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THURSDAY, APRIL 30, 2020

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RECORD PHOTO BY BRETT MITCHELL

Kailyn and Aliyah Sutherland from St. Andrews coloured every square inch of their "THANK YOU TO OUR FRONTLINE HEROS" poster which appeared in the April 23rd Selkirk Record. Interlake Cremation & Memorial Services sponsored this initiative to get the word out as to how much families appreciate frontline workers in these difficult times. More posters will be published in upcoming editions, so let us at the Record know when we can come take pictures by calling 204.785.1618 or emailing at news@selkirkrecord.ca

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Brokenhead's election prioritizes safety

Chief Deborah Smith is re-elected as well as four new councillors

By Katelyn Boulanger

Brokenhead First Nation's April 18 election saw Deborah Smith elected as chief along with councillors Christopher Kent, Allen Hocaluk, Kevin Thomas, and Wendell Sinclair Jr. in an election that took into account safety as well as added transparency to the election process in the community.

"I think a lot of eyes were on Brokenhead because this was the first First Nations in Manitoba who chose to have an election during a pandemic but also after the [federal government] announced the changes to the election rules. I know that two other first nations after us decided to proceed with their elections," said Smith.

This will be Smith's second term as chief and saw her win the election with 230 votes.

"First of all, I felt relieved and second of all I felt really humbled by the support that I was shown. I didn't expect to get the number of votes that I got," said Smith.

Thomas took home 155 votes.

"I'm truly humbled to be elected back as a council member in my community. I served a term two years ago and as far as I see two years is not enough to accomplish all of the stuff that gets worked on here. As I see now it's still being worked on but I'm happy to be here and I think we have a good council to work with," said Thomas.

Kent received 259 votes from the community.

"I feel very humbled to be elected to council. It was a big choice for me as I came over from managing our water treatment plant here in Brokenhead. I worked there for 23 years and 21 consecutive years working there and I look forward to working with the chief and council here," said Kent.

Hocaluk received 215 votes and previously was a manager of Wavers, the well-known gas and convenience store in Brokenhead.

"I would like to say that I'm truly excited to be part of the team. I've been part of the council here for four terms so eight years so I've had some past experience working here. I'm excited to work with this new group who all got elected," said Hocaluk.

Sinclair obtained 152 votes securing him his position on the council.

"I'm also honoured and humbled and also excited to be a part of our team here of chief and council. I think

that we had a lot of knowledge that will be beneficial to our community. I was also on chief and council on 2014 and 2016 and I'm excited to be back and think we have a lot of things that we can accomplish," said Sinclair.

Added security measures were implemented to mitigate the risk of COVID-19 to the community during the election's voting and mail-in ballots were encouraged for members living on and off the reserve prior to the election being held. The added security measures included vehicles entering Brokenhead being screened, extra security staff will be on-site to ensure social distancing was enforced, and each voter was provided with a kit with protective equipment.

"It was a difficult decision [to continue with the election] given that we are in a world pandemic and we were reassured by our electoral officer that all safety measures were going to be put into place. What actually happened on the day of voting was that each voter was provided with personal protective equipment such as facemasks, they were given hand sanitizer and in their package, each person was given their own pen for the vote. There was a Plexiglas barrier between the electoral officer and the public. There were social distancing strategies put in place and there was a limited number of people allowed in at a time," said Smith.

All of this was done in person after the previous council had declared a state of emergency prohibiting travel to, from or within areas of the community.

Ultimately Thomas, who voted in-person on the day of the election, said that he felt safe with the measures that were put into place during the election.

"Everything was done as safe as it could be. I was one of the people that chose to vote in-person as well as my wife and adult children. We felt that the safety protocols put into place by our leadership were above and beyond and we really felt safe when we went to vote," said Thomas.

Election numbers were up compared to the previous election and with so many mail-in ballots it was decided that the ballot count should be live-streamed which is the first time that has happened in the community.

"With the live stream and having the video with the audio in our own liv-

ing room we really got a good understanding because you could hear the electoral officer explaining how a ballot was spoiled and why it was spoiled and it gave me a lot of confidence in this process," said Kent.

Council is currently undergoing their orientation and taking time to catch up with the goings-on of the previous council.

"I think it's more than likely that we're going to keep moving forward on our economic development aspirations and creating new jobs through our economic development activities but I think right now with the times it's [about] getting through the current COVID-19 situation," said Smith.



RECORD PHOTO SUBMITTED
Brokenhead First Nation's Chief Deborah Smith was re-elected on April 18.

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RM steps up when it matters most

Public Works department ensures residents and properties are safe

By Michelle Balharry

The residents of Minchull Road in the RM of St. Andrews are no strangers to overland flooding. In 1996 they were faced with the first real flood on their property due to an ice jam on the Red River.

Mary Anne and Leo Sutyla have called Clandeboye home for over forty years.

In previous years, the couple were told by the municipality to buy their own gravel, come pick up their own sandbags and have their friends and family help. After the flooding in 1996, the Sutyla's invested their own money to create a dyke around their property. Things were quiet on the flood scene for many years, that is until late fall of October 2019.

The fall precipitation led to rising water in areas susceptible to overland flooding. After the last major fall storm, the couple lost power for three days, while watching the water come up, but did not want to leave their beloved home. With power restored, the water slowed as the snow came and everything froze for winter.

Fast forward to Easter weekend of this spring. On Good Friday, Deputy Mayor John Preun paid the couple a visit. Mary Anne recalls his exact words, "I see you are flooding. Just remember we are here for you. You phone me if it gets any higher." In that moment, for the first time in 40 years, the Sutyla's felt care and reassurance from the RM, not only for themselves, but for their neighbours as well.

On Easter Sunday, Leo woke up to rapidly rising water around the dyke and called John Preun just before 6 a.m. In less than half an hour, John was there assessing the situation and made a call. Rick Palmer, superintendent of Public Works, showed up and requested help from the Public Works department. The RM plugged the culverts on the dyke and driveway with sandbags. Palmer assured the elderly



RECORD PHOTOS BY RITA KOHINSKI

RM of St. Andrews Assistant Superintendent Ralph Taylor delivers a pump and sandbags to a family on Clandeboye Road on April 12. The family's garage was in danger of overland flooding.

couple that if the situation got any worse, they would get them out. Not only did they have direct contact with public works, Palmer and the crew came back to check on the Sutyla's every couple of hours. After they left on Sunday, Mary Anne looked up at the sky and said, "God, thank you, thank you for a few good people that care and we're not alone."

This was not the only family the RM showed up to help on Easter Sunday. The Record had been working directly with Palmer and Ralph Taylor, assistant superintendent, from Public Works since the ice started jamming on River Road North. Palmer called to let us know of an emergency on Clandeboye Road. A family was in danger of losing their garage due to overland flooding, just a few miles from the Sutyla's. The RM delivered a pump and sandbags on a moments notice to prevent disaster. These are just two of the families that were helped that weekend. The Public Works department, the Clandeboye Fire Department, along with Emergency Coordinator Kevin Gamble, worked tirelessly for over a week to ensure the situation was under control and homes stayed safe.

On April 15, the floodwaters had



The RM of St. Andrews Public Works block off a culvert at a home on Minchull Road in Clandeboye on April 12.

dropped 15 inches overnight and the danger had passed. During an uncertain time, the RM stepped up to help when it mattered most.

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Inclusion Selkirk receives protection for employees

Community members come together to donate gowns and ear savers

By Katelyn Boulanger

Members of our community banded together when Inclusion Selkirk put the word out that they were in need of gowns and ear savers to meet provincial requirements for their staff during the Covid-19 pandemic.

"Staff protocols change with the pandemic and every day can be a new day and so PPE is on the minds of all organizations I think. We required mask-wearing and isolation gowns in case one of our individuals were to become sick. This is getting prepared," said Merilee Mollard, Inclusion Selkirk's Fund Developer.

Residents answered the call for help with Barb Cieszynski crocheting 55 ear savers and Marlene Maryniuk donating 50 with help from Joy Sul who made the journey to Maryniuk's home, following social distancing protocols, to make sure that she had all of the buttons she needed for the job.

"When staff were told that they

need to wear masks now for their entire shift, one of the things that happen when you wear a face mask is that your ears start to get rubbed raw. What I discovered was that some people start to use ear savers. They're about 4 centimetres long and they're crocheted or their elastic bands with buttons sewed at the end of each and all it does is it distances the elastic of your ears," said Mollard.

Inclusion Selkirk has had to adapt to new regulations due to Covid-19 in many ways and has received help from the community in doing so with previous donations of medical masks and sanitizing spray.

"This is to ensure that we are protecting the people that we support and the staff in the home against transmission between each other. Because we know that some of the population that we work with may be more susceptible than others. They may have underlying health conditions, putting up that protection now versus waiting [is something we need to consider]," said Maria Freeman, executive director of Inclusion Selkirk.

Janet and Miles Dornian have also pitched in sewing a total of 34 medical gowns.

"[Mollard] said that they were looking to secure gowns and I used to sew and we ended up having two sewing machines there so it just seemed like something to do to help out," said Janet Dornian.

She is more well known in the community for her metalwork which she sells at Inclusion Selkirk's Wish Me boutique.

"It was really tricky because finding fabric was hard. The fabric stores are closed to walk-in people. We went to one day and we found that there was a phone number on the door. We phoned the first company and they wouldn't even take an order for three days because they were so backed up and then we went to another company and they were able to take our order,



RECORD PHOTOS SUBMITTED

The community came together to help Inclusion Selkirk meet the needs of those they support when masks and gowns became recommended in preparation for COVID-19. Above: Ear savers keep medical mask wearers from rubbing do to mask usage.

you can't go inside, but they were able to take our order and we were able to go to Winnipeg and pick up the order later that day," said Janet Dornian.

She and her husband were then able to get to work putting together some sample gowns from a free pattern that they found on the Internet.

"The design that we got online was created on a 65-inch piece of material and the stuff that we had to buy was 45 inches so we made a few changes and then after we made a couple we made a few more changes to make it a little

bit more comfortable. We enlarged the sleeves a little bit," said Miles Dornian.

"It's a lot of sitting still but it helps a little bit for the whole cause," said Janet Dornian.

Anyone wishing to help out with

donations of PPE to Inclusion Selkirk can contact Merilee Mollard at 204-803-0873 or the Inclusion Selkirk office at 204-482-5435.

"One of the highlights of living in Selkirk is that the community just seems to come together when you need something. Whether it's for a community event, whether it's for a non-profit charity, whether it's for the community at large we seem to have a community that just comes together," said Freeman.



Miles Dornian modeling one of the gowns his wife Janet Dornian made for Inclusion Selkirk.

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The Selkirk Record

City seeks community feedback

Watch for survey in *The Selkirk Record's* May 7 edition

By **Ligia Braidotti**

The City of Selkirk wants to hear the residents' opinion on what types of recreation activities they want to have available to them.

In the May 7 edition of *The Selkirk Record*, readers will find a survey the city is conducting to facilitate the community's feedback and get public information on the new multi-use facility the city will be building in the upcoming years.

The new facility will replace the Selkirk Arena, dubbed The Barn, and the Memorial Hall, which will retire after more than 70 years of service.

Riley Aisman, the communications co-ordinator with the City of Selkirk, said since they cannot hold a public open house at the library, as originally scheduled, they are still encouraging community feedback by other means.

"We plan to build this new multi-purpose facility on the land where The Barn and the Memorial Hall are and we want to know from the community what they would like to see in there," he said. "We can kind of sit here and say 'Oh, Selkirk wants this, and Selkirk wants that,' but it's better to get community feedback."

"We want people to be proud in the community and what goes into the community, and we're trying to make smart decisions here based on our community feedback, so if there's a way that would make it easier for them to fill it out, by all means, let us know because this isn't just a one-time thing — this is going to be something we're going to be doing over the next couple of months."

Aside from the surveys, Aisman said the city is planning on doing pop up events to show and explain the initial project, and gather more public information by talking to residents in person. This will happen, of course, when things get back to normal.

"With social distancing standards, we kind of had to change how we're going to do this. We still really want community feedback and this (placing the survey in the paper) is one way we're going to be doing it," he ex-



RECORD PHOTO SUBMITTED

The Selkirk Arena and Memorial Hall will be torn down to make space for a better and bigger multi-purpose facility.

plained, adding there will also be an online survey available and social media campaign encouraging residents to share their thoughts.

"In the end, it's the citizens that are going to be using it, right. So we want the most amount of things in that facility that the most amount of people are going to be using."

By having the survey available in *The Selkirk Record's* next edition, the City of Selkirk will be reaching those who are not on social media and don't have access to the internet. Aisman also mentioned it is a great way to reach most residents since there's still a big market that reads the paper weekly.

Once the paper survey is filled out, residents are asked to either drop it off at the Civic Centre or mail it to them (mailing information will be available with the survey).

Having public information for such a huge project like this will ensure that most needs in the community are heard and taken into consideration.

"This is something that's going to be right in the heart of Selkirk, and who knows how long this multi-purpose facility is going to be here. So we want to make sure that it has the proper things inside of it so that everyone can use it," Aisman said.

"And there are some things that we don't have that we're looking at, for

instance, an indoor soccer field. That's something that you still have to go into the city (Winnipeg) to use. I'm not saying that that's something that's going to go in there, but if we see a big proportion of people saying that hey maybe we should look at doing an indoor soccer facility, that could be something that we look at."

For 70 years, the Selkirk Arena and Memorial Hall have been a community hub, and Aisman said the city plans to bring that same feeling into the new facility. It will continue to be a place not only for physical activities such as hockey but especially for social interactions — something we are lacking these days due to the current pandemic we are witnessing.

One of the questions in the survey is related to the Selkirk Arena and Memorial Hall's history and people's most cherished memories of it. Aisman explained that even though the old building will be torn down and will be replaced with something bigger and better, they don't want to lose the history.

"This is a place where a lot of people have come together and had a lot of great memories, learned to skate, a lot of socials have happened in that Memorial Hall, a lot of good events that have happened in there, so even though we're replacing it we don't want to lose that history."



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High school business classes during Covid-19

Students overcoming technological challenges to get their education

By Katelyn Boulanger

High school students are learning new skills and embracing new technology along with their teachers in order to continue learning throughout Covid-19 school closures.

"The way that I look at it is that I'm being given this amazing opportunity of still having a job and I love challenging myself and figuring out different ways of connecting with my students. So, I love the challenge of it. It's really shed a big light for me on different things," said Business/Technology teacher and Department Head at Lord Selkirk Regional Comprehensive Secondary School Lisa Michaleski.

She has noticed and is having to overcome differences in her students' ability to connect to the internet and the technology that they have available to use at home.

"The challenges can be truly different for every single student that you talk to depending on where they live that would be the connectivity issues and we're finding even kids just on the other side of the blue bridge having serious connectivity issues. Kids in Clandeboye and the Petersfield area and there's a group just off the 67 who don't have any connectivity. There are those issues and then dealing with the idea that yes a student might have a laptop at home but then that laptop is shared amongst two siblings and now two parents that might be at home," said Michaleski.

She says that teachers have had to adjust their expectations to accommodate students that are learning and having to balance their access to technology.

"The coolest thing is that our division bought into a program it might

even have been two years ago called Office 365. It's been a huge saving grace and I can't even tell how many times I've been so thankful simply because I can create word documents, share that Word document with my students and be working on it with them all at the same time," said Michaleski.

She's currently teaching an accounting class and is also able to send documents to and receive them from students in Excel and PowerPoint where edits can be made and show up later for students to learn from.

Her classes also meet three times a week using Microsoft Teams which is the technology that allows teachers to teach classes and interact with students via live video and live chats.

"I think that's the biggest piece that's missing for us and them is being able to see each other and interact with each other and feed off the energy of each other and learn together. I think that those Teams meetings that we're having are essential for the mental health of all of us," said Michaleski.

Michaleski has also been supporting other teachers teaching them how to use Microsoft Teams through this transition to learning from home.

"I anticipated that we would be moving to a teams platform so I took a couple of courses over spring break and I taught myself how to use the program and then I started creating videos for teachers. I'm one of those people who, like my students, I don't want to read a textbook I just want someone to teach me. So, I created videos for teachers," said Michaleski.

She feels that the way of teaching hasn't changed just how the teaching takes place has changed.

"From what I hear from students, they say that they didn't realize how much they loved school until you took the school part away and even us as teachers we didn't really realize how much school (meant to) our community for everything social," said Michaleski.

Local greenhouses help you go green this spring

Staying at home has sparked some resident's interest in gardening

By Katelyn Boulanger

Greenhouse owners in our region are just about to open their doors but some have already seen an increased interest from residents in gaining a green thumb this season.

"I think that a lot of people will be planting, just based on the inquiries we've had, I think a lot of people are going to be planting vegetables and there's a lot of people that will be setting up gardens that haven't before," said Gary Wilmott, owner of Plants Plus.

Taylor Gyselink, owner of The Flower Child, has also noticed this trend in inquiries posed to her through her business.

"I'm already having an increased demand, especially for the vegetable plants over the flowers, because a lot of people are thinking about trying to grow their own food this year and start a garden," said Gyselink.

Wilmott believes that people are trying to be more self-sufficient this year. Gyselink also said that people may be looking for an activity to do now that they aren't planning to travel this summer as well as making it so that

they don't have to go to the grocery store as much.

"There's a lot of people who are staying at home, who aren't necessarily travelling in the summer, who previously would love to have a garden but they aren't home to care for it so it's definitely playing a huge factor in the demand," said Gyselink.

She also believes that parents are looking for activities which can involve the whole family.

"With schools being out there's a lot of parents that are at home that are looking for different types of activities to teach their children about and different things to spend time on with their children. So, it's very nice to see parents that are looking to start a garden for their children," said Gyselink.

Both businesses have websites with online ordering options in addition to their storefronts which will be enforcing social distancing practice.

"Across the board, we're getting interest, we're getting ornamental interest, we're getting hanging baskets, containers, vegetables, vegetable seeds, many people are ordering bags of soil. It's been really good. People are

really embracing this. People, if they know what they want, they seem to be gravitating to the online ordering and drive-thru pick up," said Wilmott.

Both The Flower Child and Plants Plus want to encourage people to try gardening this season even if they haven't grown anything before.

"For first-time gardeners, I would say, don't necessarily take on too much. Start small and start with growing things that your family is going to eat. So if you find that you're always going to the grocery store and picking up bagged salads trying growing some lettuce and cucumbers and tomatoes at home and making your own. Your first year is always a learning experience," said Gyselink.

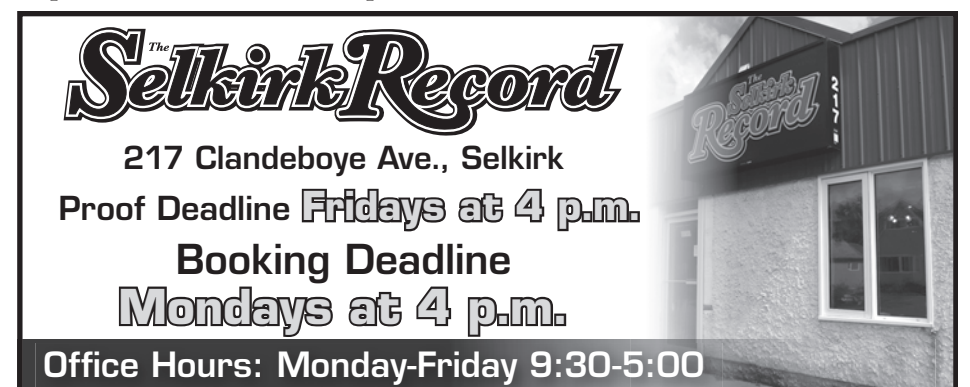
She also advises that gardeners make sure to grow plants that bring them a mental health boost as well as plants that serve a more practical

purpose.

"Not only is gardening important for growing your own food but the mental health benefits to having flowers around, and tending to things, and having that beauty in your yard, something to go out and enjoy is very important," said Gyselink.

More information about Plants Plus located in Petersfield can be found at the website plantsplus.ca. Ordering and information about The Flower Child in Selkirk can be found at theflowerchild.ca.

"There's going to be lots of product available. People are going to be able to get their plants. There's lots of staff here to help. Other than all of the social protocols that we have to adhere to, everything is ticking along rather nicely," said Wilmott.



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Update from LSSD

Adapting to learning from home

By Katelyn Boulanger

With teachers adapting their classrooms and teaching to accommodate learning from home and the challenges that it brings, the school board is helping to accommodate the changes and support teachers in student learning.

"The transformation has been incredible. Education has had to respond on the spot from learning in the classroom to learning at home and it is challenging and I think it is probably the hardest that anyone has had to work in their career is what I've said to the teaching staff, well maybe except for your first year of teaching. You're having to do everything differently and you're also learning at the same time," said LSSD superintendent Michele Polinuk.

Teaching essential curriculum concepts has been a priority but teachers are also having to take into account the effects of having students working from home with parents who may no longer be working, be working from home, or who are still working in essential jobs.

"What I've asked teachers to do in the week before spring break but particularly the weeks after is to spend time connecting with the students on a social-emotional level. Checking in to see how they are doing because that is the most important piece before any [learning] can take place. Even in a classroom, you need to get to the social-emotional learning needs before you can get to the actual learning of concepts," said Polinuk.

The school board, as well as teachers, also had to address the concern that some students have less access to technology than others including access to the internet and computers.

"We diversify in the classroom already now they have to do it this way. Some [students] will have access to technology or it's limited. We are providing devices where possible or where needed to help out, however, the internet is a key piece so some options in some schools are teachers are doing hard copy packages so, actual physical paper. The other option is that they can put things on drives that can actually just go into a computer that you can then look at and not necessarily use the internet for," said Polinuk.

Learning from home does also have some benefits that students will be able to take from this experience.

"What I think is really positive



RECORD PHOTO BY LIGIA BRAIDOTTI
Lord Selkirk School Division Superintendent Michele Polinuk gives an update on how students are keeping up with their learning virtually.

about learning from home is forcing education to really related what they are learning to real life and everyday things that you can find at home," said Polinuk.

Another benefit of this change will be taking the learning that is taking place right now and applying it to future classroom teaching.

"It is future-oriented. When we reopen classrooms — when we're allowed to reopen classrooms, whether it's later in the school year or the beginning of next year education has made significant changes in the last few months and it will continue to go forward in a very positive way," said Polinuk.

She thinks that the whole process so far has been more successful than she'd imagined.

"I think everything that has happened so far despite what we're in so far has been successful. The world has come to a standstill and despite that we have a strong staff working to help our kids and to help our families and just seeing everyone and communities coming together, it's not that it's surprising, but when it happens in front of your eyes. Everyone is stepping up to do the best possible that they can do and it's very heartwarming," said Polinuk.

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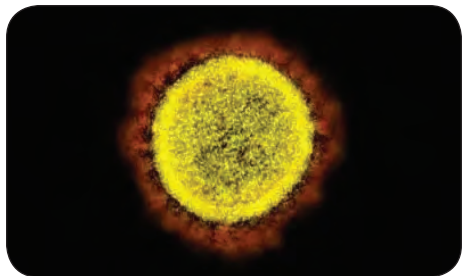


IMAGE BY REUTERS

COVID-19 has infected almost 3 million people worldwide and killed over 207,000 (Data: Johns Hopkins University, April 27).

IERHA, Selkirk physicians provide COVID update

By Patricia Barrett

Ron Van Denakker, CEO of the Interlake-Eastern Regional Health Authority, has been holding conference calls with media once a week to provide updates on the continuing spread of COVID-19 and what measures the RHA is taking to help contain and manage it.

Selkirk-based physicians Dr. Ian Burron, emergency medicine lead and physician coordinator for COVID, and Dr. Ian Alexander, physician at Selkirk Medical Associates and president of the Manitoba College of Family Physicians, joined the call on April 24.

"The 27 beds in Selkirk reserved for COVID patients are located in the old decommissioned hospital, not the "new" hospital (i.e., the Selkirk Regional Health Centre) as reported last week. The 27 beds are "transitional care beds." COVID patients who are "very sick" are housed in the new hospital.

"The old hospital that hasn't been demolished has been retrofitted to the degree that we've been able to have 27 beds, without staffing because we don't need them yet," said Van Denakker. "But when we do need them, we'll staff it."

Dr. Burron said the "new" hospital has one dedicated ward, colloquially called the "COVID ward," to which patients suspected of having COVID and who need hospitalization are admitted.

"The vast majority of patients with COVID don't require admission to the hospital," said Dr. Burron. "We don't admit a patient just because they're positive for COVID. And we don't admit a patient just because they're suspect."

Staff on the COVID ward "are not working anywhere else in the hospital," he said.

Continued on page 10

Home & yard

3 springtime home improvement projects

Are you thinking about updating your home this spring? If so, these three projects are perfectly suited to the season.

1. Upgrade the landscaping. Spring is the perfect time to upgrade flower beds and walkways or even install a pool or hot tub. Your garden will have time to grow in and you'll be able to enjoy your new outdoor space all summer long.

2. Rebuild or refinish the deck. If your deck has seen better days, this is the ideal time to repair or rebuild it.

Consider expanding it to create zones for eating, cooking and relaxing.

3. Replace the siding. If your siding took a beating over the winter, now's the right time to replace it. Choose a quality product and consider using a more modern colour. Cool tones like grey, blue and green have been popular in recent years.

Spring is the best time of year to tackle most outdoor projects. Just be sure to get to them before the hotter weather arrives.

Spring cleaning: are you forgetting to tidy these parts of your home?

To guarantee that this year's spring cleaning is a success, target these often-neglected areas of your home.

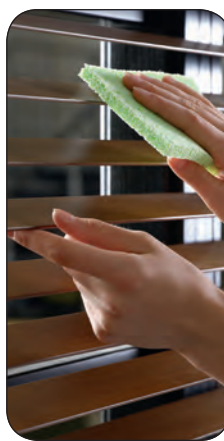
- Refrigerator. Remove everything from the fridge and throw out anything that's past its expiration date. Take out shelves and drawers, scrub them using warm, soapy water and then replace them. Don't use bleach or other strong cleaning products that shouldn't come into contact with food.

- Bedding. Wash your duvets, comforters and pillows in the washing machine using the gentle cycle. Run the rinse cycle twice to be sure all the soap is removed. If your machine isn't big enough to fit a comforter or duvet, or you want to do it all at once, head to a local laundromat.

- Blinds. Dust vinyl, aluminum or wood blinds with a vacuum or a microfibre duster on both sides. If there's a buildup of dirt, wash with a sponge and a solution of water and vinegar. Fabric shades can be vacuumed or brought to the dry cleaner.

- Walls and ceilings. Remove cobwebs caught in the corners using a vacuum and wash the ceiling with an extendable sponge mop and slightly soapy water. Continue by cleaning the walls in the same way and giving the baseboards a good scrub.

Once you're done, make it a point to re-clean these areas every few months. This will ensure your home is tidier throughout the year and minimize the amount of work to be done next spring.



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IERHA patients advised to not put off health needs because COVID

By Patricia Barrett

Family physicians and emergency room doctors in the Interlake-Eastern Regional Health Authority (IERHA) have experienced a significant drop in patient numbers because of COVID-19 fears.

The fear of contracting the virus in a health-care setting has resulted in three serious incidents where people waited too long before seeking help.

"We don't want a situation where people are avoiding serious health problems like chest discomfort, trouble breathing or abdominal pain because of a fear of getting exposed to COVID-19," said Dr. Ian Burron, the IERHA's emergency medicine lead and physician coordinator for COVID, during a conference call last Friday with media. "We're still here to help people."

There were two "late presentations" of heart attacks. Both patients survived and both had expressed reluctance about coming to the Selkirk Regional Health Centre's ER because of a potential for being exposed to COVID, said Dr. Burron. And at another facility he didn't name, a patient presented in the late stages of appendicitis.

The ER is taking steps to try to make things as safe as possible, he said. Patients are screened at the door and those deemed "low" and "high" risk are placed in corresponding zones to try to "mitigate any potential for spread should anybody with COVID show up."

The Selkirk ER did have a health-

care worker test positive for COVID in March, and that person continued to work shifts for three days, but there were no additional cases of the disease as a result.

Dr. Burron said the public has done a "great job" following public health authorities' advice to practise social distancing. That's helped the health-care system avoid what could have been a "nightmare scenario," with sick patients overrunning hospitals. But people shouldn't avoid seeking care when they need it.

"Emergency rooms are open and are safe. When you have an emergency, we want to help you," said Dr. Burron. "If you're not sure about your health concern, reach out to your family physician. If it can be dealt with outside of the emergency room, that's preferred. But if it can't be or if you're unsure, we want people to attend an emergency department to get care."

In addition to ERs, people have also been putting off seeing their primary care provider.

IERHA CEO Ron Van Denakker said volumes are down by 50 per cent. Of the 50 per cent family doctors still see, 90 per cent of the care is being delivered over the phone.

Dr. Ian Alexander, a family physician with Selkirk Medical Associates and president of the Manitoba College of Family Physicians, said doctors are still available for their patients even though they're also assisting in hospitals and other facilities.

"Family physicians are always there for our patients, and our offices re-

main open to provide comprehensive, continuous care to patients that is appropriate for them at this time," said Dr. Alexander, who took part in the media briefing.

The way family medicine is practised has changed "quite dramatically" as a result of COVID, he said, but doctors are still available by phone, virtually and in person should a situation warrant it.

Although he can't speak for everyone, Dr. Alexander said his clinic is taking several steps to ensure patients are as safe as possible from COVID. Those include following recommendations set out by the provincial department of Shared Health and wearing goggles and masks for all interactions with patients attending in person regardless of what the health care need is.

If gowns and gloves are required, they're available in the clinic, he added. Before patients are booked for an appointment, they're screened and clinic staff prepare in advance by wearing the appropriate level of personal protective equipment.

"We are working very hard to avoid seeing patients with influenza-like symptoms that may represent a COVID infection," said Dr. Alexander.

Family doctors, who bill on a fee-for-service basis, and surgeons, who are unable to perform surgery in Selkirk at this time, may be suffering from a drop in earnings like many other Manitobans, said Dr. Alexander.

"We are happy to do our part in this pandemic," he said. "And we recog-



FILE PHOTO BY PATRICIA BARRETT
Family physician Dr. Ian Alexander of Selkirk Medical Associates.

nize that many people in our region and across the province do not have any source of income at this time, including many of our patients. We recognize there is a decrease in physician billing, but I don't feel we are the only people that are suffering."

With no vaccine for COVID as yet, virtual medicine may become a mainstay for family doctors.

"We are hopeful some form of virtual medicine will be covered by the provincial government after the COVID-19 pandemic," said Dr. Alexander, "but we can't tell what that will look like until we get closer to that time."

> COVID UPDATE, FROM PG. 9

-The provincial department of Shared Health recently issued a new set of guidelines for the use of personal protective equipment (PPE) and created colour-coded zones – green (not COVID suspected), orange (COVID suspected) and red (COVID positive) – which determine what types of PPE are required.

Van Denakker said there isn't a need for all staff to be using universal precautions (avoiding contact with patients' bodily fluids by wearing items such as gloves, goggles and face shields to prevent transmission of infection) based on what zone patients fall under.

"It's very clear what types of PPE you require when you're in the orange zone, for example," he said. "[If] we have a positive COVID patient, they would be in the red zone and there's a slight modification to the type of PPE you'd require."

"Meticulous hand-washing" by staff is the primary means of ensuring COVID is not passed between them and patients, he added.

-For the public, Dr. Burron said there's no differ-

ence between washing with antibacterial or ordinary soap. The time spent washing your hands is what counts, and it should be done for at least 20 seconds.

-Ambulance attendants have access to all PPE, including respirator masks, said Van Denakker.

-Dr. Alexander said family physicians have access to PPE, and they're – at least at Selkirk Medical Associates – trying to avoid seeing patients (in person) with influenza-like symptoms.

"We're not necessarily wearing gowns or gloves, in accordance with Shared Health guidelines, because we aren't seeing patients with respiratory symptoms in the office," said Dr. Alexander.

-The province continues to do everything it can to get the PPE supplies it needs, said Van Denakker. The IERHA is educating staff about what PPE to wear and is auditing its use.

"We absolutely need to ensure that not only nurses have PPE, but also health-care aides and maintenance people who are working in orange and red zones," he said.

-Drs. Burron and Alexander said people shouldn't avoid seeing their doctor or attending an ER because they're afraid of catching COVID

(see story this edition).

Van Denakker said the chances of dying from COVID is less than one per cent based on current statistics, but the chances of dying from a heart attack is closer to about 30 per cent.

-COVID symptoms have been expanded to include cough, fever, difficulty breathing, sore throat, runny nose, headache, hoarse voice, fatigue, loss of taste and smell, and nausea, vomiting or diarrhea for more than 24 hours.

-The virus is still circulating in the community, meaning residents of personal care homes are "still very much at risk," said Van Denakker. "We know extended absences are incredibly difficult for families, but we have to continue to enforce it until we're told to loosen that up."

-The community has donated a lot of non-medical-grade PPE to IERHA staff, and it will be used appropriately.

"A shout-out to community members donating PPE," said Van Denakker. "We'll be using the non-medical PPE in appropriate [ways]. The donations are being coordinated through Pamela McCallum, executive director of the Interlake-Eastern Health Foundation."

Interlake Tourism Association holds virtual AGM

By Evan Matthews

Another Interlake organization got creative due to the COVID-19 pandemic.

The Interlake Tourism Association had to host their AGM virtually using Zoom Video Communications last Thursday to abide by the provincially mandated social distancing 6 ft. rule and no more than 10 people at a gathering.

ITA hosted 39 members who hailed from all across the Interlake.

"It's been an absolutely amazing year. Looking back, when I started my tenure as ITA president a little over three years ago, I had no idea that I would be stepping down in the middle of a global pandemic, but here we are," said Heather Hinam, Interlake Tourism Association president, who assured all in attendance she would be staying on as past-president and would continue to work with the ITA executive board.

Hinam is stepping down as president due to term limits as outlined in the ITA's by-laws, with Oak Hammock Marsh's Jacques Bourgeois later being voted in to serve as president.

"The association itself is going through a period of transition. Gail (McDonald), our amazing manager for the last fifteen years, is retiring and has spent the last several months training her replacement," she said.

Hinam was referring to the hiring of Melissa Van Soelen, ITA administrator, as the successor to McDonald, who plans to scale back her role to part-time in June.

Van Soelen stepped into the role of administrator last fall, Hinam said, and has been learning the job.

"I would like to take this moment to thank (Gail McDonald) sincerely for all of the years of hard work, innovation, dedication, and humour she has brought to her role," she said.

In 2020, the ITA has highlighted four goals:

1. Developing a policy and procedures manual, which the organization has already started. The manual is intended to ensure continuity of ITA operations.

2. Developing a succession plan, which involves handing over McDonald's duties to Van Soelen.

3. Clarifying the manager's job description and contract deliverables to incorporate core skills and services, which involves identifying and taking advantage of the differing skillset from McDonald to Van Soelen, while ensuring member's needs are met in regards to marketing, product development and communication.

4. Developing tools to streamline meetings.

ITA industry members elected to the Board of Directors included Jacques Bourgeois (Oak Hammock Marsh

Interpretive Centre), Sheri Crockatt (Rubber Ducky Resort and Campground), Heather Hinam (Second Nature – Adventures in Discovery), Marilyn Williams (Red River North Tourism), and Suzanne Otte (South Interlake ATV Club). The ITA executive board has three spots remaining for industry members, to be recruited in the coming months.

Bourgeois will serve as ITA president, while Colin Bjarnason was elected as 1st vice president and Anna Pazdzierski elected as 2nd vice president.

As ex-officios, the ITA appointed Tammy Dziadek (Community Futures East Interlake), Peter Mandryk (Community Futures North Red), and Lana Cowling-Mason (Community Futures West Interlake).

Ron Rogowsky (Town of Arborg) retained his role as ITA treasurer, Susan Smerchanski (RM of Armstrong) retained her role as ITA secretary.

Kill COVID: myths pile up as we wait for a vaccine

By Patricia Barrett

Here are of some COVID-19 myths that are spreading alongside the highly infectious virus as Manitobans (a) celebrate six weeks since the government declared a state of emergency and (b) look forward to who-knows-how-many-more months of staying home until scientists come up with a vaccine.

Myth: Mosquitoes can infect us with COVID

Mosquitoes are vectors for viral diseases such as West Nile, Zika and yellow fever, but the World Health Organization says there's no information or evidence "to date" that mosquitoes can transmit COVID.

If you venture out during mosquito season, take the same precautions you would normally, including wearing long-sleeved shirts and trousers, spraying insect repellent on the outside of your clothing and avoiding peak mosquito hours and habitats.

Myth: Hot weather will kill COVID

The WHO says you can catch COVID "no matter how sunny or hot the weather is."

Singapore's currently hot (27C). Brazil's right up there (28C). Saudi Arabia's sizzling (39C). They were hot when we were cold and it didn't make a blind bit of difference to COVID.

Here's the data: Singapore = 12,693 infected, 12 dead. Brazil = 57,961 infected, 3,963 dead. Saudi Arabia = 16,299 infected, 136 dead (Source: Johns Hopkins University, April 25).

Scientists have shown the virus has a half life, meaning it decays on surfaces over a period of time, possibly faster

under sunlight. But don't think COVID's a goner on the handles of supermarket trolleys parked in the sun.

Myth: Once you've had COVID, you're immune

There's no scientific evidence to date, says the WHO, that people who've had COVID are protected, via antibodies, from being re-infected with the virus, which has picked off 202,455 people worldwide, including six Manitobans (Data: Johns Hopkins; Manitoba government, April 25).

Some governments have suggested the detection of antibodies "could serve as the basis for an 'immunity passport' or 'risk-free certificate,'" enabling people to travel or return to work.

Not so fast, says the WHO. Some lab tests have shown "very low levels of neutralizing antibodies" in people's blood, according to its April 24 scientific brief. More importantly, no study, thus far, has evaluated how effective those antibodies are in staving off another COVID infection or how long those antibodies last. Complicating the matter further is the unreliability of the lab tests, which may "falsely categorise" people.

Myth: Garlic kills COVID

Garlic won't kill COVID.

"Garlic is a healthy food that may have some antimicrobial properties," states the WHO. "However, there is no evidence from the current outbreak that eating garlic has protected people."

But there's really no better time than now, when we're supposed to be at

home rather than in supermarkets sweeping the shelves clean of yeast, flour and toilet roll, to spice up our meals with garlic. No one will smell it oozing from your pores other than loved ones locked down with you.

It will last for months if you store it on the door of your fridge (don't put it in plastic bags or separate the bulbs from the stalk).

Myth: Injecting, ingesting disinfectants and getting light "inside" the body might kill COVID

The president of the United States – once the most powerful country in the world until its government under Donald Trump set aside six weeks for denial while the viral invader came ashore, marched inland and slaughtered thousands – suggested last Thursday that scientists should look into ways of rinsing human lungs with disinfectants and getting some light into them.

During an unprecedented time of fear and suffering, and at a moment when almost 50,000 Americans had died from COVID with over 866,000 infected, it can only be hoped that the president meant the lungs of deceased COVID victims who had signed away their bodies to medical science, not living human beings.

"And then I see the disinfectant where it knocks it [COVID] out in a minute," said Trump, referencing the Department of Homeland Security's "emerging" research. "One minute. And is there a way we can do something like that by injection inside or almost a cleaning?"

Clorox, which makes bleach, and Reckitt Benckiser, which makes Lysol, issued warnings posthaste on their respective websites: No, don't drink or inject our products. Ever. Under any circumstance. Full stop.

And scientists and university professors made a beeline for social media to implore people not to consume disinfectants because that can lead to death.

On getting light inside the body, particularly the lungs where COVID really makes a mess, Trump said: "So supposing we hit the body with a tremendous ... ultraviolet or just very powerful light ... and I said supposing you brought the light inside the body, which you can do either through the skin or in some other way."

UV burns skin, causes cancer. Or did America's top man mean making deep incisions in the skin and thrusting powerful lights through the gap?

"Supposing" we just do the following instead: (a) Stay home; (b) Maintain a physical distance of two metres (just over six feet) away from other people when in public; (c) Refrain from touching our faces; (d) Wash our hands frequently and thoroughly with soap and water. Antibacterial or plain soap are equally effective as it all comes down to how much time we spend washing our hands (20 seconds is ideal).

Everyone with a "good you-know-what" understands these measures are effective in cutting down transmission until those armed with scientific weapons kill COVID.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Asham-Moroz enjoys excellent rookie season in Estevan

By Brian Bowman

Griffin Asham-Moroz could not find a home in the Manitoba Junior Hockey League.

But he certainly found one in the Saskatchewan Junior Hockey League with the Estevan Bruins.

After playing just one game while being part of three MJHL teams, Asham-Moroz had a fantastic rookie season with Estevan.

He scored 18 goals and had 47 points to finish fourth in team scoring and he led all Bruins' rookies in points.

"I thought it went pretty good for my rookie year," said the West St. Paul product last week. "I put up a decent amount of points and played a pretty big role with the team. We were a pretty young team this year so it kind of gave the younger guys a chance to show themselves off a little bit."

"Yeah, it was a good year for me."

Asham-Moroz was named player of the game at the SJHL Showcase, was chosen for the SJHL/MJHL showcase and later named Rookie of the Year for the Bruins and the entire Viterra Division.

But his Junior "A" career didn't get off smoothly in the MJHL. The Selkirk Steelers held his rights before he was traded to the Winnipeg Blues and then the OCN Blizzard. The one MJHL game he played in was with the Blues against the Steelers.

"The way I looked at those trades was a little different," Asham-Moroz said. "I liked it in Selkirk. They had my rights for a year-and-a-half to two years and they were the first team to have confidence to put me on their list so I thought that was huge of them and I will always have respect for them for that reason."

"The day I got traded, the (Blues') coach called and we talked and I really liked what he had to say. The guy I got traded for was Brad Goethals and he recently came back from the (Western Hockey League) and, as a rookie to see that you got traded for a guy like that, it's pretty huge. I was pretty excited with that trade."

Asham-Moroz really enjoyed his first season in Estevan and has become a bit of a fan favourite. His game-worn jersey fetched \$4,100 at a team auction, which was the highest total in years.

"It's unreal playing in Estevan," he said. "We average about 1,000 fans per game and then during the playoffs we have between 2,000 and 2,500 per game. It's an unreal atmosphere all of the time but in the playoffs it's a whole different beast."

Asham-Moroz's hockey career started with the West St. Paul Stars and then he played "AA" before switching to high school hockey in Grades 10 and 11.



RECORD PHOTO SUBMITTED

West St. Paul's Griffin Asham-Moroz enjoyed a tremendous season with the SJHL's Estevan Bruins, scoring 18 goals and producing 47 points in 55 games. He was later named the Bruins' and the Viterra Division's rookie of the year.

In his senior year, Asham-Moroz played "AAA" with the Winnipeg Thrashers.

Junior "A" hockey is quite a big step up, especially in terms of the physicality of the game.

"Definitely the physical style of the

game, that was obviously a big jump," he noted. "There's fighting and you can't just go around the ice saying whatever you want. It's an adjustment and you're playing against bigger and older players, too. It definitely makes a difference."

Zeller, Bodnar selected in WHL Bantam draft

Staff

A pair of local players were selected in the Western Hockey League's Bantam draft last week.

Winnipeg Hawks' left winger Dawson Zeller was selected in the eighth round (158th overall) by the Edmonton Oil Kings.

Zeller, a St. Andrews' product, skated in 36 regular-season games for the Hawks last season, scoring 24 goals and adding 14 assists for 38 points. He also added a goal and two assists in five playoff games.

"Dawson is another skilled, two-way player we were able to add to our group of prospects today," said

Oil Kings' Director of Scouting, Jamie Porter.

"We really liked how his game progressed throughout the season and we believe there's a really high ceiling for him to grow as a player."

West St. Paul goaltender Donovan Bodnar, meanwhile, was picked in the seventh round (141st overall) by the Portland Winterhawks.

Portland acquired their fifth pick from the Victoria Royals in a trade. The 5-foot-9, 161-pound netminder played this past season with the RINK Hockey Academy.

A total of 33 Manitobans were taken in the WHL draft.



PHOTOS SUBMITTED

St. Andrews' left winger Dawson Zeller was chosen in the eighth round (158th overall) by the Edmonton Oil Kings in the WHL draft.

West St. Paul goaltender Donovan Bodnar was selected in the seventh round (141st overall) by the Portland Winterhawks in last week's Western Hockey League Bantam draft.

Steelers pleased with their picks at MJHL Bantam draft

By Brian Bowman

The Selkirk Steelers were building for the future last Sunday.

Selkirk came away very pleased with their selections at the annual Manitoba Junior Hockey League Bantam draft.

"We were really happy with how the draft went for us today," said Steelers' head coach Hudson Friesen. "We ended up getting a lot of players that we had pretty high on our list and we feel like as an organization we made some successful picks to help us in the future."

With their first pick, which was third overall, Selkirk chose Interlake Lightning forward Hayden Wheddon. Wheddon had a tremendous season, scoring 42 goals while producing 74 points.

The Stonewall product also played several games with the U17 Prep Lightning.

"He's a very high level, elite player who can score and he has a high level IQ," Friesen said. "He's a guy that can skate really well and we see him contributing in a big way at our level."

In the second round, Selkirk selected the brother duo of Aidan and Nolan Anderson.

Nolan scored 23 goals and had 39 points while Aidan tallied 19 times and had a whopping 51 assists.

Both forwards played last season with the Winnipeg Warriors.

"The Anderson brothers are both very skilled players and they have the ability to score," Friesen said. "But they also have the ability to impact a game physically as well. They both play with an edge and they're hard to play against. They compete hard and they both have shown that they can produce, especially in the playoffs and the finals. They were two of the best players on the ice every night."

With their third-round pick, Selkirk chose Warriors' defenceman Ethan Alsip. Alsip had 15 goals and 43 points this past season.

"Ethan is a very good defenceman, mobile and he's going to be a big kid by the looks of things," Friesen said. "We like the skill-set he brings offensively and defensively. He's a well-rounded player and we feel he has a

very good opportunity to be a college prospect in the future as well as these other picks."

The Steelers were thinking defence in the fourth round, picking Parker Lee. The Warriors' defenceman had 17 assists this past season.

"We felt Parker flew under the radar and when we saw him play he always showed well," Friesen said. "He's a guy that defends extremely well and takes care of his own end. His defending in one-on-one play is really good. We're not always looking for offence from the back end. It's good to have guys that we know we can trust to lock it down back there."

Selkirk had two picks in the fifth round, taking Eastman Selects' forward Braden Berube and Lightning forward Rylan Slatcher.

Berube scored seven goals and had seven assists while Slatcher tallied 16 times and collected 44 points.

"We're really excited to have Berube. He's a guy that doesn't have a ton of production but he plays the game physically," Friesen said. "He's gritty and he can score and he can impact

a game with his physicality. He was a big part of the Eastman team and the success they had."

Slatcher is a very good player, too. "He was a linemate with Hayden for at least the few games that I saw," Friesen noted. "He's another offensive player that can really bring it. He's a 200-foot player and his play in the (defensive) zone is very good. He takes care of both ends and plays the right way. He's a guy that we feel fits into our organization very well."

The Steelers did not have a pick in the six, seventh, and eighth rounds. Friesen wanted to really thank head scout Tim Schick for the job he did preparing for the draft.

"He did a great job making sure that we were prepared and making sure we had background information on all of the players," Friesen said. "He sure did his work this season watching hundreds of games and it definitely showed in the product and the players we were able to draft."



Clegg named Wesmen Male Athlete of the Year

Staff

Mikael Clegg was named the 2019-20 University of Winnipeg Wesmen Athletics male athlete of the year.

Clegg, a star setter with the Wesmen men's volleyball team, was announced as the top male athlete in the department in video presentations released last Friday afternoon.

Due to social-distancing measures brought about by COVID-19, Wesmen Athletics was forced to cancel its

annual awards banquet scheduled for March and instead unveiled all the award winners in videos on its Twitter, Facebook, Instagram and YouTube feeds.

Clegg, a fifth-year player from St. Andrews, led an offence that resulted in two of his teammates earning season-ending all-star awards. Daniel Thiessen was named first-team all-Canada West and second-team all-Canadian and Liam Kristjanson was

selected to the all-conference rookie team.

This season, Clegg posted the second-highest total of assists in Wesmen Canada West history and finished his career in the top 10 in Canada West history for assists.

He appeared in all 22 conference matches, running his career consecutive conference matches played to 92.

Clegg was also named his team's most valuable player.

RECORD PHOTO BY DAVID LARKINS/WESMEN ATHLETICS

Mikael Clegg was named the University of Winnipeg Wesmen's Male Athlete of the Year last Friday.

Sport Manitoba postpones Manitoba Games to 2021

Submitted by Sport Manitoba

To keep Manitobans safe and reduce the spread of COVID-19, Sport Manitoba and the Dauphin Host Society announced Monday that the Manitoba Games powered by Manitoba Hydro that were set to take place from Aug. 9-15, 2020 have been postponed.

The Games will now take place in Dauphin from July 11-17, 2021.

Sport Manitoba and the Dauphin Host Society worked with the City of Dauphin and the Provincial Sport

Organizations to reach the collective decision to postpone the event, and will work with all Games partners in the coming months to continue to prepare and plan for the new date.

"This was a difficult decision to make as we know thousands of Manitobans are affected, including athletes, coaches, officials, volunteers, sponsors and people across the province who planned on attending and being a part of the Games," said Jeff Hnatiuk, President & CEO, Sport Manitoba.

"However, the conclusion to postpone was necessary as public health and safety is ultimately our top priority, and we have to do everything we can to keep our communities safe during this health crisis. We want to sincerely thank everyone for their patience and understanding throughout this whole process and we are looking forward to coming together with our sporting community in Dauphin in 2021."

The Manitoba Games powered by Manitoba Hydro are staged every two

years and alternate between summer and winter sporting events. It is the largest ongoing multi-sport event in the province. The Games involve upwards of 3,000 athletes, coaches, officials and volunteers, and represent an opportunity for young athletes to compete and prepare to reach national and international sporting stages. The sports showcased at the 2021 Manitoba Games include athletics, baseball, basketball, cycling, golf, rugby, sailing, soccer, softball, swimming, triathlon and volleyball.

Baseball Manitoba suspends all sanctioned activities until May 30

Staff

Due to the current situation regarding COVID-19, Baseball Manitoba announced it has suspended all sanctioned activities until May 30.

The announcement was made on Baseball Manitoba's website on April 20.

This means that the season will not begin in May as it usually does. By mid-May, Baseball Manitoba will have new information and be able to update their membership before May 30.

"Manitoba health guidelines and the status of public parks are the major

factors affecting a baseball season," read a statement. "Baseball Manitoba will continue to monitor these factors with local baseball personnel across the province. At this time, we remain hopeful that baseball will be played this summer."

With a possible delayed start to the season, Baseball Manitoba and the championship hosts also remain hopeful that provincial championships will take place.

"This may mean that events are moved from July to August and happen one month later than usual," read the statement. "Baseball Manitoba

may decide, depending on the start date of the season, to cancel provincial championships in support of a longer playing season for all teams."

Last Thursday, Baseball Canada announced that it has cancelled all 2020 national championships due to the COVID-19 pandemic.

The decision affects 11 national tournaments, including the Women's Invitational, Aug. 20-23, in Stonewall.

Baseball Canada said in a release that the health and safety of organizers, athletes and fans was the priority in arriving at the decision.

"After extensive discussions and

careful consideration among our executive committee and board of directors, we arrived at the decision to cancel all of our 2020 national championships," Baseball Canada president Jason Dickson said in a statement. "Although this decision will be disappointing to many across the Canadian baseball community, we felt it was the best decision to make given that the health and welfare of our members is paramount in these uncertain times."

Baseball Canada said individual provincial members will decide the course of their seasons and associated provincial tournaments on their own.

get inspired

> MEAL IDEAS



Sweet Potato Walnut Falafel Bowls

- Falafel:
- 1 raw sweet potato (12 ounces), peeled and cut into chunks
 - 1 cup cooked quinoa
 - 1/2 cup California walnuts
 - 1 teaspoon sea salt
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon garlic powder
 - 1/2 cup flour
 - 1 egg
 - vegetable oil
- Tahini Dressing:
- 1/4 cup tahini
 - 3 tablespoons lemon juice
 - 2 tablespoons water
 - 1 tablespoon pure maple syrup
 - 1/4 teaspoon ground cumin
 - 1/4 teaspoon garlic powder
 - sea salt, to taste
- Bowls:
- 4 cups loosely packed curly kale, coarsely chopped
 - 2 cups cooked quinoa
 - 1 cup julienned carrots
 - 1 avocado, sliced
 - toasted, sliced California walnuts, for

garnish (optional)
 minced red onion, for garnish (optional)

To make falafel: In food processor, pulse sweet potato until finely minced. Add quinoa, walnuts, ground cumin, onion powder and garlic powder; pulse until all pieces are uniform in size. Add flour and egg; pulse until well mixed, scraping down sides as needed. Using wet hands, shape mixture into 16 equal balls.

In deep skillet or pot, heat oil. Cooking in batches, fry falafel balls 2-3 minutes on each side, or until golden brown and cooked through. Let drain on paper towel-lined tray.

To make tahini dressing: In small bowl, whisk tahini, lemon juice, water, maple syrup, ground cumin, garlic powder and salt.

To prepare bowls: Place equal amounts kale, quinoa, carrots and avocado in four large salad bowls. Place four falafel balls in each bowl and drizzle with dressing. Garnish with toasted walnuts and minced red onion, if desired.



Bunny Oatmeal

Recipe courtesy of Tiffany Edwards of Creme de la Crumb on behalf of Milk Life

- Servings: 1
- 1/3 cup instant oats
 - 3/4 cup fat-free milk
 - 1/4 teaspoon cinnamon
 - 1/4 teaspoon vanilla
 - 1 teaspoon brown sugar
 - 2/3 small banana
 - 2 fresh blueberries
 - 1/2 small strawberry
 - chocolate syrup (optional)

- 1 glass milk (8 ounces)
- In microwave-safe bowl, stir oats, milk, cinnamon, vanilla and brown sugar. Microwave on high 30-60 seconds and stir.
- Cut banana in half crosswise. Cut 1 1/8-inch thick coin slice from flat ends of each banana half. Place two banana slices in upper third of oatmeal bowl, side by side, to make eyes. Top each banana slice with one blueberry. Place remaining banana halves at top of bowl, hanging out, to create ears. Place strawberry in middle of bowl to make nose then drizzle chocolate, if desired, to make mouth and whiskers. Serve with 8-ounce glass of real milk for added nutrition.

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Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake 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.

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CAMPERS-TRAILERS

2006 Forest River, 28 ft., bunk beds, new flooring & tires. Very nice shape. Dry weight 6,200 lbs. Priced at \$8,500. Call 204-485-0143 for more info.

2006 Trail Sport Featherlite by R-Vision 25 ft travel trailer. 3,152 kg. dry wt. Sleeps 6 VGC. Call 204-268-4887 for more info.

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.

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HELP WANTED

Part-time cook for Congregate meal program at the Selkirk Lion's Centre required immediately. Mornings 5.4 hours/day, Mon-Fri. Previous experience and Food Handlers Certificate required. Email resume to: slionscenter@gmail.com

\$16 an hour, no experience needed except cooking skills a must. Homecare like duties, cooking, cleaning, hygiene. 2 or 3 days a week. Call Norm 204-406-5667.

MISCELLANEOUS

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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.

WANTED

Wanted - used rototiller in good working condition. Also, light-gauge wire fencing. Please call 204-785-2894.

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

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One 2 year old and 5 yearlings left to choose from. Bulls have been semen tested and can be delivered. Also 5 excellent Purebred Replacement Heifers. **Must be seen to be appreciated.** Rawcliffe Grange Stock Farm, Rosser Mb. Call Jim @ 204-461-0884.



R.M. OF ST. ANDREWS

PUBLIC NOTICE

Council Meeting Change - May 2020

Public Notice is hereby given that the May 12, 2020 Council meeting has been rescheduled to **Monday, May 11, 2020 at 5:00 p.m.**

Mayor & Council
R.M. of St. Andrews
www.rmofstandrews.com

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RM OF WEST ST. PAUL PUBLIC NOTICE

REGARDING THE 2020 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of the RM of West St. Paul intends to present its financial plan for the fiscal year 2020 at a public hearing hosted over YouTube live video (<https://www.youtube.com/channel/UCTtBoGC7cQ8TFs21OIZTXkQ>) on **Thursday, May 7, 2020 at 6:00pm.** Council will hear any interested person make a representation, ask questions or register an objection by telephone at 204-338-0306 ext. 6 or email at info@weststpaul.com following the presentation of the financial plan.

Copies of the financial plan are available for review and may be examined upon request by any person during the regular office hours of the municipal office at 3550 Main Street, West St. Paul, Manitoba or on the municipal website at www.weststpaul.com

Dated this 30th day of April, 2020.

Crystal Shuhyta, CPA, CGA, B.Comm(Hons)
Director of Finance
RM of West St. Paul

PUBLIC HEARING NOTICE 2020 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Rural Municipality of Alexander intends to present its financial plan for the fiscal year 2020 at a public hearing in the Council Chambers of the R.M. of Alexander on Tuesday, May 12, 2020 at 4:00 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

As a precaution for the COVID-19 pandemic and physical distancing requirements, the public is requested to pre-register for the public hearing by contacting the municipal office at 204-367-6170 or info@rmalexander.com.

A copy of the financial plan will be available for review on the municipal website.

Don Dowle
Chief Administrative Officer
R.M. of Alexander

Classifieds



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

ANNOUNCEMENT

BIRTHDAY



**Our Master of the Universe is turning 65 on May 4th
Happy Birthday
Georgia Campbell**

We miss her laugh, we miss her smile, This physical distancing must go on for a while. No hugs this year or whipped cream cake, Just sending you best wishes for safety sake. When this is over, we'll get together and give'em heck And help you spend your pension cheque!
-Your friends at the Selkirk Record, Tribune and Express

ANNOUNCEMENT

IN MEMORIAM



**Dennis Walker
August 24, 1963 - May 4, 2019**
May the winds of love blow softly,
And whisper so you can hear;
We will always love and miss you,
And wish that you were here.
For all that life has given us, and all that is left to do;
We'll know no other great treasure than the days we shared with you.

-Never forgotten,
Maureen and family

**Don't Forget Your Loved Ones
WITH AN ANNOUNCEMENT IN THE
Selkirk Record
Call 785-1618 or email lucy@selkirkrecord.ca**

OBITUARY

Audrey Johnson

Peacefully, on Friday, April 24, 2020, at Tudor House, Selkirk, MB, Audrey Johnson, formerly of Sanford, MB, aged 101 years, passed away.
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

George Arthur Davidson

Peacefully, surrounded by his family at his residence in Selkirk, MB, on Sunday, April 26, 2020, George Davidson, aged 82 years, beloved husband of Eleanor, passed away.
Full obituary to follow.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Dr. Claude Murphy



On Thursday, April 16, 2020, Dr. Claude Murphy passed away peacefully at the age of 101. While we mourn with all of those touched by the global pandemic, COVID-19, we take comfort that Dad was not a victim of this tragedy and was able to be at home, surrounded with love.

Dad was born October 13, 1918, in Buchanan, Sask. He was one of nine children born to Luke and Clara (Myrfield) Murphy, and he grew up on a mixed farm.

The Second World War took Dad to England, Italy and Holland. When he returned to Canada, he enrolled at University of Manitoba where he met our Mum, Winnifred (Peggy). While attending St. Paul's College, Dad struggled with indecision regarding his career. Luckily, one of the priests who knew him very well said "Claude, do something hard!". He decided on Medicine.

Dad spent a large part of his medical career affiliated with both Misericordia and St. Boniface Hospitals in Winnipeg. He was instrumental in founding the Department of Family Practice and Residency Program at St. Boniface Hospital, and served as President of the Manitoba College of Family Physicians 1967-68. He was a wonderful teacher and was responsible for instructing some of Canada's finest family physicians. An award has been instituted in his name, the Claude H. Murphy Award, which is given to a member of the Manitoba College of Family Physicians who wishes to develop or improve his/her skills as a teacher and preceptor of medical trainees. He was also honoured to be President of the College of Family Physicians of Canada 1972-73.

Dad delivered over 3000 babies during his medical career. One birth stands out – Paul Murphy could have been one of thousands of Thalidomide babies who died at birth or were aborted, but he was lucky that Dad was able to save his life. Paul was in a breech position and Dad, finding himself the only doctor around, picked up a pair of forceps and delivered his son.

Dad remained with the Canadian Armed Forces Reserve Force for many years serving with the Winnipeg Grenadiers and the Royal Canadian Army Service Corps, and attained the rank of Colonel. He earned several medals during his time with the forces, including the Queen Elizabeth II Silver Jubilee Medal, awarded by the Governor-General of Canada to those who have made outstanding and exemplary contributions to their communities or to Canada as a whole. He was also awarded the Order of Military Merit, which was established to recognize members of the Canadian Forces who have demonstrated dedication and devotion beyond the call of duty.

Never one to keep still, Dad also had many hobbies. He was an accomplished woodworker, welder, and auto mechanic. As a young man on the farm, he built a windmill to power a 25-watt light bulb so he could read at night and a crystal radio so he could hear what was going on in the world. He grew up in a musical family - his instrument of choice was the trombone. He brought the love of music to all of us as kids and supported our musical endeavors. He made sure every room in our house in Winnipeg had ample electrical outlets and telephone jacks, as well as ensuring that all the 'lath and plaster' walls were replaced with drywall. He got his pilot's licence and took us for rides in his two-seater Cessna with the call sign 'Papa Foxtrot Victor'. Through this busy life, he spent wonderful times with his family. We took long road trips, often with Grandpa and a few aunts along as well.

Claude was predeceased by his wife Peggy Coyston (2005), and his daughter Kathleen (2015) (Michael Waldram deceased 2006). He is survived by his sisters Florence Shane (Calgary), Della Dewart (Winnipeg) and Irma Johns (Victoria). He is also survived by four children, Maureen, Aileen (Greg Marshall), Robert (Anne Brady), and Paul (Barbara Martin). Claude also left three grandchildren – Sean (Danielle Jeddore), Brady and Brittany, and one great-granddaughter Laura. He also leaves behind many long-time friends and patients in Winnipeg.

The family would like to thank the staff at Interlake Eastern Regional Health Authority for their gentle care over the years, as well as his physician, Dr. Rick Lindenschmidt. Extra special and loving thanks to his daughter Maureen, for spending the last 15 years caring for Dad in his own home.

He was our father and our friend.

A celebration of life will be held once we can all get together.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Scott Micheal Pruden

July 14th, 1982 - April 25th, 2020



Unexpectedly Scott passed away on April 25, 2020, in Winnipeg, MB.

He leaves to mourn his partner Ryan of almost 10 years; parents Troy and Heather; sister Amber (Scott); niece Annika; grandma Pat; many aunts, uncles, cousins and friends.

He was predeceased by grandpa Don; grandpa and grandma Alex and Patricia; and many great-grandparents.

Scott was born in Selkirk and lived there for half his life and the other half was spent living in Winnipeg where he worked in the printing industry for almost 20 years. He lived in the Osbourne area with his partner Ryan and their two cats.

Scott loved techno music, dancing, cooking, acting and dressing up for Halloween. He was very creative and had a specific vision

in mind for his projects.

Scott had a smile that would light up a room and a personality like no other. He will be deeply missed and never forgotten.

Due to the current health conditions regarding covid-19, a celebration of his life will take place at a later date.

In lieu of flowers, the family asks that donations be made in his name to Craig Street Cats.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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Announcements *The Selkirk Record*

OBITUARY



Adrien (Andy) Herie
1951 - 2020

Peacefully with his wife by his side, Andy passed away at Selkirk Hospital on April 17, 2020 at approximately 5:30 a.m. at the age of 68.

Left to cherish his memory are his loving wife Lucy; two step daughters, Norine and Susan; two brothers, Gerry (Monique), Ron; four sisters, Yolande, Gertude (Raymond), Lorraine (Emile) and his twin sister Adrienne (Don); and numerous nieces, nephews, and grandchildren. He will be sadly missed by all who knew him.

There will be no service to take place at this time. Cremation has taken place.

In lieu of flowers donations may be made to the Children's Wish Foundation and to the Siloam Mission.

A special thank you goes out to all of the staff at Selkirk Hospital

for their exceptional care.

Family and friends may sign a book of condolence at www.glenlawn.ca.

Glen Lawn Funeral Home
204-982-7550

OBITUARY



George Alvin Russell Hall

It is with heavy hearts that we announce the sudden passing of George Alvin Russell Hall on Sunday morning, April 19, 2020 at the Selkirk & District General Hospital. George was 61, born June 7, 1958. He is now with his buddy Mister Raskal.

Left to cherish his memory is his daughter Sylvia Pongratz, whom he loved so very much, and Colleen Magnusson, his sweetheart of 16 years, along with his favorite brother Arthur, and George and Colleen's siblings and their spouses. He was predeceased by his parents Alvina and Percy as well as some of his siblings. He was the second youngest of 23.

George was a big part of his family. He's been there through it all, seen it all, and heard it all!

George was blessed with a huge family full of step-grandchildren, nieces, nephews, and their children, and their babies, whom he

loved with his whole heart! Their eyes would light up when Uncle George was around! He always left them laughing!

Even though he hadn't drank for almost forty years, you wouldn't know it!! He was always the life of the party! George had a quick wit and a sarcastic remark when needed. He was very loving, caring, and kind-hearted, and would go out of his way when help was needed. He lived by the truth and a handshake would seal a deal. George worked hard his whole life, and never left a job unfinished. He loved his Winnipeg Jets and his Die-Cast Car Collection along with his love for a good ride under his steering wheel on his way to his favourite fishing spot.

George will be missed dearly.

George had worked many years at Palliser Furniture when he was younger before he moved on to Quantas Flooring where he had worked until his passing.

We extend our heartfelt gratitude to the ambulance staff for their quick response, and to the emergency staff of the Selkirk & District General Hospital for their genuine care and compassion, and to Interlake Cremation and Memorial Services in Selkirk for their sincere kindness in this sad time. They are all truly appreciated.

Due to social distancing, a Celebration of George's Life will be held at a later date.

R.I.P. George... Until We Meet Again. We Love You!

Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY



William Joseph Ray Racicot
December 24, 1938 to April 25, 2020

On April 25, 2020, William (Bill) Joseph Ray Racicot, passed away at the age of 82 years. Bill was predeceased by his wife Sandy, in 1999; by his brother Larry, in 2015; by his sister Ingrid, in 2007; by his mother Linda, in 1995; and by his father Real, in 1985. Bill is survived by his brother, Garry (Zelma); his sons David (Bev) and Daniel (Kendra); by his four grandchildren Dominique (Kevin), Danica, Devin and Dexter; and by two great-grandchildren.

Bill served with the Royal Canadian Air Force from the late 1950s to 1966. It was during Bill's time with the RCAF when he met Sandy, who came to be the love of his life. Ed, a friend from the RCAF, locked Bill in a phone booth with some change and wouldn't let him out until Bill phoned Sandy to ask her out on a date. Around a year later in 1962, Bill and Sandy were married in

Noranda, Quebec.

When going through some of Bill's keepsakes, we were delighted to find letters he had written to his mother and father around 1959. In one letter, Bill described the thrill of flying a jet for the very first time at Mach .80 at 30,000 feet. In another letter Bill described his experiences on a westbound passenger train that crashed, presumably with a freight train. Bill assisted in the evacuation of people and their luggage from the passenger train and assisted emergency personnel in controlling a fire related to 3000 gallons of diesel that became engulfed in flames.

After leaving the Air Force, Bill worked for IBM for 25 years. During Bill's career with the Air Force, with IBM, and with volunteer and part-time jobs he held following his retirement from IBM, Bill made many friends that he stayed in contact with his entire life. Frequent telephone conversations with these friends continued until the last month of his life.

Bill's extensive knowledge of history and of significant political events made him an interesting and engaging conversationalist. Visits with Bill were always about the conversation. The TV was off and his attention was on you, his guest. He was a terrific cook delighting us all with some of his favourite dishes including chicken cordon bleu, wiener schnitzel, rouladen, and chili. Bill always had a record playing in the family room at his house outside Selkirk. He enjoyed all types of music and played albums by Enrico Caruso, Murray Mclauchlan, Fleetwood Mac, and so many others. Bill was a great handyman and David and Daniel owe their extensive fearlessness of attempting to fix anything, to Bill.

One of Bill's most endearing characteristics was his acceptance and open-mindedness of everyone. He went through life seeing the best in everyone and without judgment of others. And, without question, Bill's undying love of his wife, Sandy, served as a wonderful role model to his family.

In keeping with Bill's wishes as well as in keeping with the Province of Manitoba's current State of Emergency and Public Health Order due to COVID-19, no service will be held.

Je me souviens

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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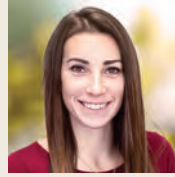
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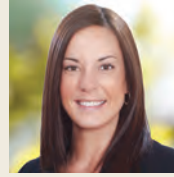


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