagious), five patients in ICU (two contagious), and 35 deaths.

In the Interlake-Eastern region, there were 10 active cases in Fisher river/Peguis, 122 in Northern Remote, nine in Pinawa/Lacdu-Bonnet, nine in Powerview/Pine Falls and five in Springfield.

The other districts, Arborg/Riverton, Beausejour, Eriksdale/Ashern, Gimli, Selkirk, St. Cle-

ments, St. Laurent, Stonewall/Teulon, Unknown, Whiteshell and Winnipeg Beach/St. Andrews were all at zero active cases at the start of the week.

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The Selkirk Record

Few details about COVID-19 vaccination super site in Selkirk

By Patricia Barrett

The province released few details last week about a super site it will establish for COVID-19 vaccinations in the Interlake-Eastern Regional Health Authority (IERHA) other than that it will be in Selkirk and launch in March depending on vaccine supply.

The Selkirk site, along with a site in the “Morden-Winkler area”, is scheduled for “launch” on March 5, according to a Feb. 17 vaccine bulletin.

“These sites will deliver vaccine to eligible Manitobans and also serve as a distribution hub for Focused Immunization Teams (FITs) and pop-up clinics. Further details will be released in the coming days,” states the bulletin.

The province released no details about where in Selkirk the site will be located, who will be administering the vaccine, what COVID vaccine will be used and how and when people can start booking an appointment.

An IERHA spokesperson didn’t say where the site will be located when asked, only that it’s “scheduled to open on March 5 and the site will be vaccinating anyone who is eligible for vaccination based on provincial eligibility criteria. These criteria don’t yet include members of the general public.”

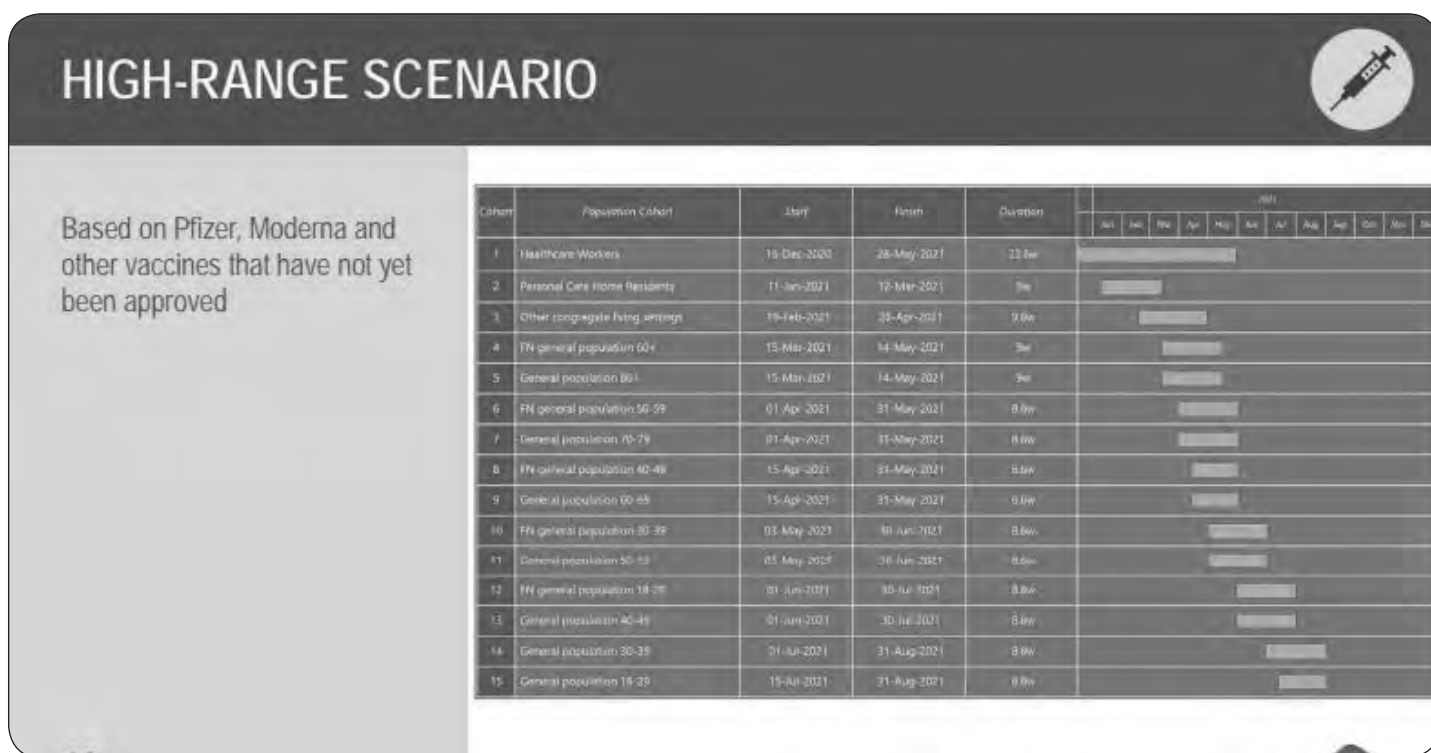
The province is still working on inoculating healthcare staff. It expanded its eligibility criteria to include people who work in congregate living facilities, including licensed personal care homes, and who were born on or before Dec. 31, 1955. It also clarified that family physicians and nurse practitioners in primary care clinics born on or before Dec. 31, 1960, are also eligible for immunization.

Criteria for super sites include their ability to serve as a “distribution hub” for a health region, population density, ability to hold fridges/freezers to store vaccines, separate exits and entrances and parking or public transit, according to a provincial vaccine update document titled COVID-19 Vaccination in Manitoba, Technical Briefing, which is current as of Feb. 17.

Focused immunization teams (FITs) were scheduled to visit 49 personal care homes last week to administer about 3,600 second doses to residents, according to the briefing. Second doses are to be delivered to all PCHs before the end of February.

The next step will see FITs starting on “high priority congregate living settings which includes hospitals, supportive housing and assisted living sites,” states the briefing.

The province is offering projections as to when the general population



RECORD PHOTOS SUBMITTED

The high range scenario is based on two approved vaccines plus others that aren't yet approved. In this scenario, the general population could be vaccinated by September.



The government's low range inoculation scenario is based on two vaccines already approved for use in Canada. It estimates the general population could receive a COVID-19 jab by December.

could be inoculated.

In the low range inoculation scenario, which is based on Health Canada's two approved COVID vaccines (Pfizer-BioNTech and Moderna), the general population could be inoculated by December.

The high range inoculation scenario is based on Pfizer, Moderna and “other vaccines that have not yet been approved” by Health Canada. It shows the general population could be vaccinated by September.

There is no vaccine for those aged 17 and under.

The province also launched a Vaccine Queue Calculator on its COVID-19

website. It doesn't provide a date as to when people (based on their age) could receive their jab, only an estimate of how many people are waiting in line ahead of them.

An 85-year-old person, for instance, who is not a personal care home resident, a congregate living resident, members of a First Nations or a healthcare worker, has 70,511 people ahead of him/her in line if 70 per cent get vaccinated.

A 35-year-old person, who falls into none of the above categories, has 501,597 people ahead of him/her if 70 per cent get vaccinated.

The province has experienced de-

lays in vaccine shipments from manufacturers.

It has had to procure more than vaccines: specialized equipment such as shipping containers to transport different vaccines, specialized freezers (the Pfizer-BioNTech vaccine requires temperatures around -80) and syringes are also part of the vaccine rollout program.

To help with the vaccination effort, the province is planning to ship vaccine “to as many as 1,200 physician and pharmacist sites once a suitable vaccine is approved for this mode,” states the briefing.

LSSD provides first virtual budget presentation

Residents able to tune in from the comfort of their own homes

By Katelyn Boulanger

For the first time, the Lord Selkirk School Division held its annual draft budget presentation virtually via Microsoft Teams allowing more people to be able to join the conversation regarding school spending in the division.

School board trustee Lena Kublick chaired the meeting while Superintendent Jerret Long gave an overview of education in the region to start off the night.

"Thanks to the community, thank you for your support and patience as we figure out how to be the best and how to meet the needs of all of our students and staff in this time," said Long.

He explained to attendees that the school board has had three main priorities with regards to education this year. The first is making sure that schools are safe places for students and staff, which includes mental health and well-being initiatives for students at all levels. Secondly, that learning continues to be the fundamental focus of the division's schools and that they will not lose focus on literacy and numeracy and thirdly that they are facing new challenges with a collaborative approach.

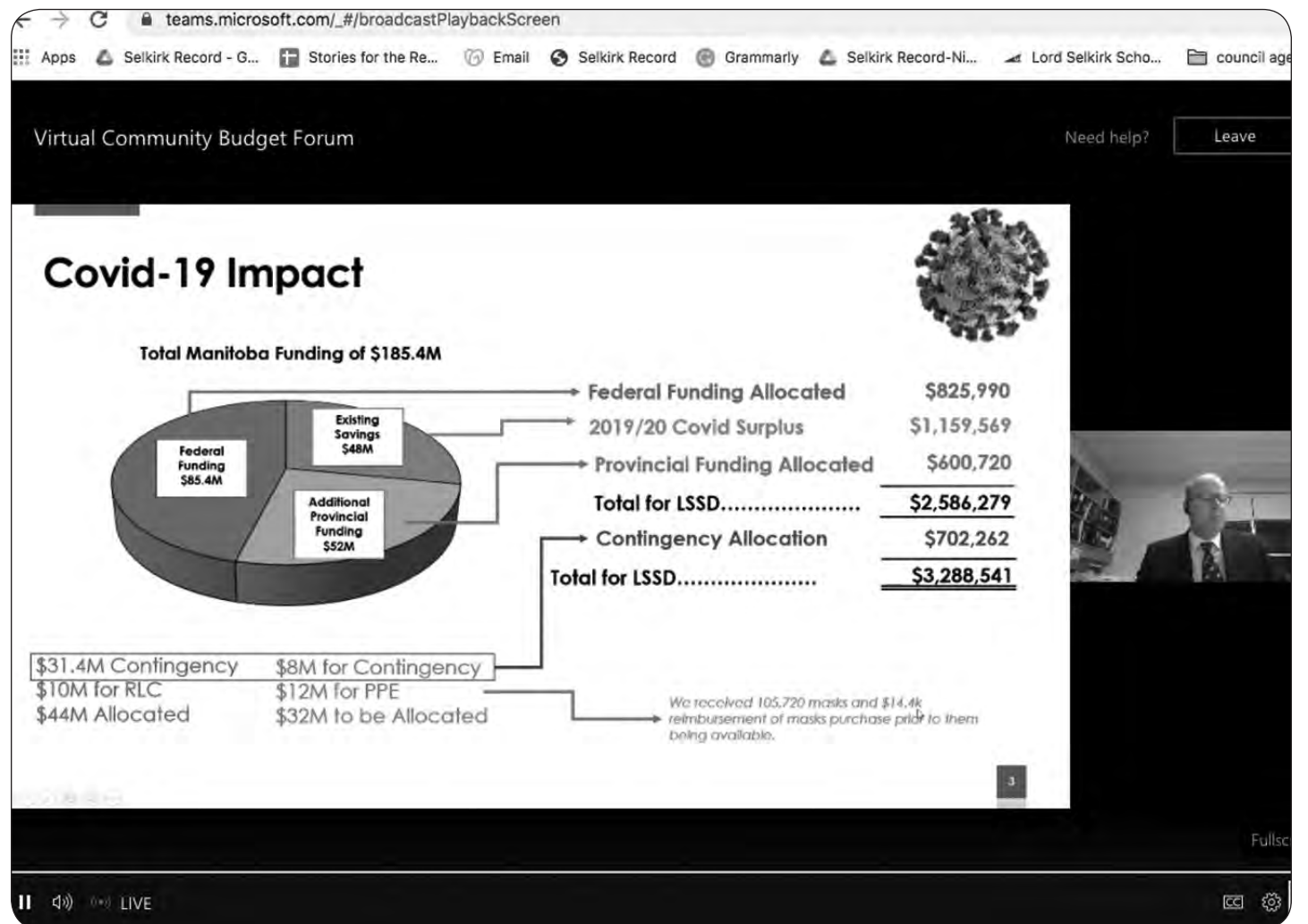
"Whatever the challenge, we have seen our staff rise to the occasion over and over again, our families, you work collaboratively with the schools, we have maintained our resolve and our commitment will not waver," said Long.

Secretary-Treasurer John Speidel then dug into the budgetary information, which showed how COVID-19 affected the education of students in the school board in the 2019-2020 school year.

"I'd like to walk you through a little bit of the COVID-19 impact as what we have experienced this year, go through a little bit of the budgeting challenges that we're having with the 2021-2022 budget, and also talk to you a little bit about where the money is coming from, our funding structure.

[This is] where the school division gets their funds from and also expenditures—where are we spending the money. And finally, how does it compare to prior years," said Speidel.

In August of last year, the provin-



RECORD PHOTOS BY KATELYN BOULANGER
 Above: John Speidel explains the impact of COVID-19 on LSSD education. Right: Superintendent Jerret Long gives residents an overview of education in the LSSD.

cial government announced 100 million dollars to safe school funding throughout the province which was a combination of them chipping in and the savings from the shutting down of schools in March of 2020. The federal government also committed 2 billion Canada wide.

For the LSSD, that meant that 3.3 million dollars was allocated for COVID relief as well as 105,000 masks.

Speidel said that the majority of that money went to hiring additional teachers, educational assistants, and custodians as well as increasing the hours of bus drivers so that they have time to sanitize buses thoroughly. He said that they also had to invest in new technology, which made it so the school board was looking at a bill of about 3.4 million. However, there were also savings in areas of professional development and field trips, which gave them a small surplus this year.

As far as property tax goes the current mill rate is 14.644 which is a decrease from last year's 14.8.

"So what we're basically seeing is a property tax decrease of 1.6 per cent within the Lord Selkirk school divi-

sion," said Speidel.

The evening then turned to the question and answer portion of the night where Speidel and Long responded to inquiries that had been previously submitted via the LSSD website.

One particular question asked how the current draft budget reflects the increased social and emotional needs for all students. Long responded by saying that though the budget does not allocate new money to mental health, it does maintain current supports such as the mental health and well-being committee, elementary school counsellors, and clinicians from divisional student services.

Another question was what employees were laid off due to COVID-19 and why were some groups not affected.

Speidel took this question saying that teachers and education were not areas that they reduced staff from, however, positions like bus drivers, who no longer had children to drive once schools were closed, were laid off in March 2020.

Some other information they shared in the question and answer session was that they are posting French immersion positions currently, that they



intend to continue to offer online learning where needed, and that they intend to purchase another accessible bus in the future.

They also agreed that due to the success of the virtual presentation that in the future they would like to continue to use technology to engage residents in discussion in addition to eventually being able to have in-person community presentations again.

The recording of the presentation is available to watch via the LSSD website at lssd.ca.

Local restaurant happy to be able to open again

Viability of opening yet to be determined

By Katelyn Boulanger

With COVID-19 restrictions being lifted to allow eat-in dining in restaurants just before Valentine's Day, On the Rock's which is the sister business to Roxi's by the Red, is open for customers to dine but some restrictions such as only household members being able to dine together are making them have to adapt to yet another new set of rules.

"We were happy. We have staff that were just waiting to come back to work, right. We were happy to hear [the news of restrictions easing] but it was a lot of work to prepare and to remeasure and do all that kind of stuff [needed to reopen]," said Linda Bohemier, one of the owner's of Roxi's.

Though incredibly grateful to be able to reopen the restaurant some of the new restrictions that the provincial government have added this time around have put Bohemier's staff in a tough spot as far as enforcing the rules. In particular, the rule about diners having to be from the same household to dine together has been an issue.

She says that many people didn't realize that this rule was in place and that to enforce it they have to check diner's identification, which meant additional time explaining the new rules to customers.

There were also circumstances that come up where her staff have had to turn people away to adhere to the letter of the rules when the spirit of the

rules may still have been being followed such as a person that lives alone who wanted to dine out with the one person that they are allowed to have come into their homes as per the provincial government's guidelines.

In addition to the decline in business that comes with only being able to seat at 25 per cent capacity, its been difficult to make ends meet for restaurants as they are now having to dedicate additional staff to checking IDs, alongside the additional cleaning that they have had to do since the beginning of the pandemic.

"As long as we're breaking even, we're just happy that our staff has a job again," said Bohemier.

In addition to being incredibly happy to have her staff back, she's be overwhelmed by the support from the community.

"Valentine's Day was crazy and people were so patient because our wait times were pretty long between take-out and eating. Yeah, and trying to get everything organized again, but the people were patient, they were just happy to be out it seemed," said Bohemier.

Though they are continuing to keep their doors open Bohemier advises that residents that want to come into restaurants take a look at the regu-



RECORD PHOTO BY BRETT MITCHELL

Roxi Bohemier (front) and her staff delivering dinner at Roxi's by the Red Uptown Cafe.

lations beforehand so that they come in prepared.

"People also have to understand that we can't break the rules because we're liable for a \$5,000 fine, and they're also liable for a fine, we have no choice," said Bohemier.

She wants to assure residents that

restaurants are doing their best to accommodate them at this time and keep everyone healthy.

"I think as long as they're wearing their masks, and they're doing their part, and they can see that we're doing our part. I think it's safe," said Bohemier.

Thank you front line heros



RECORD PHOTO BY BRETT MITCHELL

Melinda Moore wanted to make sure that front line workers know there is continued support in our community from residents for the hard work that they are doing in the COVID-19 pandemic. She coloured multiple pictures of the Interlake Cremation Valentine Front Line Heros Thank You pages which are now hanging on the windows of her Selkirk home for all to see.

Selkirk United Church



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Exploring Manitoba's Indigenous Heritage

Learn Ojibwe, Cree, Dakota and Michif languages

By Katelyn Boulanger

Selkirk resident Jeannie Red Eagle is once again bringing traditional knowledge from Manitoba's first people into the forefront allowing both Indigenous and non-Indigenous residents the chance to learn more about the place they call home with Anishinaabe Gikino'amaagoowinan - The People's Teachings program.

"We've created nine weeks of online cultural language teachings, headlining various Indigenous knowledge keepers, elders, and language speakers," said Red Eagle.

The program invites all levels of language speakers to share cultural teachings with language components during these online meetings.

This was originally meant to be an in-person experience but had to shift to online learning because of the COVID-19 pandemic. This it turns out wasn't necessarily a bad thing for the program because it now allows more people the opportunity to join in from their own homes.

"Now we can take this out to everybody and this will exist beyond the program. Because of the taping of the session, of course, people are going to be able to continue to learn," said Red Eagle.

The group meets weekly on Tuesday evenings online through Zoom sessions that will run until the end of March but for those that can't attend the meeting in person the sessions are recorded and uploaded to the Anishinaabe Gikino'amaagoowinan - The People's Teachings Facebook page.

Some of the topics that are covered by the group are the scared fire, survival phrases, storytelling, songs and games, and for the final session on March 30, there will be a feast with a pipe ceremony and closing ceremony.

Because the meal part of the feast can't be done in person, a chef will make meals that will be shared with unsheltered people in the Point Douglas area of Winnipeg.

Red Eagle acknowledges that she couldn't have done this alone with a

grant from the National Indian Brotherhood Trust Fund getting her started financially and partnerships with the Selkirk Friendship Centre and Indigenous Languages of Manitoba, a group that focuses on the teaching and preserving of Indigenous languages, being instrumental in bringing this program to residents.

She hopes that interested residents come forward and join the session either in person or later through the Facebook page.

"Right now we're going through a period of language reclamation. Language reclamation, includes the connection to our roots, a connection to our identity, a connection to our culture, heritage and a connection to the land. Right now, we need that more than ever," said Red Eagle.

To participate residents are invited to visit the Anishinaabe Gikino'amaagoowinan - The People's Teachings Facebook page is available at <https://www.facebook.com/groups/3957953597570210> where all links and information is available.



RECORD PHOTO BY KATELYN BOULANGER

Jeannie Red Eagle is part of a team offering Indigenous and non-Indigenous residents alike the opportunity to learn more about Manitoba's first people's languages and culture.

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Emails from Selkirk bring new pen pals together

By Nicole Buffie

Receiving a spam email usually results in it being filed away with other get-rich-quick schemes and weight loss propositions from suspicious email accounts.

For Karlee Liljegren, an email she meant to send to her co-workers at Inclusion Selkirk elicited a surprising response.

"I probably sent about four different emails out just some general ones about like holiday wishes and like the wage subsidy program, and I just get this email back from a David McKenzie. I'm like, 'well, who is this?' We don't have anybody here by that name," she said of the first interaction with her soon-to-be pen pal. "He's like, 'I'm not sure why you're emailing me about Inclusion Selkirk, which is like 5000 miles away from where I am in England' I was like, 'oh, no' But his response was just so funny. Like, I loved it. It was hilarious. So we just kept emailing back and forth and just joking around, and now he's my grandpa."

What started as an email intended to be sent internally, but a wrong address copied without noticing has turned into an unlikely friendship between two countries and generations.

The 'grandpa' in question, David McKenzie, lives in the town of Sutton Courtenay, a small village west of London. Known for being the burial place of legendary writer George Orwell and famous visitors to the area on a regular basis, he saw the strange email pop into his inbox and something in him decided to respond.

"There's only so much to do right now," McKenzie said. "I spent a lot of time reading Facebook, and when a strange email came through, normally [it would go] straight into the spam group or out into the [trash], but this one just looked a little different."

Between the correspondence, the two have now had since mid-December, they spend much time comparing the two places in which they live: the lights adorned on houses at Christmas, the traditions each holds, and facts about the areas including the polar vortex much of Manitoba just endured.

"The newspapers here say that a terrible polar vortex is going to hit, and what they mean is it's going to get down to minus two degrees," McKenzie said of the cold snaps that hit his village. "The exaggeration over weather here is just enormous."

Despite their difference in age and geography, Liljegren said its their similarities in humour and easygoing nature are what keeps the emails flowing.

"It's almost like fate or a destiny kind of thing that we both just happen to be talking or going back and forth and kind of found each other through this random email when we're both so similar in that sense that we'll talk to anybody. We're very friendly and outgoing and funny people," she said.

For McKenzie, he said it's the incredible nature of technology that allows him to speak with strangers on the other side of the world which he finds amazing. He also noted the refreshing nature in corresponding with someone half his age.

"Millennials have got a completely different view of the world from people my age," the 76-year-old said of chatting with 31-year-old Liljegren. "They've got the kind of enthusiasm that you've almost forgotten."

It's that enthusiasm that has kept Liljegren consistent with her emails to McKenzie, with the hope of an in-person meeting between the two one day.

"It's cool just learning about his life in England where I've never been, like all of it is so new to me," Liljegren said. "I do have family in England, but just have never actually been there, so it kind of gives me an extra excuse to go visit him."

"HIS RESPONSE WAS JUST SO FUNNY. LIKE, I LOVED IT. IT WAS HILARIOUS. SO WE JUST KEPT EMAILING,"
- KARLEE LILJEGREN



RECORD PHOTOS SUBMITTED
David McKenzie (above) and Karlee Liljegren (below) have been corresponding ever since Liljegren accidentally sent an email to him instead of a co-worker at Inclusion Selkirk.



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Manitoba
CANADA'S HEART  BEATS

Stitching together community, one blanket at a time

Blanket donations keeps children warm and woman busy

By Nicole Buffie

A Winnipeg woman is ensuring children in Selkirk are keeping warm each winter season, one stitch at a time.

Susan Charles, 69, took up the hobby of making patchwork blankets a few years ago as a way to keep busy.

"I had an old Singer sewing machine, and I just started cutting up stuff and putting the squares together to make these things that eventually looked like blankets," she said of beginning the project.

After getting the hang of it, with excess quilts but a lack of bodies to use them, her sister, a Selkirk resident, suggested she donate them and gave her a list of resource centres in the area, one being Growing Years Family Resource Centre.

After the first year of donation three years ago, Charles received a letter of thanks from the centre, something she said she didn't expect.

"The next year I phoned and I said, 'it's the blanket lady,' She knew exactly who I was and she said, 'we'll take whatever you got!'"

Now, years and over 200 blankets later, Charles says she'll continue the hobby and the donations to places that need them, including Growing Years.

"Susan is one of those special people who showed up at the door of Growing Years with a smile, a stack of hand-made quilts, and the desire to give," said Heidi Gingrich of the centre. "Every year since our introduction, we receive a new collection of quilts. Our staff have so much fun unpacking them, commenting on their favourites and the beauty of her workmanship. Each quilt is unique and made to perfection; they are true works of art."

These days, Charles has the process down to a science: after gathering her materials, whether they be bright colours – a personal favourite of hers – or fabrics adorned with superheroes – such as the Spiderman cloth currently laying on her sewing table – she crafts one blanket a week.

"It'll take me three days, if I want to do it," she joked. "Sometimes I tell myself, 'No, I'm not rushing, there's no rush, I've got lots of time,' But then sometimes it just hits me and then I go."

Each Christmas, the blankets donated from Charles are added to packages and gifted to families Growing Years serves.

"These donations allow us to gift our families with items we would not otherwise have been able to provide;



RECORD PHOTO SUBMITTED

What began as a hobby for Susan Charles has turned into an annual donation of patchwork blankets to resource centres in Selkirk for children.

they enhance the work we do," Gingrich said.

A non-profit organization that provides resources and programming to families with young children, Gingrich said the donations they receive from community members goes a long way, including Charles' blankets.

"I just figured everybody should have their own little blanket to either watch TV or read a book," Charles said. "They're all sewed and hugged and put in the box and taken over

there."

Charles said the hobby has come to remind her of her mother and the patchwork blankets she would make for her and her eight siblings. She hopes to not only keep donating but continue to sew to maintain a hobby she loves.

"It makes me feel good. It helps me with my day to day living," she said. "Some people like reading, I prefer to sit in front of the sewing machine."

Making her final stop after 25 years

LSSD bus driver retiring after decades of service

By Nicole Buffie

On Feb. 5, after nearly three decades of driving her usual two routes and seeing dozens of kids come through her yellow bus, LSSD bus driver Brenda Cawson hung up her keys.

"I'm still to this day uncertain whether it was the right thing to do," Cawson joked of retiring after 25 years.

The veteran driver came into the career for the Lord Selkirk School Division after realizing the gig was ideal for her growing family of five. Driving meant she had holidays and summer breaks off to spend with her kids.

"They were excited in the elementary years, and as they got older, it was like, 'Oh boy, I hope you don't drive my bus mom,'" she said when asked about mixing work and family.

Cawson's family may have even played a part in her career transi-

tion from office work to bus driving. Her father, a driver before the official school transportation came into existence, drove the neighbourhood kids to and from school daily in a make-shift Volkswagen bus before getting the more suitable vehicle used today. Following him, Cawson took up the job and so did her daughter for a stint before moving on from the seemingly family business.

"My mom always said, 'I think you guys are all born to be bus drivers,'" Cawson, now 65, said.

Born to do it or not, the retiree said she will miss her daily travels and those she saw along the way.

The two routes that became routine for her, transporting kids to and from École Bonaventure and Lord Selkirk Regional Comprehensive Secondary School, almost became a live time-

line of seeing her passengers grow up throughout the years.

"You've seen them get on when they were in kindergarten, and you see them get off as they graduated and it's special," Cawson said. "I think a few of the kids, not all of them, but a few of them acknowledged that at the end of it all; they thanked me and they realized that I was there when they started and I was there when they finished, so it was rewarding."

It was seeing those children grow, as well as her own, which kept her in the job for so long. Cawson said the position is ideal for those looking to have more time with their family.

"It's a great job, especially if you have young children, you're off on holidays when they're off and it's just a great job for somebody that that has a young family."



RECORD PHOTO SUBMITTED

Brenda Cawson made her last drop off of kids on Feb. 5 after 25 years of service for the Lord Selkirk School Division.

SCRC provides fun activities this winter

Virtual programming keeps families busy and girls learning

By Katelyn Boulanger

The Selkirk Community Renewal Corporation is inviting residents to participate in its winter 2021 programming.

"Our organization is still in the community trying to be active in any capacity that we can be during this pandemic and continue to offer quality programming in the community as well to the residents," said Ashley Monkman the executive director of the SCRC.

The group is currently running two programs virtually due to COVID-19.

The first is a girls wellness after-school club for teen girls that runs Monday, Wednesday, and Friday from 3:30 p.m. to 6:30 p.m. In the club, the participants will learn life skills like cooking, ways to keep fit, and ways to keep well all while receiving mentorship and having a social avenue while keeping safe at home.

Monkman wanted this program to focus on life skills so that the girls participating will always have these skills to fall back on when needed.

"We're [also] working on planning activities in the future when restrictions are lifted that have possible work experience [components] in different businesses and Selkirk. Because we know how difficult it is for people to be hired with no experience so if they can put on there that they volunteered or did a practicum at certain businesses in the community that might help them find jobs as well," said Monkman.

The second program is a families virtual activities program for families with children aged five and under. This program is also delivered online with supplies that are delivered to participating families that they can follow with their young children.

"[It's] just trying to keep everybody active and obviously the family's entertained during this time when we're all in a pandemic and stuck at home," said Monkman.

One of these family activities was making heart-shaped cupcakes for Valentine's day with the delivery of a heart-shaped muffin tin and supplies to make Valentine's Day cards.

Monkman wants residents to know that they are always looking to fill the

needs of the community and open to new ventures.

"We're always open to partnerships and enhancing our programs and just working with the residents and the community to fill gaps that may be missing in the community for programming," said Monkman.

For information about their programming as well as many other community resources, residents can visit their Facebook page at facebook.com/selkirkcrc/. To find out more about the SCRC's winter programs or to sign up you can call 204-492-0701 or email cf.scrcc@selkirkcrc.ca.



RECORD PHOTO SUBMITTED
Decorating gingerbread men as part of SCRC programming.

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Community clubs to receive emergency funding

St. Andrews to assist centres using provincial funding

By Nicole Buffie

Funding received by the RM of St. Andrews from the provincial government will be used to keep local community clubs and centres afloat amid the COVID-19 pandemic.

Out of the \$713,000 awarded to the RM for pandemic relief measures in 2020, approximately \$200,000 will be doled out to the dozen centres to offset hydro, labour and overhead costs, Chief Administrative Officer DJ Sigmundson said.

After a special meeting of council on Feb. 5, council voted 5-2 in favour of writing checks for up to \$15,000 to applicable community clubs based on expenses incurred from March 1, 2020, clubs can now apply and will be able to continue applying for the cash until restrictions are lifted and regular programming at the facilities can resume generating revenue.

The RM wrote an \$80,000 cheque to the St. Andrews Community Centre to help with bills which incited the discussion of providing cash for other clubs in the area as well.

"The important thing council wanted to make sure that this benefited the entire RM, and not just one or two clubs and make them all as sustainable as possible to help them through

this COVID time," he said.

Some affected clubs eligible to apply for funding are Petersfield Curling Club, St. Andrews Heritage Center, Rossdale Hall, Petersfield Community Club, Dunhartwood Community Center, St. Andrews Community Centre, Matlock Recreational Club, Little Britain Community Club, Netley Community Centre, Clandeboye Community Club and Clandeboye & District Recreation Association, however, Sigmundson said other non-profit recreation facilities can also apply for the funding if they so wish. To be approved for the cash, the clubs and centres must submit monthly financial statements of costs they were liable for due to lost revenue from provincially-mandated closures.

This funding is in addition to the money received by some community clubs directly from the province through the Manitoba Bridge Grant Program, where those affected by public health orders received up to \$10,000.

The clubs in the RM also receive an annual grant towards operating costs each fiscal year from council.

During the special meeting to vote on the funding resolution, Coun. Laurie Hunt (Ward 6) said the extraordi-



RECORD PHOTO BY NICOLE BUFFIE

St. Andrews Community Centre received an \$80,000 cheque from the RM to offset bills from lost revenue due to the COVID-19 pandemic.

nary times call for different measures. "I still don't see a problem with community clubs having some extra money in their bank accounts, times are tough for them also," he said.

Sigmundson said while the clubs will still receive the annual operating grant, the emergency funding will close the gap between now and when restrictions allow the clubs to reopen.

As for the remainder of the grant received by the province, Sigmundson said while they have yet to allocate the

funds to specific projects or measures, it will be discussed during the RM's annual budget planning. He did say that council hopes to put the money towards future projects in the area.

"[The money] could be going towards trails, it could be lots of different things, but for the immediate future, it really depends on how much out of pocket these clubs have been over the past year and we'll be looking at that."

Staff receive EGGcellent thank you gift from generous community member

Submitted by IERHA

Janet Stadnyk, a community member and Pampered Chef representative challenged herself in January to sell 20 ceramic egg cookers from the Pampered Chef line. If she succeeded, she was going to buy 20 more herself and donate them to staff in Stonewall and Selkirk for all their hard work during the COVID-19 pandemic.

As it turned out, Janet was quite busy in January and ended up selling 56. She then purchased another 56 herself, to give to staff in Selkirk and Stonewall as a way of saying thanks.

Janet hopes that the egg cookers will help staff prepare healthy, quick meals when they are on the go.

"Thank you so much to every amazing essential worker at the Selkirk and Stonewall Hospitals! I hope you will enjoy this ceramic egg cooker; it will feed you on those busy days! I hope it will nourish your soul and serve as a reminder of how much you are appreciated!"

The egg cookers will be given to staff via draw every Monday using a numbered staff list and random number generator.

Executive director of the Interlake Eastern Health Foundation Pamela McCallum highlights how fantastic it was working with Janet on this special project.

"When Janet reached out to me I could feel her positive energy through the phone. It is so amazing that she challenged herself to this contest and ended up far exceeding her own expectations. We are very lucky to have such generous and kind community members in our region – thank you Janet!"

Interlake Eastern Foundation's mission is to raise funds that support health care in the Interlake-Eastern health region. For more information visit www.ierha.ca or contact Pamela McCallum, executive director at (204) 785-7044.



RECORD PHOTO SUBMITTED

Janet Stadnyk posing with the wrapped gifts for staff.

Historic vote on universal pharmacare Bill C-213; drug coverage for all with a \$4 billion saving

By Patricia Barrett

Canada is the only developed country in the world that lacks a true universal healthcare system, one which publicly funds dental care and the cost of prescription medication.

That's why a British Columbia member of parliament has sponsored a bill to put prescription drug coverage on par with the country's publicly funded healthcare system.

Peter Julian, NDP MP for New Westminster-Burnaby, introduced Bill C-213 (Act to enact the Canada Pharmacare Act) to establish a publicly funded, inclusive pharmacare system that will ensure all Canadians have access to the medications they need.

If enacted the bill would provide a number of important economic spinoffs as well, including reducing the financial burden small businesses incur through drug coverage plans for employees and saving the federal government over \$4 billion a year.

Julian's bill passed first reading last year, and Canada's MPs will be undertaking a crucial vote on Feb. 24 (second reading) that will either move the bill forward or defeat it.

"This is an historic vote because it's the first time in our history that Canada's Parliament, the House of Commons, will vote on public universal pharmacare," said Julian by phone. "There have been a lot of promises and election campaigns that have gone on for decades, and symbolic motions supporting the concept of public universal pharmacare, but this is the first bill that actually brings it into being."

Part of the reason Canada has remained an "outlier" on universal pharmacare is that pharmaceutical companies with "so much power" have pushed back against legislation, said Julian. MPs have to think about their constituents' needs.

"It doesn't matter how much money you earn or if you're very poor, you should have access to medication. We have close to 10 million people without access to medication right now. And over one million are really struggling to pay for their medication," said Julian, who has served as MP since 2004.

"On any given month, we know we've got people having to skimp on heating in the wintertime in Manitoba. We know how hard the choice can be between heating their home or paying for medication that can often be \$1,000 a month. People have to skimp on food because they have to choose between eating or getting medication that will keep them alive. This is a choice Canadians shouldn't have to make, that people in Manitoba and the Interlake shouldn't have

to make."

Gimli resident Bill Buckels is among the millions of Canadians struggling each year to pay for medication he says he can't do without.

He thoroughly investigated a number of private health benefit plans and found them unaffordable, he said. Most plans won't cover pre-existing conditions and if they do, they'll provide only a few hundred dollars a year of coverage when a few thousand is needed.

"To get a benefit plan that even gives partial drug coverage would cost \$4,000 a year. I can't afford that," said Buckels, who's self-employed. "You can't buy 'just a prescription drug plan'; you have to buy a plan that includes add-ons even if you don't need them. It's a racket."

Buckels, a Lake Winnipeg commercial fisher and retired computer engineer/analyst, said he supports the pharmacare bill as it aims to "put a single standard in place" and provide an equitable medication system for all.

He shared with the *Record* receipts showing a year's worth of his medication costs, which include pharmacy dispensing fees. In 2020 he paid \$2,475.76 in out-of-pocket expenses that "do not get reimbursed."

He pays over \$110 each month for just one of his medications, which is provided on a one-month prescription and includes pharmacy dispensing fees.

If he could get the same medication at double the strength and on a three-month prescription, he could cut the pills in half to make them last for six months, he said. That would reduce his annual bill by about \$500. That's what many people try to do to reduce expenses.

"I'm not alone. Many average Canadians cannot afford to pay prescription medication costs. People with chronic or serious conditions are really impacted by the cost of drugs and they have to make hard choices between food or meds," said Buckels. "Their conditions typically worsen over time because they can't earn enough money to cover the cost of the drugs they need. And then there are people who choose to die rather than live in poverty and squalor because they can't afford medication."

Drug costs are inflated by pharmacy dispensing fees, manufacturing fees, patents that keep cheaper versions in abeyance and pharmacies without enough clout to get the "best price" for drugs when negotiating with big pharmaceutical companies that rake in billions a year, he said. But a national government and the bargaining power it would bring to the table

could eliminate middlemen, commissions and other costs.

"There's just no excuse for the high cost of medication. This is a corrupt system weighted in favour of big business," said Buckels. "A public health system should include coverage for vision and dental care and for other every other medical condition under the sun. It shouldn't be an elitist plan that's only available to some citizens and not to others."

After forming government in 2015, the Liberals voiced support for universal pharmacare and set up an advisory council to produce a report on how to implement it. Chaired by Dr. Eric Hoskins, the council's 2019 report titled *A Prescription for Canada: Achieving Pharmacare for All* acknowledges millions of Canadians having either no coverage or gaps in coverage.

A national drug plan should be available to "all Canadians and that coverage should be the same for everyone, regardless of their employment status, age, ability to pay or where they live," the council wrote after hearing from political leaders, Indigenous communities, healthcare providers, industry stakeholders and patients.

Despite evidence of overwhelming support for national pharmacare, the Liberals failed to introduce a bill. Canadians have been waiting a half-century since former Saskatchewan Premier Tommy Douglas, who initiated universal healthcare, recommended medication costs be covered, said Julian. The Liberals had also promised it 30 years ago, but took no action.

"I think Canadians are tired of waiting," said Julian, explaining why he went ahead and introduced the bill.

In addition to setting up a national formulary (a list of medications) and an oversight mechanism to ensure provinces and territories adhere to the program, C-213 has five fundamental conditions for universal pharmacare – all of which were set out in Dr. Hoskin's report, said Julian.

The first condition is a publicly administered, not-for-profit system, he said. A formulary would be "negotiated nationally" and the federal government would commit to providing

money to the provinces and territories. Second, it must be universal, meaning it will cover everyone. Third, it must be accessible, meaning there'll be no financial barriers thrown in anyone's way to access the plan.

Fourth, it must be comprehensive, covering all the medications fundamental to people's health and well-being. And fifth, it must be portable so if someone from the Interlake, for instance, moves to British Columbia, they'd still have access to the system.

"One in four people in the Interlake region have no coverage for medication," said Julian, "which means some of them will be struggling to pay and others are just a sickness away from having to struggle even if they're not taking enormous amounts of medication right now."

In addition to individuals and families no longer having to worry about medication costs destroying them financially, there would be favourable economic spinoffs to adopting a universal drug program, he said. Publicly administered programs are "cheaper, more effective and cover everybody." Number crunching at the national level has demonstrated substantial cost savings.

"We would as a country, according to the Parliamentary Budgetary Office, save \$4 billion a year by moving to universal pharmacare," said Julian.

Cost savings would also trickle down to small businesses across the country, including in the Interlake.

"The PBO also said all the small businesses that have a drug plan for their employees are paying on average about \$600 a year," said Julian. "With universal pharmacare, they'll no longer have to provide that support ... and businesses can invest in other things or job creation. There'd be more economic development in places like the Interlake."

A groundswell of organizations such as CARP, Canada's largest advocacy group for older adults, the Heart & Stroke Foundation and the College of Family Physicians of Canada have issued statements in support of universal pharmacare and are encouraging Parliament to enact the bill.

Continued on page 19

The Selkirk Record
 217 Clandeboye Ave., Selkirk
 Proof Deadline **Fridays at 4 p.m.**
 Booking Deadline **Mondays at 4 p.m.**
 Office Hours: **Monday-Friday 9:30-5:00**

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks of "Zen and Spice"

- Cook time: 50 minutes
- Total time: 1 hour, 10 minutes
- Servings: 4
- Chicken:
 - 8 boneless, skinless chicken thighs
 - salt, to taste
 - pepper, to taste
 - 6 tablespoons unsalted butter
 - 16 ounces crimini mushrooms, quartered
 - 3 zucchini, sliced in half moons
 - 3 large carrots, thinly sliced
 - 4 sprigs fresh rosemary, leaves removed and roughly chopped
 - 4 cloves garlic, minced
- Orzo:
 - 4 cups chicken or vegetable broth
 - 1 tablespoon unsalted butter
 - 1 tablespoon extra-virgin olive oil
 - 1 small yellow onion, diced
 - 2 garlic cloves, minced
 - 16 ounces crimini mushrooms, finely chopped
 - 1 cup uncooked orzo pasta
 - 1/8 teaspoon black pepper
 - 1/3 cup white wine
 - 1/3 cup shredded Parmesan cheese
- To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until browned, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchini, carrots, garlic and rosemary. On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken, add butter and olive oil over medium heat. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add warm broth to orzo 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding more. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Asian Barbecue Sesame Salmon with Noodles and Veggies

Recipe courtesy of Emily Weeks of "Zen and Spice"

- Cook time: 30 minutes
- Total time: 40 minutes
- Servings: 4
- Sauce:
 - 1/2 cup soy sauce
 - 2 tablespoons brown sugar
 - 1 tablespoon rice vinegar
 - 2 cloves garlic, minced
 - 1 teaspoon fresh ginger, minced
 - 1 teaspoon chili garlic sauce (optional)
 - 1 tablespoon toasted sesame oil
 - 2 tablespoons barbecue sauce
 - 2 tablespoons water
 - 2 teaspoons cornstarch
 - 1 1/2 pounds salmon (4 filets)

12 ounces stir-fry (pad thai) rice noodles

- 1 tablespoon toasted sesame oil
- 1 pound white mushrooms, sliced
- 1 cup sugar snap peas
- 1 large broccoli head, cut into bite-size florets
- 2-3 green onions, thinly sliced, for garnish
- sesame seeds, for garnish

Preheat oven to 400 F.

In small saucepan, whisk soy sauce; brown sugar; rice vinegar; garlic; ginger; chili garlic sauce, if desired; sesame oil; and barbecue sauce. Bring to boil over high heat then reduce heat to simmer.

In small bowl, whisk water and cornstarch. Pour into pan and cook on low, whisking often, until sauce thickens, 3-5 minutes. Remove from heat and set

Tuning into ourselves



By Gwen Randall

The process of tuning into ourselves and getting to know who we really are can sometimes create crises in our external world. We may discover that we do not like our job or our career, or that we no longer have much in common with our friends. We might even question our primary relationship, wondering if this is still the person with whom we want to spend the rest of our lives.

This may seem very unsettling, if not frightening. Sometimes we are tempted to retreat from our path of growth, thinking it safer just to go back to the way we were. Perhaps we are scared of change or feel that we do not want to upset others. It is common to feel like the 'bad guy', who is creating trouble or making things difficult. However, what is really happening is that we are being agents of change.

No living system is ever static, and change is essential to survival and growth. When we become restless or dissatisfied, it means that there is something not working in the system or relationship, not that there is something wrong with us. Our unhappiness is a symptom of the problem, not the problem itself. If we try to suppress the symptom (unhap-

piness or frustration) it does not solve the problem, and very likely a new symptom will emerge (physical illness, accidents).

The first step to healthy resolution of the situation is to be clear and honest with yourself about how you really feel. This is often the goal of the first phase of the therapy process, because often it is hard to differentiate our own feelings from the feelings and expectations of others.

The second step is to consider your options. Quitting the job or ending the relationship need only be a final resort, as there are often many other options that can be tried first. Other options may either improve the situation or make it even more evident that the situation is not going to work.

Sometimes we resist change because we do not want to hurt anyone. But staying in a job or relationship that does not allow for growth and happiness for the sake of someone else is dishonoring self. We cannot assume that if we do ultimately decide to move on, that we are creating permanent damage in the lives of others.

The little bird no doubt at first resents being pushed out of the nest, and is likely terrified, but ultimately it learns to fly. There is a purpose to all things, and knowing that may make it easier to begin to acknowledge the truth of how we feel.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

aside.

Pour 3 tablespoons sauce into small bowl. Brush salmon filets with reserved sauce and place on baking sheet. Bake 15 minutes, or until salmon is flaky. Discard small bowl sauce if any remains.

Cook stir-fry noodles according to package directions. Drain, rinse and set aside.

Heat large skillet over medium heat.

Add sesame oil. Add mushrooms, snap peas and broccoli. Cook, stirring often, until veggies are tender-crisp, 7-8 minutes. Add noodles and remaining sauce from pan; toss to combine.

To serve, divide noodles, veggies and salmon between plates.

Top with sliced green onions and sesame seeds.

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Parker and Poppy changes to meet pandemic demands

Online women's clothing boutique continues to grow

By Sydney Lockhart

Online women's clothing boutique Parker and Poppy has grown its customer base nation-wide despite many local businesses struggling to make ends meet during the pandemic.

The local St. Andrews business has changed their stock to meet the demands of women working from home.

"I made some adjustments I have more comfortable options because people were working at home, it was quite a change. Everyone is loving the comfy working from home looks," said Kelsey Klassen, Owner of Parker and Poppy.

Klassen grew up in Stonewall and now lives in St. Andrews with her husband John Dent.

Klassen started up her company in the summer of 2019 while she was working two part time jobs, with the aim of making Parker and Poppy, her online women's clothing boutique, a success so she could fulfil her dream of owning her own business.

She financed the company entirely on her own. Today Parker and Poppy sells women's clothing across Canada.

On the website Klassen and her twin sister Kaitlyn model the clothing along with her best friend Krista.

The twins modeled a bit as kids but never decided to pursue it further.

"Parker is our nephew and I wanted two words that started with the same letter and I think poppy made it more feminine, so I incorporated it," said 28-year-old Klassen.

She said despite not receiving financial help from the provincial government during the pandemic, her small business is doing fairly well.

"A lot of people now are online shopping so being that my store is online only I've been able to focus on filling that need and making it as smooth as possible for my customers," she said.

Klassen donates a portion of every

purchase to the Winnipeg Humane Society. She decided to do this because she wanted to promote an organization that helps animals.

"I adopted my first pet from the Winnipeg Humane Society, it was a little cat named Nibbles, I was five when I got him," she said.

All of Parker and Poppy's clothing comes from suppliers in Los Angeles but is all chosen by Klassen.

"One day I would love to be able to go down there and visit the suppliers. That is my intention but obviously that can't happen now with the pandemic," she said.

Klassen added that she hopes to be designing her own clothes in the near future and sees it as the next big step for her company. She would be open to men's and children's clothing in the future.

She recently was able to hire her first part-time employee who helps her sort and pack orders once a week.

Every Sunday night new products are released to her website; some items sell out that night because people anticipate the new items coming.

Her husband John also helps out with packaging often as the number of orders after a Sunday are too much for one person to move out in a timely fashion.

"John, has always been incredibly supportive of this idea of mine, helping me package orders until 2 a.m., and cheering me on every step of the way," said Klassen

She added that their basement which was supposed to be his "man cave" is now a full-blown Parker and Poppy warehouse.

Klassen said the most rewarding part of starting her own business is the relationships she gets to create with her customers, many of which she speaks to on a weekly basis.

"It takes a long time to build trust



RECORD PHOTOS SUBMITTED

Owner of Parker and Poppy Kelsey Klassen models some of her comfy designs along with a spring dress, that she sources from Los Angeles.

and a relationship with your customers and that's something that's really important to me," she said.

At the beginning when she was just starting up the business, Klassen said it was difficult to make those connections because nobody knew who Parker and Poppy was.

"I feel like if you have a dream you

should go for it, which is something I learned through starting Parker and Poppy," said Klassen, "I would regret not doing it more than I would trying and failing."

Klassen has articles of clothing for sale on her website: www.parkerandpoppy.com

> UNIVERSAL PHARMACARE, FROM PG. 17

The United Food and Commercial Workers union wrote last November that prior to the arrival of COVID-19, over 7.5 million Canadians lacked adequate drug coverage or had none at all. With millions of jobs lost to pandemic, "even more Canadians lack drug coverage."

Julian said there has been some "pushback" to his bill from pharmaceutical companies that feel their profits will be diminished. But there has also been "enormous support" from across the country.

In the last few weeks alone, he said they've had "100,000 Canadians contact their MPs to tell them to vote yes on Bill C-213," as well as hundreds of municipalities, cities, towns and villages formally endorsing the bill.

A petition in favour of universal pharmacare is available on Julian's website, and he has been encouraging the public to send messages to their MPs and the prime minister. He's also organizing an "e-rally watch party" which he said people can join by sending an RSVP to his office. The public can also watch the vote on TV on the parliamentary channel, CPAC.



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Steelers loan MacFarlane, Gault



Jordan MacFarlane

Staff

Selkirk Steelers' defenceman Jordan MacFarlane's season isn't over yet.

MacFarlane was recently loaned to the Brockville Braves, who play in the Central Canada Hockey League.

The 6-foot-1, 182-pounder had a goal and an assist in eight games with Selkirk this season.

Last year, MacFarlane scored five goals and compiled 21 points in 47 regular-season games.

Meanwhile, Selkirk has also loaned forward Caiden Gault to the Alberta Junior Hockey League's Spruce Grove Saints.

Gault played seven games with the North American Hockey League's Aberdeen Wings this season, scoring a goal and collecting two assists.

He chose to head south after producing 25 goals and 47 points as a rookie with Selkirk during the 2019-20 season.

Several players have been loaned out to teams across Canada after the MJHL announced it was cancelling the remainder of the 2020-21 season due to COVID earlier this month.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli's Einarson starts off 4-0 at Scotties

Staff

Kerri Einarson is on a roll at the 2021 Scotties Tournament of Hearts in Calgary.

Einarson, representing Team Canada as defending national champion, improved her record to a perfect 4-0 after an 8-4 win over Northwest Territories' Kerry Galusha on Monday.

Einarson led 4-1 after three ends before Galusha closed to within 4-3 after six. But Einarson iced the win with two in the seventh and ninth ends sandwiched around a single by Galusha in the eighth.

The game was originally scheduled for Saturday but was postponed when a member of the Northwest Territories' team fell ill due to what is believed to be food poisoning.

No one else had similar symptoms and all had tested negative on previous COVID-19 tests.

As of Monday evening's press deadline, Einarson's Gimli rink led the nine-team Pool A ahead of Ontario's Rachel Homan (3-0). Homan was scheduled to play in Monday's late draw.

Einarson started off the nationals very strong with a solid 7-3 victory over Altona's Mackenzie Zacharias (Wild Card 2) in the opening draw last Friday.

Leading 2-1 after three ends, the Gimli crew broke the game open with three in the fourth end.



RECORD PHOTO CREDIT THE CANADIAN PRESS/JEFF MCINTOSH Team Canada skip Kerri Einarson delivers a shot at the Scotties Tournament of Hearts in Calgary last Friday.

Einarson then defeated Winnipeg's Beth Peterson (Team Wild Card 3) by a 6-4 score before trouncing Northern Ontario's Krista Burns 12-4 in eight ends.

Einarson's rink includes third Val Sweeting, second Shannon Birchard and lead Briane Meilleur.

Five Manitoba-based teams are

among a Scotties field expanded to 18 this year. The others feature provincial representative Jennifer Jones and East St. Paul's Tracy Fleury (Wild Card 2). Chelsea Carey is filling in for Fleury at this year's Scotties.

Action continued throughout the week and the Scotties will wrap up on Sunday.

MJHL announces changes to annual draft

From the MJHL website

The Manitoba Junior Hockey League announced last week that the annual MJHL Draft will move from a U16 Draft (formerly Bantam Draft) to a U17 Draft highlighting players who are going into their 16-year-old season.

As a result, there will be no 2021 MJHL Draft with the current 2006-born draft eligible age-group carrying forward into the inaugural U17 MJHL Draft to be held in the spring of 2022.

Players who will be eligible for the MJHL Draft are Manitoba players who are registered to play hockey in Manitoba according to Hockey Manitoba regulations and are in their 16th year.

"Moving the draft eligible age group to a year older will give MJHL organizations the ability to watch players develop for an additional season to allow for a better understanding of that players continued development and potential to play elite junior hockey," said MJHL commissioner, Kevin Saurette.

The MJHL has conducted virtual

MJHL Prospect Presentations over the past several months with the 2006 age-group. These presentations have provided players and families with important information on what it takes to get to junior hockey and the significance of the MJHL being a strong pathway to the WHL, NCAA, U Sports and eventually professional hockey at the highest levels.

The MJHL is also currently in the planning process of including additional development and exposure events for the draft eligible age-group each season. These events will complement local league play in showcasing and educating players prior to each annual MJHL Draft.

Please stay tuned for further announcements in the coming weeks.

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HELP WANTED

JOB: Janitorial position. Hours available: Job 1 -- 1 1/2 hours, daytime-- two days per week, in Lockport Mb; Job 2 -- 1 1/2 - 3 hours, evenings -- Five days per week, in Selkirk Mb. Starting Wage: \$12.50/hour. Experience: Will Train successful applicant. Sub-contractors need not apply. Employer: Round-Tuit Cleaning Services. Information: 204-785-3257.

HELP WANTED

SEASONAL HELP WANTED - SEARLE GREENHOUSES LTD. LOCATED IN EAST SELKIRK, MB IS ACCEPTING APPLICATIONS FOR FULL-TIME SEASONAL POSITIONS STARTING IN MARCH 2021. NO EXPERIENCE IS REQUIRED AS TRAINING IS PROVIDED. STARTING WAGE IS \$11.90 PER HOUR. APPLY BY EMAIL TO: IWANTTOWORK@SEARLEGREENHOUSES.COM OR FAX: 204-482-8968 ATTN: KRIS.

The Window Factory located in Selkirk requires a full-time labourer for production/manufacturing position. Please bring resume into the office located at 605 Mercy St, Selkirk.

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Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

Employment opportunity - FT/PT driver for light duty deliveries in Selkirk and surrounding area. Mon-Fri, occasional Saturday. Must have valid Class 5 Drivers Licence. Driver abstract required at time of hire. Mail resume to: Employment Opportunity, PO Box 10016, Selkirk South PO, Selkirk MB R1A 0P5. Only successful applicants will be contacted.

Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!

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



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ST. CLEMENTS

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **23rd day of March, 2021**, at the hour of **12:00 PM**, at Rural Municipality of St. Clements, 1043 Kittson Rd., East Selkirk, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
440000	SP LOT 4 PLAN 15113 WLTO IN RL 72 AND 73 PARISH OF ST CLEMENTS - 4--15113	L -\$15,100	\$5,426.94
554600	LEGAL SUBDIVISION 15 IN 3-16-6 EPM SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN - 33108 RD 91N	L -\$32,000 B -\$37,700	\$2,906.53
555350	THE SLY 297 FEET OF THE WLY 627 FEET OF THE SW 1/4 OF SECTION 3-16-6 EPM EXC FIRSTLY: THE WLY 330 FEET AND SECONDLY: ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - 33015 RD 90N	L -\$16,800 B -\$26,400	\$3,259.92
747400	LOT 13 BLOCK 5 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 63 CEDARVALE AVE	L -\$37,300 B -\$100,100	\$7,631.92
760300	LOTS 5 AND 6 BLOCK 11 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 42 PARKVIEW AVE	L -\$49,500 B -\$149,000	\$12,504.55

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of St. Clements as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 25th day of February, 2021.

Managed by:

Deepak Joshi
Chief Administrative Officer
Rural Municipality of St. Clements
Phone: 204-482-3300
Fax: 204-482-3098

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MUNICIPALITY OF ALEXANDER



INVITATION TO TENDER

GRAVEL HAUL - 2021

The Rural Municipality of Alexander is inviting tenders for the hauling and placing of an approximate combined total of 23,000 tonnes of traffic gravel upon specified roadways within the municipality. Work will commence as soon as possible after the end of road restrictions.

For a Tender Package, please visit our website at www.rmalexander.com or contact Jason Green at pw@rmalexander.com or at (204) 367-6186.

All tenders should be clearly marked: **"Gravel HAUL Tender - 2021"**

Shall be delivered in a sealed envelope to: **The Rural Municipality of Alexander Attn: Jason Green, PW Manager 1 Bouvier Trail P.O. Box 100, St. Georges, MB R0E 1V0**

Sealed tenders must be received by: **noon on the 18th day of March, 2021.**

All proposals shall be opened on the 18th day of March, 2021 at 1:00 pm in the RM of Alexander Council Chambers. This will be open to the public providing that Covid-19 health restrictions permit it. If not, a video shall be made available upon request.

Lowest or any tender may not necessarily be accepted.



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ALEXANDER

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **17th day of March, 2021**, at the hour of **10:00 AM**, at Rural Municipality of Alexander, 1 Bouvier Trail, St. Georges, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
41650	ELY 420 FEET PERP OF SLY 520 FEET PERP OF SW 1/4 17-17-9 EPM EXC ALL MINES AND MINERALS TOGETHER WITH THE RIGHT TO ENTER, LOCATE, PROSPECT, MINE FOR AND REMOVE MINERALS AND ALL OTHER ESTATES, RIGHTS AND INTERESTS RESERVED TO THE CROWN UNDER THE CROWN LANDS ACT - 49076 ROAD 98N	L -\$15,200 B -\$163,600	\$9,161.56
152300	ALL THAT PORTION OF LEGAL SUBDIVISION 13 OF SEC 3-19-7 EPM WHICH LIES WEST OF A LINE DRAWN WEST OF, PARALLEL WITH AND PERP DISTANT 49.5 FEET FROM THE CENTRE LINE OF THE LAND TAKEN FOR THE RIGHT OF WAY OF THE CANADIAN NATIONAL RAILWAY PLAN 2509 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN - 39001 BELAIR RD	L -\$22,100 B -\$133,600	\$10,630.86
161760	LOT 7 BLOCK 2 PLAN 32528 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN INSTRUMENT NUMBERS 645297 WLTO AND 1931626 WLTO; IN NW 1/4 23 AND SW 1/4 26-19-7 EPM AND IN CLOSED GOVERNMENT ROAD ALLOWANCE. 23 AUGUSTA WAY	L -\$19,800	\$5,404.94
204807	LOT 7 BLOCK 5 PLAN 19833 WLTO SUBJECT TO THE SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM THE CROWN IN SE 1/4 36-19-7 EPM 67 LYNNWOOD DR	L -\$18,000 B -\$15,900	\$3,363.68
204895	LOT 6 BLOCK 1 PLAN 14964 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN IN SW 1/4 36-19-7 EPM 63 TURCOTTE DR	L -\$54,800	\$4,302.64
207900* See note below	THE SW 1/4 OF SECTION 19-19-8 EPM, EXC FIRSTLY: THE NLY 1320 FEET PERP, AND SECONDLY: ALL MINES AND MINERALS AND OTHER MATTERS AS SET FORTH IN THE CROWN LANDS ACT - DESC SW19-19-8E	L -\$72,400	\$30,242.31

The tax sale is subject to the following terms and conditions with respect to each property:

* Roll 207900: There are buildings located on this property that do not meet building code requirements. The purchaser of the property at tax sale auction will be responsible for bringing the buildings up to current building codes or demolishing them.

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Alexander as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 25th day of February, 2021.

Managed by:



Don Dowle
Chief Administrative Officer
Rural Municipality of Alexander
Phone: 204-367-6170
Fax: 204-367-2257

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NOTICES

Urgent press releases or media advisories service. Have something to announce? A cancellation? A change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com.

HEALTH

Need to make the most of the partial reopening? Advertise it in the 37 MB weekly newspapers and get noticed! Each week our blanket classifieds could be helping your organization get noticed in over 340,000 homes! It's AFFORDABLE and it's a great way to increase and connect with our 37 weekly member newspapers. For as little as \$189 + GST, get your important messaging out! Call us at 204-467-5836 or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

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PUBLIC NOTICE 2021 Spring Road Restrictions

The Public is hereby advised that the 2021 Spring Road Restrictions will commence no earlier than March 1, 2021 and remain in effect until May 31, 2021, unless otherwise notified.

The purpose of Spring Road Restrictions is to protect roadways from damage during spring thaw conditions. The Municipality requests the co-operation of its citizens and the commercial industry. For further information regarding Spring Road Restrictions on municipal roads, please visit our website at www.weststpaul.com or contact the municipal office at 204-338-0306.

Provincial trunk highways and roadways are subject to restrictions by Manitoba Infrastructure. Please contact them directly with any provincial road inquiries through the Road Information Line at 1-204-945-3961, or 1-877-MBRoads (1-877-627-6237). Provincial restrictions can also be obtained online at www.manitoba.ca/mit/srr/ under "Manitoba's Spring Road Restriction Program".

Dated this 25th day of February, 2021.

Brent T. Olynyk, CAO
RM of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3

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MUNICIPALITY OF ALEXANDER



PUBLIC NOTICE

Ditch Cleaning / Snow Clearing 2021

The Municipality of Alexander hereby gives notice that the municipality will begin clearing snow from ditches throughout the municipality in preparation for the spring thaw.

This program will begin in March, 2020 and will continue through March and April as needed and weather permitting. If you have any questions or concerns please contact the Municipality of Alexander Public Works Department at 204-367-6185 or Jason Green, Public Works Manager at 204-367-6186.

Please note that this does not include any ditches or drains located along provincial trunk highways or provincial roadways. These are under the jurisdiction of the provincial department: Manitoba Infrastructure and Transportation.

MUNICIPALITY OF ALEXANDER



PUBLIC NOTICE

2021 Spring Road Restrictions

The Municipality of Alexander hereby gives notice that the Spring Road Restrictions will follow the Province's dates unless otherwise notified.

Provincial Road Restrictions are available by contacting the Road Information Line at 1-204-945-3704, or 1-877-MBRoads (1-877-627-6237) for a verbal description of road restrictions or online at <http://www.gov.mb.ca/mit/srr/index.html>

For local updates check the notices at: <http://www.rmalexander.com>

The purpose of Spring Road Restrictions is to protect roadways from damage during the spring thaw conditions. We request your co-operation in following these restrictions.

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Public Utilities Board

Régie des services publics

NOTICE OF APPLICATION RURAL MUNICIPALITY OF ST. ANDREWS INITIAL INTERIM WASTEWATER RATES ST. ANDREWS SOUTH WASTEWATER UTILITY

February 17, 2021

The Rural Municipality of St. Andrews (RM) has applied to the Public Utilities Board (Board) for initial interim wastewater rates for St. Andrews South Wastewater Utility (Utility) as set out in By-law No. 4350, read the first time on December 8, 2020.

The new Utility will provide wastewater collection services to St. Andrews residents with wastewater treatment being provided by the City of Winnipeg at the North End Water Pollution Control Centre.

As a condition of providing wastewater treatment services, the City of Winnipeg requires that all Utility customers install water meters on their wells.

In accordance with the proposed Service Sharing Agreement (SSA) with the City of Winnipeg, every property connecting to the St Andrews South Wastewater Utility shall pay a Utilities Buy-In Charge to the RM of St Andrews. The RM anticipates the SSA will be signed prior to April 1, 2021.

The proposed rates are as follows:

	Proposed Rates		
	2021	2022	2023
Quarterly Service Charge	\$ 80.82	\$ 80.82	\$ 80.82
Wastewater (per cubic meter)	\$ 4.23	\$ 4.23	\$ 4.23
Minimum Quarterly Charge*	\$ 140.04	\$ 140.04	\$ 140.04
Utilities buy-In Charge	\$ 2,680.00	\$ 3,000.00	\$ 3,100.00
Meter Testing (5/8" or 3/4")**	\$ 100.00	\$ 100.00	\$ 100.00
Meter Testing (1" and larger)**	\$ 225.00	\$ 225.00	\$ 225.00
Minimum Meter Tampering	\$ 500.00	\$ 500.00	\$ 500.00

*Based on 14 cubic meters

**If the meter is found to be recording water flows more than 3% in excess of actual flows, all costs associated with the testing process will be borne by the Municipality and the deposit will be refunded to the customer and the customer's account will be adjusted for the preceding six (6) months.

Details of the RM's application are available for review at the Municipal office or the Public Utilities Board's office. Any questions concerning the application for rates, or the operation of the Utility, should be sent directly to the RM.

If you have concerns/comments regarding the RM of St. Andrews' application for wastewater rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the RM.

Questions or comments should be sent on or before **March 17, 2021**.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.

"Original Signed By:"

Jennifer Dubois, CPA, CMA
Assistant Associate Secretary
Manitoba Public Utilities Board

Announcements

Call 204-785-1618 or Email lucy@selkirkrecord.ca

ANNOUNCEMENT

100th BIRTHDAY



Jean Gunter
 Congratulations on this amazing milestone. We hope your day was filled with Sunshine and Smiles, Laughter and Love, and that you had a very Happy 100th Birthday on February 9th!
 -Love all your grandkids

ANNOUNCEMENT

100th BIRTHDAY



Glennis, Gary and Grace, and Gloria and Allan would like to wish our aunt, **Frances Thompson**, a very happy Feb 14th birthday. She has been an amazing Valentine for 100 years!

ANNOUNCEMENT

80th BIRTHDAY



Eileen Jones
 Happy 80th Birthday Mom, Grandma, Great-Grandma on February 25th

-With love,
 your family XO!

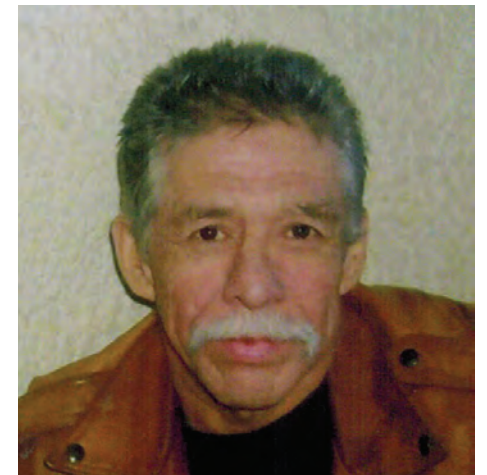
ANNOUNCEMENT

IN MEMORIAM

Linda Peebles (nee Starodub) passed February 23, 2004, age 49
 We think of you today,
 But that is nothing new;
 We thought about you yesterday,
 And days before that too.
 We think of you in silence,
 And often speak your name;
 All we have are memories,
 And photos in some frames.
 Your memories are a gift,
 From which we'll never part;
 God has you in His keeping,
 We will always have you in our hearts.
 Missing you and your smile every day.
 -Love always, Mom and family

ANNOUNCEMENT

IN MEMORIAM



Herman Morrisseau
 February 23, 1957 - February 26, 2013
 Hold onto what you believe,
 Even if it is a tree which stands alone,
 Even if it is only a handful of clay.
 Hold onto that which is strong,
 Even if it is the water that flows over our land.
 Hold onto my hand,
 Especially when I have gone away from you.
 Always in our hearts.
 -The Morrisseau family

ANNOUNCEMENT

50th BIRTHDAY



Richard Starr
 February 27th this guy will be fifty. Always laughing, has a great smile. He's witty, charming and pretty nifty. If he's known you forever... Or just met you on the street, Be sure he'll call you 'Bud' Every time you meet. So if your hangin' on the East Side, Honk your horn as you drive by, And wish a Happy Birthday To this Very Special Guy!!!

-Love you lots, Susan and your family

ANNOUNCEMENT

CARD OF THANKS

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.
 -Frances, Allan, Greg, Eddy and their families

ANNOUNCEMENT

CARD OF THANKS

Thank you to the terrific people who sent me cards on my 75th Birthday. Yes, I did receive 75. They are hung up on five layers of string on my livingroom wall and will stay there until February 28th. A big thanks to my wonderful family for making my lockdown birthday the best one yet. Kisses and hugs to you all.
 -Donna Hoye

ANNOUNCEMENT

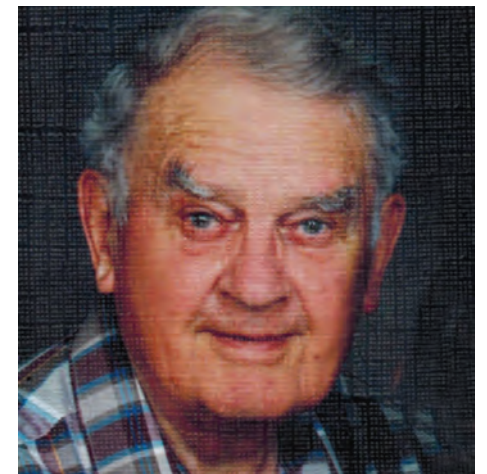
CARD OF THANKS

Thorvaldson - The family of Lorne Thorvaldson would like to thank you for the cards, flowers, phone calls, text messages and gifts of food, and kind expressions of sympathy shown following his sad passing. Also thanks to Rev. G. Mawejje for his understanding and assistance. We would like thank our families and friends for all the love and support at this difficult time. Thanks to Gilbert Funeral for all your assistance.

-Always in our hearts,
 Sharon, Kevin, Lori, Dayna, Taylor and Vince

ANNOUNCEMENT

IN MEMORIAM



Steven Banera
 April 17, 1933 - February 25, 2018
 We often sit and think of him,
 When we are all alone;
 For memory is the only friend,
 That grief can call its own.
 Like ivy on the withered oak,
 When all other things decay;
 Our love for him will still keep green,
 And never fade away.

-Joyce, Sheryl, Trent and families

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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.

The Selkirk Record Announcements

OBITUARY



Douglas Thomas
April 25, 1931- February 18, 2021

It is with deep sorrow and much love that we mourn the passing of Douglas Thomas, of Selkirk, on February 18, 2021, at the age of 89; two months away from his 90th birthday.
He will be lovingly remembered by his wife of 27 years (Lila), and her children Edward (Susan), Sandra (Lou), Frances (Raymond), Mark (Shannon), David and Dean (Amber) and numerous grandchildren and great-grandchildren. Also left to cherish his memory are his daughter, Darlene (Barry), and her children Michael, Mandy, Sherri and their families. He also leaves behind his sisters Della, Myrna, Laurie and Daphne (Fred).
He was predeceased by his first wife Gloria, daughter, January, and two sons, Chris and Edward; as well as his sister Kay and his brother-in-law Joe.

Profound gratitude to those who were there to help; Royce, Marlene and the four paramedics who strived to bring him back to us.

In lieu of flowers, memorial donations may be made to the Sandra Schmirler Foundation, 18 Burndale Road, Ottawa, ON K1B 3Y5

In keeping with his wishes, he will be cremated and a private graveside burial will be held at a future date, and there will be no formal service.

Goodbyes hurt the most when the story was not finished; you may have left our life but you will never leave our hearts.

"Your life was a blessing,
Your memory a treasure.
You are loved beyond words
And missed beyond measure

OBITUARY



Henry Maicher

It is with great sadness we announce the passing of Henry John Maicher at the Selkirk Regional Health Centre on Saturday, February 13, 2021 with his family by his side.

Henry Maicher, otherwise known fondly as "uncle" to his niece and nephews, was born on September 7, 1938 in Winnipeg, Manitoba to his parents Anton and Magdalena Maicher. Henry was the oldest of two children with his younger sister Sylvia. Henry grew up in Beausejour, Manitoba where he attended school and later becoming a carpenter by trade to which house construction was his speciality.

Uncle eventually bought property bordering the Red River and Cooks Creek in East Selkirk and after building his house and establishing his property, began another career in market gardening. The fields were full of fresh vegetables as far as the eye could see, including cucumbers, potatoes, onions, garlic, peas, beans and tomatoes. Uncle was known to till the land, hand pick all the vegetables and personally deliver them to his customers. There were many memories of Uncle bringing boxes of fresh produce to his family to enjoy.

In later years, Uncle retired from farming and carpentry to take up a life of hobby gardening for the family, fishing including fishing trips with the nephews to Nopiming and Whiteshell Provincial Parks, and reading/studying the bible. Uncle always said that he did not grow up learning the Bible fully, but was able to accomplish this in his retirement. Many visits involved lengthy discussions about the Catholic Faith, the bible and spiritual matters.

The family have always called Uncle's place "the cabin" and it was a getaway from the city. There are many fond memories of Sunday family outings and gatherings including picnics and bonfires, boating and fishing on the Red River and Cooks Creek, listening to the thousands of geese and ducks in the fall, gardening, and a place to run around, play cricket and take walks through the forest.

Uncle used to spend hours creating new games for his niece and nephews and even constructed a large toboggan slide in the winter in his backyard, which his family would ride joyfully for hours. He had a tremendous amount of energy that many times outlasted his young niece and nephews.

Time spent outdoors – particularly fishing and gardening – with family, listening to Bomber football games, and walking his beloved dogs over the years were his favourite. His nephews and niece learned a great deal from Uncle about gardening and fishing techniques which are now being passed down to his great nieces and nephews.

Over the past few years, Uncle's health began to decline and he had to leave his land and move to Tudor House Personal Care Center. During his time there, Tudor House took great care of Uncle, where he even had his favourite nurses. Family visits changed from the "cabin" to Tudor House, and Uncle took special delight in seeing the great nephews and nieces.

In the last week of life, Uncle was transferred to the Selkirk Regional Health Centre with failing health due to cancer. Family visits now turned to hospital visits to stay vigil and say goodbye.

The family would like to extend a special thank you and note of appreciation to the staff at Tudor House and Selkirk Regional Health Centre for their care, support and compassion, and to Dr. Paradoski who was uncle's doctor.

Left to cherish Uncle's memory is his younger sister Sylvia (Anthony), nephews Jeffrey (Marietta), Steven (Stephanie) and niece Michelle (Anonh) along with great-nephews and nieces Anton, Gianna, Andrea, Kyla, Claire, Gracie, Leah, Elliana and one on the way.

A private funeral Mass was held on Thursday, February 18, 2021 at Notre Dame Catholic Church in Selkirk, MB, with Fr. Gerald Langevin officiating. Interment followed at Holy Ghost Cemetery.

Pallbearers were Anthony DiNella, Jeffrey DiNella, Steven DiNella and Anonh Khouvongsavanh. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM



**In loving memory of our Nephew
Darren Rivard**

Who left us too soon
on February 23rd, 2020
We knew little that morning
That God was going to call your name.
You left this world so quickly,
We still wonder why.
You left us so many memories,
The kind, considerate, caring
Pleasant man you were.
A great father and proud grandfather.
You gave all you had to give
And you brought joy to others
Until the end of your days,
Quietly remembered and always in our hearts.
-Auntie Bea and Uncle Ron

ANNOUNCEMENT

IN MEMORIAM



**In Memory of
Darren Rivard**

December 9, 1961 - February 23, 2020
Dad, time may pass but your memory will live forever.
Always in our thoughts,
You are loved and missed every day.
-Love Ryan, Nikki, Michelle and Chad

ANNOUNCEMENT

IN MEMORIAM



**In Loving Memory of a
Dear Son and Brother
Darren Rivard**

December 9, 1961 - February 23, 2020
You gave no one a last farewell,
Or never said goodbye one year ago.
You were gone before we knew it,
With the question of only why.
A million times we miss you,
A million times we cry,
You hold a place dear to our hearts,
That no one else can fill.
It shattered our hearts to lose you,
But you didn't go alone,
For part of us went with you,
The day God took you home.
We thank God he made you our son and brother,
While you were here on this earth.
Loved beyond words,
Missed no words can describe.
-Love Mother Mary and Sister Therese

ANNOUNCEMENT

IN MEMORIAM

Wm Gary Bennett
February 20, 1938 - March 1, 2020
In loving memory.
It is lonely here without you,
I miss you more each day;
Life is not the same,
Since you were called away.
I remember the day I met you,
And the day God made you mine;
I remember the day I lost you,
And will to the end of time.
My thoughts are always with you,
Your place no one can fill;
In life I loved you dearly,
In death I love you still.
I know you'll walk beside me,
When my life is through;
I pray that God will take my hand,
And lead me straight to you.
-Forever loved, Doris and family

Your memory will live forever
Engraved within our hearts

Announcements

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OBITUARY



Esther Watson

September 20, 1926 – February 16, 2021

It's with great sadness that we announce the passing of our beloved mother, Esther Watson, peacefully on February 16, 2021. Esther was predeceased by her loving husband, Emerson on May 16, 2017. Esther is survived by her two daughters, Pauline and Catherine, four grandchildren and five great-grandchildren.

Esther was born in Thorne, Yorkshire, England on September 20, 1926. She grew up on the family farm with her parents Catherine and Edwin Sr. Esther had two brothers, John and Edwin Jr. and a sister Lena. In between school and chores there wasn't much recreation time.

Our mother met Emerson just before the second World War broke out but continued their courtship soon after the war ended.

As we all know the country had been severely ravaged during those years but Mom and Dad along with many others thrived on whatever work they could attain. Mom worked at the markets and eventually as a ticket operator on the double decker buses while Emerson continued on as a mechanic. They married July 30, 1949 in Stainton, Cleveland in Yorkshire England and that's where they made their home and raised their eldest daughter, Pauline, until the decision to immigrate to Canada in August, 1957.

Esther and Emmy lived in Winnipeg for a few years and decided to move to Selkirk in the early "60s". Mom worked for Ethel's Florists, volunteered at the schools and then in 1964 their youngest daughter, Catherine was born.

Esther worked as a Nursing Assistant at the Betel Home for 15 years. She made a lot of friends that she kept in touch with throughout the years.

Mom loved spending time with her "girl" shopping and lunch out along with family barbeques, where she could spend time with her grandchildren, having many sleepovers.

Esther loved Christmas and our dinners were always extra exciting because "Nana" always taped money to the bottom of the plate and the kiddies got to spend it on whatever they wanted, that was the rule!! When they had their Motorhome and we all camped at a site in the states, guess where we all went for ice cream?? The Motorhome as they were the only ones with a freezer. They both enjoyed watching their grandchildren's hockey and ringette games.

Esther's hobbies were knitting, crocheting, needlepoint and gardening. She loved to be outside, feeding the birds, working in her flower gardens and sometimes just turning the earth felt good to her.

Mom and Dad travelled to England a few times, the USA several times, Hawaii twice, and out West to BC. They also took our relative from across the Pond on these trips with them.

We would like to thank the staff at the Betel Home in Selkirk for caring for her these last three years and a special bouquet to those who cared above and beyond duty. We will be forever grateful.

Cremation has taken place and a small family gathering was attended.

Thank you to Gilbert Funeral Home.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Doris Horvath

Peacefully, on Thursday, February 18, 2021, at Red River Place, Selkirk, MB, Doris Horvath, aged 79 years, beloved wife of the late Ted, passed away.

In keeping with her wishes cremation has taken place and ceremony will be held when health conditions allow.

A special thank you to the staff at Red River Place for all their care and compassion.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Alan James Porcher

On February 14, 2021, Alan James Porcher was called into the presence of his Lord and Savior at 63 years of age.

Alan was born on February 15, 1957 in Winnipeg and lived and farmed with his parents in St. Andrews. Alan enjoyed the outdoors, snowmobiling, hunting, picking berries but one of his favorites was going to auctions that earned him the nickname "AAA" – Alan Auction Anonymous. He loved old vehicles and John Deere tractors.

Alan was a man of quick wit and enjoyed a challenging conversation. He was blessed to take a trip to Alaska with his Dad and aunt and uncle and later a trip to Arizona with his older brother Don, Marg and his Dad. Going for coffee with fellow farmers to Tim's or at the airport brought a smile and much enjoyment.

In earlier years Alan attended Grant Memorial and went to Youth Groups and volunteered as an usher.

Alan is survived by his brothers Don (Dorota), Randy, Richard (Cyndi) and five sisters: Gertie (Harry), Carol (Eugene), Grace (Marv), Florence (Brian), Kathy (Don) and many nieces and nephews.

The family extends a big heartfelt Thank You to cousin Reg, his wife Ingrid and family for unconditional love and faithful sacrificing of their time and talents to care for Alan over the years.

The family is so very grateful for all the neighbors, friends and the many farming buddies who showed kindness and care for our brother. Also thank you to the Selkirk R.C.M.P. for the compassion and care shown to the family.

You all loved big!!!

May the Lord richly bless you!

Eph. 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."

Due to COVID, a private family graveside will take place.

In lieu of flowers, if friends so desire, donations may be made to Bethel Rays of Hope Ministry, Box 778, Stonewall, MB. R0C 2Z0. www.Bethelraysofhope.com



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