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Catfish Den returns!

Local businesses will band together again for a night of deliberation

By Katelyn Boulanger

Catfish Den is a local play on the popular TV show Dragon's Den where contestants present ideas to a panel of judges to invest in, in order to get the capital for their businesses to achieve a higher level of success. Catfish Den is a little different in that the investors don't receive a portion of the business but, in addition to an audience vote, decide which business projects in the community they want to help out with both funds and advice from fellow entrepreneurs. This year's event will take place at the Selkirk High School Theatre on March 26 from 6 to 9 p.m.

"Last year's event was phenomenal. What made it phenomenal was our partners in the business community coming together and a great partnership with our friends at the Lord Selkirk School Division. [Approximately] \$18,000 in cash and service in kind was given out to businesses and student projects. We had approximately 150 individuals in the audience and from the feedback that we got from everybody they absolutely loved it," said Jim Pelletier, Sr. Account Manager at RBC Royal Bank.

The idea for an event like this was inspired by Pelletier's previous experience as a director on the Beausejour Chamber of Commerce.

"The Beausejour Chamber hosted their own Dragon's Den for approximately three years and, when I became a director on the Selkirk Biz, I noticed that something like this wasn't being offered even though the four municipalities are pretty large all together. I threw out the idea as a great opportunity in order to grow the businesses and also get the audience involved," he said.

The Dragons in Selkirk Biz's ver-

sion of the event are replaced by the Cool Cats who invest a minimum of \$500 in whatever way they choose into the businesses who pitch them ideas. Unlike the show, the audience at the event is actually the biggest decider of which business venture comes home with an investment as the audience get to vote on which project should receive funds that are raised from community investments and ticket sales for the event.

This year's Cool Cats will be representatives from Sunova, Scotiabank, and Business Development of Canada as well as James Allardice of Boston Pizza Selkirk, Rosanna Sternat of Sternat & Associates Chartered Professional Accountants, Brian King of High Speed Crow, and Tim Fawcett of Fawcett Drywall Ltd.

"Everyone that's a Cool Cat understands that a healthy market regardless of who's their competition or not,

a healthy market is good for everyone and also one of the main motivators for Catfish Den is to highlight the businesses that we have in the four municipalities of the Selkirk Biz," said Pelletier.

Any business in the four municipalities covered by Selkirk Biz, Selkirk, St. Andrews, St. Clements, and West St. Paul, are able to write up a page or two describing who they are, where they are located, information about their business, what they are looking at purchasing and why it would grow their business and submit it in for consideration to participate in the event.

Catfish Den also has a portion of the night where student organizations can pitch their ideas to the cool cats and audience to receive funding for their projects.

Tickets for Catfish Den will be sold before the event at RBC Selkirk, TD Selkirk and at the local High School for \$5 each.

Applications to pitch business investments can be picked up at the RBC & TD in Selkirk along with contacting Jim Pelletier at 204-482-1461 or jim.pelletier@rbc.com. They are also available on Selkirk Biz's website at selkirkbiz.ca



RECORD PHOTO BY BRETT MITCHELL

Catfish Den takes place on March 26 at the Lord Selkirk Regional Comprehensive Secondary School's theatre

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Big DOLL

John Duff returning to the RCMP

The former Selkirk Director of Protective Services takes on a new challenge

By Katelyn Boulanger

Former City of Selkirk Director of Protective Services John Duff will be ensuring Selkirk and area's safety in a different way with his new appointment as Inspector with Selkirk's RCMP detachment.

"It was a pleasure to have him in that office and I knew anytime that I needed some info or a how's it going, I would go to John's office and we would sit and it was always a good back and forth and then when I heard that he was thinking of applying for the inspector job I considered it a win-win. It's a win for the region and a win for John and I look forward to us working together again," said Selkirk's Mayor Larry Johannson.

Johannson believes that Duff having knowledge of how the municipality runs will benefit the city in working with him in this new position.

"[Being with] the City of Selkirk as director of protective services that

included a variety of jobs within that whole public safety realm and one of them was maintaining a relationship with the RCMP," said Duff.

He made the transition to the RCMP earlier this month with his first day being Feb. 17. The city invited him back on March 6 to celebrate his success with an event in his honour.

"I'm [now] the officer in charge of the Selkirk detachment. The Selkirk detachment encompasses the city of Selkirk, the RM of St. Clements, the RM of St. Andrews, Dunnottar, Brokenhead First Nation, East St. Paul and West St. Paul, through the amalgamated unit with the St. Paul Detachment," said Duff.

This means that in this area of the province Duff will be overseeing the complete administrative operations of the RCMP.

"I think it's beneficial in knowing in this area of the province there are so many connections amongst the



RECORD PHOTOS BY KATELYN BOULANGER

Justice Minister Cliff Cullen, Inspector John Duff, and Mayor Larry Johannson at the City of Selkirk's event honouring Duff's appointment as Inspector of the Selkirk RCMP detachment.



Minister Cliff Cullen speaks at the ceremony.



Mayor Johannson congratulates Inspector Duff at the ceremony.

municipalities and amongst the city especially the city especially the City of Selkirk's relationship to the whole Interlake region so gaining an understanding of those relationships on a variety of levels and translating that into public safety and wellness I find is very important. Community wellness and community health is a foundational piece of community safety so it's something to build upon for sure," said Duff.

Outside of his work Duff is involved in hockey, triathlons, iron man competitions and activities which his two children participate in, while his wife is a professor at the University of Manitoba.

"Personally I'm very focused on health really. I do triathlons and things like that. I'm very focused on maintaining a level of health, which translates, to me, it's all related to overall health of an individual and of a family," said Duff.

His advice to residents in the area is, "That it's important to speak. I've found that as we've evolved in the whole social media world that people are quick to have an opinion there which is fantastic but anything that [impacts] community safety or wellness would be greatly appreciated. We want the input the people that are out there interacting with each other. Never be shy about speaking up."

The Minister of Justice was also at the event on March 6 celebrating Duff.

"Certainly with Mr. Duff's experience in the RCMP and his latest experience here in Selkirk I think that he will bring a lot to the table so it's very encouraging to see someone with that level of experience working in this capacity within the region. I know that he is certainly passionate about the community and public safety and with his wealth of knowledge he will bring a lot to the communities that he serves," said Minister Cliff Cullen.



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Head Start teams up with Lions



RECORD PHOTOS BY KATELYN BOULANGER

Selkirk's Onashiwini Aboriginal Head Start Program teamed up with the Beausejour Lion's Club to bring state of the art vision screening to their students. Bonnie and Darryl Popowich, who are both retired volunteers with the Lions, brought a SPOT vision screener to the program. This device detects about 80 per cent of vision issues in children screened and can be used on children as young as six months of age.

"People don't realize, and there is no way for them to realize, when a child is 6 months to three years, four years or six years that there could be a deficiency [in their vision]. What our screening equipment does is that it tests for those children that are at a higher risk " said Bonnie Popowich.

This device, which is part of the Kidsight program, doesn't replace regular eye exams which are free to all children every two years in the province of Manitoba.

Clockwise from above: A student smiles while getting her eyes checked. Darryl Popowich operating the SPOT vision screener. A reading from the SPOT vision screener.

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www.eastselkirkrec.com/soccer-registration-info

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March 10th, 12th, 17th, 6:30-8:00pm

Selkirk Barn Arena 368 Jemima St

ST ANDREWS- online registration

www.standrewssoccer.com- closes March 22nd

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SOCCER REGISTRATION

Poster contest brings fire awareness

By Katelyn Boulanger

The Office of the Fire Commissioner along with the Manitoba Firefighters' Burn Fund are once again sponsoring the Burn Awareness Week Poster Contest for kids from grades five to eight in Manitoba.

"Every year in the first week of February there is a burn awareness week across Canada and the US and that's where we bring prevention and, new to Canada and the fire service and the province, [information] about burn prevention and what you can do about it. We do send out emails. We have this poster contest and we try to get the citizens and the public aware and fire departments throughout our province talking to their community about burn prevention," said Kelly McLean, Fire and Life Safety Educator from the Manitoba Office of the Fire Commissioner.

The contest, which is still accepting poster entries until April 3, is open to any child in the province who wants to create a poster to bring awareness to the causes and ways to reduce burns.

"They look that it has to do with burn awareness, whether it has to do with fire safety, kitchen burns and scalds, as well whether it has a safety message on the poster. So it's the drawing and colouring portion as well as a safety message which can be one that the student makes up or something that they see somewhere else," said McLean.

This year the posters will be judged and one winner per grade will be cho-

sen to receive a \$200 Lego gift card. Their classmates will also get a swag bag of fire prevention and safety material and the Firefighter's Burn Fund will be giving a cash donation to the winning student's school.

"Every year there is also Fire Prevention Week, which is the first week of October, and those posters are used and they are put on the Fire Prevention Week brochure which is sent to all schools, and all fire departments," said McLean.

The winning posters are also featured on the Manitoba Office of the Fire Commissioner's website as well as used in publications made by the fire commissioner.

Being part of this contest McLean enjoys, "Seeing the great posters that are submitted and the creativity that each child brings forward. It's amazing what each child can do. We're just in awe whether they do it in pencil crayon or crayon or whatever it is. We get all sorts and it's just fantastic."

To enter a poster into the contest mail the original artwork to The Office of the Fire Commissioner, 1601 Van Horne Avenue East, Brandon, Manitoba R7A 7K2 with the artists' name, grade, school(if applicable) & address on the back of the poster.

"Burn awareness isn't just throughout the burn awareness week but it's all year long," said McLean.

For more information visit the Manitoba Office of the Fire Commissioner's website at firecomm.gov.mb.ca/safety_baw.html



RECORD PHOTO SUBMITTED

Winning burn prevention posters from 2019's Burn Prevention Week Poster Contest.

Leadership lessons from Downton Abbey

By Katelyn Boulanger

Jeanne Martinson, one of the authors of *Leadership Lessons from Downton Abbey*, will be giving a presentation about what can be learned from the leadership styles of the women of the TV show *Downton Abbey* at the Selkirk Golf and Country Club March 20 from 11:15 a.m. to 1:15 p.m.

This will not be Martinson's first time speaking in Selkirk as she has been invited to previous Business and Professional Women of Manitoba events throughout the years.

"In the time of *Downton Abbey* there were these large estates that had a dozen different businesses that were a part of it. You had this executive management that tended to be the aristocracy, but then you had a lot of senior leaders. You had estate managers, you had managers over all these different businesses, someone

who was running your household and then 30 people that were working for them. All these different farms were part of the estate. So at that time, this really was the model for business that was outside of industry in the main cities," Martinson said.

She explained that because of circumstances in the show many of the female characters have to take on positions of leadership learning as they go and adapting to the changing business climate that came after World War I.

"We broke the leadership lessons down into four things – how do you lead other people so if you're leading, how you manage other people, how you lead yourself so what is the self leadership that you need to be successful in your career, how you lead with other people so how do you co-lead, when there are managers that

need to work together to get things done how do you do that, and finally how do you lead culturally in society," said Martinson.

The workshop will focus primarily on leading others, leading yourself and leading with other people.

"[You] will really receive some gems. Either things that [you] can use in your own business or in [your] management of the business and it's going to be fun and as well as being fun I think it's going to be very, very enlightening," said Colleen Allan, BPW Canada Past President and Member of BPW Selkirk.

There will also be information and an opportunity to join BPW Selkirk at the event, as well as a chance to purchase Martinson's book for 50 per cent off.

"Part of the message of the book and as I speak about it [I hope people learn

that] good leadership is timeless and doing it right 100 years ago and doing it right 100 years from now and doing it right today it's still the same core principals and what *Downton Abbey* gave us was just more examples to illuminate these core principals," said Martinson.

Proceeds of this event benefit Survivors Hope Crisis Centre.

Registration for the event is \$30 for members of Business and Professional Women of Manitoba and Selkirk Biz members and \$35 for non members. To register call Miranda or Jocelyn at the Mighty Kiwi at 204-481-4594. Along with having copies at the event Martinson's book can be purchased at amazon.ca/Leadership-Lessons-Downton-Jeanne-Martinson/dp/0995334285 and her website is martrain.org

Selkirk, Winnipeg looking at connecting corridor

Municipalities discussing transportation improvements

By Ligia Braidotti

Selkirk Mayor Larry Johannson says he wants to see a unified public transit route that would provide residents a way to get to Winnipeg stress-free.

Johannson has been meeting and talking to Winnipeg Mayor Brian Bowman and also the surrounding municipalities about setting up a rapid transit route that would service the City of Selkirk, St. Andrews, St. Clements, West St. Paul, Stonewall, Pine Falls, Gimli, and possibly other municipalities if they come on board.

Johannson explained that Winnipeg is looking to gather some information, and maybe put a study out about how the municipalities, together, can make the corridor between them better.

"I'm in full agreement with that," he added. "We want to make it accessible and successful to all entities."

Residents from areas outside of Sel-

kirk would have access to a park and ride, where they would come to Selkirk, park, and then get on a bus from Selkirk to Winnipeg. In saying that, St. Andrews, West St. Paul and the City of Winnipeg have to be involved because they make up the main corridor.

"I really think that we have to include the whole region and it has to be looked at as a combination, a partnership with the province and, perhaps the federal government, to make this successful," he said.

"This is coming out from the City of Winnipeg. They contacted me, I guess because we are the other urban centre that's closest. I'd like to see everybody involved and I don't know if a private entity should be doing the Selkirk-Winnipeg run, perhaps it could come from Selkirk Transit and we could look at doing it. If that was the case, I definitely do not want to be a part of



RECORD PHOTO BY LIGIA BRAIDOTTI

Mayor Larry Johannson says he wants public transportation and rapid transit available to Selkirk and area residents.

Feeding hungry kids



RECORD PHOTO SUBMITTED

On Feb. 22 Selkirk Safeway welcomed volunteers from Happy Thought School and Lord Selkirk School Division who came out and helped them raise money for a program called Toonies for Tummies. This initiative is through the Breakfast Club of Canada who works with schools to ensure that hungry kids have access to breakfast when they come to school.

something that is not successful. I want it to be successful, so we would have to look at all avenues to make this thing a success, and that's looking at north as far as Gimli, west as far as Teulon perhaps, east as far as Pine Falls. We could get everybody together, get them out of traffic, get them out of trucks and into a rapid transit system."

Today, the only way residents from the rural areas surrounding Winnipeg can get to the city is by car, and in Johannson's view, that is troubling giving the fact that Canadian municipalities are trying to become more environmentally conscious.

"I spoke to students in schools during reading month and they are concerned about climate change, they are concerned about pollution, and they want to make transportation more effective and efficient, and I think that's the way we have to look at things," Johannson added. "And I think that now, it's more important than ever, with the climate we are in, that we get back to that kind of public transportation and rapid transportation."

Johannson also added that if the project takes flight it would mean a positive change and growth to the City of Selkirk, the City of Winnipeg and the surrounding areas.

Selkirk has been seeing an increase in ridership over the last three years. According to Johannson, Selkirk Transit has 23 per cent more riders.

"We want students to have access to the bus. If we can get youth involved, no matter if it's with local busing, or Selkirk to Winnipeg busing, if we can get them involved with rapid transit, I think it stays with them for a lifetime, and that's really important," he continued.

"I'm getting tired of seeing the same person, and I'm guilty of that too, riding a big truck to Winnipeg and back by themselves everyday, and they go to the same place and they come back to the same place. Could they ride a rapid transit that was dependable and cost efficient, get to where they have to go and know that they can get back in a timely fashion at a good cost? I think that what we have to look at here."

The Selkirk Record

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Don't feed the otters

Hi gang, how was your week?

There must have been fifty vehicles, many truck-trailer rigs and a big highway passenger bus on the huge ice parking lot off Warner Road in Matlock when I arrived there early last weekend. Anglers were hustling about coming and going off the vast white ice fields of Lake Winnipeg. I sat in "old red" marveling at the fevered activity. Surveying the expansive parking area I could see license plates from our neighboring provinces as well as most of the mid-western United States. I noticed two men from the US loading their off road vehicle comprised of a car fitted with tracks. They had obviously been fishing all day so I got out of my truck and called out, "Did you guys catch anything?"

"Yeah, we got a few," the taller chap responded. Standing in a fresh, cool wind with an overcast sky, we introduced ourselves. The guys, Todd Koepplin and Cory Longnecker hailed from North Dakota and soon our conversations turned to the many Americans coming to Lake Winnipeg for ice fishing.

"Gosh you Manitobans have a gigantic asset with your big lakes," Todd remarked. "When we were kids at home we fished in creeks and were lucky to get Bullheads, but in the last ten years with good transportation and internet communication it's so pleasurable coming here for some real fishing. We talk all year when we're at home about coming here to fish and can't wait for next winter to roll around so we can come back!" Later as they were leaving I told them we very much liked them coming here for fishing and hoped to see them again next year.

Last week I passed along the story of an unwanted snake in Steve Tyhys' boat. Here are a few more stories of unwanted guests in anglers' fishing crafts. A few weeks ago I was on Lake Winnipeg and came across a big, boisterous chap with long, dishev-

eled brown hair fishing with a group of friends. He spoke in a loud voice constantly cracking jokes. After getting acquainted with our new friend, Gary Kuz, of Fraserwood, he told of a time some years ago when he was boat fishing with a couple of guys on Catherine Lake, Ontario, and saw an opportunity to have some fun with them.

Apparently they were motoring from one fishing spot to another when they came within arm's reach of a boulder outcropping. As they passed it Gary saw a turtle sleeping in the sun. On an impulse totally in keeping with his devilish nature he stood up in the boat, reached over and scooped the baffled half asleep reptile into the boat. It woke up angry! Immediately it began charging the anglers, its clawed feet scratching against the bottom of the boat. It gave a hissing sound through an open mouth filled with teeth.

The guy driving the boat started swinging his head backward and forward first to see if the turtle was coming after him, then forward looking for a place to beach the boat. He found a spot and as the bow scraped to a stop on the sandy shore the men jumped out in an act of self-preservation getting wet up to their waists! Gary, the prankster that he was, calmly sat in the boat and asked if anyone wanted turtle soup for supper. "Come on Gary," one of the guys exclaimed, "let the poor thing go!"

Another chap I recently met by the name of Marcel Lemire from Grand Marais also proved to have a sense of humor. It seems he and his buddies love to go fishing on Long Lake northeast of Bissett. In the middle of the lake is an island called Otter Island and its main inhabitant is an otter with an attitude. According to Marcel, for a few years now, when they went fishing there, the otter would appear out of nowhere slapping its front paws

> Fish tales?

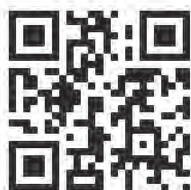
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ARNIE WEIDL

From left to right: Todd Koepplin and Cory Longnecker of North Dakota with one of their catches from Lake Winnipeg.

together expecting to be fed. Marcel was of the opinion that someone had previously fed him so every once in a while they would toss him a bass. Last year unexpectedly however, the otter took their relationship to a whole new level.

The first day they were there fishing, within an hour the otter showed up but the boys hadn't caught anything yet. They waved him off in a good natured way telling him to come back later. The otter was not amused! With a great clattering he jumped into the boat and began slapping his paws on the boat seat wanting fish. Marcel couldn't help laughing at his persistent guest. He drove the boat to shore beaching it where the guys "shooshed" the little critter overboard. So far, they haven't seen him again.

Till next time my friends, bye for now.

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Nova House board accused of bullying

Source validates Pazdzierski's claims

By Evan Matthews

A source has come forward to validate Anna Pazdzierski's claims against the Nova House Board of Directors.

Pazdzierski served as the executive director for Nova House over an almost 18-year tenure, retiring from her role in March of 2018. Pazdzierski is now the Mayor of Teulon.

Last week, Pazdzierski revealed details regarding a lawsuit she had filed against the Nova House Board of Directors, alleging Nova House owed her a large amount of vacation pay. Pazdzierski officially dropped her lawsuit in February 2020.

The lawsuit specifically named Nova House Board Chairperson Debra Jenkins, along with directors Vanessa Luloff, Retha Lynn Simpkin, Ingrid Pflug, Carolyn De Coster, and Doug Simister.

Pazdzierski alleged as part of her annual salary, she was entitled to six weeks' vacation pay.

However, Pazdzierski said because the job was so demanding, she was never able to take such time off, and she alleged she accumulated over 48 days of vacation pay during her tenure.

Pazdzierski alleged she offered to stay on and help the new executive director transition into the role, but the new executive director had asked her to leave—forcing Pazdzierski out of the office—before Pazdzierski's official retirement date.

The Nova House Board of Directors disputes Pazdzierski's account, saying she only stayed and orientated the new-hire for four of the 30 days she had committed to.

"She was never asked to leave," said Deb Jenkins who has been on the Nova House board for 22 years, acting as chairperson for the last 12.

The source—another former Nova House employee—confirmed Pazdzierski's version of events as they relate to the tumultuous departure.

The source asked to remain anonymous out of fear of further persecution by the Nova House board of directors.

"The new executive director went and got boxes, and was throwing (Anna's) things into the boxes," said the source, who claimed to be sitting in a nearby office at the time.

"The new executive director said there wasn't enough room in the office for both her and Anna. If that's not telling someone to get out, I don't know what is," the source said, who added seven former Nova House employees have sought counselling related to what she called workplace bullying and discrimination.

Jenkins said the Nova House Board of Directors vehemently denies the allegations brought forward by the former employee.

Once Pazdzierski left Nova House in March 2018—whether asked to leave or on her own accord—she received a record of employment in the mail, and a cheque she alleges was for only 30 days of her accrued holiday pay.

Pazdzierski did not cash the cheque for those 30 days of vacation pay, telling Nova House she was owed the full 48 days.

Nova House said because, from its point of view,

Pazdzierski did not fulfill her obligation in March 2018, they were not going to pay the difference of 18 days, suggesting the month of time she did not work would be charged as vacation time.

Nova House said Pazdzierski did not formally request the time off in March 2018—rather told the new executive director she would not be returning—therefore the organization would not be paying out the final 18 days of vacation time.

One other caveat, according to Jenkins, was an agreed upon working arrangement for the last three years of Pazdzierski's tenure. Jenkins said Pazdzierski would work Monday to Thursday, taking three-day weekends to make up for some accrued vacation time.

After the back and forth, Pazdzierski said Nova House Inc. offered her a cheque for the full 48 days on one condition: she sign a non-disclosure agreement, stating she would not discuss Nova House publicly.

Pazdzierski refused to sign the non-disclosure agreement, she said, and in the end received payment for zero of the 48 vacation days she alleges Nova House owed her.

The anonymous source present at the time of Pazdzierski's tumultuous departure said whatever Pazdzierski alleges Nova House owes her is "just a fraction of what she deserves."

"(Anna) was on call for 18 years, 24/7," said the source, who worked with Pazdzierski for nearly a decade. "She really cared."

Once Pazdzierski filed her lawsuit, the Nova House board began what it called a "thorough examination" of Pazdzierski's vacation time and vacation pay over her 18-year tenure, and subsequently decided to countersue Pazdzierski.

"We would prefer not to discuss those details in the media... But we would like to put some rumours to rest and get on with the good work we are all doing to protect women and children in the very large community we serve," said Jenkins, when asked to comment by the *Tribune*.

"(Pazdzierski's) claim for alleged back pay owed to her was proven untrue. Her claim was unsuccessful before the Manitoba Employment Standards board, and the allegations put before the small claims Court of Manitoba were withdrawn," she said.

However, Pazdzierski stated her Manitoba Employment Standards claim was not unsuccessful, rather the employment standards' board would only review the previous 22 months of her employment. Pazdzierski said because her employment with Nova House was 18 years, any decision or ruling by the labour board dating back 22 months would be "redundant."

"I know over my—almost—18 years... I gave far more to Nova House than I ever received," said Pazdzierski.

"I certainly never took anything I was not entitled to and approved for," she said.

In the end, Nova House stated the organization would drop its countersuit if Pazdzierski withdrew hers.

Jenkins said the Nova House volunteer board members are not paid a salary, and were successful in having lawyer Richard Deeley defend them pro bono in the civil suit.

Under normal circumstance, Jenkins said



Anna Pazdzierski

legal fees would have totalled over \$17,000, however the only fees charged by Deeley will be covered under "directors liability insurance," and shouldn't exceed \$5,000 (but with no cost to Nova House).

"We are thankful to Mr. Deeley for that," said Jenkins.

Pazdzierski said her legal team was not pro bono, which was another reason for dropping the lawsuit.

"This lawsuit was never about the vacation days, or the money," said Pazdzierski.

"This was about principle. You just can't treat people this way... Never mind being an organization dedicated to helping women," she said.

Since Pazdzierski's departure—almost two years to the week—Nova House has had seven long-term staff members leave the organization, according to the anonymous source, who is included in the seven.

Nova House would not confirm nor deny those departures, citing employee confidentiality.

The high turnover within the organization, according to the source, is largely in part to what both the source and Pazdzierski describe as "workplace bullying, discrimination, harassment and intimidation."


"All of it was so foreign comparatively to how Anna did business. My own mental health was languishing. It caused me a great deal of anxiety," said the source.

Continued on page 22


EMPLOYEES OF THE MONTH

FOR FEBRUARY

*At Selkirk's
Tim Hortons*



Manveer
263 Main St, Selkirk, MB



Karamjeet
1041 Manitoba Ave, Selkirk

Congratulations!

International Women's Day at Glow Fitness

Local business turns anniversary into celebration of women's health

By Katelyn Boulanger

Glow Fitness decided to celebrate their 2nd anniversary, which coincided with International Women's Day, with a celebration of women's health and fitness.

"The community that we have built in just two years has been so amazing and supportive. Even here at the celebration we have members here attending and our own staff as well. We have members who are giving presentations and members who are setting up their wares and whatnot. Over and over again throughout the past two years there have just been so many wonderful special moments led by women and bringing women together," said Glow Fitness owner Katie Hartle.

She says that her business seems to attract other women run businesses in the city and that Selkirk has many amazing women run businesses.

"It was very important to us to celebrate International Women's Day. We thought that somebody should do it in Selkirk and why not us. Here at Glow we are empowering women every day. We have at this location 13 women staff. It's a 100 per cent women led, developed, and run organization. Everything that we do here even just creating a gym we didn't just create a space and say that it's just for women. Everything is curated in a way that we hoped would be the best experience specifically for women," said Hartle.

The machines at the gym, yoga and meditation classes are all designed specifically for women's bodies.

"Now as much as ever women are, as we have been throughout history, caregivers and we give so much of ourselves to others. We give our time whether to our parents, to our children, to our friends, to our workplaces. Now in today's age our time is more and more divided and it's more important to find time for ourselves and to have this refuge and to have a place

where you can kind of escape the chaos of life and rebuild yourself and be stronger," said Hartle.

As part of the day's event there was a yoga-dance fusion class, a women's circle, guided meditation, and a nutrition presentation.

"This just kind of organically came together with people from our own community here again so it just blended in a perfect way to help empower and celebrate on women's day which just so happened to coincide with our birthday so it's nice when things sync up like that," said Hartle.

In the future for her business Hartle plans to continue to expand encompassing more of women's needs and is launching pre-natal yoga classes for people in all stages of pregnancy beginning April 9.

"It's a women's only environment. We have a beautiful space and we have heated floors. It's really everything that a pregnant person could want," said Hartle.

Hartle also would like to thank the community for being so supportive of both her business and the event.

"Selkirk is a really nice place to have a business and launch a business even two years ago when we opened we had a line up outside the door and that support has kind of maintained since then. People are working out with their moms their sisters and their friends and it's really a nice way to spend time together," she said.



RECORD PHOTOS BY KATELYN BOULANGER

Clockwise from above: Staff at Glow Fitness pose with empowering props for International Women's Day and the businesses second anniversary. From left to right: Amanda Moorhouse, Katie Hartle, Andrea Gertner and Heather McKnight.



Brie Henderson of Brie's Botanicals shows off one of her products in the vendors area of the event.



Nutritionist Elizabeth Logan hosts a class on digestive health.

Gardening season starting soon

Prairie Naturals Gardening Group invites residents to join in workshops

By Katelyn Boulanger

With the time change and longer daylight hours on the horizon gardening season is right around the corner and Prairie Naturals Gardening Group is preparing by offering workshops on native gardening and propagating native flowers and grasses in March and April.

"My husband and I built a house in West St. Paul and I was really excited about this because I originally trained as a biologist, that was my first degree, and we had a clean slate so I thought that this would be a fantastic opportunity for me to have an entirely native garden. This was super exciting but as I went to look for information, there is lots of information out there, but I couldn't find anybody to talk to about it," said Michele Taylor one of the groups founding members.

She felt that she was missing the connection of people and wanted to focus specifically on plants native to the prairie region that were here pre-European contact so she created Prairie Naturals as a place where members could focus specifically on plants that are endemic to the area.

"We launched the group in October and we just had our fourth meeting," said Taylor.

Each meeting is structured in a workshop format around a topic allowing members to learn about different aspects of native gardening. The next workshop will take place on March 19 from 7 to 8:30 p.m. at the Louis Riel Library in Win-

nipeg where Taylor will talk about her experience planting a native garden in West St. Paul on what was once a commercial site.

"I'm going to be talking about everything from site preparation to soil addition to the first year of planting and subsequent years," said Taylor.

The following workshop will take place in Teulon where Aimee McDonald, owner of Prairie Flora Greenhouse invited residents to her nursery where she will share her hands-on knowledge about the propagation of prairie native flowers and grasses.

"The members of the group will actually have the opportunity to get their hands into the dirt and to see how to go to the next step after seedling planting to moving them into small containers and preparing them for hardening off ect. And getting them into the ground," explained Taylor.

She feels that planting a native garden is important for helping out our native species, particularly pollinators.

"Once you see the number of birds or bees or moths that are coming into your yard because you now have things for them to eat you start to explore this connection. What are our native plants and their relationships with birds and bees and insects that have actually evolved with them," she said.

Another of the benefits of these types of gardens is that over time they require less water, less maintenance and less fertilizer than a typi-



RECORD PHOTO SUBMITTED

The Monarch butterfly, a native migratory species, stops for a rest.

cal garden with non-native plants would.

"We have a full range people from zero to many years of experience so [I hope] that people will feel encouraged to come out. It's an engaging group and we really are learning by doing," said Taylor.

For more information about the group contact Taylor by email at Michele.PrairieNaturals@gmail.com. The cost of the workshops is \$5 to attend as a guest. To register as a member of Prairie Naturals costs \$20.

Co-op contest for \$25K community donation opened on March 5

Submitted

Win \$25,000 for your town from your local Co-op by playing this year's Fuel Up to Win.

Now in its eighth year, Fuel Up to Win is an annual event that gives Co-op members and customers in Western Canada an opportunity to win more than \$8.5 million in prizes and discounts. This year, online entries not only give you a chance to win, they will also enter your town for a chance to win a community donation.

"Fuel Up to Win is a great way for our Co-op members and customers to engage and have some fun," said Carey Tufts, FCL's Director of Marketing and Communications.

"Co-ops are known for giving back to their members and to their communities. This contest is another opportunity to do this with a \$100,000 grand prize for one lucky person and \$25,000 for a great community initiative."

Between March 5 and April 29, receive a game ticket from participating CO-OP® Food Stores, Gas Bar/Convenience Stores and Home Centres with every purchase. You have three chances to win:

Instant Win: One in six tickets reveals a prize

or discount.

Online Sweepstakes: Enter a PIN from a game ticket online to be entered into daily and weekly draws, including the online grand prize of a Ford F150 XLT or \$35,000.

Collect to Win: Collect stickers to win prizes in nine categories, including \$100,000. Use duplicate stickers to win additional prizes in our Double Up Sweepstakes.

Every time you enter the online sweepstakes, your town receives a vote for the donation. The town with the most votes per capita will receive the community donation.

In 2019, Co-op donated \$25,000 to Reaching Youth Serving Community in Birch Hills, Sask., after the town won the community portion of Fuel Up to Win. The community-based non-profit organization used the donation to expand the local skate park and community gardens built a few years ago to include outdoor washrooms and a camping gazebo.

Help your community win by playing Fuel Up to Win today. No purchase necessary. For complete contest rules and regulations, visit fuelup-towin.ca



Would like to thank the following organizations for their support of The Burden of Truth red carpet finale.

Eagle Vision
Home Hardware Building Centre Selkirk
Aaron's No Frills
Lord Selkirk School Division
Manitoba Film & Music
City of Selkirk
RM of St. Clements
Roxi's Uptown Cafe
Motion Picture Technicians 856 ATSEI
Director's Guild of Canada
Canada Media Fund
CBC eone
Fairmont Winnipeg
The Selkirk Record

**The event was a huge success.
"Here's hoping for Season 4!"**

THANK YOU

Lions Club donate to STARS ambulance



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Lions Club recently held an Elvis Impersonator fundraiser at the Selkirk Legion. A donation of \$2000 was made to the STARS Air Ambulance.

Pictured above from left to right: Adam T Elvis, George Neufeld, Troy Pauls, Lori Derksen, Norm Jelfs, Joe Bednar, Ed Szczerski, and Garry Mason.

City seeks input on recreation facilities' future

Selkirk will host an open house on March 18 to determine the future of retired arena, hall

By Ligia Braidotti

The City of Selkirk is inviting residents to attend an open house and express their thoughts on what the retired Selkirk Arena and Memorial Hall should become.

After 70 years, the City will now decommission both facilities but is hoping to use their space to bring other services to the residents.

The open house is part of a larger public engagement effort that will happen over the summer and into the fall. This engagement will include pop-up events, online surveys, and mailers sent to your door.

The City of Selkirk summoned Sandra Schmidtke of Republic Architecture to help in the process. She said an

open house is a great starting point to hear initial thoughts from the community and help build a starting point for future questions and surveys.

"This is the first public opportunity for residents to voice their opinions about the future of recreation facilities in their community. We'll have members of the Republic team and from the City to answer questions, and a long-form survey that will help pose future questions down the road," she said.

The City's Recreation Master Strategy created back in 2016, recommended the development of a multi-purpose facility that will likely be located at the site where the Selkirk Arena and Memorial Hall currently sit.

Chief Administrative Officer Duane Nicol says the feasibility study is a critical part of the planning process to ensure the financial viability of the project.

"Our master strategy identified the need to replace these facilities and offer a high-level vision for what's next. This feasibility study builds on that work by drilling down and finding out specifically the types of services our citizens are looking for," he continued. "This will help build a sustainable plan to fund construction and the ongoing operation of the facility."

The feasibility study will not only help the city choose what goes into the facility, but also help determine what's possible on both a space available and financial standpoint.

"We want to be smart with how we spend these dollars.

Continued on page 14

Water Tower Community Gardens

FREE PLOTS AVAILABLE!
FIRST COME - FIRST SERVED BASIS

To sign up and reserve your community garden spot, call 204-785-1618 or email: selkirkcommunitygardens@gmail.com

Deadline to register is March 31, 2020

Logos: Manitoba Community in Bloom, Home Hardware Building Centre, City of Selkirk (Where it all comes together), The Flower Child, Selkirk Record.

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Available after 4pm daily

MAR 2-8 Pork Cutlet \$14.99
Served with vegetable, choice of potato, and garlic toast

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Saturday, March 21st at the Burton Cummings Theatre
Skill testing question: What is the name of Iron Maiden's first vocalist?

The Selkirk Record

Enter to win by emailing your answer to: ads@selkirkrecord.ca

IERHA preparing for COVID-19 should it arrive in Manitoba

By Patricia Barrett

The Interlake-Eastern Regional Health Authority (IERHA) is monitoring the spread of the new coronavirus, or COVID-19 as it has formally been named, and is working in conjunction with all Manitoba RHAs and other health services organizations in order to have a provincially coordinated response to the virus should it appear in Manitoba.

As of Monday, the virus has infected more than 113,000 people in 107 countries and resulted in over 4,000 deaths, according to World Health Organization (WHO) data. In Canada 72 cases of COVID-19 have been confirmed as of Monday. Quebec, Ontario, Alberta and B.C. have all reported cases.

"Public health officials are reminding Manitobans the risk of acquiring COVID-19 in Manitoba remains low at this time and most people who acquire it have a mild illness," said Ron Janzen, incident commander for the IERHA's coordinated response to COVID-19.

COVID-19 is marked by fever, coughing and difficulty breathing. But infected people can also experience a sore throat and a runny nose.

The WHO has yet to deem the extensive spread of the virus a pandemic, but the "threat of pandemic has become very real," it said in a briefing Monday. The WHO is advising countries that have experienced community transmission (cases that cannot be traced back to a particular source) to consider closing schools and cancel mass gatherings.

Italy's government put the entire country on lockdown Monday after initially restricting social movement in the northern part of the country. Italy has almost 9,000 cases, the second highest number of infections outside China.

The IERHA said information about the virus is being regularly shared with health leaders and front-line health staff with regard to preparation and planning should an outbreak occur in Manitoba.

"Provincial management and response of COVID-19 is being informed by clinical-evidence and by the expertise acquired by leadership and front-line providers during the management of previous incidents of severe respiratory illnesses, including past flu seasons and H1N1," said Janzen.

Several countries have reported shortages of personal protective equipment (PPE) for health-care workers, and the WHO has called on industry and governments to increase their manufacturing. Face masks have flown off store shelves and purchased

through online sites as people panic and hoard them.

There also shortages of gloves, goggles, face shields and gowns. Panic-buying has put "lives at risk" from COVID-19 and other infectious diseases, said the WHO. It estimates 89 million face masks are required for the COVID-19 response "each month."

Epidemiologists have said there's no compelling evidence face masks can prevent the transmission of the virus as it can live for an estimated 24 hours on metallic and plastic surfaces – and even bank notes – and be transmitted by people touching their eyes, nose and mouth. Tiny aerosol particles carrying the virus is also thought to be another means of transmission.

Janzen said the IERHA has not experienced any shortage of protective equipment and has been in contact with other health authorities to coordinate and prevent supply-chain shortages.

"Ensuring that staff have access to the equipment and supplies required for safe patient care and the personal protection of staff is a priority," said Janzen. "Managing access to supplies provincially is a topic discussed regularly on provincial COVID-19 conference calls so that we and other RHAs in the province can identify our needs and ensure we'll have the supplies we need in the event that more are required."

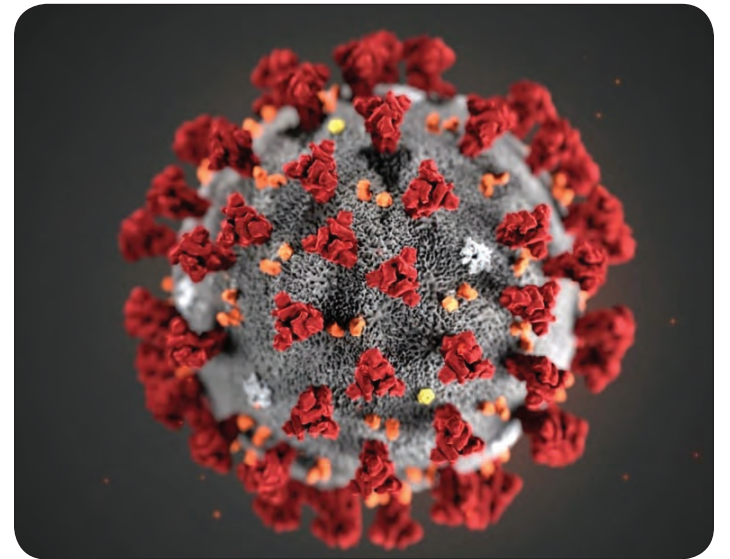
Preventing the transmission of the virus is the best defence. The IERHA advises people to wash their hands after being in public places, cover their coughs and stay home if they're ill.

Health authorities in several countries have advised people to avoid touching their faces until they've washed their hands in order to try to prevent the further spread of the virus.

The IERHA has a pandemic plan that it will put into action should cases of COVID-19 arise in the region and is in the process of "ensuring it aligns with the provincial plan so we are in sync across all health regions and that we're responding consistently," said Janzen.

The virus has infected children, young adults, older adults and seniors across the world. The vast majority of people recover from the illness. But people with underlying health conditions – especially seniors – are most susceptible to complications.

The IERHA is monitoring its personal care homes and encouraging visitors to stay away if they're ill. If they're not



RECORD PHOTO BY
NATIONAL INSTITUTES OF HEALTH

Corona virus.

sick, they're advised to wash their hands when they arrive at a facility for a visit.

"We are in the process of posting signs on all public entrances reminding people to clean their hands upon entry to the personal care home and when they leave. We also discourage people from visiting when they are ill," said Janzen.

Should IERHA staff become ill, the health authority will have them follow the same steps as members of the public who think they may have been infected.

People who've recently travelled to a COVID-19 affected area, or are ill or have been in close contact (within two metres/six feet) with an ill person connected to the outbreak are asked to call Manitoba Health Links-Info Sante. The service is available 24-7 and is staffed with registered nurses who can provide advice on where to go to be assessed.

Health Links-Info Sante can be reached at 1-888-315-9257. In a health emergency, call 911.

The IERHA is also encouraging the public to access reputable information about the virus, such as through the provincial and the federal governments' respective websites.

Visit www.gov.mb.ca/health/coronavirus



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> NICOL SAYS, FROM PG. 12

"We won't be able to provide all things to all people, but with good participation from our citizens, we'll be able to make better, citizen-focused decisions about this investment" said Nicol.

He added the project is also considered to be a broader vision for Selkirk's recreation facilities.

"The information we receive for this project will help inform the planning for future elements of our recreation master strategy. Our strategy lays out a broad, 25-year vision identifying many potential projects and initiatives totaling almost \$40 million dollars. That's a huge number, but with thoughtful planning we can get there in a financially responsible way."

Brady Clark, Director of Culture, Recreation and Green Transportation said that since it's the citizens of Selkirk that will be using this facility, the City wants to give them every opportunity to have a say in what goes into it.



The Beluga Masters Swim Club members line up after their 6am practice last Friday morning.

After retiring three years ago, Shirley Cherrey was looking for an activity to keep her healthy. When the outdoor pool in Beausejour closed for the season, Shirley and two of her friends were looking at other options. They tried out a class in Selkirk with the Beluga Swim Club and met head coach Paul Boulding. Last September only two of the three ladies could swim and the third lady was only able to enter the pool with a noodle. After just a week of attending three classes they could see the benefits they were gaining and decided to join the 6am swim club. The ladies now take turns driving from the Beausejour area and are not only seeing the health benefits, but the social benefits of their friendship as well.

What has kept them coming back all winter was the dedication of Coach Paul. When asked why the ladies were on the road at 5:20am those cold winter mornings, Shirley's response was, "You couldn't ask for a better coach than Paul, he's amazing. He literally runs from one end of the pool, coaching each of us in our different lanes. There are usually two or three people in every lane and he knows we are all in different places and he coaches us individually to our own strengths." Some swimmers are training for summer triathlons, others to improve swimming strokes and fitness, but Shirley says Coach Paul works with each student at their level.

The club's participants range from beginner/intermediate to former high level competitive swimmers. Three months ago the 72 year old lady who was only able to enter the pool with the noodle is now swimming laps with everyone. The group is making tremendous improvements and accomplishing new skills they never thought possible. Swimming is a great activity for overall fitness and health, building strength and stamina. Being a non-weight bearing sport, this is a great activity for anyone to just feel better.

"When I get home from swimming my thought process was I'm going to need a nap, but the opposite has been true. The mornings are my most productive because it's got me revved up after swimming. I go home, shower and do my chores. But more it's about going to bed earlier because I'm up earlier than even when I was working. It's got to feel good to keep you coming back at that time of the morning," says Cherrey.

The group is diverse in age, ability and experience with swimmers ranging from 20 years to 80 years old. If you are thinking of entering the 55+ Manitoba Games to be held in Selkirk in June 2020, Beluga Masters is a great option to tune up your swimming skills.

Beluga Masters swim practices are on Monday, Wednesday and Friday Mornings from 5:45 - 7:00am. Evening classes are offered Tuesday and Thursday evenings from 7:30 - 8:30pm at the Lord Selkirk Regional Comprehensive Secondary School located at 221 Mercy St. in Selkirk. The club welcomes people of all ages any time in the season.

For more information please call 204-444-3072 or visit the website: belugaswimming.com

ADVERTORIAL



RECORD PHOTO SUBMITTED

After 70 years, the Selkirk Arena and Memorial Hall have been decommissioned and the City of Selkirk is looking at how it will use the facilities.

kirk that will be using this facility, the City wants to give them every opportunity to have a say in what goes into it.

"This is a big investment in the heart of our downtown. Our Strategic Plan calls for the city to provide the best recreation opportunities for our resi-

dents, and we want to collect as much information as possible so this facility is used to its full potential," he said.

The open house takes place on March 18, at the Gaynor Family Regional Library from 5 to 8 p.m. All members of the community are encouraged to attend.

RBC emerging filmmaker pitch competition opens

Submitted

Are you an emerging filmmaker? Are you in relentless pursuit to bring your short film to life and share it with the world? Are you over the age of 18 and a resident of Manitoba? Are you prepared to complete your 3-5 minute short film in one year's time for a premiere screening at the 20th edition of the Gimli Film Festival in 2021? If yes, we want you!

The RBC® Emerging Filmmaker Pitch Competition is open to anyone who has:

- Less than three years experience in filmmaking.

- Some completed basic training – can be formal (university or college studies) or informal (production courses, workshops, hands-on experience in media arts production) etc.

- At least one completed independent film or video work that has been presented in a professional or film industry related context.

If you qualify, GFF will give you an

opportunity to pitch your project to a panel of professionals in front of a live audience during this year's Festival. We would like you to be able to describe your story idea, justify your budget, describe your ideal cast and crew and talk about your overall vision for the project.

In 2020, the winner(s) will receive: \$10,000* to make your film courtesy of RBC;

\$5,000 William F. White's Equipment Rental Grant Certificate;

Story-editing and directing mentorship

Premiere screening of your film at the 2020 Gimli Film Festival

*Over the next year, the \$10,000 will be released in four installments:

- \$2,500 on approval of a final script

- \$2,500 on first day of principal photography

- \$2,500 on completion of photography

- \$2,500 on delivery of finished project

The deadline to enter is June 5, 2020.



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Spring 2020 PROGRAM

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- All classes run subject to enrolment.
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REFUND POLICY

- Refunds must be requested **three days prior** to course start date less \$15 admin fee.
- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
- Please note start date, time and location of course. You will **not** be sent a confirmation of registration **unless** registering on-line. You will be contacted **only** if the course is cancelled due to insufficient registration.

CONTINUING EDUCATION PROGRAMS REGISTER NOW!

Swim Registration Begins: March 17th

Continuing Education ~ Lord Selkirk School Division
221 Mercy St., Selkirk, Mb. R1A 2C8 Phone: 785-7312

Registration Hours: 9:30 – 4:00

Melissa Nietrzeba ~ Program Director

Janine McNiven ~ Assistant

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**Tuesdays,
Apr. 14 – May 12
6:00 – 9:00 pm
(5 sessions)**

Get your lawn equipment, chainsaw, log splitter, etc. working this spring. Hands on maintenance for beginners. Must be a take home project each week. Please bring a ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.

**Room 199 Power
Mech. Lab**

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**Wednesdays,
Apr. 22 – May 27
6:30 – 8:30 pm
(6 sessions)**

Basic welding procedures in Gas + Mig, plasma cutting, & brazing. Shape metals and weld them together to make a project to take home. Please wear old clothing, or coveralls. The welding material can be purchased through the instructor or can be brought from home. Ages 18 and up. No Experience Necessary. **Safety glasses and welding glasses #5 or 6 need to be brought to 1st class.**

Metals Shop

WOOD WORKING at E.S.M.S \$120

**Thursdays, Apr. 23 – May 28
6:30 – 8:30 pm (6 sessions)**

Ages 18 and up and all skill levels. First class covers safety and project plans. Includes instruction on the safe use of all woodworking tools. Projects will be up to you, make what you like or copy the instructor's project. Material cost not included. *Please bring safety glasses.*

Wood Working Lab at East Selkirk Middle School



DIGITAL CAMERA FUN with Brent

**Smile – Bring your camera!
BONUS: Take \$5 off second class!**

TIPS & TRICKS \$35

**Thursdays, Apr. 16 & 23
7:00 – 9:00 pm (2 sessions)**
Basic knowledge & procedures to take great photos & saving/printing pictures.

Room 142

DOG OBEDIENCE

**Thursdays, Apr. 23 – May 28
(6 sessions each)**

Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come with a well fitted collar, 6 foot leash and lots of treats. No Flexi-Leashes. Please park and enter through back of school.

Lower Multi-Purpose Room

RALLY OBEDIENCE FOR BEGINNERS \$100

**Tuesdays, Apr. 21 – May 26
7:00 – 8:30 pm
(6 sessions)**

Rally Obedience isn't just a competitive sport, it is also a fun and dynamic way to improve your dog's obedience! Dogs should have completed a Basic Obedience or Puppy class and be able to heel on the leash, sit, down and stay.

Lower Multi-Purpose Room



TAKE IT TO THE NEXT LEVEL \$35

**Thursdays, Apr. 30 & May 7
7:00 – 9:00 pm
(2 sessions)**

You've mastered the basic settings; now seek its full potential. Explore creative settings, lighting techniques, composition & studio photography. Bring camera, take photos & make prints for a homework assignment.

Room 142

PUPPY CLASSES \$75

6:00 – 7:00 pm

BASIC DOG OBEDIENCE \$75

7:00 – 8:00 pm

All ages are accepted. But recommend very young dogs do a puppy class first.

RALLY LEVEL 2 \$100

**Wednesdays,
Apr. 22 – May 27
7:15 – 8:45 pm
(6 sessions)**

This is a class for those who have already done the Rally for Beginners, or those who have done Rally Obedience before and are looking to practice before competition. Rally is a relaxed and dynamic sport, and great for bored dogs in winter! Level 2 is low impact with no jumps, so safe for young and old dogs.

Lower Multi-Purpose Room

YOUTH CLASSES

Mondays, Apr. 13 – Jun. 8

NO CLASS: May 18 (8 sessions each)

***BONUS Save \$15 and Register for Back to Back Dance and Acting - \$125 for Both!**

DANCE (Ages 6 - 12) \$70

5:00 – 6:00 pm

Come move to the groove with Gabby! Introduction to Jazz, Ballet and Hip-hop dancing. Performance for parents on the final evening!

Cafeteria

ACTING & THEATRE

(Ages 7 – 12) \$70

6:00 – 7:00 pm

Come join Chantal on Monday evenings for a glimpse into the theatrical world! No experience necessary.

Theatre

YOUTH SAFETY

BABYSITTING SAFETY \$55

Ages 11-15

Saturday, May 9 9:00 am – 5:00 pm

Youth ages 11 - 15 come learn to be a safe, Red Cross Certified Babysitter. Class includes textbook and certificate. Bring a bagged lunch.

Library

HOME ALONE

\$40

Ages 8 & up

Wednesday, Apr. 29

6:00 – 8:30 pm

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

Room 145



CULTURE & CUISINE

CONVERSATIONAL SPANISH \$90

**Thursdays, Apr. 23 – Jun. 11
6:30 – 8:30 pm (8 sessions)**

Start speaking Spanish as quickly as possible. Learn important phrases for travel, how to express yourself in a variety of practical situations, such as, how to greet someone, introduce yourself and others, order food, learn numbers, time, days of the week and more.

Room 154

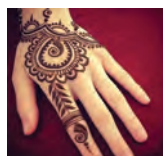
INDIAN CULTURE

HENNA TATTOOS \$35

Tuesday, Apr. 21 6:00 – 9:00 pm

Henna has been a part of Indian culture for hundreds of years. Discover the joyful cultural aspects of Henna Tattooing in this unique workshop. De-stress and recharge through the mindfulness method of making Henna tattoos. Participants will be given a wide range of designs and a Henna cone to take home. No previous experience is needed.

Room 162



MASALAS: The Secret Behind Indian Cooking \$35

Thursday, May 21 6:00 – 9:00 pm

Masalas are the quintessential ingredient for so many Indian meals. It requires you to artfully smell, blend, roast and mix spices, herbs and different fruits in perfect proportions. Take home all the samples you make during the class. All ingredients are included. Class will end with taste testing and a few delicacies.

Room 172



CHAI: Soulful art of tea making from India \$35

Thursday, May 28

6:00 – 9:00 pm

With an ensemble of diverse herbs and spices from India you will learn to make the most holistic cup of tea. Taught by an eternal student and forever traveler you will be guided to grind (using stoneware), mix, paste, smell and taste the spices found in India. You will learn the health benefits of each and will leave knowing something rarely taught in schools. Includes: Chai, Samosa, three different types of teas and take-home Chai masala.

Room 172



MEXICAN CUISINE with Aurora Egesz

\$100

ALL Ingredients Included

for a Meal Each Class!

Fridays, May 1 – 29

NO CLASS: May 15

6:00 – 9:00 pm

(4 sessions)

Make Friday night fun! Learn how to make flour tortillas and corn tortillas, sea food (camarones a la diablo) cocktail de camarón, tacos al pastor or tacos de trompo, fajitas, sopes, mole verde y mole rojo, arroz rojo, verde y amarillo. At least one vegetarian dish offered each class.

Room 172



INDIAN CUISINE with Dr. Nandita Selvanathan \$100

ALL Ingredients Included

for a Meal Each Class!

Tuesdays, May 5 – Jun. 2

NO CLASS: May 19

6:00 – 9:00 pm

(4 sessions)

Create and enjoy four different authentic Indian meals. Including Vegan, Vegetarian and Gluten free options and a traditional favorite, Butter Chicken. Please visit the website for a detailed menu of what's to come! At the end of each class, we will enjoy the fresh meal, just prepared. Please bring a container in case of left-overs.

Room 172



CHUTNEY: Fresh, Vegan and Essential Side-dishes in all Indian Meals \$45

Thursday, Jun. 4

6:00 – 9:00 pm

Make the four most popular chutneys, Tamarind, Mango, Coconut and Cilantro. Learn how to identify myriad of fresh herbs and spices from India, how to use them and how to pair them with many common dishes. Also, geographical, historical and ayurvedic context of the masalas being used – including health benefits of each. We will end the class with a preparation of a surprise vegan, gluten free appetizer and use our freshly made chutneys to taste!

Room 172

SAFETY FIRST

BOAT SAFETY \$70

Saturday, Apr. 25

8:30 am – 4:30 pm

(1 session)

ALL boat operators are now required to possess a Pleasure Craft Operator Card (PCOC) regardless of age of the operator or size of boat operated. Minimum age 8 years old. Children under 12 must register with an adult. Please bring snacks as there is no lunch break. Course includes your Transport Canada test and competency card (PCOC), just in time before boating season!

Room 148

FOOD HANDLERS \$120

Includes workbook

Saturday, May 2

9:30 – 4:00 pm

(1 session)

For anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a **Province of Manitoba Level 1 Food Handling Certificate** (valid for 5 years). There is a short lunch break (30 minutes).

Room 141

RE-CERT \$70

Exam only

3:00 – 4:00 pm

Room 141

STANDARD FIRST AID \$135

Saturday & Sunday,

Jun. 6 & 7

9:00 am – 5:00 pm

Saturday AND

10:00 am – 5 pm Sunday

(2 sessions)

Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers.

Library

HUNTER EDUCATION

\$75

Saturday, May 2

9:00 am – 5:00 pm

(1 session)

Minimum Age 10

Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behavior of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.

Room 142

CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course) \$110

Saturday, May 23

8:30 am – 6:30 pm

(1 session)

Minimum Age 12

All students need to bring ID and a lunch. Students age 12-17 need to have consent from their parent.

To be eligible to apply for a Possession and Acquisition License, classroom participation in the full CFSC is mandatory for first-time license applicants. Once the course is completed, individuals will then have to pass the tests.

Room 141



HEALTH & WELLNESS



YOGA

***Bonus - Save \$15 When You Register for Two Weekly Classes! \$145**

Bring a Yoga Mat!
Library
(8 Sessions each)

CONTINUING \$80

Mondays, Apr. 13 - Jun. 8

NO CLASS: May 18

5:30 - 6:30 pm

Continuing Yoga for those who are familiar with yoga poses continuing to work on strength, stamina and refinement.

BEGINNERS \$80

Mondays, Apr. 13 - Jun. 8

NO CLASS: May 18

6:45 - 7:45 pm

Beginner class for your first time to yoga or returnees, learn the foundation of yoga poses in a safe manner while building the union of mind-body-spirit through practice.

GENTLE \$80

Thursdays, Apr. 16 - Jun. 18

NO CLASS: May 14 & 21

6:00 - 7:00 pm

Gentle Yoga, this class is slow moving with long holds in a Yin or restorative style, inviting the body and mind to respond. Coming home to within. Please bring small blanket or large towel.

CONTINUING LEVEL TAI CHI

\$90

Wednesdays, Apr. 22 - Jun. 17

NO CLASS: Jun. 3

6:00 - 7:00 pm

(9 sessions)

Tai Chi arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Continuing Beginner level class, working through the first thirty movements of Tai Chi.

Lower Multi-Purpose Room

NEW

BLOCK THERAPY \$85

Wednesdays, Apr. 22 - May 27

5:30 - 6:30 pm

(6 sessions)

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Poor posture or repetitive movement patterns can lead to ingrained patterns in the fascia. Block Therapy is a method of Myofascial Release that can melt away some of the adhesions, restoring flexibility and reducing pain. The class is done laying on a block, on the floor. Blocks provided. Please bring a yoga mat and water.

Library

CALM AND CLEAR - MEDITATION THEORY AND PRACTICE \$55

with Emyo Seien Darlene Tataryn

Tuesdays, Apr. 14 - May 5

7:00 - 8:15 pm

(4 sessions)

Meditation has been practiced by diverse cultures for thousands of years. It is categorized under alternative therapies as "mind-body medicine" and leads to a way of being which lessens stress and brings a more peaceful calm and good humor into life.

Library



CREATIVE SIDE

PAINTING

Beginners always welcome, no experience required. All supplies included.

BONUS* - Register for Both Same Day Classes and Save \$5!

Room 162

GOLDEN GLOW \$75

Oil Painting on a 16" x 20" Stretched Canvas.

Saturday, Apr. 25

9:00 am - 12:00 pm



ANGEL \$75

Watercolour and Oil on a 12" x 12" Stretched Canvas.

Saturday, Apr. 25

1:00 - 4:00 pm

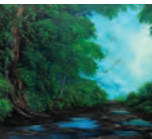


AFTER THE RAIN \$75

Oil Painting on a 16" x 20" Stretched Canvas.

Saturday, May 23

9:00 am - 12:00 pm



FRINGE BOOT OR LEATHER WRAP BOOT with Amber Cook \$150

Tuesdays, Apr. 14 - May 12

NO CLASS: May 5

6:30 - 9:00 pm

(4 sessions)

All Premium Supplies included! Many different material choices. Complete your own pair. Group Instruction, Please be on time.

Room 141

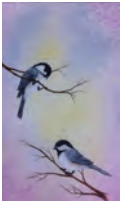


CHICKADEES & LILACS \$75

Acrylic and Oil on a 10" x 20" Stretched Canvas.

Saturday, May 23

1:00 - 4:00 pm



SUMMER BLOOMS \$75

Acrylic & Pallet Knife on a 12" x 12" Stretched Canvas with Choice of Colours.

Saturday, Jun. 13

9:00 am - 12:00 pm



CITYSCAPE \$75

Acrylic - Pallet Knife with Foil Copper Accents on a 10" x 20" Stretched Canvas.

Saturday, Jun. 13 1:00 - 4:00 pm



SOAPSTONE CARVING \$15

Thursday, May 14

6:30 - 8:30 pm

Come out and experience the wonderful art of soapstone carving. Open to ages 5 to adults. Children under 14 must register with an adult. Includes your choice of soapstone kit which comes with tools and materials. Loads of animal figures to choose from and different size options. Kit costs are, Small \$20.00, Medium \$30.00, or Large \$35.00. You can preorder your kit from Amber at leatherlady@outlook.com or choose from many options on the day of class.

Room 162



LET'S GET MOVING!

ZUMBA

\$80 (9 classes)

***BONUS - \$135 for Twice Per Week - Save \$25 (18 classes)**

Mondays, Apr. 13 - Jun. 15

NO CLASS: May 18

7:00 - 8:00 pm

AND/OR

Thursdays, Apr. 16 - Jun. 11

6:00 - 7:00 pm

Ditch the workout, join the party! Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system in a party like atmosphere. No dance experience necessary.

\$10 Drop ins Welcome!

Cafeteria

FIT HAPPENS - Strength and Cardio Training \$90

Fridays, Apr. 17 - Jun. 12

5:00 - 6:00 pm

(9 sessions)

Fun, high energy workout combining cardiovascular and strength training exercises in an interval style workout that will increase muscular endurance and aerobic capacity.

Lower Multi-Purpose Room



MUAY THAI KICKBOXING

\$100

Saturdays, Apr. 18 - Jun. 13

NO CLASS: May 16

10:00 - 11:00 am

(8 sessions)

An intense workout while learning the "art of eight limbs", the martial art known as Muay Thai. Ages 14 and up. Students will need to purchase a pair of gloves for the second class.

Indoor Track



GOLF for Beginners \$75

Thursdays, May 7 - Jun. 4

6:30 - 7:30 pm

(5 sessions)

Interested in the Game of Golf at an affordable price?

Your instructor will guide you through the basics of the game including stance, grip, swing and more. Open to all but tailored to beginners. Ages 14 & up.

High School Gym and Field

(Please Meet in Gym)



NEW PILATES \$65

Wednesdays, Apr. 22 - May 27

6:45 - 7:45 pm

(6 sessions)

A floor-based strengthening program for the whole body. Emphasis on abdominal strength and flexibility, this practice can also strengthen the hips and shoulders. Please bring a yoga mat, or spongy mat and water.

Library

COMPUTERS & TECHNOLOGY

TECHNOLOGY FOR BEGINNERS \$75

Thursdays, May 7 - Jun. 4

NO CLASS: May 21

6:00 - 8:00 pm (4 sessions)

For those who fear new technology, computers, phones or tablets! Everything you'll need from buying a computer to being able to comfortably use it. Setting up a new phone and even using a tablet at home to play games. Sending emails, managing photos, virus protection, printers and more. Question and answer period regarding anything with a power button for the last 30 minutes of each class.

Room 277



*NEW - WEBSITE DESIGN

WEBSITE DESIGN FOR BEGINNERS: Level 1 \$95

Monday & Tuesday, Apr. 20 & 21 7:00 - 10:00 pm

(2 sessions)

If you have basic computer and Internet skills, you can build and maintain a website by yourself! During the course, you will start and finish your own website, perfect for personal use, people who want to start selling something online, or for business owners to build a website for new and existing customers. Requirements: Basic computer skills, basic internet skills (for example, using email)

Room 277

BUILD AND RUN YOUR OWN WEBSITE OR BLOG: Level 2 \$95

Monday & Tuesday, May 11 & 12

7:00 - 10:00 pm (2 sessions)

For those who have taken the Level 1 class, OR already have a website that you can update yourself. Topics to review will include, but are not limited to: Using statcounter to understand how to improve the experience for your audience, adding more features to your website such as Instagram, Twitter, Facebook, online shopping, Google maps, newsletter capture form, improving your website performance in search results, and workshop time to help you to reach your own specific website goals.

Room 277

For full class descriptions please visit www.selkirkconed.com

SELKIRK Community Pool 2020

SCHOOL • COMMUNITY • POSSIBILITIES
The Comp 221 Mercy Street
Selkirk Mb | 204 785 7310

Registration On Line
March 17 6:00 am
selkirkcommunitypool.weebly.com
in person/phone March 19
Pool Closed May 16 - 18
Questions or concerns contact
pool manager mstamm@lssd.ca

Lap Swim passes purchase online or at the pool.

10 visits - \$27.50
20 visits - \$47.50
30 visits - \$65.00

Lifeguard must punch your pass for entry to the pool.
Drop in \$10.00 Aquafit
Drop in \$5.00 Lap swim.

Aquafit pass purchase online or at the pool.

no need to commit to one class use your pass for any class.
10 visits - \$70.00
20 visits - \$130.00
30 visits - \$180.00

Open Swim (Exact change)


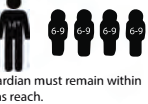

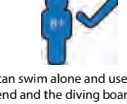
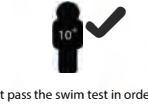
Adult or Student	\$ 5.00	18+
Preschool child	Free	0 - 4yr
Child	\$ 2.00	5 - 12yr
Teen	\$ 3.00	13 - 17yr
Family	\$10.00	10 Visit Pass \$75.00

(For purposes here, we define a "family" as an adult and their immediate children to a maximum of 5).

Public admission entry requirements:

Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings. Please review policy on Cancellation and refunds on Continuing Education website.

Swim Admission Standards For S.C.P.

<p>Children 5 & under</p>  <p>Guardian must remain within arms reach at all times.</p>	<p>Children 6 to 9 years unable to pass swim test</p>  <p>Guardian must remain within arms reach. If any children in the group are 5 and under, a ratio of 2:1 for your group is required.</p>	<p>Children 6 & 7 years who pass swim test</p>  <p>Guardian must remain in the pool. Child must complete the swim test each time. wrist band is received. Child can use the deep end.</p>
<p>Children 8 & older who pass swim test</p>  <p>Child can swim alone and use the deep end and the diving boards wrist band is received</p>	<p>Children 10 & older may swim alone</p>  <p>Must pass the swim test in order to use the deep end and use the diving board.</p>	<p>Guardians must be: 14+</p> <ul style="list-style-type: none"> • 14 years and older • Within arms reach at all times • Responsible for direct supervision in and out of the water • In appropriate bathing attire <p>Facility Swim Test</p> <ul style="list-style-type: none"> • Successfully swim continuously on front, four widths of the pool in a comfortable manner • Face and head must submerge • Body must stay near horizontal



MONDAY

Lap swim 7:00-8:45 am
Aquafit 9:00-10:00am

Red Cross Swim Lessons Apr 6-June 1

5:15pm SO, SA, SK1
5:50pm SA SO sk1
6:25pm SO, SK1, S2
7:00pm SK2, SK3, SK4
7:45pm SK 5 - 10

TUESDAY

Lap swim 7:00-8:45 am
Lap swim 4:00-5:00pm

Red Cross Swim lessons Apr 7 - May 26

5:00 BB/ LB
5:15 pm SK1, SA So
5:50 SO, SA, SK1
6:25pm SK2 SO SF/CR
7:00pm SK 3 SK4 SK 5/6
7:45 pm SK 7- 10

WEDNESDAY

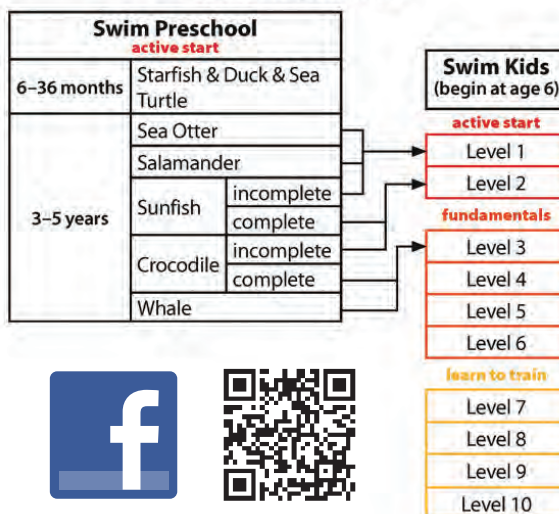
Lap swim 7:00-8:45am
Aquafit 4:00-5:00pm

Red Cross Swim Lessons April 8 - May 27

5:15pm SO SK1 SA
5:50pm SK1 SA SO
6:25 pm SK2 SA SF/CR
7:15 pm SK3 SK4 SK2

Special Olympic Swimming

Red Cross Swim



LEADERSHIP COURSES

Bronze Star, Medallion, Cross
National Lifeguard May 22 - June 13
WSI May 12 - June 2

THURSDAY

Lap swim 7:00-8:45 am
Lap swim 4:00-5:00pm

Red Cross Swim Lessons April 9 - May 28

5:00pm BB/LB
5:30pm SO SK1 SA
6:05pm SA SK1 SO
6:40pm SO SA SK2
7:15pm SK 5 SK6

FRIDAY

Lap swim 7:00-8:45am

Red Cross Swim Lessons April 17 - June 5

5:00pm BB/LB, SK1, SA, sk2 Bronze Star
5:35 pm SK3 SO SK4, SK1
6:15pm SK 2, SK 9/10 SO SA
6:50pm SK 3 SA SO SK2
7:30pm SK5 SK6 SK7 SK8

SATURDAY April 18 - June 13

Lap Swim 11:00-1:00pm
Bronze Medallion Cross NLS and WSI
Open Swim 1:00-3:00
Private bookings 3:00pm -

SUNDAY April 19 - June 7

11:00 am SK1 SA SO SK4 SK2
11:45am BB/LB SK3 SK2 SO SK1
12:25pm SK5 SK6 SK1 SF/CR SA
1:15pm SK7/8 Sk9/10 SK3 SK4 SA
2:00pm SK2 SO BB/LB
2:30 - 4:00pm Swimmingly
4:00- Private bookings

PROGRAMS

Pool Rentals
available on
Saturday and Sundays
throughout the year.
Contact the Pool office
for times
{ \$115.00 +gst per hour
lifeguard included }

Municipalities get ready for spring flood

By Ligia Braidotti

With spring time approaching, Manitoba municipalities are getting ready to address possible flooding in their areas.

The R.M. of West St. Paul has announced it applied for funding through the Manitoba 2020 Flood Preparedness Program.

The provincial program welcomes submissions from all municipalities and supports and enhances their capacity and capability to prepare for potential flooding emergencies and to build resiliency for future floods. Applicants who are accepted into the program receive 100 per cent reimbursement of the approved flood preparedness project or equipment costs.

Ken Azaransky, West St. Paul's municipal emergency co-ordinator, applied for \$80,302 to replace the gate valve in the Minnehaha land drainage line and purchase ice/water rescue equipment, sandbags and a smart board to enhance municipal flood preparedness and reduce flood risks.

On Feb. 26, the province released their first flood forecast for 2020. Even though precipitation was higher than normal this past fall, winter precipitation has been below normal in Manitoba, therefore, the forecast provided a positive flood outlook.

With favourable weather conditions, the water levels are expected to be similar to the spring of 2019.

The following open water elevations are forecast for the Red River at James Avenue with the operation of the Floodway for 2020.

Favourable weather: 5.55 m (18.2 ft.)
Normal weather: 5.8 m (19 ft.)

Unfavourable weather: 7 m (20.0 ft.)
Ice-induced peak levels at James Avenue could exceed the open water level.

Even though it's too early to predict how flooding will impact the R.M., Mayor Cheryl Christian said West St. Paul will be ready to deal with it.

"Our first priority is safety for our residents and having a strong emergency preparedness plan is key to successfully navigating any emergency situation," Christian said.

"Our MEC is working with his team to make sure the R.M. is ready should there be flooding issues this spring and this grant money will help us be better prepared this year and in the years to come."

Last month the Province announced \$3 million in funding for municipalities to support or enhance municipal capacity and capability to prepare for a possible flood this spring and to

build resiliency for future floods.

Likewise, the R.M. of East St. Paul stated they are also monitoring river levels closely, but said flood prevention measures may not even be required.

The East St. Paul Emergency Pre-

paredness Committee has established a flood preparedness committee to develop flood preparedness action plans, purchase and resource equipment as required and ensure residents are informed on latest flood forecasts.

East St. Paul strongly urges all residents to register with All-Net Connect at http://www.eaststpaul.com/main.asp?fxoid=FXMenu,21&cat_ID=2&sub_ID=93&sub2_ID=96 to keep updated with target information that will directly affect residents.



Snap Fitness

one of my members, they are my #1 priority. They are my family, my life."

Along with the basic workout equipment, Snap offers specialized training and programming. The weekly programming includes Boot Camps every Monday & Wednesday at 7:00 PM with Nee-sha. Snap Selkirk also offers personal training, recently hiring Jeff Seekings, a Strength & Conditioning Specialist. Skyler Welsh will also be joining the team as a trainer. The club offers experienced trainers during staffed hours and unique training tools such as the Myzone Heart Rate Monitoring Belt.

Giving back to the community is one of Snap's main priorities. The club has partnered with Habitat Selkirk, Our Daily Bread Soup Kitchen, Inclusion Selkirk, breakfast programs at the schools, Selkirk Biz, many sports or dance clubs, as well as participating in the Christmas Hamper drive. If you are interested in a partner for a local charity, please contact club manager Krista. Another great partnership with Snap is Sangster's Health Centre. Every member at Snap Fitness Selkirk gets 15% off any product at Sangster's in Selkirk.

For more information regarding the fitness programs and training offered at Snap, please contact them at the location at 379 Main St, Selkirk or call 204-272-5169.



Jeffrey Seekings, B-KIN-HK(HP), CSCS, CSEP-CPT

Professional Development:
- National Strength and Conditioning Association – Certified Strength and Conditioning Specialist (NSCA-CSCS)

- Bachelor in Kinesiology – Human Kinetics Major – Concentration in High Performance – Deans List

- Canadian Society for Exercise Physiology – Certified Personal Trainer (CSEP-CPT)

I have successfully worked alongside and coached athletes at all levels, from novice to professional. I have worked

with and trained Junior High, High School, and University Basketball and Volleyball athletes throughout competitive season and off-seasons. I have recently completed an Internship with the Winnipeg Blue Bombers as an assistant Strength and Conditioning coach, where I was given the opportunity to remain with the team as an assistant Strength Coach through the 2019, Grey Cup season.

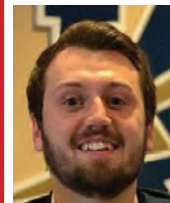
I played competitive volleyball at a high school and post-secondary level. I have also taken part in a training camp with the Cuban National Volleyball Team. I have coached volleyball for 5 years including teams and camps. I currently am Head Coach of the 13U Selkirk Royals Boys Volleyball Team here in town and will remain a strength and conditioning specialist for the Winnipeg Blue Bombers for the 2020 season. ADVERTORIAL

Testimonials



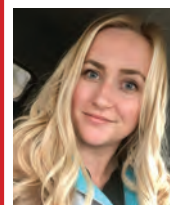
Clean, good selection of weights & nice staff, no issues getting in when I forget my key card as the manager is always quick to respond to help. I've been training for 7 years all over Winnipeg and this little gym is perfect for me!

Skyler Welsh



I would recommend Selkirk Snap Fitness to anyone! Krista has done a fabulous job at Selkirk Snap! The gym is kept tidy and clean at all times. Krista leads an accepting and positive environment there. I have been at Selkirk Snap Fitness since the opening day and Krista has made the most positive impacts to it out of any of the previous management!

Matthew Lucek



Snap Fitness has an amazing manager Krista, who is engaging, personable and encouraging to all her members. I've been a member at Snap since it opened in Selkirk and since Krista has taken over I've seen such positive changes. Krista brings a ray of positivity to the gym atmosphere and is such a creative soul. The Snap Fitness environment is an amazing place to be, the energy is positive and when you have a concern or a question she is always quick to address it! The staff are kind and friendly. The gym is always clean and always evolving with new and creative ideas or solutions. If you're looking for a place to feel welcomed, and not overwhelmed, come and join Snap! You'll feel like a member, not just a number!

Kimberly Ross

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get inspired

> MEAL IDEAS



AsktheMoneyLady.ca

I am 72, retired and a widow. I like living alone and keep myself busy with friends and hobbies. Recently my son and his new wife moved in with me to save money. While I do like the company, it is very tight in my little house. One of my friends told me that my son could buy a home with zero down. What exactly does this mean? My son is trying to save to buy a home, but with house prices continuing to go up, I am worried he will never leave home again.

Sincerely,
Gladys, Empty-Nester No More!
Dear Empty-Nester No More!

Your question is one that I get asked all the time and I am glad to answer it. In 2004 all the Banks were offering a true "Zero-Down" mortgage and were essentially gifting new home buyers with the required 5% down in the form of a cash back. Of course, this cash back offer was recouped to the banks in the lending rate which was offered with no discount, often times being considerably higher than conventional rates. But it was a great way for buyers to get into the market with very little saved. Today, with all the government mandated changes, big banks do not offer "Zero-Down" mortgages.

If a buyer is unable to put down the required 20% of the purchase price for a conventional mortgage, they would then have to be approved for a high ratio mortgage. A high ratio mortgage, also called an NHA mortgage, is for deposits of less than 20% with the lowest required down payment no less than 5% of the purchase price. If your son wishes to purchase a home with less than 20% down, he would need a high ratio mortgage. There are many government approved NHA providers with the most popular being CMHC-Canada Mortgage & Housing Corp.

Today CMHC, together with the Cana-

dian Government, are now providing a similar cashback offer like we had years ago, called a "first-time home buyer shared-equity plan." Unlike the offers in the past, clients still receive competitive low rates as if they were conventional home buyers. For those buyers who have 5% down, CMHC will match the 5% on a resale home or provide 10% on a new build for a first-time homebuyer owner-occupied primary residence. This is a great deal for buyers wanting to get into the market, although it is not FREE money. The new buyers will have the funds interest free and are not obligated to pay it back until the end of a 25 year amortization, unless the property is sold, therefore having to pay it back upon sale. There are some conditions: qualified buyer's joint incomes cannot exceed \$120,000 annually and the maximum purchase price cannot exceed 4x the income after the down payment. So, as an example, if your son and daughter-in-law together earned \$80,000 annually, the maximum insurable mortgage they could acquire would be \$320,000 or 4x their income. A 5% down payment would be \$16,000 which CMHC would match upon qualifying. That means they would have \$32,000, (\$16,000-your son's funds + \$16,000-from CMHC) added to their purchase price so they could safely buy for \$352,000 and soon be on their way to building independence, equity and wealth!

Just as a side note, the definition of a "first-time home buyer" has changed. Now anyone can qualify as long you have not owned a home in the last 4 years. Great news for people who are wanting to get back into the real estate market. I hope this helps and you can soon "re-launch" your son out of the nest again!

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy" Follow on Facebook & Instagram

If you have a money question, please email: askmoneylady@gmail.com

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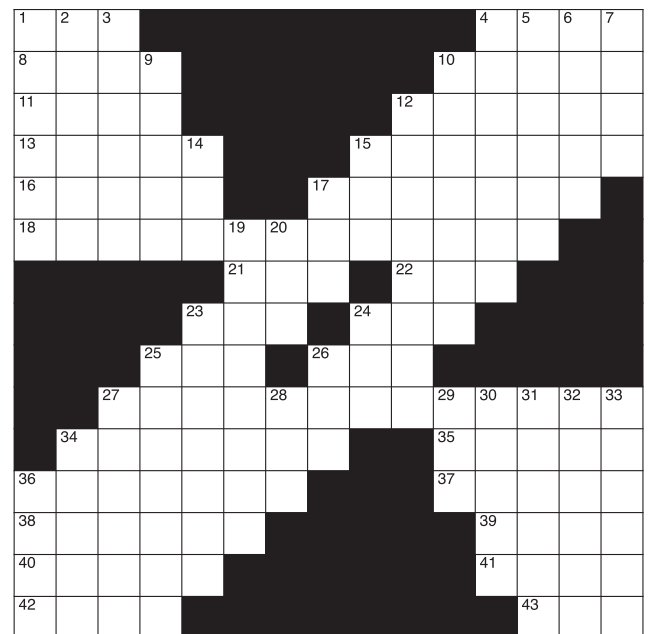
CROSSWORD

CLUES ACROSS

1. A team's best pitcher
4. Designer Jacobs
8. Hip joint
10. A dialect of English
11. Portrays
12. Panic
13. The head of a team
15. High priest
16. League of Legends locale
17. Protective folds
18. Treats allergies
21. Voodoo spirits
22. Single unit
23. Unit of measurement
24. Brew
25. Burundian franc
26. Self
27. Bengals great
34. Making letters overlap
35. Piece of pizza
36. Illegal drug
37. Card game
38. The highest point in the development
39. Oh, God!
40. Wives (law)
41. Monetary unit of Samoa
42. Supplements with difficulty
43. Valentine's Day color

CLUES DOWN

1. Warm climate tree or shrub



2. Silky case spun by larvae
3. Still in existence
4. Light, two-stranded rope
5. Wear away
6. Beginnings
7. Essence
9. American Standard Code for Information Interchange
10. Path
12. Repeated tones
14. Expresses surprise
15. Monetary unit of Burma
17. When you hope to get there
19. Brighten
20. Fifth note of a major scale
23. Dark brown timbers of tropical trees
24. We all do it
25. Scrounges
26. Unit of energy
27. Begin to be
28. Midway between northeast and east
29. Distinctive practice
30. Succulent plants
31. Performer
32. Gas station term
33. Required
34. Soviet monetary unit
36. Eating house

Please see Pg. 26 for Answers

BINGO

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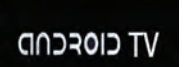
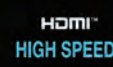
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getheard

EDITORIAL > VIEWPOINTS > LETTERS

> BY GEORGE PENNER, RESIDENT OF WEST ST. PAUL

West St. Paul Mayor Cheryl Christian and councilor Stan Parag, who represents River Springs Estates, are keeping up their fight to rezone River Springs Estates for small lot development, ignoring the fact that their rezoning bylaw contravenes West St. Paul's zoning bylaws and does not meet the Provincial Subdivision Regulation for cul-de-sacs.

All 42 households on River Springs Drive signed a petition opposing the rezoning bylaw.

Mayor Christian ran on an election platform, "Together let's elect a mayor and council that works for the residents first."

Mayor Christian had already passed a resolution approving the subdivision for this property before the zoning bylaw for the property has even been passed, demonstrating an obvious bias in favour of the developer, Terracon. She would not wait to hear and consider new information that was brought up at the Red River Planning appeal hearings.

Councilor Parag wrote in an email last fall to one of his River Springs Drive constituents, "I have to listen to the residence (sic)!! What do (sic) they want!! I can like it or dislike it but it's up to the residence (sic) on River Springs!!" The statement was

interpreted to mean that Stan was going to listen to his Ward 4 constituents and oppose the rezoning.

What happened Stan?

Christian and Parag are ignoring serious safety issues. River Springs Drive exceeds the length limit for a cul-de-sac stipulated in Subdivision Regulation MR 137/2006 more than nine times. They are also proposing, but with no drawn up plans, a connector street from Masters Avenue that will join River Springs Drive near a blind curve. This certainly does not coincide with what Christian promised during her election campaign: "Christian wants better planning for West St. Paul."

Mayor Christian goes on to say, "I've been concerned that residents haven't been treated fairly and that we've had a polarized community and I want to bring our community together, galvanize our community and address some of the issues that we have right now."

In what appears to be a move to strengthen her position on the Red River Planning Board, Mayor Christian replaced councilor Eleanor Link, who opposed the rezoning bylaw, with councilor Stan Parag, who has supported the rezoning bylaw and

development on every vote.

The rezoning bylaw has created a rift within West St. Paul council with personal accusations recorded in the council minutes.

Mayor Christian and her supporters on the West St. Paul council should do the right thing and withdraw By-Law Amendment 2019-11 P for the following reasons;

1. It contravenes West St. Paul's Planning Regulations;

2. River Springs Drive exceeds the length limit for a cul-de-sac stipulated in Provincial Subdivision Regulations;

3. This development is only a part of larger development and piecemeal planning is not acceptable;

4. Safety concerns have not been addressed;

5. This development will destroy an old growth oak forest with one oak tree estimated by an arborist to be 350 years old;

6. This development adversely affects all 42 residences presently on River Springs Drive.

Mayor Christian has never told her constituents why she is so adamantly in favor of the development. Is there an ulterior motive?

> BY DAVID BOWLES, RESIDENT OF BEAUSEJOUR

Way back in time, I was a member of the Selkirk and District Lions.

Then the Selkirk hospital's emergency needed a dialysis machine. The Rotary Club of Selkirk spearheaded a drive to acquire that medical aid machinery.

Later, and it was an NDP government, it was ascertained there was only enough budget to operate the service part-time.

Imagine that — a gift handed to the Interlake region so those requiring life-saving treatments in the Selkirk

District and North of Selkirk would have a choice for treatments close to home and not have to go to Winnipeg.

Coupled with that fact was they deleted a top-notch administrator, Mr. Elmer Kuber.

The Mayor, Council, and citizens of

the Interlake owe a huge thank you to their Rotary Club. They are owed the key to the city by the Mayor and all those who had their medical needs addressed by this very special club.

> SOURCE SAYS, FROM PG. 9

"When an organization sees a mass exodus of seasoned staff, how does one not see that the staff is leaving management? Staff doesn't leave the agency. But when the agency's management no longer cares for its staff, you see people leave the agency's management.

"In my exit from Nova House, (management) was very unkind, which is ironic for an agency dedicated to the care of women. I had to see a doctor and get counselling," the source said.

Other reports of former staffers who sought counselling were brought forward to the *Record*, as well.

The anonymous source said Pazdzierski is a woman of integrity, a person of the highest quality morals and ethics, and someone who deserved far better than was she received at the end of her tenure with Nova House.

The anonymous source also noted Pazdzierski deserves a large portion—if not all—credit for the new Nova House women's shelter in Selkirk.

"Whereas the board members were often nowhere to be found, Anna was always advocating for more funding," said the source. "She wanted to see that shelter constructed."

Pazdzierski disclosed one last piece of correspondence she had submitted and addressed to the Nova House board of directors after dropping her lawsuit.

"You need to know that you have traumatized, bullied and mistreated at least six staff who worked very hard for Nova House. We did not deserve to be treated this way. We were all well respected, well known, and appreciated in the Manitoba shelter community," said Pazdzierski in her letter.

"We—former staff members—have all sought counselling to deal with our treatment by Nova House and will continue to hold you up as an example of workplace bullying, discrimination, and how not to manage people or organizations.

"I now really understand intimidation and bullying, and the impact it can have. Our lives will go on, but we will never be the same," she said.

Nova House did not make comment on the specific allegations, but Jenkins said the board, as well as the current executive director, take allegations of workplace bullying and discrimination very seriously. Nova House has policies in place to deal with any similar issue in the workplace, she said.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fishermen lead Ice Dawgs in entertaining series

By Brian Bowman

Make no mistake, hockey playoffs are an entirely different beast.

Despite Selkirk finishing a whopping 38 points ahead of Arborg during the regular season, the Ice Dawgs are giving the Fishermen everything that they can handle in their Capital Region Junior Hockey League semifinal series.

"They're working really hard," said Fishermen head coach Chris Poponick. "The additions they needed at the deadline after Christmas have really helped them and they have picked up all of those young kids from the Interlake Lightning. It's been a heck of a series."

Selkirk took a 3-1 series lead after nipping the Ice Dawgs 3-2 on Saturday evening in Arborg.

"It was a good game," Poponick said. "They got into penalty trouble but we couldn't capitalize on it. We were 1-for-11 on the power play and Tre Strachan, their goalie, played unbelievable. He's been their best penalty killer, by far."

Kalen Guimond gave the home side a 1-0 first-period lead with a power-play goal before Selkirk's Travis Spratt replied with a goal while the Fishermen enjoyed the man advantage in the second.

Reece Tessier and Chad King gave Selkirk a 3-1 lead before Arborg's Lyle Murdock closed out the game's scoring with a goal with 3:48 remaining in the third.

Spratt and Ben Kelly each had two points in the game.

Riley Bannerman continues to play well, stopping 38 Arborg shots for the win.

Last Friday, the Fishermen edged the Ice Dawgs 3-2 as Selkirk forward Jordan Donald scored a pair of goals, including the eventual game winner late in the second period.

Donald also tallied in the first period along with Spratt. King had two assists in the game.

Guimond led Arborg with a goal and an assist while Ice Dawgs' captain Josh Roche also tallied.

Bannerman made 36 saves for the victory.

The Ice Dawgs had evened the series at a win apiece after a 3-2 victory in Arborg on March 3.

King put Selkirk up 1-0 eight minutes into the game but Arborg's Preston Seymour answered just 36 seconds later.

Guimond then gave the Ice Dawgs a 2-1 lead with a shorthanded tally with 4:07 remaining in the opening period.

After a scoreless second period, Blaine Wishnowski gave Arborg a 3-1 lead at 6:09 of the third.

Selkirk's Zack Parkinson then made it a one-goal game when he scored with 6:26 remaining in regulation time.

Selkirk outshot Arborg 50-32.

The Fishermen were 0-6 on the power play while the Ice Dawgs were blanked in three opportunities.

Game 5 of the series was played in Selkirk this past Tuesday but no score was available at press time. The Fishermen would love to close out the se-



RECORD PHOTO BY LANA MEIER

Fishermen goaltender Riley Bannerman made 36 saves for the win against the Ice Dawgs last Friday.

ries in five games.

"As much as I love the town of Arborg, I don't want to go back there this year," Poponick said. "We would like to get it done on Tuesday if all possible. The quicker we can do this, there's less chance of further injuries or further tiredness going into the next series if we're lucky enough to get there. I'd like to finish it up on Tuesday at home. We've been playing very well at home and hopefully that will continue."

The series between the two teams has been a very entertaining one.

"It's been back and forth, lots of good scoring opportunities both ways, lots of big saves, and a lot of big checks," Poponick noted. "It's been a really entertaining series. No blow-outs, it's been back and forth hockey... and we've had to work hard to get the 3-1 (series) lead."

If necessary, Game 6 will be played Saturday in Arborg and a series-deciding seventh game is set for Sunday in Selkirk. Start times for both games will be 7:30 p.m.

Lubimiv's contract not extended by Steelers

Staff

The Selkirk Steelers have announced that they will not be extending the contract of head coach/manager of hockey operations Nick Lubimiv.

Lubimiv was part of the Steelers' organization as a coach for the past four seasons.

Selkirk failed to make the playoffs this past season, posting a 23-30-6-1 record. The Steelers made several major deals involving veteran players

at the trade deadline to build for the future.

When contacted by text last Saturday, Steelers' president Jordan Fillion said they are in the process of hiring a replacement for Lubimiv.

The Steelers' organization thanked Lubimiv for his commitment to the team on its Facebook and Twitter accounts.

The team said it will issue further details.

SEMI-FINAL PLAYOFF GAMES

VS ARBORG ICE DAWGS

- Sat Mar 14 - Game 6 (if needed) 7:30 pm
Selkirk vs Arborg @ Arborg Arena
- Sun Mar 15 - Game 7 (if needed) 7:30 pm
Arborg vs Selkirk @ Selkirk Rec Complex

Check crjhl.ca or
selkirkjrbfishermen.ca
for game times



Meet the
Fishermen



#12 Ben Kelly
Forward

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Merces beat Islanders in Game 1 of SEMHL final series

By Brian Bowman

The Warren Merces continue to play some great playoff hockey.

And they are getting rewarded with some well-deserved victories.

Warren defeated the Portage Islanders 3-1 in Game 1 of their South Eastern Manitoba Hockey League best-of-seven final series last Sunday.

"The boys played good," said Merces' coach Matt Figur. "These guys came out after a week off and they know what they want to do. They were here (in the final) last year and they're doing the little things right. They got the pucks deep and played 60 minutes and stuck it to them."

It was the Merces' fourth consecutive win in the playoffs.

Trent Genyk gave Warren a 1-0 lead just 4:58 into the game but Portage's Jens Meilleur tallied 1:50 later.

The Merces' Chase Faulkner and Chad Deprez then scored second-period goals.

Reed Peters made 42 saves for the win.

A lot of different Merces' players are

contributing on a nightly basis during this winning streak.

"Depth-wise, we're very deep," Figur said. "Coming into the season we knew that and our blueline is so deep with guys like Travis Bobbee, Brendan Mitchell, and Kyle Lundale. And then you put Reed in net and he gives those good guys confidence that they need."

Game 2 of the series was played this past Tuesday in Portage la Prairie but no score was available at press time.

Game 3 returns to Warren Thursday and then Game 4 will be played in Portage on Saturday.

If necessary, Game 5 is set for Warren next Tuesday, followed by Game 6 in Portage (March 19) and a series-deciding seventh game in Warren (March 21).

All games will start at 8 p.m.

On March 3, Warren defeated the Altona Maroons 4-0 in Game 7 of the best-of-seven semifinal series.

"It was an awesome job by the team to come out in front of a big crowd," Figur said. "The boys were rolling and there is definitely some chemistry



RECORD PHOTO BY JO-ANNE PROCTER

Brenden Luschinski scored a pair of second-period goals to lift the Warren Merces to a 4-0 win over the Altona Maroons in Game 7 of their SEMHL semifinal series last week. Warren is currently playing Portage in the best-of-seven final series.

with the boys up front."

Braydon MacDonald gave Warren a 1-0 lead at 17:07 of the first period and then Brenden Luschinski tallied twice in the second.

MacDonald closed out the game's scoring with an empty-net goal at 18:21 of the third.

Peters was rock-solid in goal once again, making 36 saves for the shut-out.

Portage, meanwhile, earned its spot in the final after beating the Carman Beavers 7-3 in Game 6 of their best-of-seven semifinal series on March 1.

MJHL playoffs in full swing

Staff

The Portage Terriers lead the Dauphin Kings 2-0 in their best-of-seven quarterfinal series.

Portage won Game 1 by a 4-2 score as St. Andrews' Carter Barley, a former Steeler captain, scored once and added an assist.

The Terriers then knocked off the Kings 5-2 on Sunday in Portage la Prairie.

Game 3 of the series was played this past Tuesday and then Game 4 of the series will go Friday.

The Steinbach Pistons also lead the Winnipeg Blues 2-0 in their series after a 5-1 win on Sunday at the RINK Training Centre.

In Game 1 last Friday in Steinbach, the Pistons edged the Blues 3-1.

Steinbach's roster includes East St. Paul's Evan Kaufman while Winnipeg's lineup features Selkirk's Nicholas Trudel. Both play-

ers are defencemen.

Game 3 was played on Tuesday in Steinbach and then Game 4 is set to be played on Winnipeg's home ice Wednesday.

Meanwhile, the Swan Valley Stampedeers shut out the Waywayseecappo Wolverines 5-0 on home ice in Game 1 of their series last Friday.

Game 2 was played on Monday but no score was available at press time.

Game 3 is set for Wednesday in Swan River and then Game 4 will go Friday in Waywayseecappo.

The Winkler/Virden series is now tied after a win apiece after the Flyers doubled the Oil Capitals 6-3 on Sunday.

Virden started the series with a 1-0 double overtime victory.

Game 3 was played Tuesday in Winkler and then Game 4 will be played Thursday in Virden.

Guarding the net



RECORD PHOTO BY MARK T. BUSS/BEAUSEJOUR CLIPPER

Winnipeg Thrashers' goaltender Cole Plowman, a Selkirk product, needed a teammate's stick to help keep the puck out of his net during U18 AAA Hockey League playoff action last Thursday in Beausejour. Eastman won Game 4 by a score of 5-4 to win the best-of-five series.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals awarded a provincial berth

By Brian Bowman

The Selkirk Royals' varsity girls' basketball team is headed to the MHSAA "AAAA" provincials.

Selkirk is the 10th seed and will play the No. 7 Sturgeon Heights Huskies on Friday at 6:15 p.m. at Kelvin High School.

The winner of that game will advance to play the No. 2 Vincent Massey Trojans.

Selkirk was awarded a provincial spot despite losing to the Kildonan East Reivers in a KPAC semifinal game last week.

Kildonan East pulled off a 65-58 road win on March 4 in Selkirk.

"It was not our best game," said Royals' head coach Sue Gilmour. "We did not shoot well. We had 91 shots in the game, which is incredible and, at this point in the season, that's what you want. But we shot 23 per cent and

you're not going to win a Tier 1 semifinal if you only shoot 23 per cent."

Selkirk led by 11 points in the second half but suddenly "lost the flow of the game" and were missing several layups and shots in the key, which they should make.

Abby Benson led the Royals with 25 points while Emma Benson and Katelynn Visser each had 11. Sarah Boitson had a team-high 12 rebounds.

"(Abby) has been so consistent for us all season," Gilmour said. "She's averaging 26 points per game for us, which you would hope from your captain and one of your stronger players. She's really led on defence, too."

After the provincials, the Royals will lose four players from this year's team - Abby Benson, Emma Benson, Kiera Dawson, and Nyla Hacault - due to graduation.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Sarah Boitson looks to make a play against the Kildonan East Reivers during KPAC semifinal action March 4. Kildonan East won the game 65-58.

St. Andrews/Selkirk Mariners to run minor baseball program

By Brian Bowman

The St. Andrews/Selkirk Mariners are hoping to hit a home run in their first season as a minor baseball program.

"We're really excited that we're bringing back an opportunity for kids to play baseball in Selkirk," said convenor Michael Buffie last Sunday afternoon. "It's something that hasn't been around for about 15 years, I think. We're excited to be working with St. Andrews and it will provide a really great opportunity for kids to play ball."

St. Andrews/Selkirk, whose other convenor is Lisa Duguay, will be hosting "A" baseball in divisions such as U7, U9, U11, U13, U16, and U18.

The co-ed program is open to players aged four through 18.

If kids are interested in playing at ei-

ther the "AA" or "AAA" levels they will be part of the North Winnipeg Pirates' program.

Buffie noted that softball is popular in Selkirk. He would love to see the same level of interest being shown with youth baseball.

"For some reason, the only baseball we offered for a number of years was high school baseball," Buffie noted.

A lot of time and effort was put in to get this program up and running for this season.

"This is a number of years in the process," Buffie noted. "I talked to Roger Langlais a couple of years ago about trying to get this going and we started a pilot program two years ago. The City of Selkirk, actually, took it on and we offered the Rally Cap and Grand Slam programs and it was very, very popular. They had about five teams

in the past two years but they had nowhere to graduate to so now that it's introduced at the grassroots level, we'll try to build from there."

The program strives to provide a fun environment where kids of all ages can focus on skill development, teamwork, and game play. As the age groups progress, more emphasis is placed on the development of individual skills, competitive play, and good sportsmanship.

The program is part of the North Winnipeg Minor Baseball Association and teams at all levels will be required to travel to Winnipeg for away games.

The program is actively looking for sponsors and volunteers to coach. They will also need umpires and an umpire clinic will be offered in the future.

The City of Selkirk is also helping

the program "out a lot," Buffie noted.

Registration will be available online only for all players residing in the RM of St. Andrews and Selkirk catchment areas from Feb. 29 to March 31.

An evening to pay for that registration has yet to be determined.

All registration and association fees must be paid before a player is placed on a team. If a player is aged 10 and older and is interested in trying out for "AA" or "AAA" baseball, they must register on or before March 14.

Late registration for "A" ball will only be considered if spots are still available on one of the teams. Exceptions will be made for those players who are not selected to a "AA" or "AAA" team.

The Mariners' website can be found at <https://sasbaseball.ca/>.

sports & recreation
INSIDE > OUTSIDE > UPSIDE DOWN

Gushue captures third Tim Hortons Brier championship

By Ty Dilello

Newfoundland and Labrador's Brad Gushue captured his third Tim Hortons Brier in the past four years as he defeated Alberta's Brendan Bottcher 7-3 in Sunday night's Brier final at the Leon's Centre in Kingston, Ontario. For Bottcher, it was the third consecutive year that his rink fell in the Brier final.

The Gushue rink which features (third) Mark Nichols, (second) Brett Gallant, (lead) Geoff Walker had gone 8-3 in the round robin to qualify for the page playoffs where they first defeated Northern Ontario's Brad Jacobs in the 3v4 game, and then dispatched Saskatchewan's Matt Dunstone in the semi-final before winning the final against Bottcher.

Regarding the finals against Bottcher, Gushue said, "I thought it was almost a perfectly executed game on our behalf from a strategic standpoint and from a shot-making standpoint. You couldn't ask for a better effort."

"We didn't play our best early and you can't afford to go down to those guys," said Bottcher. "Overall it was a great week, but in a final, you just need to play a little better than



RECORD PHOTO SUBMITTED

Left to right, Newfoundland and Labrador's Brad Gushue and his rink of Mark Nichols, Brett Gallant and Geoff Walker won their third Tim Hortons Brier in the past four years on Sunday night with a 7-3 win over Alberta's Brendan Bottcher.

take a break
 > GAMES

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

Fun By The Numbers

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

we did in a ten-end game to be successful."

Team Manitoba's Jason Gunnlaugson who curls out of the Morris Curling Club qualified for the championship round but failed to progress any further as they finished with a 5-6 record.

Mike McEwen and his Team Wildcard rink from West St. Paul had a fairly successful week going 7-4 before falling in a tiebreaker to Ontario's John Epping. All of the players on McEwen's rink were either First-Team or Second Team All-Stars at the end of the event.

Winnipeg's Matt Dunstone, who was skipping the Saskatchewan rink finished in third place after going 8-3 in the round robin before falling to Bottcher in the 1v2 game and Gushue in Sunday afternoon's semifinal.

"Obviously right now it's pretty tough because I woke up before our semifinal thinking we were going to be Brier champions today if all went out way, but after a few days to heal

our wounds I'm sure we will look back at this week with the fondest of memories," said Matt Dunstone. "We were trying so hard to end the four-year Brier drought for Saskatchewan and this week competing with the best teams in the world and doing well is only giving us more and more motivation to keep the grind coming and strive for bigger and better things as a team going forward."

It should also be noted that on the Tuesday of the event, Dunstone curled two perfect games in the same day (Draws 10 & 11) against higher-ranked teams Ontario (John Epping) and Canada (Kevin Koe). It was the first time someone curled two perfect games on the same day in Canadian Men's Curling Championship history.

Brad Gushue and company will now represent Canada at the 2020 World Men's Curling Championships at the Commonwealth Arena in Glasgow, Scotland.

Avros advance to final against Winnipeg Ice

Staff

The Winnipeg Avros' strong play in the play-offs continued last week.

Winnipeg defeated Westman 4-3 in overtime last Thursday and then 5-2 on Saturday to win its best-of-five series in four games.

In Saturday's win, Courtenay Bayes and Janelle Perrault each had a goal and an assist while Aliya Baker, Kyler MacLeod, and Katrina Tobin tallied for the Avros.

Mikayla Castellano had two assists in the game.

Last Thursday, Baker had a goal and an assist while Bayes, Rachel Gottfried, and Madisyn Smith also tallied.

St. Andrews' Trinity Grove had three shots on goal in both games.

Mackow stopped 22 Westman shots for the victory.

The Avros now advance to play the Winnipeg Ice in the final.

Game 1 of the series will be played Saturday (3:30 p.m.) at the Seven Oaks Arena while Game 2 is set for next Wednesday (7 p.m.) at the Bell MTS Iceplex.

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

Sudoku Answer

[illegible]

Crossword Answer

Classifieds

The Selkirk Record

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Inter-lake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

STEEL BUILDINGS

Steel building sale... "Big blowout sale - all buildings priced to clear!" 20X23 \$6,249. 25X27\$7,334. 28X29 \$7,877. 30X31 \$8,965. 32X31 \$9,863. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

1 bdrm., second floor, 325 McLean Ave., Selkirk, close to all amenities. Quiet mature person, non-smoker, no pets. \$800/mo. includes utilities. Ph. Liz 204-757-4063.

Century Selkirk, 165 Main Street. Currently we have bachelor & 1 bedroom suites for rent. Rent includes heat & water. Close to all amenities & bus route. Onsite laundry & parking available. Rents start at \$936. No pets & no smoking. Please contact Heather at 204-785-2200 for suite viewings.

FIREWOOD

Firewood for sale - cut & split, 14" - 16" in length. White poplar. Taking orders for now & fall deliveries. Ph Lonnie at 204-886-3407 or cell. 204-861-2031.

HELP WANTED

Looking for labour help at a limestone operation in Stonewall. Unionized work place, competitive wages. Send resumes to graeme.lavallee@lehighhanson.com

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.

Wanted - part time truck driver. Must be reliable, meticulous, safety conscious, experienced. 3-5 hours a day. Flat deck experience an asset. Class 5 license or better. Excellent remuneration, ideal for retired or semi-retired. Phone 204-390-0940 or 204-797-2111.

MISCELLANEOUS

BN never used; still in box, bendable goose-neck table or desk STUDY LAMP, EWO \$15; Sunbeam 2-slice TOASTER, ECIEWO, \$15; BNCIEC pr. sz. 9 Men's WORK BOOTS/ SAFETY SHOES w/ laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVERCOAT fits a men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

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PUBLIC NOTICE

RCMP Public Forum Monday, March 16

The RM of St. Clements council has heard the concerns of our residents regarding policing issues within our Municipality. The forums with the RCMP will provide an opportunity to learn more about the RCMP's role in our community and to have your questions answered.

We invite residents of Central St. Clements (north of Hwy 44 to Libau) and those residents that were unable to attend the South St. Clements RCMP forum to attend.

**Monday, March 16 at 7:00 PM
East Selkirk Hall, 711 Old Henderson Hwy**

A third forum will be held later in the spring, with a date to be determined, for those residents in north St. Clements (north of Libau).

1043 Kittson Road
Box 2 Group 35 RR1
East Selkirk, Manitoba R0E 0M0
Telephone: Selkirk 482-3300
Winnipeg: 474-2642
Toll Free: 1-888-797-8425
Fax: 1-204-482-3098
Email: info@rmofstclements.com
www.rmofstclements.com



EMPLOYMENT OPPORTUNITY

The Rural Municipality of St. Clements is seeking applications for the following four positions:

SUMMER "GREEN TEAM" POSITIONS

(Please state earliest start date
approx. May 4 - Aug 31, 2020 at a rate of \$14.65/hr)

SEASONAL CLASS 1 - HEAVY EQUIPMENT OPERATOR

(Seasonal Class 1 rate \$26.71/hr
6-month probation rate \$25.71/hr)

SEASONAL CLASS 2 - RUBBER TIRE OPERATOR

(Seasonal Class 2 rate \$24.51/hr
6-month probation rate \$23.51/hr)

SEASONAL CLASS 3 - OPERATOR

(Seasonal Class 3 rate \$20.95/hr
6-month probation rate \$19.95/hr)

SEASONAL POSITIONS RUN APPROXIMATELY MAY 4 TO OCTOBER 30, 2020

Details of these positions, including qualifications, can be found on our website, www.rmofstclements.com

Applications with detailed resume clearly stating the position(s) applied for will be received up to 4:00 p.m. on March 26, 2020 or via email to pwadmin@rmofstclements.com.

Thank you to all who apply, however, only those candidates selected for an interview will be contacted.

Apply to:
Greg Elson, CET
Public Works Manager
155 CIL Road
Box 2, Grp 35, RR 1
East Selkirk, Manitoba, R0E 0M0
Fax: (204) 482-3660



2020 SPRING WEIGHT RESTRICTIONS

Public Notice - Rural Municipality of St. Clements 2020 Spring Weight Restrictions

The Public is hereby advised that the
2020 Spring Weight Restrictions

will not start before Friday, March 13, 2020

Unless otherwise notified and will remain in effect

Until Sunday, May 31, 2019

**Loads will be restricted to 65% or Normal Axle Loads
on all hard surface roads.**

The Municipality of St. Clements follows the Provincial Department of Manitoba Transportation and Government Services road restrictions and dates. **These dates can change at any time. Please see our website www.rmofstclements.com for the most up to date information on road restrictions.**



EMPLOYMENT OPPORTUNITY SUMMER STUDENT POSITIONS

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

Summer Maintenance Positions

Job Type: Temporary Full Time
Duration: June 8, 2020-August 31, 2020 (12 week duration)
Salary: \$15.43
Closing Date: March 26, 2020

For a full list of Duties and Qualifications please visit www.weststpaul.com Applications should be marked "Application for Summer Maintenance Position". References shall be required upon request. If you have any questions regarding the posting please contact Rick Friesen 204-334-0092 or rfriesen@weststpaul.com

These positions have been made available through Urban/Hometown Green Team and Manitoba Metis Federation Grants.

Summer Camp Counsellors

Job Type: Temporary Full Time
Duration: June 15, 2020-September 4, 2020 (12 week duration)
June 29, 2020-September 4, 2020 (10 week duration)
Salary: \$11.65 to \$13.89
Closing Date: March 26, 2020

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

These positions have been made available through the Canada Summer Jobs Program.

HOW TO APPLY

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

RM of West St. Paul
Attn: Lainie Shaw, CMMMA
3550 Main Street, West St. Paul, MB R4A 5A3
Fax: 204-334-9362 Email: admin@weststpaul.com

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

The RM of West St. Paul promotes equal employment opportunities for all job applicants. Those who identify as Metis, non-status and Inuit are encouraged to apply.



THE RURAL MUNICIPALITY OF ALEXANDER

Invitation to Tender GRAVEL HAUL - 2020

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, during regular business hours at (204) 367-6186, cell (204) 754-7028 or email pw@rmalexander.com.

All tenders should be clearly marked:
"Gravel HAUL Tender - 2020"

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 27th day of March, 2020.

All proposals shall be opened on the 27th day of March, 2020 at 1:00 p.m. in the RM of Alexander Council Chambers. This will be open to the public.

Lowest or any tender may not necessarily be accepted.

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Prairie Spirit School
Division

HEAD CUSTODIAN
8 hrs/day

Thomas Greenway
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Crystal City (MB)

Valid Power Engineering
5th class certificate
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Resume with (3)
references to
pssd@prspirit.org.
Deadline **Noon,**
March 17th, 2020.
Details website:
www.prairiespirit.mb.ca

HIP/KNEE Replacement?

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TROUBLE WALKING
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The Disability Tax
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Classifieds

Selkirk Record

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UPCOMING EVENTS

Belles & Bows Wed-
ding Show April 5,
2020, 10 a.m. - 4 p.m.
Free entrance, \$1000
door prize. Over 32
vendors. Garson Cen-
tennial Community
Centre, 11 Thompson
Ave. Check out Face-
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Get up to \$50,000

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All ages & medical
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money.

Call Manitoba Benefits
1-(800)-211-3550
or send a text message
with your name and
mailing address to
204-808-0035 for your
free benefits package.

UPCOMING EVENTS

The 24th Annual Mani-
toba Baseball Hall of
Fame and Museum
Induction Dinner will
be held in Morden
on Saturday, June 6,
2020. Tickets may
be obtained by con-
tacting Morris Mott
at 204-726-5167 or
mott@brandonu.ca, Jack
Hrehirchuk at 204-
638-6923/204-648-
6395 or jhrehirchuk@wgcwave.ca. Joe
Wiwchar at 204-822-
4636 or mmbbhof@mymts.net or on-line
at www.mbhof.ca.
Adult tickets advance
purchase to May 26,
2020 \$75 - May 27 to
June 2, 2020 - \$85.
Children 6-12 years
old \$20, under 6 free
of charge.

JEWELRY REPAIR

Jewelry Arts Studio,
365 - A Eveline St.
Selkirk, call or text
204-345-9451. Jew-
elry/watch repairs,
goldsmith on site.
Necklace/chain repair
\$14.97 +, stone set-
ting and ring sizing
\$40 +, watch repairs
and watch batteries
\$12. Pearl restringing,
appraisals.

LIVESTOCK

2 year old Black An-
gus bull sale March
20, 2020. Wawota, SK.
306-577-9141. www.gbtangus.com

HEALTH

Are you suffering from
joint or arthritic pain?
If so, you owe it to
yourself to try elk vel-
vet antler capsules.
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to stimulate red blood
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or e-mail stonewoodelkranch@mymts.net

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

Selkirk Record

Call 785-1618 or email lucy@selkirkrecord.ca

Volunteer with the SARAH Program

(Sexual Assault Recovery and Healing)

Training Dates: April 15, 22, 29 - 6:30 pm - 9:30 pm
April 18, 19, 25 & 26 - 9:00 am - 5:00 pm



**SURVIVOR'S
HOPE
CRISIS
CENTRE**

Contact Stephanie for details
stephanie@survivors-hope.ca
204-753-5353
www.survivors-hope.ca



ANNUAL GENERAL MEETING

All are
welcome
to attend

**6:30 pm, Wednesday,
March 25, 2020**

**Gaynor Family Regional Library Theatre
806 Manitoba Avenue, Selkirk Manitoba**

Guest speaker Jeannie Red Eagle will discuss the art and artists
involved in the Selkirk Mural Program.

Plus! Mini Member Trade Showcase

Annual Reporting - Election of Directors - Future Plans

Those interested in standing for election to the Board may send
details to: info@redrivernorthtourism.com by March 16th.

www.redrivernorthtourism.com

Red River North Tourism is an all-volunteer, not-for-profit organization that
develops, promotes, and coordinates activities to maximize regional tourism
on behalf of the Municipalities of St Andrews, St Clements and Selkirk.



WE ARE NO LONGER LOCATED ON MAIN ST. IN SELKIRK

Please Call or Text

204-482-5492

Fax 204-757-7920

E-mail: front@mymts.net

PO Box 392 Stn Main
Selkirk, MB, R1A 2B3

Barb Linklater

Stig Rensfelt F.R.I. C.M.R. C.R.A.

Public Notice - Rural Municipality of St. Clements Landfill and Transfer Station Summer Hours Effective Wednesday, April 1 - May 9, 2020

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Libau Landfill	Closed	Closed	9:00 am-5:00 pm	9:00 am-5:00 pm	9:00 am-5:00 pm	9:00 am-5:00 pm	9:00 am-5:00 pm
Dunning	9:00 am-5:00 pm	11:00 am-7:00 pm	Closed	Closed	11:00 am-7:00 pm	11:00 am-7:00 pm	9:00 am-5:00 pm
Clarke	9:00 am-5:00 pm	11:00 am-7:00 pm	Closed	Closed	11:00 am-7:00 pm	11:00 am-7:00 pm	9:00 am-5:00 pm
Grand Marais	9:00 am-5:00 pm	Closed	Closed	Closed	Closed	11:00 am-5:00 pm	Closed
Gull Lake	Closed	11:00 am-5:00 pm	Closed	Closed	Closed	Closed	9:00 am-5:00 pm

Please Note: Gull Lake and Grand Marais Transfer Stations will not change to Summer Hours until
Sunday, May 10, 2020 with the following hours:

Grand Marais	10:00 am-6:00 pm	10:00 am-6:00 pm	Closed	Closed	10:00 am-6:00 pm	10:00 am-6:00 pm	10:00 am-6:00 pm
Gull Lake	10:00 am-6:00 pm	10:00 am-6:00 pm	Closed	Closed	10:00 am-6:00 pm	10:00 am-6:00 pm	10:00 am-6:00 pm

For questions regarding waste disposal or recycling
please contact the Landfill Office at 766-2388
or toll free at 1-866-205-8914.



Classifieds Announcements

The Selkirk Record

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Join us April 15-16, 2020
as we travel to Thompson
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You'll visit Vale, UCN,
Wuskwatim Generating
Station, and more, while
networking with business &
community leaders. Space is
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Registration:
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12 Patterson Dr., Stonewall, MB

Estate & Moving Auctions

Sat March 14th @ 10 AM
Sat March 21st @ 10 AM

Yard * Recreation * Tools * Misc
*Antiques * Furniture * Household

Spring Gun Auction

Sat March 28th @ 9:30 AM

Vintage Service Station & Coca Cola Sign Sale

Sun April 5th @ 10 AM

Consignments Welcome!

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(includes 45 lines of
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province and run in
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community
newspapers
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means of getting
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the widest possible
audience

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classified@mcna.com

www.mcna.com

ANNOUNCEMENT

CARD OF THANKS

As many of our neighbors know, we had a garage fire at our home on Wavey Creek Road in Clandeboye. We want to give recognition to those who went above and beyond to help us over the past two months. First of all, we thank Mother Nature who came through in spades with a moderate northwest wind which blew all smoke and flames directly away from our house preventing further damage. More less in order of appearance:

15 January 2020: Colleen and Chris spotted the flames from out on Highway 8 and took a detour to alert us and turn in the alarm to 911. Their car became a warm, comforting haven for Cathy. Bruce ran up to our window to notify us of the fire. Clandeboye Volunteer Fire Department had a team on the scene and water applied within 20 minutes with Calvin as acting chief. Our children called and came out to console and support us.

RM of St. Andrews assisted with heavy equipment needed to open the area up for full extinguishment. JC came early evening to assist with cleanup of the slippery driveway and a bit of clearing of debris. Manitoba Public Insurance initiated a claim and date for appointment with adjuster, Theresa.

Our JM Johnson Insurance adviser Janice put us in touch with Wawanesa Insurance to start that claim. Shawn and Kevin from Steeltown Ford called to say they would work out plans for a vehicle for us.

16 January: Early in the morning Steeltown Ford delivered vehicle for temporary use. Kristin at Wawanesa sent out Marty from Priority Restoration for damage assessment.

17 January: Wawanesa sent out Ken from Priority Restoration for fire details. Olympic Builders were contacted and Rob W agreed to rebuild the same garage they did for us in 2002.

19 January Terry's Towing came to tow away our 8 month old Ford Escape from the rubble. The following week Wawanesa provided Jamie from Priority Restoration to be our inventory specialist and we met with Theresa, our MPI Autopac Adjuster, at the Selkirk offices.

We started the permitting process to rebuild the garage assisted at RRPB by Ryan, Krystal and Ingrid. Evan at Manitoba Infrastructure prepared permit for Lower Red River Designated Flood Area.

Lastly, a very special thank you to MPI's Wayne Giesbrecht who was willing to retrieve my birding binoculars from the console of the heavily burned vehicle after it was towed to the MPI graveyard! As of March 4th all permits were in place in record time and Olympic crew onsite: let the build begin!

From the bottom of our hearts we thank everyone involved for all that you did for us and as Maurice Sendak would say, "Let the Wild Rumpus Start!"

How thankful we are to live in a community of such fine, helpful people; we are especially grateful for our Volunteer Clandeboye Fire Department. -Cathy and Buster Welch

Book Your Record Classified Ad Today -
Call 785-1618 or Email lucy@selkirkrecord.ca



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Kreutzer.ca
Real Estate Services Inc.

325 Manitoba Ave. 204 **482.7355**
Selkirk



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Judy MOYER



Judy MOYER



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Announcements

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Selkirk Record

ANNOUNCEMENT

BIRTH ANNOUNCEMENT



We are excited to announce the arrival of **Miles Oliver Surowich**. Born on January 5, 2020 weighing 7lb 12.5 oz. Proud parents are Lindsay and Mark Surowich. Big sisters welcoming Miles are Everly and Jillian. Extremely thrilled grandparents are Joyce and Stan Surowich and Jaye and Claude Beaudry.

ANNOUNCEMENT

BIRTHDAY



Gail Jones-Orvis
Happy 80th Birthday
Friends are invited to join Gail and Frank for an afternoon Come and Go Tea on Saturday, March 14th in their home at 411 Clandeboye Ave.
-Love from both your Jones and Orvis family

ANNOUNCEMENT

IN MEMORIAM



Don Pearson
March 14, 2013
-In loving memory,
Brenda

OBITUARY

Romeo Lucien Therrien

On Monday, March 9, 2020 at his residence in Selkirk, MB, Romeo Therrien, aged 94 years, beloved husband of Anita passed away. Full obituary to follow in next week's Record. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com.



Gilbart Funeral Home, Selkirk
in care of arrangements.

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

Selkirk Record

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ANNOUNCEMENT

BIRTHDAY



Terry McConnell
March 17, 1930
Happy St. Paddy's Day and
Happy 90th Birthday Dad
To a true Irishman
-Love your family xoxo

ANNOUNCEMENT

IN MEMORIAM



William Gamble
December 18, 1969 – March 15, 2005
You are missed each and every day,
For you were someone special
Who meant more than words can say.
-Mom, Dad, Tracey, Bryan, Holly and Clair

OBITUARY

Teresa Fudali (Zysk)

It is with heavy hearts and sadness that we announce the passing of our mother, Teresa, at the age of 75, on March 6, 2020 at Selkirk Regional Health Centre, with her family by her side.

Mom is survived by her children, Donna (Garth), Barb (Darrell), Ted (Cheryl) as well as grandchildren - Nicole (Andrew), Ryan (Kandace), Breanna, Josh, Evan, and Brooke. Also mourning her passing are her siblings, Stan (Ella), Mary (Dave), and Kaz (Sharon), as well as nieces and nephew.

The family would like to thank the Emergency, Cancer Care and Surgical staff of SRHC for their compassionate care.

Rosary will be said at 9:30 a.m., Friday, March 13 with Mass of Christian Burial following at 10:00 a.m., at Holy Ghost Roman Catholic Church, 341 Selkirk Avenue, Winnipeg, MB. Interment to follow at Holy Ghost Cemetery.

This obituary can also be viewed at www.cropo.com



in care of
arrangements

OBITUARY

Kay Sobkowich (Kopys)

February 13, 1922 – January 13, 2020

With great sadness we announce the passing of our mother, grandmother, great-grandmother and friend on January 13, 2020 at the PCH in Fisher Branch at the age of 97.

Mom was born and raised in Fisher Branch and lived her entire life there working hard on the farm.

Mom married Dad (Stanley) on October 30, 1938 and they had 54 years of married life together. Devotion to her family of four children, 10 grandchildren and 20 great-grandchildren was her main focus throughout her life.

Funeral was held on January 18, 2020 with interment at the Ukrainian Catholic Cemetery in Fisher Branch.

We will all miss you.

Vichnaya Pamyat, Mom

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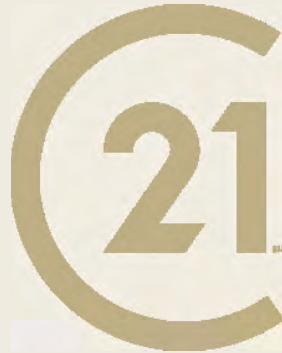


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