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RECORD PHOTO BY BRETT MITCHELL

Ashley, Darek, Trevor and Chloe were out last Saturday enjoying some time in an ice shack on the Red near the East Selkirk steam plant. It was a great day to be out on the ice with many fish to be had. For more ice fishing info see page 4.

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# Selkirk's longest serving paramedic retires

After 37 years on the job, Wayne Kohinski has seen a lot of change in our region

By Katelyn Boulanger

Wayne Kohinski retired after serving 37 years as a paramedic in our community making him the longest serving paramedic in Selkirk. Starting his career on August 28, 1984, he has seen the paramedic service in our community grow from around 800 calls a year to what it is now with over 6,000 calls coming in from people needing help.

"I liked it. I really, really enjoyed what I did. I enjoyed the people and the challenge in doing the job. It was very, not just a physical but a mentally, demanding job," said Kohinski about being a paramedic.

Kohinski, though he ended up enjoying his work, did not originally intend to become a paramedic. He was looking into nursing school, having worked in a mental institution previously, but with family commitments making education difficult, he decided to give the paramedic service a try.

He said that expectations of paramedics in our community were very different back then with technology and medical science advancing a great deal in almost 40 years.

"When I first started, all we did was CPR and put band-aids on. We never had any defibrillators at that time. In fact, I think it was probably almost two years after I started that we got our first defibrillator and it was a fairly big one and we had to take training for it, of course," he said.

He said that the changes that have taken place have been remarkable with technology coming in and out of the ambulances as new options were developed.

"If you had a heart attack, they would send bloodwork away to Brandon and it would usually take a week to get

back to tell you if you had a heart attack. So you would sit in the hospital for 12 to 14 days as a cardiac patient and now we can tell. They do bloodwork right away in hospital and we can tell through the EKGs and we can take them straight to the Cath. Lab. We phone the cardiologist and we send them off a rhythm strip and tell them signs and symptoms and usually take them straight to St. Boniface [Hospital]," said Kohinski.

The past two years have been very intense for paramedics, who despite the pandemic have continued to respond to emergencies, which have included calls to bring COVID-19 patients who are in distress to the hospital.

"[Paramedics] see what could happen to them as well. Not just to them but to their partner, to the staff in the hospitals, and so on, even though we do take precautions," he said.

He says that he's found it very frustrating to hear from some people that don't take COVID-19 and the harm it's causing seriously.

"[If] people could see firsthand what we see, they would change their mind in a big hurry," he said.

His non-COVID related advice to people in our community is to make sure that you call an ambulance when it's appropriate to do so.

"Don't hesitate to call, but there're a lot of unnecessary calls where people think they can get into the hospital faster by calling an ambulance instead of your family doctor. Needless to say, they will still sit and wait [when they get to the hospital]," he said.

Overall, Kohinski says he enjoyed his time as a paramedic.

"I just want to take this opportunity to thank all the healthcare staff,



RECORD PHOTO BY BRETT MITCHELL

Wayne Kohinski retired after 37 years of paramedic service in Selkirk.

firefighters, first responders, and the RCMP that I have worked with in the past. Each and everyone has been a part of this system that makes it possible so we can perform our duties to the public to the best of our ability. I

know you all have made my 37 years of service just a little bit easier to get through and it has been a privilege to work alongside you all," he said.

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# Get on the ice and represent your community

## New ice fishing tournament goes digital

By Katelyn Boulanger

The Interlake February Fishing Frenzy is just around the corner starting on Feb. 1. This new tournament invites Interlake residents to sign up to represent their communities in a month long battle with the fish.

The idea for the tournament came about when Anglers Atlas contacted event hosts Interlake Tourism to see if they would be open to working together to organize a tournament. This tournament has residents use the Anglers Atlas app on their cell phone, to be able to social distance while still competing in a fish derby.

"Basically, we have 13, either rural municipalities, municipalities, towns, cities, or communities that have signed up, all within the Interlake region. What happens is that anglers can sign up underneath their particular team, which will be one of the areas, to represent that area. If they have a close connection with Arborg, they can set it to Arborg, or Teulon, or Winnipeg Beach whichever one thing they like. Then, we have an overall sizing [competition] where all anglers participate, which is basically what the Interlake Tourism Association is responsible for. But we're [also]

requesting that each community raise their own local prizes [that] only the members that sign up underneath that specific region will have the ability to win," said Melissa Van Soelen, Manager of Interlake Tourism Association.

The competition is catch and release and has prize categories for Walleye, Yellow Perch, Northern Pike, Burbot, and Lake Whitefish.

Photos will determine which fish is the longest and there are specific instructions about submitting these photos on the app to ensure fairness.

"Within the app, we're offering best practices. So, the best way to handle the fish, especially in our climate and then [residents will submit] a video or photo of them releasing it. Even if they're not online at the time, whatever information they input into the app, once they get back on Wi-Fi, it'll update everything so nothing will be lost," said Van Soelen.

She feels it's important to continue to have these activities in our community while also keeping residents safe to promote community connections.

"We wanted to just provide an app-based online tournament, just to keep peace of mind for people to remain safe, but then they can still go out and

enjoy the outdoors with their family and friends, or whoever's in their bubble," she said.

Van Soelen said that they have already had some good interest in the tournament, which allows you to register under the communities of Arborg, Bifrost-Riverton, Coldwell, Gimli, Grahamdale, Lockport, Selkirk, St. Andrews, St. Clements, Teulon, West Interlake, Winnipeg Beach and Woodlands for a \$40 fee.

She encourages anyone who wants to sign up to give it a try.

"Regardless of whether you're a novice or experienced angler, it's a month long tournament. So, just signing up to be a part of it is a fun way to spend your February. If you don't have experience, there are multiple fishing outfitters that are all around the Interlake area [who can give you advice]," Van Soelen said.

Residents can sign up through the Anglers Atlas website at <https://www.anglersatlas.com/tournament/533/interlake-february-fishing-frenzy-2022> and more information about the tournament is available at [https://interlaketourism.com/news\\_articles/enter-to-win-in-the-2022-interlake-february-fishing-frenzy-ice-fishing-tournament/](https://interlaketourism.com/news_articles/enter-to-win-in-the-2022-interlake-february-fishing-frenzy-ice-fishing-tournament/).



### Attention Noventis CU Members:

The boards for Noventis Credit Union, Access Credit Union and Sunova Credit Union have signed an amalgamation agreement and are now turning to our members, our staff, and our respective communities for your participation and your support as we proceed towards a member vote on **January 25-27, 2022**



#### MEMBER VOTE

**January 25 - January 27, 2022**

Voting begins at 9:00 AM CST on January 25 and ends during the Special Meeting of Members on January 27. Vote results will be announced prior to adjournment.



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RECORD FILE PHOTO BY KATELYN BOULANGER

The Interlake February Fishing Frenzy is running from Feb. 1 to 28 in our communities.



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# Programs at the library go digital in February

## Kids still get a chance to participate in library programming

By Katelyn Boulanger

January 27 is Family Literacy Day and though the local Gaynor Family Regional Library has made the decision to close their doors to in-person use at this time due to the increasing amount of COVID-19 cases in the area, kids can still have fun learning with Zoom options.

The library has three options for kids starting next month.

Kids aged newborn to five can sign up for Zoom Babies, which has sessions on Thursday mornings and Sundays.

"It's songs, movements, and stories. So participants Zoom in and follow us along at home. We meet them and we sing songs that we would sing in person, do the movements that we would do in person. It's the exact same program that we would have had in person. The last time we ran it [via Zoom], we had like about four or five families that would join in and some of those families, there were two families, in particular, learned every song that we sing via Zoom," said Leesa Furgale the Children's Programming Coordinator at the Gaynor Family Regional

Library.

Zoom Storytime is for kids aged three to five and takes place Tuesday mornings and Wednesday afternoons.

"We did [this] in the past, and we're starting again in February. I have packages made up for the month. So there's four weeks worth of crafts in a bag for each child that is going to participate. They come and pick that up curbside at the library and we meet at a scheduled time we do our craft together. Everybody's on and it's unmuted so everybody gets to talk to each other, and we do a craft together and then we play games, we do some stories, and we do a couple of songs," said Furgale.

The final option is Zoom Kids Unplugged and it's for kids in grades one to four and takes place Sunday afternoons.

The sessions involve doing a small project together and then having time to interact with other kids, which Furgale didn't think they would ever do online until now.

"They just play and they talk and they just kind of network. So I thought I would try it. What we're going to do

is, again, I'm going to send a month worth of art projects with them and [have parents] pick them up curbside and then I've got some interactive games that we can play together," she said.

Furgale says there are still openings in all of the classes right now and the Zoom babies class has unlimited spots available.

In addition to being fun, these classes promote learning and literacy through guidance, instruction, the stories themselves, and the language that everyone uses to communicate with each other.

"As far as babies, their first introduction to literacy is the repetition of the

rhyme, the singing, the connection with their parents," said Furgale.

For kids and caregivers that can't fit these Zoom sessions into their schedules, Furgale also has a list of some books that she recommends, that are available through the Gaynor Family Library at this time.

For little ones that enjoy board books, there are over 650 options at the library. Some of those are: We Sang you Home by Richard Van Camp, Chick and Pug series by Jennifer Sattler,

Touch the Brightest Star/Tap the Magic Tree by Christie Matheson, Hello World series by Jill McDonald,

Continued on page 8



RECORD FILE PHOTO BY KATELYN BOULANGER

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# Resident concerned about bedbugs in MB Housing

## Bed bugs having been ongoing issue

By Katelyn Boulanger

After a letter to the editor was published last month, a second Manitoba Housing resident in Selkirk has come forward with concerns about the continued problem of bed bugs in local housing.

The resident prefers to speak anonymously as they do not want to risk losing their housing, however, this person is a resident of 445 Eveline St. and is also aware of other Manitoba Housing locations that are experiencing bed bug problems.

"Bugs in the cupboards and bugs in your china cabinet. There're bugs in your drawers. There's bugs everywhere," they said.

The resident says that there is a number that residents can call with complaints about bed bugs to receive help from Manitoba Housing.

"[Treatments are] usually once a month, they come in, usually, they give us two weeks warning. [They] give us a paper, they slide them under our door with our name on it and the room number and they tell us how to prepare our room for spraying," they said.

The resident says that they and their fellow residents are asked to make preparations for the treatments themselves which is difficult for those who are elderly or have disabilities that make lifting and movement difficult. They said that there is an option to ask for help with this preparation but that they are expected to ask for the help

themselves.

Another difficulty that the resident feels is a problem is finding a safe place to stay while spraying is taking place as it requires residents to be out of their rooms for hours at a time. With the pandemic making going into public buildings more risky and cold weather making staying outside for long periods difficult, it puts people into a difficult situation when their rooms are being treated.

Despite the difficulties, the resident has had their room treated and has found that the bed bugs return making it so that they have to have their room treated periodically.

The resident feels this room by room approach is not working in this instance.

"They've been doing the same thing every month, coming in doing select rooms, and that's it. [The bed bugs] travel from one room, they're going to move to next door and they're going to move upstairs, downstairs and they're going to be travelling through the ductwork," they said.

They think that a better solution would be to have everyone be accommodated somewhere else for a short amount of time, have the bed bug removal people come over and spray the entire building and then have residents return, which would hopefully make it so the bugs would be gone, if not for good, for a longer amount of time.

The resident says they do not leave

the situation because the high price of rent elsewhere means that they don't feel they have other options for accommodations.

"A lot of us, we don't have anywhere else to go. We're low income. Actually, some of us are below the poverty line and on welfare. We don't have anywhere else to go," they said.

Even though they feel there is a potential risk to speaking out about the situation, the resident wants to let people know what is happening.

"I want to be the voice for my friends and neighbours in the building because they're too scared to come forward," they said.

When the *Selkirk Record* contacted the provincial government about the above issues they relayed, "Manitoba Housing (MH) takes pest control seriously. MH recognizes that pests and treating them can be stressful for tenants. Housing inspects and treats pests on a routine basis utilizing industry best practices. Tenant compliance with treatments and the in-between cleaning requirements is essential to assist with the pest eradication efforts.

Treatments continue until there is no more activity. All tenants that report pest activity will get their unit treated using industry best practices.

"Units with bed bugs receive full treatments, and all adjacent units receive precautionary treatments, to limit migration of pests. Manitoba Housing provides free mattress covers to tenants upon request. [The] treatment process is very successful

when tenants prepare units and allow access for treatments.

"Manitoba Housing asks tenants to report pest issues to the Housing Communication Centre (HCC). As with all landlords, MH tenants are responsible for reporting pest activity, preparing for treatment and performing between-treatment cleaning. Tenants who require assistance with moving heavier items before treatment should contact the HCC to request this service. Tenants receive advance entry notice of treatments as Residential Tenancy Board requirements and guidelines to assist in preparing for treatments."

To the question of why individual units are treated instead of the whole building, the spokesperson replied, "Manitoba Housing applies pesticides where the target pest is confirmed to be. Units adjacent to those with live activity are routinely done as precautionary treatments."

They also said with regards to options for tenants as a place to go when their rooms are being treated, "Tenants have [the] choice to determine their options during treatment; they may visit family or friends, they can go to a community centre, the mall, shopping etc. Treatments are pre-scheduled so they can plan. Tenants who reside in apartment-style buildings can go to the common lounge areas during treatment time."

# Outbreaks declared at three Selkirk personal care homes

## Tudor House, Betel, and Red River Place dealing with COVID-19

By Staff

Announcements of COVID-19 outbreaks at three Selkirk personal care homes that are affiliate sites of the Interlake-Eastern RHA have been is-

sued this week.

On Friday, Jan. 7, the medical officer of health declared a COVID-19 outbreak in Selkirk's Tudor House personal care home. Residents have

tested positive and occupational safety and health is connecting with the positive staff members. Tudor House has enacted incident command and Interlake-Eastern RHA is supporting this process.

On Tuesday, Jan. 11, the medical officer of health declared a COVID-19 outbreak at Selkirk Betel personal care home. Residents have tested

positive and occupational safety and health is connecting with staff members. IERHA are waiting for test results for additional residents. Betel has also enacted incident command and Interlake-Eastern RHA is supporting this process.

On Thursday, Jan. 13, the medical officer of health declared a COVID-19 outbreak at Selkirk Red River Place personal care home. Residents have also tested positive at this location and occupational safety and health is connecting with staff members. Similarly to Betel, the IERHA are waiting for test results for additional residents. Red Rive Place has, like the others, enacted incident command and Interlake-Eastern RHA is supporting this process.



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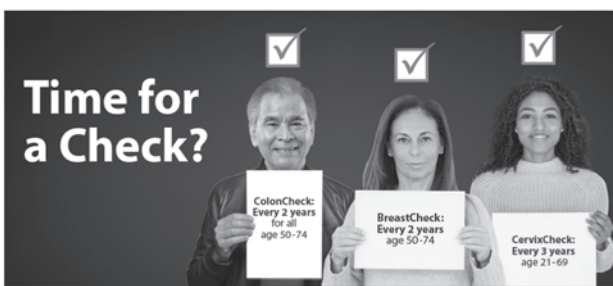
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# Community comes together to help neighbour in need

## A health crisis shows how amazing community can be

By Katelyn Boulanger

It was just after the new year started when George Thompson, in his 80s, had a health crisis at his home. It was -29C and Environment Canada had issued an extreme cold warning when he fell in the snow between his garage and his home due to a pre-existing health condition.

"It was about 40 feet to my house, and my spine collapsed, and I fell. I wasn't able to get up. I didn't have a cane or anything with me, and I had nothing to help me stand up, so I crawled on my tummy to the back door of my house," said Thompson.

Unable to use his legs, Thompson reached his house but by the time he got to the door and was able to call out to his wife, he was frostbitten and experiencing hypothermia.

It was a bad situation, but this is when the community jumped into action.

"I was able to get the attention of my wife, and she called the ambulance immediately, and then she called our back door neighbour," said Thompson.

His neighbour is David Oberding, who residents will recognize as the Deputy Mayor of Dunnottar.

"He immediately came over and assisted my wife and dragged me into the house," said Thompson.

The ambulance arrived shortly afterward and started treating Thompson immediately with chemically activated heating pads, but he needed additional resources. The RM of St. Andrews fire department was called to assist, who quickly got to the scene to help out.

Thompson was transferred to the Gimli hospital, where he had an excellent experience being treated by local healthcare staff.

"They treated me there and kept me overnight. The next day, they wanted to make sure that the collapse of my spine was due to, [pre-existing] spinal stenosis and not due to a broken bone. They did a whole series of X-rays to make sure that it wasn't a bone problem," he said.

However, while he was in the hospital, he realized that he was missing a few things.

On his way from falling to the house, he lost his glasses, car keys, and dentures in the snow.

Oberding came to the rescue again, looking through the snow until he found them. They were then brought to Thompson so that he was able to eat at the hospital.

"The next day, I realized I had lost my car keys so I retrieved [the second set of electronic keys] but they wouldn't work apparently, due to a dead battery," said Thompson.

He called his local garage to see if they could replace the battery for him, and Ken McCracken went above the call. He went out to Thompson's home and raked around in the snow until the keys were found.

"He really helped me out with that situation," said Thompson.

Next, Chris Petrie came to the rescue raking the area again to find the missing glasses.

"He had found my glasses, but one lens was missing so, he kept raking through and found the other lens and then he took the glasses home and repaired [them], and he brought them back to me," said Thompson.

Petrie has also continued to help clear snow while Thompson is out of commission.

Another person who has helped out was Marjorie Marks, part of the Gimli Senior Resource Council. She helped him secure a pendant to hang around Thompson's neck so that if he ever has a fall like this again he will be able to call for help much sooner.

"I lost most of the skin off all of the fingers on my one hand, and partially on the other hand but I'm not going to lose any fingers. Ultimately there'll be [a] full recovery it's predicted," said Thompson.

Overall, Thompson is doing well and recovering with outpatient help from a team at the Selkirk Hospital.

"I just can't believe what a beautiful neighbourhood [we have]. This is the kind of community I live in," said Thompson.

Thompson wants everyone who helped him in his journey to know that he appreciates their help and is glad to live in such a giving community.

"I just feel so grateful for what everybody has done for me. And I just had to say a few words, so other people would know what kind of community we live in," he said.

## AMC expresses condolences on the passing of Vince Fontaine

Submitted by Assembly of Manitoba Chiefs

The Assembly of Manitoba Chiefs (AMC) issues this statement on the passing of Vince Fontaine, founder member of the internationally renowned Juno award-winning band, Eagle and Hawk.

AMC Grand Chief Arlen Dumas stated, "It is with great sadness that we offer our condolences to the family, friends, and citizens of the Sagleeng First Nation on Vince's unexpected and sudden death. This is such a tragic loss as he was a musical beacon and a cultural ambassador for First Nations throughout North America and throughout the world."

For more than 30 years, Vince Fontaine has been at the forefront of Indigenous music making in Canada. He was a guitarist, songwriter, music builder/producer, festival curator/organizer/artistic director, film director and entertainment business owner. He was also one of Canada's most highly celebrated Indigenous composers.

"Not only did he give of his heart in the songs he wrote, but he did it by supporting so many community events and causes. He never said no when it came to helping Indigenous people but he did so quietly," said Grand Chief Dumas.

As president and founder of his entertainment company Rising Sun Productions, Inc., Fontaine was dedicated to representing and advancing the careers of future generations of Indigenous talent.

"His passion for the music industry was propelled by his conviction to share the beauty and importance of First Nation culture. Every aspect of his art, his creativity and his community advocacy connected people. When you saw that hat, everyone's face lit up. I am so sorry he has left this earth. He will be greatly missed. Again, my condolences to all that loved him" said Grand Chief Dumas.

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# get informed

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## Schools no longer notifying close contacts

### Schools will report on absenteeism due to the virus

By Ashleigh Viveiros

Manitoba is changing the way it does contact tracing when it comes to staff and students getting sick in schools.

Education Minister Cliff Cullen announced last week that schools will no longer provide close contact notification and notification letters on individual cases.

"We are dealing with a different virus," he said, referring to the more contagious omicron variant that is causing Manitoba's number of cases to skyrocket. "This means we must shift the way we case manage and contact tracing occurs."

Moving forward, schools will report on absenteeism due to the virus instead of close contact notifications, Chief Provincial Public Health Officer Dr. Brent Roussin said.

"Given that transmissibility of omicron, given the shorter incubation period, it's not possible to manage cases at that individual level anymore," he said. "We have to focus on managing that risk at the community level."

Public health officials will continue to monitor confirmed cases in schools for evidence of increased transmission above levels expected in the community. Should that occur, officials may recommend a period of rapid antigen testing or other preventive measures in a school, such as reducing higher-risk activities. Periods of remote learning are also a possibility in facilities where high transmission is affecting school operations.

"We know COVID is here with us,

it's going to be here with us for the foreseeable future, and so we have to not consider that we're going to eliminate this virus—we need to find ways to mitigate our risk related to this virus," Roussin said.

Looking at the data related to school-age children who contracted COVID-19 over the past month, Roussin said the risk of severe illness requiring hospitalization for most kids is relatively low.

"So we also need to weigh what are the benefits of having these children in school ... and we know that is very large, there's a huge benefit to having kids in class learning," he said, pointing to improved mental health for students and better learning outcomes when it comes to in-person learning. Those benefits are "outweighing the risks."

Cullen echoed that sentiment, noting as well that investments have been made in schools to mitigate the risk of COVID through rapid testing programs, medical masks and other personal protective equipment, enhanced cleaning measures, and improved ventilation systems.

Manitoba students headed back to in-person classes on Monday.

"GIVEN THAT TRANSMISSIBILITY OF OMICRON, GIVEN THE SHORTER INCUBATION PERIOD, IT'S NOT POSSIBLE TO MANAGE CASES AT THAT INDIVIDUAL LEVEL ANYMORE."

### > KIDS LIBRARY FUN, FROM PG. 5

and Llama Llama by Anna Dewdney.

For kids aged three to five there are over 5000 picture books at the library including: We Learn From the Sun by Dave Bouchard, The Day the Crayons Quit by Drew Daywalt, A Child of Books by Oliver Jeffers, Something's wrong by Jory John and The Barnabus Project by The Fan Brothers.

Kids in grades one to four will most probably be taking their first steps into chapter books. Some of the li-

brary's many options include: On the Trapline by David A. Robertson, The Funjungle Series by Stuart Gibbs, My Weird School Days by Dan Gutman, Wild Rescuers series by Stacy Hinojosa and Code Busters Club by Penny Warner.

Furgale wants to remind everyone that they have the ability to take out 25 books at a time with a maximum of 50 out at once so it's ok to load your bag with books and try out a bunch to

see what you like.

To learn more about the Gaynor Family Library, visit their website at [gfrl.org](http://gfrl.org). There you can also put books on hold for curbside pick up. For those that would prefer to put books on hold by phone, you can call them at 204-482-3522.

To register for any of the above sessions call the library or email them at [library@gfrl.org](mailto:library@gfrl.org).



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#### TROUBLE WITH PAPER DELIVERY?

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# letters to the editor

Letters to the Editor: letters@selkirkrecord.ca

I am writing this letter on behalf of the Board of Directors of St. Andrews Airport Inc. (STAAI) regarding the *Selkirk Record* article published January 6, 2022, titled "St. Andrews Terminates Race Track at Airport Lease" to provide further information to the citizens of the RM of St. Andrews on matters referred to in the article.

As to the management of the St. Andrews Airport, the RM of St. Andrews Council does not manage the airport operations, nor do they routinely instruct STAAI or its unpaid independent volunteer Board of Directors. The RM, as owners of the airport, entered into a Management Agreement in 1999 with STAAI to administer/operate the St. Andrews Airport on the RM's behalf. However, the RM Council does have the ability, as the owner, to instruct STAAI from time to time as to their wishes regarding their asset. This is what Council did with the MPR license suspension and subsequent license termination.

On governance, STAAI is a not-for-profit corporation governed by an independent volunteer Board comprised of a maximum of ten Directors who bring specific expertise to the table and are appointed by the Board

and not the RM. In addition, the RM Council can appoint up to three Directors to the Board.

Historically the RM has appointed two Council Members and one RM resident to the STAAI Board. The majority of the Board are and have historically been residents of the RM.

The primary criterion for selection and appointment to the STAAI Board is the candidate's background and expertise to complement those of the other Directors, with the goal to best support the ongoing success of St. Andrews Airport.

The paid employees of STAAI include the Executive Director (who also acts as the Airport Manager) and a support staff of three employees. These employees are responsible for the day-to-day operations of the Airport.

The article in the *Selkirk Record* refers to the RM considering amending its organizational by-law to define the roles and responsibilities of its Council Members on the STAAI Board. To reiterate, the STAAI Board of Directors is an independent board with the roles and responsibilities of each Director legally bound by the corporate articles, by-laws, Governance and

Directors' manuals and a code of conduct.

The aviation industry is one of the most complex and heavily regulated in Canada and STAAI is no stranger to operating successfully within a strict regulatory framework that far exceeds most operations. It cannot and does not employ a "do as it pleases" approach with no oversight at any level.

All land use leases and licenses at the airport are considered within an existing framework approved by the RM which are also compared to existing uses to ensure fairness and equity. At a meeting held in the spring of each year, for at least the past fifteen years or more, (including the spring of 2021) the RM Council has unanimously ratified a motion approving of STAAI's actions in the previous year.

As the St. Andrews RM CAO suggested in the article, a letter of understanding between the RM and STAAI should be drawn up to handle, clarify and smooth out any issues that may arise on proposed non-aviation activities. STAAI wholeheartedly agrees with the CAO's suggestion from 2021. In fact, STAAI had set up a committee, and with the assistance of the RM

Economic Development Officer, have drafted a workable solution several months ago to be considered by both parties (STAAI and the RM Council). This solution would include adopting a detailed approved land use grid and applying a decision-tree approach to assess and consider any future non-aviation activity proposals. Ultimately, the RM would approve non-aviation activity proposals. It is currently a work in progress.

In conclusion, St. Andrews Airport has been a true success story since the RM of St. Andrews made the bold move to take over its ownership in 1999 from Transport Canada. The Airport has a long track record of profitability and continual growth without being a burden on the RM residents. The RM residents have benefitted from the property taxes paid by the Airport tenants. The cooperative relationship of STAAI with the RM of St. Andrews Councils and their staff from Administration, Public Works and the Fire Department, have made this venture a great success and something the RM can be proud of. I am confident this partnership will continue to cooperatively work to ensure the continued success of the St. Andrews Airport.

- Submitted by  
Russ Paradoski, CPA CA  
Chairperson of STAAI

The dysfunctionality of our political environment is pervasive. Disrespect, disinformation, manipulation of laws and personal agendas have become the norm in many political arenas.

Take the recent judicial decision with the RM of St. Andrews by former politician and provincial Judge Vic Toews, where he set a dangerous national precedence that works against every Canadian voter.

The issue involved the St. Andrews Mayor's judicial challenge in a brave effort to salvage democracy after five of her male colleagues unilaterally stripped her of her duties. The 5 male council members in an authoritarian style, rewrote the procedural bylaws leaving them in control to do as they please. The ongoing public display of disrespect and bullying against the Mayor contravenes the intent of fairness and good governance under the Municipal Act – the provincial law

that governs all municipalities.

Judge Toews claimed the courts should not get involved in municipal politics. Yet by his ruling, Toews has condoned abuse of power, misogyny, and blatant disregard for the people's democratic vote. This deficient decision has set national precedence in that it won't matter who is voted in under what platform, a renegade council will have the power to manipulate laws as they see fit and screw democracy. It was disquieting to see immediately after his decision other municipalities have or are in the process of following suit targeting primarily female council members.

Unlike Federal and Provincial governments who have multiple levels of oversight through things like the Speaker of the House, opposition parties and media, a municipality has none. Municipalities enjoy autonomy like no other level of government and

thus, the reason so many are so dysfunctional.

Throughout the decades, the Provincial Government(s) express sympathy but refuse to get involved, claiming they do not want to step on a municipality's autonomous toes. The AMM - Association of Manitoba Municipalities (the provincial organization which serves to support municipalities) also hides from these dysfunctional municipal issues fearing an impact on their most treasured autonomy.

Meanwhile, every year it costs us taxpayers millions of tax dollars in repetitive investigative complaints through the Auditor General, Ombudsman, Human Rights Commission and other agencies. Not to mention enormous legal fees and lost opportunities while the bullies continually run happily amok!

This combined lack of will by all levels of government contradicts their

narratives to create gender parity in leadership roles. What is the point if they continue to enable these actions to be perpetuated without fear of consequence? There is literally nothing in place effective enough to stop these bad behaviours. In fact, the recently introduced provincial Code of Conduct law has been a dismal failure since the province still, left the final decision with the members of council. This has only undermined the effectiveness of the law and further weaponized bad behaviour when dysfunctional council members refuse to address the core issues.

Judge Toews ruling proves the citizen vote no longer counts. As a democratic nation are we truly willing to accept this? For all of our sakes, I hope not.

- Cindy Kellendonk

While fishing on the Red River just north of Sugar Island near the float-plane base on Wednesday, January 12, I was alerted to the sound of someone in trouble. Looking out the window of my ice shack I saw 2 men had broken through the ice.

By the time I arrived on the scene one man had managed to pull himself out but the other was in serious

danger of being pulled under by the current. The first man had the second by his collar but as both men were exhausted he couldn't pull him out.

I managed to pull the man from the water and get him to the shack. Although the incident ended with both men safe it could easily have ended otherwise.

Through a fishing forum, I was dis-

mayed to learn that this area is the outlet for the Selkirk sewage treatment plant and is known to have poor ice conditions.

As there was no signage to warn of the danger, I sent an email to the RM of St. Andrews thinking it was part of the municipality.

By Friday having had no response, I called the City of Selkirk and was told

by the receptionist that she would pass on my concern.

Hopefully, a future tragedy can be avoided, but, as of this writing, there is still no [sign] warning of the danger to the many fishers and snowmobilers travelling through this area.

- Garry Eekhoudt  
St. Andrews



# Nurses asked to work when mildly symptomatic, give up vacation

By Patricia Barrett

A nurse who lives in the Interlake and works at a large Winnipeg hospital said she and some of her co-workers have concerns about the province's return-to-work policy and reduced COVID isolation time, which could see them working with potentially infected colleagues or unwittingly spreading the virus themselves.

After Christmas, the provincial government and its Shared Health organization said health-care workers can be on the job if they have COVID symptoms but haven't tested positive for the virus.

The *Record* is not identifying the nurse, who said she is sharing her personal opinions and is not representing the health authority for whom she works.

"We know [Shared Health] needs us to come back to work. But is it because they feel we are safe [i.e., no longer shedding virus] to be back at work or is it because they're short-staffed?" said the nurse. "As a nurse you start to wonder if they're looking out for our best interests. And I don't know if this really is in the best interest of the public to have nurses and health care aides come back when they've obviously had some symptoms. It starts to get very confusing; we don't what's safe and what's not safe."

A memo titled "Return to Work for COVID-19 Negative, Mildly Symptomatic Health Care Staff" was sent to all health-care workers on Dec. 29 from Shared Health and the province's COVID-19 Incident Command. That day saw almost 950 new infections reported.

The memo says health-care workers who've received a negative COVID test result (either one PCR test or two rapid tests) and whose symptoms are "mild/improving" can return to work. They also must have gone without a fever for 24 hours.

On Dec. 31, when almost 1,500 new COVID infections were reported and eight Manitobans died, the province slashed COVID isolation time from 10 days to five days for vaccinated people not showing symptoms, and for vaccinated people whose "symptoms

are improving," according to a news release issued that day.

The health minister said fewer isolation days will "reduce strain on the health-system workforce" and will protect the health-care system.

The nurse said it's not exactly cut and dried about the number of days infected people shed the virus, even if they're on the mend.

"Who knows for sure how long this virus is shedding for. Omicron is a big shedder and a big spreader. So that's where it's kind of confusing to come back to work after three days; that seems a bit much," said the nurse. "We are worried. We don't want to be part of the spread. I don't want to spread it to my co-workers. I don't want to spread it to my patients. Some of my patients are immunocompromised."

On the plus side, she said nurses are wearing PPE during all patient contact and feels that side of things has been "managed quite safely."

Recent research released online Jan. 12 in the *International Journal of Infectious Diseases* suggests "potentially active virus can sometimes persist beyond a 10-day period" – a hitherto recommended quarantine period in many countries – and "could pose a potential risk of onward transmission." The researchers say it may be difficult to predict who will experience delay in clearing the virus.

Another concern with the back-to-work memo is that it encourages health workers to snitch on their co-workers should they have concerns about their health.

"We've had some interesting conversations about that because it works two ways," said the nurse. "You might do the report-your-co-worker bit if you're worried. But if you're stressed and busting your butt off on a ward and your co-worker says they have a bit of a sore throat, and you say, 'You should go get tested' ... and they get tested and they're positive, you're without them for the next shift. We have to bear the brunt of the work because they're not coming back to work."

On top of working when potentially infectious, nurses have also been



**RECORD PHOTO COURTESY OF MANITOBA NURSES UNION TWITTER**  
Manitoba Nurses Union photo of a nurse's face with an imprint of tight-fitting personal protective equipment.

asked to sacrifice their vacation time, which is likely their only chance to recuperate from successive pandemic waves, step away from a relentless bombardment of memos, changing policies and new information, and spend time with loved ones, she said. With many nurses already exhausted and feeling burnt out, giving up vacation would only push them that much closer to the edge.

"There was an email that came out to us where the government asked us if we'd be willing to get paid out for our vacation and not take that time off. That's happened twice now during the pandemic," said the nurse. "When they sent that out, every nurse here pretty much said, 'I feel slapped in the face that they even asked us to consider this.' It was very upsetting. This was one of their solutions to our nursing shortage."

The government has also asked nurses twice to volunteer to work in another area or region of the province, such as the northern health region which is a "concern" right now, she said. She and her co-workers think that request could turn into a "mandate" should the government absolutely need to transfer staff around.

The nursing shortage in Manitoba doesn't come down to the pandemic, said the nurse. What COVID has done is expose a government that's "always trying to save money" by leaving positions vacant. "This [back-to-work] memo just shows the inadequacy of our government in managing our health-care system."

That inadequacy included "laughable" government restrictions – in the context of omicron – which allowed households to have 10 vaccinated or five unvaccinated guests indoors. Those rules were in place before Christmas and weren't modified even though infections were spiralling upwards in the week before the holiday.

"Everyone here was confused about the rules on indoor gatherings; either you're really trying to contain this virus or you're not," said the nurse. "If there were enough beds in the system

for a whole bunch of us to be sick at the same time, there would have been no restrictions; the government potentially would have let the virus run rampant, let it weed out the sick, kill X amount of people and be done with it."

When asked how much longer she thinks nurses can carry on at this pace, the nurse said if things don't improve by spring, we'll likely see "a lot more" nurses retiring.

"A nurse I know in the Interlake just graduated from nursing school this past year and she wants to quit already. And I know some other nurses who are saying, 'I don't know if I can do this because I'm a new nurse and I'm having to cope with learning new things, learning a unit and now COVID on top of it and we're short-staffed and I'm burnt out.' That's heartbreaking. Nursing is a rewarding career. You can have so many good times with your patients. You want to give everything you can every day, but when you do that through a pandemic, it leads to burnout. It's very real and very scary."

A spokesperson for Shared Health said the organization doesn't have data on the number of nurses in the system agreeing to give up vacation time and take a pay-out.

"I think we can all agree that Manitoba nurses and other health-care workers have demonstrated an incredible commitment to the care of Manitobans throughout the pandemic – picking up extra shifts, coming back from retirement, volunteering for additional training to work in our intensive care units and accepting re-deployment and reassignment to areas in need of their specialized skills," said the spokesperson.

"With the onset of Omicron and Manitoba's fourth wave prior to the New Year, nurses were asked to consider being paid out for some of their booked vacation time over what was anticipated to be – and has proven to be – a very busy period. We do not have province-wide data of the up-

Continued on page 15

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# Province shifting from prevention to mitigation with COVID-19

By Ashleigh Viveiros

As the more contagious omicron variant of COVID-19 continues to spread, Manitoba is shifting its focus from prevention to mitigation, officials announced last week.

Premier Heather Stefanson was joined by Health Minister Audrey Gordon, Deputy Chief Public Health Officer Dr. Jazz Atwal, and Vaccine Task Force medical lead Dr. Joss Reimer at a news conference in Winnipeg Jan. 12.

"COVID-19 is no longer an emerging illness," said Dr. Atwal. "It is here to stay, and our ability to contain the virus is limited. It is highly likely that everyone will be exposed to the virus in the coming weeks.

"Some Manitobans will have immunity from a previous infection or vaccines," he continued. "This will make COVID cases less severe, but the sheer number of cases still has the potential to overwhelm our health care system, which is something we are monitoring closely."

Due to how fast omicron spreads compared to earlier forms of the virus, the province is moving away from individual case management to instead managing risk at the community level, Atwal said.

"We have to shift to mitigating the impact of COVID-19 and away from containing the virus," he said, stressing that this shift "does not mean public health has given up the fight against COVID-19. It means we are shifting our approaches to focus our efforts and our resources to best man-

age the risks."

That includes increasing vaccination appointments, shifting medical staff to needed areas, and also identifying those patients eligible for antibody and antiviral treatments, Atwal said.

Premier Stefanson urged Manitobans to continue to do their part to protect themselves.

"As Manitobans we all have a role to play. Follow the fundamentals. Mitigate your own risk and get fully vaccinated," she said. "Vaccines work. And now more than ever with the omicron variant circulating throughout Manitoba it's crucial that all Manitobans get fully vaccinated, including the third dose when you're eligible."

Stefanson was asked repeatedly whether the government had received recommendations from public health for stricter restrictions to try and curb the spread of omicron.

"We have already some of the most stringent rules in place. We put those in place, also, just a reminder, earlier than other provinces," she said in response.

The premier also noted the government is taking advice from more than just public health officials.

"I think what we need is to go and have a more balanced approach moving forward," she said. "I certainly have been reaching out to [the] business community, we know that pediatricians were out earlier this week talking about the importance of getting kids back to school. This is all of the advice that we need to get from professionals out there, so it's not just

falling at the feet of public health.

"At the end of the day, we'll take advice from public health, but we will be taking advice from other Manitobans as well moving forward," Stefanson said. "We need to start looking at longer term and how we're going to live with this virus."

Stefanson said the province has plans in place to provide the health care system with needed resources and staff, including bringing in internationally trained nurses to fill some of the gaps.

"As a government we are committed to providing additional support and staffing help as we continue to navigate these unprecedented COVID challenges."

## VACCINE PROTECTION

Officials continue to stress the importance of vaccination when it comes to protecting oneself against severe COVID-19 outcomes.

Dr. Reimer shared data compiled in Manitoba from Nov. 22 to Jan. 3 that shows someone with just one dose of vaccine is three times less likely to end up in an intensive care unit due to COVID-19 than someone who is unvaccinated.

Further, someone with two doses of vaccine is 19 times less likely to need ICU care than an unvaccinated individual. That number jumps to 139 times less likely once you receive the booster shot.

Similarly, the risk of death for a

vaccinated person compared to an unvaccinated person who contracts COVID-19 is 63 times less likely with three shots, 19 times less likely with two, and 11 times less likely with one dose.

"The vaccine is not providing the protection we have hoped against omicron infection overall," Reimer said, acknowledging that vaccinated individuals can still contract the virus, though they generally fall far less ill with it than unvaccinated individuals. "This data—that comes from December and is Manitoba data—is very reassuring about how we can continue to protect ourselves against ending up in the hospital or worse."

Manitoba has a limited number of intensive care unit beds—beds that are needed as well for non-COVID-19 health care emergencies—so keeping people out of them is paramount. Before the pandemic, Manitoba's ICU capacity was 72. Now there are over 110 beds.

As of Monday, there were 601 people hospitalized with COVID-19 in Manitoba and 47 people in ICU.

In Monday's COVID-19 bulletin, the province noted that over seven days ending Jan. 13, there were 335 new hospitalization—a 40.2 per cent increase over the previous week—and 37 new ICU cases—an 85 per cent increase.

The province also announced 20 more deaths due to COVID-19 on Monday, bringing the death toll to 1,463.

# RCMP make arrests for assault involving vehicle and firearm

Both people involved charged

Submitted by RCMP

On Jan. 11, at approximately 3:25 p.m., Selkirk RCMP received a report of an assault with the possibility of a weapon involved on Selkirk Avenue, near Mercy Street, in Selkirk. When officers arrived on scene, they located two males who had been involved in an altercation. Justice Langlois, 26, was immediately taken into custody without incident. The second male on scene, Riley Adams, 24, was believed to be in possession of a firearm. When police arrested him, he assaulted two officers. Both officers received minor injuries.

Investigation determined that Adams had struck Langlois with his vehicle, then chased him down with a

firearm after Langlois had smashed a window on Adams's vehicle. A BB gun that looked very much like a handgun was located in the snow close to the scene and seized. Langlois received minor physical injuries after being struck with the vehicle and was found to be in possession of a homemade weapon, namely a rag with a large bolt on the end.

Both males are remanded in custody. Langlois is charged with Possession of Weapon for Dangerous Purpose, Mischief Under \$5000, and Fail to Comply.

Adams is charged with Assault on Police Officer x2 and Possession of Weapon for Dangerous Purpose x2.

The investigation continues and further charges may be laid.



BB gun that was seized.

RECORD PHOTO SUBMITTED



# Buddy Check program supporting mental health

By Ty Dilello

The Buddy Check for Jesse program is in full swing here in Manitoba for the 2021-22 season.

Ex-Winnipegger Dr. Stu Gershman first created the program after losing his son to suicide in 2014. Gershman is also a hockey coach, and opening the dialogue surrounding mental health issues in the dressing room was one way he could help end the stigma surrounding mental health in sports. He created the Buddy Check for Jesse program in Jesse's honour, and it quickly caught on in British Columbia.

The idea of doing a 'Buddy Check' is simply a reminder to keep an eye on each other and ourselves. It is not about suicide (which isn't always related to a mental health problem). Instead, if people look out for each other and do a 'Buddy Check' with friends, teammates, family members, and even with ourselves, everyone plays a role in ending the mental health stigma.

Hockey Manitoba's "Buddy Check Week" is coming up from Jan. 24-30.

There are approximately 15 Interlake teams that are participating in the program. One of those teams participating is the boy's Interlake Lightning U15 AA team, thanks to West St. Paul's Robyn Vandersteen, the mother to the team's goaltender, Jackson.

How Vandersteen got involved in the program was serendipitous.

"A friend of mine who works with Dr. Gershman tagged me in a Buddy Check Facebook post. During this time, I was fighting my own PTSD battle, which she knew about. She was also from my hometown which she also knew an unfortunate history of teenage suicide that had impacted myself and many friends around my age."

As soon as Vandersteen browsed through the Buddy Check website, it was exactly the program that she wanted to play a part in bringing to her children's minor hockey teams.

"So three years ago, I reached out to Dr. Gershman. He was on board to bring the program to Manitoba. At that time, he connected me to his nephew, Mike Gershman, and the two of us pounded the pavement in the first two years to physically hand coaches' packs to any coach we could. One year I hit up several early-season tournaments! Our first year, we could get coaches' packs into the hands of about 100 teams. The following year we hit around 150, and then in 2021, with the pandemic, we got as many



This year, each player will receive a bag tag with the acronym 'BUD-DY' on the back as a reminder.

out as we could, but most of our hockey got shut down."

"I was so passionate about the program and the message about mental health that I self-funded the Manitoba program the first year. I just wanted every youth to be a part of it, to learn the language, to talk about mental health, to know what signs to look for in their peers, and to know that the dressing room is a safe space to talk about their own mental health."

The program's benefits had made such an impact over the past few years that Vandersteen was proactively approached by players and coaches alike asking for a coaches' pack because they wanted the message shared again with their teams.

"I considered that a huge sign of success!" said Vandersteen. "This past spring, after a few conversations between Hockey Manitoba and Dr. Gershman, Hockey Manitoba jumped on board and was supporting the distribution of coaches' packs to all U13, U15, and U18 teams across the province. That's over 600 teams and over 12,000 youth! My current role with the program is now Manitoba Ambassador. I am the one who made the initial lunge to bring the program to Manitoba, and I'll be a part of it for many years to come."

For the current 2021-22 season, Vandersteen has coordinated the efforts between Buddy Check and Hockey Manitoba, ordered the individual components for the coaches' packs, and oversaw their completion and shipments to each association.

"But it takes a village, so I relied on many volunteers, specifically my sons Interlake Lightning U15AA team hockey mom's and dad's to help me out. They were invaluable to me!"

The Buddy Check for Jesse program gives youth today the language to discuss how they are feeling, the acceptance to go through a rough patch and



Buddy Check Week: January 24-30, 2022



RECORD PHOTO SUBMITTED

The Interlake Lightning U15 AA squad is just one of the local hockey teams participating in the Buddy Check for Jesse program.

gives them a resource starting point to express themselves and know they will be heard and shown compassion in the hockey dressing room.

If you are interested in learning

more about the program, please visit [www.buddycheckforjesse.com](http://www.buddycheckforjesse.com) for more info and how you can help or sign up your sports team.



Buddy Check Week: January 24-30, 2022

Interlake Lightning player leaders displaying their green tape. Captain Tytan Johnson (Riverton), Assistants - on the left Tallon Sutherland (Peguis), Logan Meier (Stonewall) and Justin Braid (Stony Mountain).





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# Virtual quilting group helps in a stitch

By Nicole Brownlee

A relatively new member of the quilting community has created a judgment-free space for aspiring and master quilters to share projects, suggestions and support.

"There are so many wonderful quilters nearby, and we really don't get in touch with each other because we don't know each other," said Sherryl Woloshyn, creator of the Interlake Quilting Facebook page.

Woloshyn started quilting around seven years ago. "Before I started quilting, I just thought it was squares sewn together, and it's not that," said Woloshyn.

"It's an artwork."

Woloshyn created the page on Jan. 8, and within a few days, quilters from across the Interlake started posting their intricate projects like a patchwork elephant walking, an eight-point star and colourful children's blankets.

Members ask for advice, offer their embroidery skills and raise awareness about local resources.

"I'm excited that so many people are interested," said Woloshyn.

"It's fun to look at a new post every day."

When Woloshyn first dipped her toe into quilting, she reached out to local quilting groups around Fisher Branch for advice on colour matching, different stitches and techniques.

She was unaware of the established quilting community around her before she jumped into the pastime.

"I didn't even realize (the tight community) existed," said Woloshyn.

"Now I'm mesmerized."

A quilt can take anywhere from a day to a few weeks to construct depending on the pattern and



Two of Sherryl Woloshyn's current quilting projects are a blanket made from marathon t-shirts and a grid with panels celebrating nursing.

familiarity with the skill, said Woloshyn.

"Right now, I'm not really advanced. I'm still learning."

Woloshyn tends to gift her quilts to family and friends after she finishes the laborious project in-

stead of trying to sell them.

"You could never recoup what you spend on the fabric and the batting and the thread by selling it," said Woloshyn.

The hobby was made even more difficult last year because of global shipping delays.

"It was really hard to get the backing and the batting and everything I needed."

Woloshyn has fashioned six quilts for her grandchildren and is completing the final two for the most recent additions to the family.

A few other UFOs (Unfinished Objects) Woloshyn is working on is a quilt made from marathon t-shirts for a friend and a quilt adorned with squares celebrating nurses.

While travelling, Woloshyn has made it a habit to search for compelling fabric. She's now amassed a collection from Europe, Hawaii and the Maritimes.

"About three or four years ago, I went on a quilting tour of the Maritimes," said Woloshyn.

Accompanied by a tour group, Woloshyn toured the Eastern provinces and visited several quilting shops along the coast.

"People were buying suitcases to bring home all of the things they bought," said Woloshyn with a laugh.

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# Einarson featured in new video series by Kubota

By Ty Dilello

Camp Morton's Kerri Einarson is featured in a video series produced by Kubota Canada. The new limited video series featuring Einarson and Team Brad Gushue called "Sweeps and Stones: A Canadian Curling Story" features an inside look into what shapes Canadian athletes into world-class competitors.

Kubota Canada is an equipment manufacturer that produces and sells farm equipment, construction equipment, mowers, and UTVs. After being a proud sponsor of Team Einarson for a few seasons now, Kubota wanted to highlight Canada's athletes' hard work and dedication through a behind-the-scenes look into the personal stories of these Canadian curlers.

"The Kubota video came about when I teamed up with Brad Gushue for the Mixed Doubles, and we earned our spot to the Mixed Doubles Curling Trials, and we started our journey to pursuing our Olympic dream," said Einarson. "Kubota then teamed up with my women's team the next season. My role in the video is about telling my story of how I started curling and getting to where I am today. It wouldn't have been possible without the support of amazing sponsors like Kubota and all the support from my family and friends."

The video series is now available on a dedicated playlist on Kubota Canada's YouTube channel. There are currently two videos uploaded.

"In this series, we aim to uncover what shapes a Canadian athlete into a world-class competitor and how with-

out sponsors like Kubota, we athletes wouldn't be able to do the things we love like train and spend quality time without families," said Einarson.

Impacted by unique challenges throughout the pandemic, Kubota has helped its athletes like Einarson persevere so they could do the two things that matter most: Training for and playing the game they love and spending time with their families.

"There have been many challenges that this pandemic had brought to my curling career, like not being able to train/practice, curling events being cancelled, missing out on the opportunity to represent Canada on the World stage, having to live in a bubble for months and not being able to see family or friends."

"Some solutions to those challenges were that I made a home gym so I could still do off-ice training. I also had a family friend make me an outdoor curling sheet on the lake, so I could still practice. Since events were being cancelled, I got to spend a lot more time at home with my family. I've also learned to adapt to so much adversity and not let it get me down as I kept trying to stay positive throughout these challenging times."

The episode in the Kubota Canada video series that Einarson is featured in will be released on their YouTube page on Jan 25.



RECORD SCREENSHOT

Camp Morton's Kerri Einarson is featured in a new video series produced by Kubota Canada that showcases an inside look into what shapes Canadian athletes into world-class competitors.

## > CONCERNS ABOUT COVID POLICY, FROM PG. 10

take amongst nurses, but we thank all those who have continued to support patient care during this time of increased demand."

The spokesperson didn't say whether nurse transfers to other areas could become mandatory, but Shared Health did have a number of nurses stepping up to volunteer for transfer.

"A call-out for nurses with critical care experience to work in Manitoba's ICUs also occurred before the holiday season. This resulted in a number of expressions of interest and voluntary redeployment of four nurses to ICU," he said. "Again, we express our sincere gratitude to nurses and all health-care workers for their significant efforts during these unprecedented times."

NDP leader Wab Kinew said nurses are the backbone of the health-care

system but the governing Conservatives are ignoring their wellbeing as pandemic burnout continues and they exit the profession.

"Without nurses going above and beyond, our health-care system would have ground to a halt years ago. Yet the PCs have refused to acknowledge their sacrifice or give them any respect – they even refused to renew their contract for several years," said Kinew. "To stop the PCs' cuts and chaos, and start fixing health care, we need to reset the relationship with nurses. We need to do what it takes to keep nurses in the system and prevent them from leaving because of burnout, expand their training opportunities and give them more control over their schedules so they can have a good work to life balance."

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# One Pfizer dose in COVID-positive people reduces death and hospitalization

By Patricia Barrett

Findings from a recent study suggest that COVID-positive people who receive their first dose of Pfizer-BioNTech's vaccine have better odds of avoiding hospitalization and a reduced risk of death.

Israeli and Italian researchers compared unvaccinated subjects to vaccinated people who were found to be COVID-positive on the same day they received their first Pfizer dose or on one of the five consecutive days after receiving their first dose.

Titled "BNT162b2 post-exposure prophylaxis against COVID-19," the study was published Jan. 8 as a preprint (not yet peer reviewed).

The findings suggest that vaccinating COVID-positive people with Pfizer reduced death in high-risk age groups by about 50 per cent. And hospitalization was found to be "significantly less" for those who were vaccinated.

"This post-exposure prophylaxis could have an advantage of halting, or at least attenuating, the spread of the

virus, possibly by reducing its titer in the respiratory track of exposed individuals," the researchers wrote. "This approach is substantiated by the fact that infected patients are spreading the virus prior to the occurrence of symptoms."

The researchers analyzed nationwide surveillance data from the Israeli Ministry of Health registry, focusing on residents aged 12 and older who were identified for the first time as positive for COVID between Dec. 20, 2020, the start of Israel's vaccination campaign, and Oct. 7, 2021.

Data included the subject's age, gender, first positive PCR date, first vaccination date, hospitalization dates (arrival and discharge) and date of death. Confirmation of a COVID infection was obtained by PCR testing.

Researchers identified 11,690 people as having COVID on the day they received their first Pfizer dose or on one of the five days that followed. The five-day period represents "unintended" post-exposure protection with the vaccine. They matched vaccinated

subjects to an unvaccinated control group using gender, age and date of the first positive PCR.

There were 143 deaths in vaccinated people aged 65 and older. In similarly matched unvaccinated people, 280 died. In people aged 55-64 years of age, eight vaccinated people versus 43 unvaccinated people died. In people aged 12-55 years of age, 10 vaccinated versus 22 unvaccinated people died.

Vaccinated people fared better than the unvaccinated when it came to hospitalizations. In people aged 65 and older, 321 vaccinated versus 430 unvaccinated were admitted to hospital. In people aged 55-64, 81 vaccinated versus 115 unvaccinated were hospitalized.

Even though there are some beneficial COVID treatments, such as Pfizer's Paxlovid antiviral pill, other antiviral drugs and Dexamethasone, the researchers say "additional therapeutic approaches [i.e., post-exposure vaccination] are needed to reduce the loss of human lives."

Vaccination has been found to offer better protection against COVID than natural immunity, they wrote. And giving vaccines after infection occurs is not a new practice; it is an "old approach" used to reduce severe infections such as tetanus, a bacterial infection, and viral infections.

"Thus, active vaccination with the attenuated/killed pathogen or viral associated protein is a very effective mean[s] to attenuate and almost eliminate any infection related symptoms.

This approach is now also suggested for Ebola virus infection," they wrote with reference to other research findings. "In accordance, it was recently shown that the overall neutralizing potency of plasma is greater following vaccination compared to natural infection with SARS-CoV-2."

The researchers said additional studies should be undertaken to determine if post-exposure vaccination is an appropriate intervention than can be used to reduce illness. Patients who develop severe respiratory symptoms, which include low saturated oxygen, increased respiratory rate and pulmonary infiltrates on chest X-rays, could potentially benefit from vaccination to help prevent deterioration to pneumonitis and adult respiratory distress syndrome.

"Based on our findings, we propose that additional approaches should be investigated to potentially expand the usage of post exposure prophylaxis to reduce COVID-19 morbidity," they wrote.

The United States Centers for Disease Control and Prevention notes on its frequently asked questions webpage that natural immunity offers "some protection" from future COVID infections, but the level of protection may vary. And there is no test that can "reliably determine if a person is protected from infection." It recommends getting a COVID vaccine even if people have had the disease.

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### Manitoba Ag Days gives back \$28,000 annually

Submitted by Manitoba Ag Days

It's been nine years since Manitoba Ag Days announced the "Ag Days Gives Back" community giving program. 100 per cent of the 50/50 funds raised goes back to agricultural organizations and communities throughout the province. To date we have given back \$347,500.00.

"We wanted to give back some of the show's success to the communities where our exhibitors and patrons live Over the course of the last nine years we have been able to support some many amazing projects that are

helping to grow communities across the region", stated general manager Kristen Phillips. Last years 50/50 jackpot winner took home \$17,780 (LGCA #4206-RF-35050). Please consider buying a ticket for the 2022 show at [www.agdays.com/buy5050](http://www.agdays.com/buy5050) to support the 2022 Show 50/50 Draw. (LGCA #4206-RF-36074). With the 2022 show postponed we decided to go forward with the 2022 draw on Jan. 20, 2022 at 4:30 p.m. You can still purchase your tickets online or by calling us at the office

Continued on page 20





## A Time for Kindness



### Warm Wishes for a Bright Giving Season



### 36<sup>th</sup> Citizen of the Year – Brett Mitchell

Mitchell with the gift he was presented by the SDCF.

2021 – 2022 Board of Directors and staff, from left:

BACK ROW: Pam Seekings, Brian Chorney, Brandon Sutherland, Davide Thorne, Bev Clegg (Executive Director). FRONT

ROW: Carole Wiedemann, Bonny Wynnobel, Eileen Janowski, Shauna Curtin (Chairperson), Barbara Knoll. MISSING: Greg Dewar, Terry Neplyk.



Brett Mitchell was more than a little stunned when a small, masked party burst into his office at the Selkirk Record to tell him he had been selected as the 36th Citizen of the Year.

"I'm shocked right now. I don't know all the names on the list of previous winners, but the ones that I can recall...they've done amazing things for our community. I can't believe that I'm on that list," Mitchell said.

"One of the things that I believe is that we were lucky as a family to move to this community that's full of these people whose main focus is to make this place better for all of us."

Shauna Curtin, SDCF Chairperson, said it was an honour to inform Mitchell that he'd been selected as the Citizen of the Year for 2021.

"Brett Mitchell is certainly a most deserving recipient of the Citizen of the Year Award and I'm proud to congratulate him on behalf of the Selkirk & District Community Foundation," Curtin said.

"His hard work and incredible energy definitely make our communities the best that they can be."

Jim Pelletier nominated Mitchell for the Citizen of the Year Award and says Mitchell's energy is limitless and so too is his dedication to the communities of Selkirk, St. Andrews and St. Clements.

"I couldn't think of a more deserving, hardworking and community minded individual than Brett Mitchell," Pelletier wrote.

A few of Mitchell's volunteering gigs include board member for the Festival on the Red, member of the Dufferin Gang Committee, Lockport Development Group and the Selkirk Biz. He's also had a hand in Selkirk's Canada Day celebrations, Triple S Fair & Rodeo, the Santa Parade, Homes for the Holidays and Holiday Alley, the Highland Gathering and the Lockport River's Edge Run.

Mitchell has dedicated much of his adult life to raising funds for and awareness of Huntington Disease. His father lived with Huntington Disease and Mitchell made the difficult decision to be tested to see if he had it as well – the tests showed he does not.

He's involved in the Huntington Indy Go Kart Challenge, Rally the Sleds for HD Guinness Book of World Records snowmobile runs in 2002, 2003 and 2005, the HD500 500 K snowmobile ride since 2014 and Light It Up for HD at the Merchant Hotel.

Congratulations, Brett Mitchell!

The weather this winter has been downright frosty but it warms my heart to be in a position to thank you all for your generous gifts throughout the year! I and the Selkirk & District Community Foundation Board and staff thank each and every one of you who donated in 2021.

It was a busy year for the Foundation – the Board continued to meet virtually to keep SDCF 'Here for Good'! Some of the work is the privilege of considering the excellent grant applications that we receive. The thoughtful, caring people that write these applications are in touch with the genuine needs of our communities. This year I would like to give a special shout out to the volunteers and community facility operators, educators, and non-profit representatives who let the SDCF do the important work of sharing your gifts. We congratulated the

36th Citizen of the Year, Brett Mitchell! He is a shining example of the kind of generosity of spirit that make our communities so special.

Finally, to all our donors along with those who think of us throughout the year – THANK YOU! From small to large, all donations contribute to long term benefits to our community. Just like our most recent announcement – granting \$74,817 to 20 community organizations where support was given to youth, accessibility, community facilities, culture and much more. All of this is possible because of the kindness and willingness to share, which exists so abundantly in our community..

– Shauna Curtin, SDCF Chairperson

### Shining a light on the Clandeboye outdoor rink

Folks in the Clandeboye area know how important the local outdoor rink is and when an aging hydro pole came crashing down Oct. 4 and threatened to bench evening skating, board members had to act fast.

"This wasn't a project that we planned for this year, it caught us by surprise and it really made us worry, so how lucky were we to have Selkirk & District Community Foundation jump on board and really save us," said Clandeboye and District Recreation Association board member, ice maker, caretaker and more, Vivian Desjarlais.

"We were able to turn to the Foundation who came through with a substantial amount of funding for us that made this project possible. Had we not had them, I know for a fact that we would not have any evening skating this season, it just would have to be daytime because we'd have no lights."

SDCF moved quickly, granting \$11,500 to replace the old poles and install LED outdoor lighting, and provided another \$4,500 to paint the exterior of the building and buy some hockey and broomball sticks.

Desjarlais, who grew up at the Clandeboye rink and watched her own sons learn to skate there, says the rink has always been a community gathering place and when



Frozen skating party at the Clandeboye rink

COVID hit, it became even more so.

The clubhouse couldn't open, but the ice was in and people were coming out in droves. She said they routinely had 30-60 people a night skating and using outdoor benches to put on their skates.

They set the lights to auto timers and let the good times roll.

"We were just wowed with what we were seeing on our video cameras," Desjarlais said.

"We were just absolutely taken aback to see what our little rink was doing. It was really at that time we realized how important we are in the community."

The ice is ready to go for the winter, and the Coyotes Learn to Play Hockey Program and Learn to Skate Program are set to begin.

By the Numbers November 2021 Endow Manitoba Giving Challenge

7 Days of Giving

\$72,802 Total donated to SDCF

178 Smart and caring donors

Being "Here For Good" Priceless



# SDCF provides more than \$74,800 in grants from fall intake

*It's the perfect Time for Kindness. The SDCF has embraced that sentiment and granted \$74,817 to 20 different community projects, including those that support recreation, mental health, the arts and a safe place in times of crisis.*



## Blanket programs wrap us in warmth

Established blanket-making program Project Linus and the new Tied With Kindness both received grants from the SDCF.

St. Andrews School teachers Gina Doyle and Krista Bruce liked the connection that Tied With Kindness – a blanket making program – offered students and both felt there was plenty they would gain.

The program has students hand tying tassels onto blankets that will be given to the Nova House Shelter for women and children in crisis.

Doyle said the students will be introduced to Nova House and the services it provides and they will be working together providing a valuable community service.

"The students will learn many things, including the act of generosity," Doyle said.

"Shifting the focus from ourselves to others can have powerful effects. Doing something good for someone else can boost your own happiness."

Working together as a team with their classmates will allow students to practice co-operation and communication skills, build self-confidence and develop social connections.

Making and giving the blankets will also instill a sense of community and community service.

"(This will) expose them to and develop the ideals of community service. My main focus will be on volunteering our time without needing something in return and all good things take time."

The Selkirk & District Community Foundation provided a grant of \$1,065 so they could purchase materials and equipment to create the blankets.

"The grant is extremely important to our project running," Doyle said.

"The grant will provide us with the resources needed to create at least 15 blankets. Without the grant we would only have the funds to create 3 or 4 blankets."

The SDCF also funded Project Linus, a long-standing blanket making group in the area, with \$750 to purchase storage bins and material for the blankets they give places like Inclusion Selkirk, Nova House and Selkirk Regional Health Centre.

## Time to take care of mental health



Sources of Strength will be implemented into the Lord Selkirk School Division thanks to a grant from the SDCF. The program focuses on social emotional learning, suicide prevention, mental health and well-being.

Provincial funding to implement a universal suicide prevention program in Manitoba school divisions was exciting news for Heidi Fingas, Director of Student Services for Lord Selkirk School Division, but the reality was the program was still financially out of reach.

"Sources of Strength is an evidence-based program that's been shown to be quite supportive with social emotional learning and suicide prevention, mental health and well-being, all those big check boxes for recovering from COVID and returning to school," Fingas said.

LSSD was fortunate in that it had two divisional social workers willing to take the training, which helped keep costs down, but it would still be about \$20-\$30,000 to implement it into the entire division. Materials and resources were extra, totally about \$15,000 for the elementary schools alone.

A Selkirk & District Community Foundation grant through the Gaynor Family Fund to LSSD Student Services allowed the division to move ahead with the program.

"The financial piece was a bit of a struggle and having the opportunity to offset the cost with the Foundation's grant was an absolute grace to us because we wouldn't have been able to do it," Fingas said.

"Having this grant to support the materials and resources piece gave us the ability to go larger, go divisionally rather than just what we were looking at originally, which was four schools."

The province made the funding available to help with recovery from COVID, and it is necessary, but Fingas said it's a program that has value at all times.

"This program is valuable whether it was COVID or not, whether it was recovery learning or not. It focuses on mental health, family support, positive friends, mentorship, healthy relationships, physical health. There's the wheel of all the different sources of strength that you pull from to help support the students and the staff. So it's not student focused, it's school focused."

In Vital Signs, the SDCF's 2018 report card of the state of our community, the proportion of people in Selkirk, St. Clements and St. Andrews saying they have mood or anxiety disorders was 24.6%, 20.1% and 19.1% respectively, up in all cases from 2008.

Vital Signs suggested three things we could do to make a difference: ask a friend to come for a walk, wear purple on World Mental Health Day to recognize and promote mental health and expand mental health resources for youth.

## New mural a welcomed addition to East Selkirk Legacy Park



This mural, in a Selkirk Manitoba Avenue pocket park, is eye catching and was created with the help of an SDCF grant; St. Clements' East Selkirk Legacy Park is the recipient of a grant that will allow for a mural to be created there.

The East Selkirk Legacy Park is the most apropos of places for a new 560-square-foot Community Spirit Mural and by next summer it will be a reality.

The RM of St. Clements is working with the Interlake Art Board and world-renowned mural artist Charlie Johnston – a Lord Selkirk Regional Comprehensive Secondary School graduate and St. Andrews resident to create the mural. The project received \$10,000 from the SDCF toward the project, marking the first time the Foundation has funded a mural project outside the City of Selkirk.

"We are thrilled the Foundation has come to this side of the river, and East Selkirk will be added as another destination to Red River North Tourism's Mural Tour," said Sandra Strang, St. Clements Councillor.

"Hopefully we can see more murals in St. Clements, possibly in Lockport, or even Grand Marais?"

The mural will add another layer to Legacy Park and coincide with the completion of a long-awaited project, the Community Donor Recognition.

Strang thanked the Foundation for its contribution to the important project and said it has everyone looking forward to summer.

"We are very excited that after reaching out to the Interlake Arts Council and with the Selkirk & District Community Foundation grant, St. Clements is going to be home to another mural in our area. This mural is going to be an exciting addition to our Legacy Park," she said.

"Council is excited to see what Charlie Johnston along with other local artists, will create for our community."

We know that the arts are an integral part of any community and the Foundation's 2018 Vital Signs Report found that visits to the Selkirk Community Arts Centre were on the rise; a 2012 survey of Canadians found that 87 per cent of regular arts attendees said the arts make them feel part of their local community.

Murals bring art to the public in a seamless way and make their pure joy accessible to all.



**COMMUNITY GRANT PROGRAM**  
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## Connecting your smart and caring gift with the perfect fund

At the Selkirk & District Community Foundation, we know that when you make the decision to give, it's because something is important to you. We appreciate that and have created a variety of ways for you to do so. We're confident you'll be able to match what you care about with the right fund at SDCF.

When you donate to the Community Fund, your gift will help out at any number of deserving groups throughout the community, such as daycares or senior organizations.



### COMMUNITY FUND

If your decision to donate is based on helping wherever help is needed, the Community Fund will resonate with you. It's an undesignated fund and matches donated dollars with all kinds of deserving groups, from daycares to senior centres and cultural dance

troupes to women's shelters. It's a smart and caring fund that fulfills both the wishes of our donors and the dreams of charitable community organizations. Your donation to the Community Fund can be a general donation, or if you wish, can be directed to a Named Fund, such as:

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- Rob Cox Memorial Fund
- Jeanne & Dexter Harvey Fund
- Kinsmen, Kinette & K-40 Clubs of Selkirk



The John Mytz Memorial Fund is a Designated Fund that was created by John's wife Irene and family to honour his love of reading.

### DESIGNATED FUNDS

With a Designated Fund, you can get specific and target your donation to one or more charitable community organizations to be the perpetual beneficiary. These funds include:

- Amma's Bookshelf
- Edith Schofield Estate
- John Mytz Memorial Fund
- Leslie & Marguerite McRae Family Fund
- Libri Fund
- Lord Selkirk School Division Scholarship Foundation Fund
- Mooring-Griffioen Family Fund
- Palliative Care Fund
- Selkirk & District Community Foundation Administrative Support Fund – Buhr Family Endowment Initiative
- Selkirk General Hospital Fund
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### SCHOLARSHIPS & BURSARIES

The SDCF has a variety of scholarships and bursaries that support and help the future education of deserving students through the Lord Selkirk Regional Comprehensive Secondary School and other education and community-based organizations. For a complete listing of all the scholarships visit our website at [sdcf.ca](http://sdcf.ca)



Our Daily Bread Endowment Fund supports marginalized people with food security that may include the organization's regular food provision program, support of local breakfast programs, seasonal hamper programs and other social justice food programs.

### AGENCY-DESIGNATED FUND

The SDCF stays true to the vision of original donor groups who created these funds to support local community organizations' missions, values and so much more:

- Chief Peguis Heritage Park Fund
- Inclusion Selkirk Futures Fund
- Marine Museum of Manitoba (Selkirk) Fund
- Our Daily Bread Endowment Fund
- St. George's Wakefield Anglican Church Fund
- Selkirk Accessible Transit Endowment Fund
- Selkirk Parks Endowment Fund
- Selkirk Recreation Endowment Fund

The Olive & Bill, Joseph and Michael Cholosky Music Fund is a Field of Interest Fund that supports community and/or school-based programs that enhance and develop music.



### FIELD OF INTEREST

You can cover a lot of ground with a thoughtful donation to a Field of Interest Fund, which enables your gift to assist many organizations that are near and dear to your heart.

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# Nominations underway for Recreation Manitoba awards

By Jennifer McFee

Do you know an individual or organization that's made a difference in recreation, parks or leisure?

If so, you might want to consider nominating them for a 2022 Recreation Manitoba Award before the Jan. 28 deadline.

Each year, Recreation Manitoba's awards and recognition program honours individuals and organizations that make an outstanding contribution to advance recreation, parks and leisure in Manitoba.

"The annual presentation of these awards reflects Recreation Manitoba's commitment to celebrate and publicly recognize individuals, groups and organizations who have inspired us and earned our respect," said executive director Shane Ray.

"The nomination form is a simple one-page nomination form, and individuals, organization and facilities are eligible on most categories."

He encourages community members to consider submitting a nomination.

"COVID has highlighted the need for individuals and communities to be active, be social and connect with each other and nature," he said.

"Individuals and organizations who have continued to find ways to provide this to the community should be lauded for providing this essential and vital service."

Recreation and leisure have taken on even more importance during the pandemic.

"COVID has impacted every aspect of our lives, and recreation and leisure have become central to our ability to cope and recover. The spaces, places and people providing these services and programs to Manitobans have twisted and turned with each change, seeking new ways to support communities and individuals," Ray said.

"A nomination is a simple way to acknowledge this contribution to individuals' and communities' well-being. It is a way to say thank you to those organizations, facilities and individuals for their role in helping us all through these difficult times."

Laine Wilson, recreation facilitator for the RM of Rockwood and Town of Stonewall, said there are many worthy organizations and individuals that should be considered for nominations.

"I would encourage organizations to highlight themselves and take pride in your accomplishments. We have



PHOTO SUBMITTED

Lakeside MLA, Minister of Agriculture and Resource Development Ralph Eichler (right) and Brad Saluk, AMM vice-president, attending the awards ceremony in 2020.

all been faced with a few challenging years, and we have such a large amount of individuals and organizations that have continued to persevere and contributed to improve the quality of life for all through their recreation pursuits," she said.

"We have such a fantastic area, full of fantastic, well-deserving people. It would be great to see some recognized."

The awards fall under six categories:

- The prestigious Prairie Crocus Award honours a professional who has made a significant contribution to recreation, therapeutic recreation, parks or leisure services in Manitoba.
- The Therapeutic Recreation Award of Excellence recognizes a professional who has made a contribution in the field of therapeutic recreation in Manitoba
- The Facilities Award recognizes a Manitoban recreation facility, individual or group with outstanding or unique innovations for providing a place to gather, play and connect.
- The Nature Award recognizes the

achievements of individuals, groups or organizations that steward recreational, natural, and green spaces that enhance community quality of life.

- The People and Communities Award recognizes the efforts and dedication of individuals, or groups, who lead and advocate the many benefits of the field.

- The Health and Well-Being Award recognizes nominees that have gone above and beyond to increase opportunities for their community to benefit mentally, physically and socially.

To download a nomination package, visit the Recreation Manitoba website at [www.reconnections.com](http://www.reconnections.com). The deadline to apply is Friday, Jan. 28. A selection committee will review the applications and select recipients.

The winners are usually announced as part of an annual conference in March. However, if the pandemic delays the conference, then the timing might change.

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Stay Tuned for our 2022 recipients! They will be announced on Wednesday Jan. 19, 2022.

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# Kawasaki Disease Awareness Day is Jan. 26

By Ty Dilello

Kawasaki Disease Awareness Day is coming up on Jan. 26. It's a very underrated disease that needs to be brought into the spotlight so that parents know the symptoms.

Kawasaki Disease is the leading cause of acquired heart disease in children in Canada. It affects coronary arteries (arteries found on the heart that provide heart muscle cells with oxygen and nutrients). Currently, researchers are unaware of a cause for Kawasaki Disease but suspect that it is caused by environmental factors such as bacterial or viral exposure that trigger an immune response.

Three things also known to increase a child's risk of developing Kawasaki disease.

Age. Children under 5 years old are at highest risk of Kawasaki disease.

Sex. Boys are slightly more likely than girls to develop Kawasaki disease.

Ethnicity. Children of Asian or Pacific Island descent, such as Japanese or Korean, have higher rates of Kawasaki disease.

Kawasaki disease tends to occur seasonally. In North America, it usually occurs in the winter and early spring.

Knowing the symptoms could help a child receive timely diagnosis and treatment, which will reduce the chance of the development of heart damage. Kawasaki disease is usually treatable, and most children recover without serious problems if they receive treatment within 10 days of onset.

Caitlin and Josh Rutherford (formerly of Stonewall) have a daughter, Navy, who was diagnosed with Kawasaki Disease last year. For Navy, the first indication that something wasn't right was when she had a prolonged fever for four days and a large swollen lymph node in her neck, fussiness and fatigued.

"Navy was diagnosed with atypical Kawasaki, so she didn't have the major signs such as a body rash," said Caitlin Rutherford. "It was actually four days after the initial doctor appointment that she received her first treatment. Once her blood work came back, a team of doctors including two pediatricians, a rheumatologist, and a resident worked together on her diagnosis and treatment plan."

The type of symptoms displayed plays a significant factor in diagnosing Kawasaki Disease. This is unsettling when you factor in that Kawasaki disease has to be treated within a specific window of time for the treatment to be effective. Leaving Kawasaki Dis-

ease untreated can leave devastating effects on a child's heart.

"We didn't know much about Kawasaki disease before Navy was diagnosed. I associated it with a rash and never realized the severity if left untreated. It would be beneficial for parents to know more about what signs and symptoms to look out for and to be more aware of the damage Kawasaki Disease can leave on a child's heart."

"I think it is a very underrated disease that people often perceive as a diagnosis a doctor uses when they don't know exactly what is wrong with a child, when in fact, it could potentially lead to very detrimental effects if left untreated or not treated quick enough."

COVID-19 certainly didn't help things for the Rutherford's as it added a ton of stress trying to manage their daughter's health while living in a global pandemic.

"The hardest part about it all, aside from seeing your child suffer, is the rules in place during this pandemic," said Caitlin Rutherford. "We were extremely fortunate to find a doctor who heard us and advocated for us and allowed both of us to be in the hospital with Navy for her entire stay as well as the follow-up appointments with her cardiologist when checking on the aneurysm on her heart. It's already terrifying not knowing what is wrong with your child and then adding the stress of having to choose which parent doesn't get to be there for a week-long hospital stay isn't very settling."

Around 500 children in Canada are affected by Kawasaki Disease each year. Help get the conversation started so that all parents and caregivers know about Kawasaki disease. The symptoms to watch out for include persistent high fever lasting five or more days, swollen hands and feet, redness of the palms and soles of the feet, red bloodshot eyes, red cracked lips and red swollen tongue ("strawberry tongue"), swollen lymph nodes in the neck, and body rash, often worse in the groin.

If left untreated it can damage the heart. Inflammation of the coronary arteries can lead to weakening and bulging of the artery wall (aneurysm). Aneurysms increase the risk of blood clots, which could lead to a heart attack or cause life-threatening internal bleeding.

For a small percentage of children who develop coronary artery problems, Kawasaki disease can cause death.

For the Rutherford family, they con-



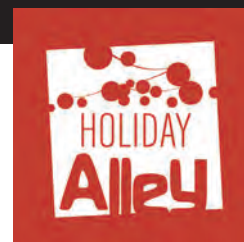
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Caitlin Rutherford and her daughter Navy at her cardiology appointment in August when the family found out that Navy's aneurysm had shrunk to a normal size.

sider themselves very lucky that doctors could diagnose and treat Navy early on.

"Navy had two rounds of IVIG treatments during her hospital stay. I'm happy to report that her aneurysm

completely shrank down to normal size at her last cardiology appointment. She is a very lucky girl, and we are very grateful!"



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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## 3 factors to consider before converting an attic

Accessibility is an important variable to consider as homeowners try to determine if they can convert their attics into a livable space.

At the onset of the COVID-19 pandemic, many homeowners suddenly found themselves in need of more usable square footage in their homes. Required to work from home due to social distancing recommendations, millions of working professionals suddenly found themselves setting up shop at kitchen tables or islands, in alcoves, garages, or even walk-in closets. Those makeshift offices were never supposed to be permanent, but as companies loosen workplace policies and embrace full remote or hybrid working arrangements, professionals are seeking more permanent home office solutions.

Home additions are a possibility for homeowners who need more usable square footage, but add-ons may not be the right option for everyone. If adding on won't work, homeowners may want to look up ... at their attics.



Accessibility is an important variable to consider as homeowners try to determine if they can convert their attics into a livable space.

Attics with ample space can make for ideal home offices, as they're away from the hustle and bustle of a home's main floor. That can make it easier to concentrate when everyone is in the house and reduce the likelihood that video calls with colleagues and clients will be interrupted by kids and pets.

Attic conversions are not always possible, and the following are three important factors homeowners may need to consider before they can go forward with such projects.

1. Dimensions: Both the renovation experts at This Old House and the real estate experts at UpNest indicate that at least half of a finished attic must be a minimum of seven feet high and seven feet wide and 70 square feet. Requirements may differ depending on where homeowners live, but that 7-7-70 guideline is generally the minimum requirement. An attic that fails to meet such requirements won't necessarily be a lost cause, but it might be costly to make adjustments that ultimately align with local codes.

2. Access: Access is another aspect that must adhere to local safety guidelines. Many attics are accessible only through pulldown ladders, but that will have to change if homeowners repurpose their attic spaces. A staircase that complies with local laws will need to be installed, and contractors can work with homeowners to build that and estimate the cost. Homeowners who simply want to put desks in their attics without going with full-fledged conversions are urged to adhere to local access requirements anyway, as they're intended to ensure residents can safely escape attics in the case of a fire or another emergency.

3. Climate control: Attics are converted to provide residents with more livable space. Converted space is only livable if the climate within the attic can be controlled so it's cool in the summer and warm in the winter. An existing HVAC unit needs to efficiently heat and cool an extra room. If it can't, bills might spike because the rest of the home likely won't be as comfortable, forcing homeowners to adjust thermostats to offset that discomfort. That also could affect the unit's life expectancy. Before going forward with an attic renovation, homeowners should contact HVAC professionals to determine if attic spaces can be serviced with the existing units and ductwork, or if an alternative arrangement must be worked out to make the spaces livable.

Attic conversions can be great ways to make existing spaces more livable. Homeowners considering such projects should pay attention to three important variables as they try to determine if attic conversions will work for them.



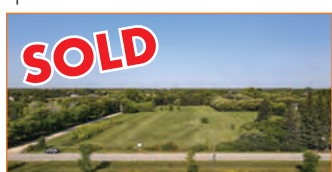
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# Your Local Community Home Real Estate Section

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## How to determine if it's time to downsize

Individuals work hard to save enough money to purchase their homes. And the hard work doesn't end there. Once homeowners settle into a new home, they may set their sights on renovations that suit their individual needs. And even when buyers find a home that needs no such work, maintenance requires homeowners' utmost attention.

All that hard work is perhaps one reason why seniors may be a little reluctant to downsize as they advance through their golden years. In addition to the sweat equity homeowners put into their homes, all the memories they've made within their walls can make it harder to put a home on the market.

Downsizing is a difficult decision that's unique to each homeowner. Seniors who aren't quite certain if downsizing is right for them can consider three key factors to make a decision that's in their best interests.

· Cost: Perhaps no variable affects senior home-

owners' decisions to downsize their homes as much as cost. No one wants to outlive their money, and downsizing to a smaller home can help seniors reduce their monthly expenses by a significant margin. Even homeowners who have long since paid off their mortgages can save substantial amounts of money by downsizing to a smaller home or even an apartment or condominium. Lower property taxes, reduced insurance premiums and the need to pay for fewer repairs are just some of the ways downsizing can save seniors money.

· Space: Many people love the extra space that single-family homes provide. But seniors can take a walk through their homes and see how many rooms they still use on a consistent basis. If much of the home is unused, seniors can probably downsize without adversely affecting their daily lives.

· Market: The real estate market is another factor to consider when deciding if the time is right to down-

size. A seller's market can help seniors get the biggest return on their real estate investment, potentially helping them make up for meager retirement savings. For example, home prices skyrocketed across the country during the COVID-19 pandemic, making that a great time for sellers to put their homes on the market. Seniors selling to downsize may capitalize on such spikes since they won't be looking to turn around and buy larger, equally expensive homes once they sell their current place. If the market is down and seniors can withstand the work and cost a little longer, it may be best to wait until things bounce back in sellers' favor.

Downsizing requires careful consideration of a host of variables. No two situations are the same, so seniors should exercise due diligence to determine if downsizing is right for them.

## Pros and cons to open-concept homes

Open-concept homes have become increasingly popular in recent years. An open-concept home is one in which the rooms flow into one another with limited obstruction from walls or other barriers. According to the National Association of Home Builders, 84 percent of new single-family homes have fully or partially open layouts.

While they may seem like a new trend, open floor plans are anything but. Early American homes featured open, often one- or two-room units built around the central kitchen/hearth. This maximized warmth and functionality. Homes evolved as incomes grew, and soon homes had several smaller rooms with specialized functions.

What's old has become new again. However, before diving head first into a new home purchase or a big renovation to realize an open-concept dream, consider the pros and cons of this type of setup to determine if it's really right for you.

Advantages of open floor plans

Open floor plans facilitate the flow of natural light throughout a space and can promote air flow, helping to reduce warm or cool pockets of air in otherwise closed-off rooms.

Open homes make socializing easier, even when people are doing different things. While someone is cooking dinner in the kitchen, he or she can

still interact with someone else playing video games in the family room or paying bills in the home office. Entertaining also is easier, as mingling with guests is much more convenient when walls are not getting in the way.

A smaller home can feel much larger if it employs an open concept. The square footage is not divided into smaller quarters, which sometimes are rooms (such as formal dining rooms) that are only used a few times per year. This eliminates underused spaces and opens up sight lines in the layout.

The value of real estate has risen dramatically since the onset of the COVID-19 pandemic, and prospective buyers may prefer an open-concept plan because it can help them minimize building costs.

Disadvantages of open floor plans

Open layouts are not for everyone. The same sense of space that occurs when walls are taken down may make rooms feel cavernous and less cozy, particularly in homes with ample square footage. In addition, privacy can be hard to come by when all rooms feed into one another.

When the kitchen is not separate from the family room space, that makes it easy for noise to compromise the area's comfort levels. There is no hiding from noise in an open floor plan, as sounds from voices, television shows and appliances tend to

echo and blend together. And if the home is a single-story layout, those noises from the main living areas also may carry to adjacent bedrooms.

Smoke and smells are another thing to consider. When something on the stove spills over, a small range hood will not be practical for clearing smoke from a

large space. Though the aroma of freshly cooked food is enticing, it can make it hard for cooks to keep guests out of the kitchen.

Open-concept homes are popular, but homeowners should weigh the pluses and minuses to see if this trend is truly right for them.

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# get inspired

> MEAL IDEAS



Recipe courtesy of chef Nate Appleman on behalf of Abbott

## Vinaigrette:

- 1/4 cup oil
- 1/4 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup water
- 2 tablespoons raw sugar
- 1 cup chopped fresh cilantro
- 1 lime, juice only
- 1 clove garlic, minced
- 1 small Thai bird chile or serrano chile, chopped

- 1/4 head finely shaved green cabbage
  - 1/4 head finely shaved purple cabbage
  - 2 carrots, thinly julienned
- Skirt steak:**
- 1 1/2 pounds trimmed skirt steak
  - 1/2 cup coconut milk

RED RIVER CO-OP FOOD STORE

## Marinated Skirt Steak

- 3 cloves garlic, minced
- 2 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- 2 tablespoons sriracha
- salt, to taste
- 3 cups cooked brown rice
- 1/2 cup crushed peanuts
- 1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

Heat grill to high. Grill 3-4 minutes each side until medium rare.

Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.



Recipe courtesy of chef Nate Appleman on behalf of Abbott

## Roasted garlic:

- 2 heads garlic
  - olive oil
  - salt
- Frittata:**
- oil
  - 2 medium leeks, sliced
  - 8 ounces blanched, chopped broccoli
  - salt, to taste
  - 9 eggs
  - 2 tablespoons chopped fresh parsley
  - 2 ounces grated Parmigiano Reggiano

## Cheesy Frittata with Veggies

2 tablespoons heavy cream  
To make roasted garlic: Preheat oven to 400 F.

Slice 1/4 inch off entire heads of garlic and place cut sides down in 1-liter casserole dish. Drizzle with olive oil and sprinkle with salt; cover with lid.

Bake 35-45 minutes until heads of garlic are soft and light brown. Let cool then use back of knife to squeeze garlic from pods.

To make frittata: Lower oven to 375 F.

In saute pan, heat oil over medium-high heat. Cook leeks until soft; add broccoli then season with salt, to taste, and remove from heat.

In mixing bowl, mix roasted garlic, sauteed leeks and broccoli, eggs, parsley, Parmigiano Reggiano and cream; place in 9-inch pie dish and bake approximately 20 minutes until top of frittata is brown. Remove from oven and let cool slightly before cutting and serving.

## Pay attention to your dreams



By Gwen Randall

Dreams are one way for our subconscious mind to communicate with our conscious mind. The subconscious does not communicate directly, however. It is more like a game of charades, in which the subconscious 'acts out' a message and hopes the conscious mind will pick it up.

The subconscious is where our deepest feelings, desires, fears and vulnerabilities reside. The conscious mind is more like the part we 'dress up' to take out into the world, while the subconscious runs things 'behind the scenes'. The subconscious can certainly sabotage our conscious desires and goals, so it is a good idea to pay some attention to it. If we can decode its messages, there is a greater likelihood that we get all parts of our consciousness working in the same direction.

If you dream of being afraid, of being unsafe, or being chased, the dream may be reflecting your deep feelings of vulnerability. You can look at your waking life and consider in which areas you may be feeling vulnerable. Then you can see what you might do to make yourself feel a little more grounded and secure in that situation, or to look at how you would still be okay even if your worst fears materialized.

If you dream of being lost, it may be that you are 'off track' in terms of what you really want to be doing in this lifetime. Dreams can also give hints about where our soul really wants us to go, literally figuratively. If you dream repeatedly of the countryside, or of mountains, it may be that your soul yearns to move there.

If you dream of flying, it may be that it is time to give 'wings' to your waking dreams.

If, on the other hand, your dreams are disturbing, and leave you feeling anxious or depressed, and especially if they are recurring, you may benefit from talking with a psychologist. You may have unresolved issues from the past that need to be healed. Sometimes old wounds may be triggered by some current situation, and your conscious mind may not have made the connection. The subconscious may be trying to alert you about something in your life is upsetting you. It could be something related to another person or situation, or it may be something within our own thought processes.

Some people say they do not remember dreams. Sometimes just giving yourself the message, just before you fall asleep, to remember your dreams is helpful. Keeping a notepad by your bed and jotting down even the briefest fragments of dreams can be helpful in recalling them. Once you get up, they may be lost. Pay attention to your dreams, for there may be important subliminal messages in those 'nighttime videos'.

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

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# The Recipes That Made Us highlights Arborg dishes

By Nicole Brownlee

Whether it's sharing a schedule over coffee, recalling the latest episode of a new show over a sandwich or reflecting on the day over a large pot, stories are best paired with food.

Theatre Projects Manitoba explores the connection between stories, food and place in their video series, The Recipes That Made Us.

Joshua Banman, the creator of the series and Theatre Projects' technical digital director, also reconnected with memories of his late grandfather.

"My grandpa made the best noodle," said Banman.

Banman's grandfather died a few months before Banman began the project.

"If I had him, I would do an episode with him."

The Recipes That Made Us is a part of Theatre Projects' larger project, Chautauqua: The Interlake Trail. Several artists from the collective

worked with Interlake communities like Arborg, Riverton, Selkirk and Ericksdale to create art inspired by the region's stories.

Theatre Projects first produced work inspired by Chautauqua in 2018.

"There was a lot of goodwill and relationship to build off of as we went out last summer," said Banman.

A chef himself, Banman hosted the three-part series available on YouTube, accompanied by four Arborg residents.

Owen Eyolfson, Alice Bjornson, Marlene Taylor and Martine Sawanis

led Banman through the recipes they not only loved to make but also loved to share.

Banman connected with the four residents through Eyolfson's mom, Pat Eyolfson, co-chair of the Arborg and District Heritage Village.

"There's a few folks in Arborg who were very generous," said Banman. "I imagine Pat Eyolfson was a big part of it."

Banman met Pat in September 2021 while camping at the Heritage Village with his Theatre Projects team.

"She's quite a connector."

In the series, Bjornson and Taylor bake vinarterta, an Icelandic layered torte, and Sawanis whips up three iterations of bannock with garlic and cheese, cinnamon sugar and sausage.

Eyolfson recreates one of Eldhús Restaurant's most popular dishes passed down from Eyolfson's great-grandmother, celery sauce.

"It's so versatile," said

Eyolfson.

At Eldhús, the restaurant at the Arborg Hotel, which Eyolfson owns, customers request jars of sauce to add to burgers, steaks and seafood.

"I polished one jar off right away," said Banman, noting that Eyolfson gifted him two jars of the sauce when they filmed the episode.

The celery sauce recipe was passed to Eyolfson after relying on Pat to prepare it at family functions.

"She said, I think it's time you learned to make it," said Eyolfson

"IF WE DIVE INTO FOOD, WE'RE GOING TO FIND A STORY."



in YouTube video: The Recipes That Made Us - Celery Sauce with Owen Eyolfson. When his family would prepare the sauce, Eyolfson remembers they would often reflect on the harvest that year, consider the following season's crop and retell tales.

"There's a lot of family connection time," said Eyolfson.

Since appearing on the series, Eyolfson said he's received numerous

compliments about the video and recognized while running errands.

"I spent the evening in Gimli the other day, and somebody stopped me on the street to say they loved the video."

Considering when he first proposed the project, Banman knew a guaranteed way to learn more about people.

"If we dive into food, we're going to find a story."



RECORD PHOTOS YOUTUBE VIDEO SCREENSHOT

Chef Joshua Banman, above and right, makes celery sauce with Eldhús Restaurant's owner Owen Eyolfson in one of four YouTube videos: The Recipes That Made Us.

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**The Selkirk Record**



# Incredible Creatures: new species identified in 2021

By John Gavloski

With new high resolution telescopes being sent into space, and probes being sent to Mars and the sun, it may be tempting to think that the earth and its diversity have been adequately explored and documented. But that is far from the case. Hundreds of new species are being discovered every year. It is estimated that there are still thousands, if not millions, of species yet to be discovered. In this month's Incredible Creatures we will explore some of the new species that have been described in 2021. Although there have been hundreds of new species identified from all corners of the earth over this past year, I will focus on some cool new animals, starting with a large mammal and concluding with the new "leggiest" animal on earth.

## North America:

Researchers determined that a group of whales in the Gulf of Mexico that looked like Bryde's whales are actually a new species, which they

named the Rice's whale (*Balaenoptera ricei*). Scientists estimate that only 33 individuals remain alive and are threatened by marine ship traffic, plastic waste, and oil and gas exploration in the Gulf.

Six new species of bark scorpions were discovered from Guatemala and Mexico. While people might generally associate scorpions with arid desert climates, these bark scorpions find respite from predators, namely larger scorpions, high in the treetops of undisturbed primary forests.

## Asia:

Researchers have described 12 new gecko species from India's Western Ghats mountains. One of these is described as "nearly impossible to catch", and was named Jackie's day gecko, after the famed actor and martial artist Jackie Chan. Most of the new geckos were found in caves or on the forest floor. They are quite small, most measuring only 3 to 4 centimeters.

A brightly coloured Easter egg weevil, *Pachyrhynchus obumanuvu*, was

discovered in the forested mountaintops of the Philippines. These weevils live in the canopy of the moist, moss-covered cloud forest. Its colours mimic the traditional garments of the Indigenous Obu Manuvu tribe; hence the species name of this beetle. Deforestation is a concern in the region, and it is hoped that the power of a name may instill a sense of pride and stewardship for a species within a community.

## Africa:

The newly described *Brookesia nana* chameleon from Madagascar is believed to be the smallest reptile on earth. It is about the size of an aspirin tablet. Madagascar, though quite large, has a surprising number of miniature animals, many of them found nowhere else on the planet.

A new chameleon species, named the Wolfgang Böhme's Ethiopian chameleon, was found living in bushes and small trees in the Bale Mountains of south-central Ethiopia. The chameleon is around 15 centimeters long

and has a distinctive crest of large spiny scales along its back and tail.

## Australia:

One of the truly amazing new discoveries over the past year was a new species of millipede, named *Eumilipes persephone*, which broke the record for number of legs; one of the specimens collected has 1,306 legs. This eyeless millipede was discovered underground near the south coast of Western Australia. There are more than 13,000 species of millipedes, and in spite of the name millipede, most species only have a few hundred legs at most. The previous record was a millipede with 750 legs. This new species is the first "true millipede" and the leggiest animal on Earth.

From whales to tiny reptiles, some amazing new species were discovered in 2021. It's exciting to think about what is still out there waiting to be discovered.

# Operation Phoenix drugs and guns arrests: R21-23405

## Submitted

In May of 2021, the Winnipeg Police Service Organized Crime Unit began the initial stages of an investigation into firearms trafficking. The project, dubbed Operation Phoenix, progressed throughout the summer of 2021, where investigators learned that large amounts of drugs were also being trafficked by the network. This led to the WPS partnering with The Edmonton Police Service Gang Enforcement Unit, the Ontario Provincial Police Organized Crime Enforcement Bureau and the RCMP Organized Crime Unit. Additional assistance was provided by ATE, Canada Border Services and the Correctional Services of Canada, and FINTRAC.

Twelve people were arrested at various locations, including Winnipeg,

Edmonton, the Greater Toronto Area (GTA). Two of those arrested face charges related to smuggling large quantities of drugs and contraband into Stony Mountain Penitentiary and Collins Bay Institution through the use of drones. The drugs trafficked included: methamphetamine, fentanyl, cocaine, marihuana and contraband. The institutional value of the drugs and contraband seized at Stony Mountain Penitentiary is estimated at \$700,000.

In total, sixteen search warrants were executed: four in Winnipeg, three in Anola, Manitoba, two at Stony Mountain Penitentiary, four in Alberta, and three in the GTA. Seizures included:

- Roughly 40 firearms
- 30 kilograms of methamphetamine (\$2.6 million ESV)

- 6 kilograms of fentanyl (\$2.75 million ESV)
- 15 kilograms of cocaine (\$1.6 million ESV)
- 100 kilograms of marihuana (\$500,000 ESV)
- smaller amounts of heroin, ecstasy, and psilocybin (\$330,000 ESV)
- 1 kg of cutting agent (\$1,200)
- 11 vehicles, 4 snowmobiles, 3 trailers, Bobcat (\$381,000)

Numerous bank accounts were also frozen.

Of the twelve suspects arrested, six have been charged and can be named at this time. Arrests were made in the first two weeks of December 2021.

Matthew Cody Knysh, 30, of Winnipeg, has been charged with 20 separate firearms offences.

Mitchell Steven Lee Bruneau, 40, of

Anola, has been charged with six firearms-related offences and four counts of conspiracy.

Jason Dean Bigl, 20, of Winnipeg, has been charged with possessing and trafficking in firearms and four counts of conspiracy.

Stacy DeSantis, 25, has been charged with trafficking (controlled substance) and conspiracy.

Mario Grosso, 36, of Heritage Pointe, AB., has been charged with trafficking (controlled substance), and conspiracy.

Joseph Louis Savino, 35, of Winnipeg, has been charged with six firearms-related offences and trafficking (controlled substance).

All of the accused have been detained in custody.

# Save Pond Hockey event postponed due to COVID-19

## Submitted by Climate & Sport Initiative

The Climate and Sport Initiative and the host organizing committee in Stonewall, have made the difficult decision to postpone the Save Pond Hockey event scheduled for Feb. 18-20. The decision comes after the significant spike in COVID-19 cases and is in alignment with provincial health and safety protocols.

The event was set to feature a 3-on-3 hockey tournament, local business sustainability marketplace, skills labs, and an all-star hockey game featuring

Canadian Olympians Hayley Wickenheiser and Sami Jo Small, as well as former NHL players Reggie and Jamie Leach, among other guests.

"We're extremely disappointed that the pandemic has led to the postponement of this exciting community event," said Mike Gerbis, CEO of GLOBE Series and The Delphi Group and Chair of Leading Change. "We're looking forward to coming together safely and celebrating Canada's favourite game later in the year."

"The health and safety of our resi-

dents, staff, volunteers, and stakeholders is our top priority," said Peter Bullivant, Chair of the Rockwood-Stonewall Recreation Committee and Councillor with the Town of Stonewall. "Postponing the event is the right thing to do, and we can't wait to celebrate and showcase the amazing Stonewall and Rockwood community when it is safe to be together again."

"This is heartbreaking. We were really excited to host such an important event and to have the opportunity to play and watch outdoor hockey with

a community that means so much to us," said Randy Frykas, Chair of the organizing committee. "It has been amazing to see the community rally around this event in the last few months, and we'd like to thank all of the people who helped spread the word, made the pond hockey nets, or registered a team."

For more updates on the postponement, please visit [climateandsport.ca](https://climateandsport.ca) and follow us on social media.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers storm past OCN Blizzard

By Brian Bowman

The Selkirk Steelers blasted the OCN Blizzard twice last weekend.

Selkirk completed the weekend sweep with a convincing 6-1 victory over OCN on Saturday at the Recreation Complex.

"Friday night went really well for us but (on Saturday) I thought in the first period, the first half of the game, we weren't really our best and we came out a little bit slower and it took us a while to get to our game," said Steelers' head coach Hudson Friesen. "Once we found our legs and got to our structure, we started to take over the game. The boys competed and worked hard the whole weekend and created all of the opportunities that we were able to get."

After a scoreless first period, Hayden Wheddon, with his first Manitoba Junior Hockey League goal, Quinton Hill, and Cameron Hibbert tallied to give Selkirk a 3-0 lead.

"(Hayden) is a great player and we drafted him in the first round for a reason a few years back," Friesen said. "He's someone we're really high on and it was good to get him into a couple of games this weekend. He had a beauty of a goal to get us started."

Jordan Hughesman and Lucas Brennan made it 5-0 in the third before OCN's Aaron Lorenz scored on the power play at 14:28 of the period.

Brennan added an empty-net goal at 16:30.

Andrew Andries had three assists while Alex Frank and Connor Tyhy each had two.

Hunter Tarves made 31 saves for the

victory.

Last Friday, eight different Steelers scored in a dominating 10-3 home victory over the Blizzard.

"It was great to see," Friesen said. "Since we made some of these moves, other guys have gotten promoted and they have had a little bit more opportunity and more ice. They have taken those minutes and ran with them. To see eight different guys produce and contribute to the win was great to see."

Selkirk, which built period leads of 4-0 and 9-2, received goals from Dante Ballarin (two), Brennan (two), Spencer Penner, Keagen Abbott, Mathieu Catellier, Sheldon Howard, Cameron Hibbert, and Hill.

Ballarin had a game-high four points.

Riley Zimmerman, Dain Sardelli, and Ashton Paul scored for OCN.

Cole Plowman made 31 saves for the win.

The Steelers, now 15-15-2-2, will host the Winnipeg Blues on Friday and then the two teams will play again Saturday at the RINK Training Centre. Puck drop for both games is 7:30 p.m.

"The remaining 20 games on our schedule are all divisional matchups," Friesen noted. "Starting with the Blues, we're eight points back and we have four games in a row against them. In a lot of ways, it's like a mini playoff series coming up and our group is ready for it and we're excited for the challenge. It's going to be a lot of fun."

Meanwhile, former Steelers' forward Adam Ingram was ranked 14th overall among North American skaters in



RECORD PHOTO BY JOHN PODWORNIAK

OCN Blizzard goaltender Steven Bacovsky makes a save in front of Selkirk Steelers' forward Sheldon Howard during MJHL action Friday evening. Howard had a goal and two assists in Selkirk's 10-3 victory.

the NHL Central Scouting Midterm Rankings that came out last week.

Ingram, a West St. Paul product, had 16 goals and 35 points in 26 games with the Youngstown Phantoms of the United States Hockey League heading into last weekend's action.

"We're super excited and proud for Adam and the development that he has had," Friesen said. "To get to where he's at in his last year, he's really exploded and found his game. He's having a ton of success down south."

Penner, a Steelers' defenceman, was ranked 197th among North American

skaters.

"It's really exciting for him and the team," Friesen said. "For guys to see just because you're not in the Western Hockey League and playing in the MJ here, it doesn't mean that your dreams are over. You can still be getting looks and scouted at this level. "Spencer has been a really good piece for us and really solidified our back end. I wasn't surprised to see him on the list because he's been a real special player for us."



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[www.selkirksteelers.com](http://www.selkirksteelers.com)

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Scott to compete for Canada in Beijing

### Staff

Clandeboy's Alexa Scott has been named to the 16-member Canadian long-track speedskating team for next month's Winter Olympics in Beijing.

The announcement was made this past Monday.

Scott will be competing in the 1,000 metres and team pursuit events. It will be her Olympic debut.

She will be joined by Winnipeggers Heather

McLean and Tyson Langelaar. McLean, who will compete in the women's 500 metres, is making her second trip to the Olympics. Langelaar (men's 1,500 and team pursuit) will be making his Olympic debut.

Scott was unavailable for comment by Monday evening's deadline.



Alexa Scott is one of 16 athletes named to Canada's long-track speedskating team that will compete in Beijing.

RECORD PHOTO BY DAVE HOLLAND/SPEED SKATING CANADA

## Raiders defeat Twins in a shootout

### Staff

Jack Oleksiuk scored the lone goal in the shootout to lift the Raiders Jr. Hockey Club to a 4-3 road victory over the Ft. Garry/Ft. Rouge Twins in Manitoba Major Junior Hockey League action on Sunday evening.

Kobe Campbell, Oleksiuk and Jayce Kennedy scored for the winners in regulation time.

Sam Mitani, Brayden Neufeld, and

Darien Medwick replied for the Twins.

Jeremy Pikel made 35 saves for the win.

The Raiders' home game against the St. Boniface Riels last Friday was postponed. It will be rescheduled at a later date.

The Raiders, now 13-14-1, will host the Charleswood Hawks on Friday (7:30 p.m.) and the St. James Jr. Canucks Sunday (2 p.m.).

## Wild whips U18 Thrashers

### Staff

The Winnipeg Wild scored five second-period goals in a 9-1 romp over the Winnipeg Thrashers in Manitoba U18 "AAA" Hockey League action on Saturday at the Gateway Recreation Centre.

Joshua Fast scored the Thrashers' goal on the power play at 13:44 of the third period.

Wild goals were tallied by Noah Dziver (three), Blake Jones (two), Jack

Kabaluk, Keaton Johnson, Kai Elkie, and Logan Belton.

The Thrashers, now 18-12-1 and in fourth place, will host the third-place Eastman Selects on Wednesday (8 p.m.) and then the two teams will hook up Friday (7:30 p.m.) in Beausejour.

They will meet for a third consecutive time on Saturday (3:45 p.m.) at the Gateway Recreation Centre.

## Giving back to the community



RECORD PHOTO BY JOHN PODWORNIAK

Emmett Rogers drops the ceremonial faceoff for OCN's Bryden Sinclair and Selkirk's Connor Tyhy before last Friday's game at the Recreation Complex. Tyhy was selected by the Steelers to be their representative as an RBC and MJHL Community Ambassador. In recognition of Tyhy, RBC is donating \$1,000 to Ruth Hooker School.

## Wesmen women split with Regina

### Staff

The University of Winnipeg Wesmen women's volleyball team cruised to a 3-0 (25-16, 25-20, 25-22) win over the Regina Cougars in their first road trip outside Manitoba this Canada West conference season on Friday.

Ashleigh Laube had 10 kills and 11 digs while Emma Parker added a team-high 11 kills for the Wesmen.

Setter Portia Switzer, had 25 assists, 11 digs, two aces, and three block assists. Libero Taylor Cangemi had 10 digs and middle blocker Kely Warmington, a former Selkirk Royal, had a career-high seven block assists.

On Saturday, the Wesmen's Ashleigh Laube had a match-high 19.5 points but the Wesmen were unable to sweep their first road weekend of the Canada West season.

The Cougars won two extra-point sets, defeating the Wesmen 3-0 (26-



Kely Warmington

24, 25-19, 28-26).

Warmington had five blocks and six kills on 12 swings with no errors.

Winnipeg's next match is this Saturday at the University of Manitoba.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Wesmen score with addition of Boitson

By David Larkins/Wesmen Athletics

You needn't watch many clips of Sarah Boitson to recognize what makes her a coveted recruit to basketball coaches.

Despite having just five years of playing experience, Boitson has nevertheless garnered university attention and has now put her name in for the Class of 2022 for the Winnipeg Wesmen.

The 6-foot-2 product of Selkirk Regional Comprehensive Secondary School and TAP Basketball has officially committed to Tanya McKay's Wesmen women's basketball team as the first member of the '22 recruiting class.

Boitson's recruitment got an assist from Wesmen assistant coach Alyssa Cox, who coached her in last summer's U17 provincial program.

"Right when I first started thinking about university, the U of W was always something I wanted to go into," Boitson said. "So when Tanya reached out I kind of knew that was the direction I wanted to head. Just from there it kind of set off because she just made everything feel so welcomed and accepting already even before I chose the team and it just went from there."

Boitson began playing in junior

high and joined her first club team in Grade 8. Since then, she's put herself among the tops in the province as a member of the provincial U17 team and in the TAP system.

Boitson, who will have five years of eligibility, said she will study Science with eyes on going into the medical field after her schooling.

Boitson played four years in the Winnipeg Wolves club system before transferring to TAP.

She made the varsity team at Selkirk in Grade 10, but had her Grade 11 year wiped out by COVID shutdowns. Also a member of Selkirk's varsity volleyball team in Grade 12, Boitson is averaging 16 points, 10 rebounds and four blocks per game early on in her senior year of high school. In a game against Glenlawn at the Pembina Trails tournament late in 2021, she scored 23 with 14 rebounds.

"Sarah is a great addition to next year's team with size and potential," McKay said. "Sarah works very hard on and off the court, she understands using her size in the paint and has the determination to get better every practice and every game. Plus, she's academically-focused in the classroom and driven to be an impact player at the U Sports level."



RECORD PHOTO DAVID LARKINS/WESMEN ATHLETICS

The Selkirk Royals' Sarah Boitson has committed to attend school and play basketball for the University of Winnipeg Wesmen.

Boitson's high school coach, Amanda Hallson, said Boitson brings everything a coach could ask for.

"Sarah is the player that every coach wants on their team," Hallson said. "Her skill, size, game IQ and work ethic make her one of the best posts in the province this season. Sarah is a great leader and role model for her teammates on and off the court and I have no doubt that she will be able to successfully make the jump to university basketball."

Boitson is happy to be past the recruiting process and ready to make the move to the University of Winnipeg.

"I'm extremely excited, and it was a big relief," she said. "I'm very happy with the decision I made, and it's all exciting right now. They have a very supportive system (on the team) and a lot of leadership there, and I believe I'll be able to grow a lot with them."

## Hefferman scores twice in Fishermen victory

Staff

The Selkirk Fishermen had a strong second period in a 3-1 road win over the St. Malo Warriors in Capital Region Junior Hockey League action on Saturday evening.

Trailing 1-0 in the second, Raymond Hefferman scored twice sandwiched around a goal from Zack Parkinson. Cole Holdnick scored for St. Malo. The Fishermen outshot the Warriors 43-19 as Brendon

Hocaluk earned the win in goal.

On Jan. 11, Selkirk skated to a 3-2 road victory over the North Winnipeg Satelites.

Kyle Folhoffer scored the game winner in the third period. He opened the game's scoring with a first-period goal.

North Winnipeg's Noah Rayner and Selkirk's Travis Spratt traded goals before the Satelites' Andrew Caron scored with just 1:11 remaining in the middle frame.

Owen Derewianchuk made 16 saves for the win.

Selkirk, in first place with 53 points, hosted St. Malo this past Tuesday but no score was available.

The Fishermen will visit the Arborg Ice Dawgs on Friday. Game time is 8 p.m.

### Next Home Games

**SATURDAY, JANUARY 22<sup>nd</sup>**  
vs North Winnipeg Satelites  
7:30pm - Selkirk Rec Centre

**SATURDAY, JANUARY 29<sup>th</sup>**  
vs Lundar Falcons  
7:30pm - Selkirk Rec Centre

Due to changing COVID restrictions, please check our website for last minute schedule changes

### Next Away Games

Friday, Jan 21 - vs Arborg - 8pm at Arborg



Meet the  
Fishermen



#33 Owen Derewianchuk  
Goalie

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1 bedroom apartment, central Selkirk, ground level, wheelchair accessible. \$950/mo. includes utilities, parking, washer/dryer, no pets, no smoking. Available Feb 1. Call 204-785-0105.

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.

### HELP WANTED

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Home Care Attendant/Health Care Aide for 2 elderly parents in St. Andrews (Larters/Airport Area). Email LTC@MTS.NET to apply.

Survivor's Hope Crisis Centre Inc. (SHCC) is a sexual violence resource centre, serving those of all genders in the Interlake Eastern Region of Manitoba. Currently, SHCC is seeking individuals for the following: Finance and Office Administration Clerk; Community Engagement and Volunteer Coordinator; Reaching Out Program Coordinator. Closing date Thursday, February 3, 2022 by 5:00 p.m. For more information see: <https://survivors-hope.ca/get-involved/>

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Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

### MISCELLANEOUS

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For Sale - Browning X Bolt Hells Canyon Model, 300 WIN MAG, Burnt Bronze cerakote finish fluted barrel, muzzle break, C/W RBC loading dies. New \$1650, asking \$1275 obo. Call 204-638-1962. PAL required.

### NOTICES

Bat Intentions 2021 Grey Cup winners: \$1,000 - C. Cox; \$200 - M. McIntosh, L. Malegus, D. Sprecher, L. Brady; \$50 - L. Paton, L. Brady, T. Tesch; \$25 - R. Appleby, M. Marstormans, E. Pruden, K. Robertson, L. Hall, H. Jones, D. Kerwin, D. Scramstad, W. Hicks, L. Allard, T. Fidler, P. Kereliuk, K. Fidler, S. Robertson, B. Kotschorek, M. McIntosh, M. Ladobruk.

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RM OF WEST ST. PAUL

## NOTICE

Tender 2022-01

### 2022 and 2023 Equipment Rental

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for hourly rates for Equipment for the 2022 and 2023 operating seasons (two years).

Specifications and Tender Packages including submission documents are available online at [www.weststpaul.com](http://www.weststpaul.com).

Sealed submissions clearly marked "Tender 2022-01 - 2022 and 2023 Equipment Rates" will be received by the undersigned at the address below until 12:00pm on the 3rd of February, 2022. Late submissions will not be accepted.

The Municipality retains the right to reject the lowest or any bid if it does not meet the needs of the Municipality.

All inquiries related to the tender should be directed to Rick Friesen, Manager of Public Works by e-mail [rfriesen@weststpaul.com](mailto:rfriesen@weststpaul.com) or by phone 204-334-0092.

Mr. Brent Olynyk, CAO  
Rural Municipality of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3

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**Selkirk Record**

## NOTICES

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## COMING EVENTS

**Health Checks** - There's a Whole Lot of Living Left To Do! Free Virtual Health and Wellness On-line event January 25th to January 27th, 2022. Link to register <https://hopin.com/events/health-checks-brandon>

## HEALTH

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## NOTICE TO CREDITORS

**IN THE MATTER OF THE ESTATE OF KATHERINE MARTENS**, late of the City of Selkirk, in the Province of Manitoba, deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 19th day of February 2022.

DATED at the City of Selkirk, in Manitoba, this 12th day of January 2022.

PKF LAWYERS-Selkirk MB office  
Adam Kelso, solicitor for the Executor

## NOTICE TO CREDITORS

**IN THE MATTER OF THE ESTATE OF KARL HERMAN OEHLERS**, late of Lockport, in the Province of Manitoba, deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 19th day of February 2022.

DATED at the City of Selkirk, in Manitoba, this 13th day of January 2022.

PKF LAWYERS-Selkirk MB office  
Adam Kelso, solicitor for the Executrix

## NOTICE TO CREDITORS

**IN THE MATTER OF THE ESTATE OF: LOUISE SHEILA DEMERIA**, late of the City of Selkirk, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their law office at Unit 3 - 360 Eveline Street, Selkirk, Manitoba R1A 1N3, on or before the 14th day of February, 2022.

DATED at Winnipeg, Manitoba, this 6th day of January, 2022.

BOYECHKO LAW  
ATTENTION: DAVE R.T. BOYECHKO  
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**Job Description:** Reporting to the GCDC board the candidate will promote the Gimli industrial park and oversee current and future operations of GCDC properties. They will also identify, develop and implement approved strategies for attracting new business to the area while facilitating growth of existing businesses. Represent the Municipality at regional and provincial meetings and conferences on economic development, which could include public speaking and delivering presentations.

**The Ideal Candidate:** The successful applicant will possess relevant post-secondary education and/or years of business and administrative experience. The candidate will be self-motivated, effective written and oral communication skills and computer skills including Excel, Word, Powerpoint. Ability to identify and promote community economic development projects and initiatives along with knowledge and understanding of the Municipality would be a definite asset. The candidate must have a valid Class 5 driver's licence and access to a vehicle for travel and be available to work flexible hours.

Hours and wages are negotiable with experience and qualifications. Please submit a detailed resume on or before January 31, 2022 by 4:30 p.m. to PO Box 1246 Gimli, MB R0C 1B0 or to [gimlicdc@rmgimli.com](mailto:gimlicdc@rmgimli.com)

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**RM OF WEST ST. PAUL  
EXPRESSIONS OF  
INTEREST NO. 2022-01**

## VACANT LAND SALE AND DEVELOPMENT OPPORTUNITY FOR MUNICIPAL LAND LOCATED AT 572 GRASSMERE ROAD

The RM of West St. Paul is inviting the submission of Expressions of Interest from Proponents, with respect to the purchase and development of 572 Grassmere Road.

Specifications and information packages including submission documents are available online at [www.weststpaul.com](http://www.weststpaul.com).

Sealed submissions clearly marked **572 Grassmere Road - EOI No. 2022-01** will be received by the undersigned at the address below until 4:00pm on the 3rd of February, 2022. Late submissions will not be accepted.

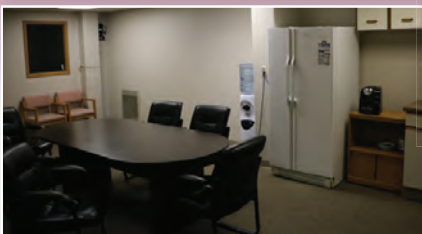


The Municipality retains the right to reject the lowest or any bid if it does not meet the needs of the Municipality.

All inquiries related to the Expressions of Interest should be directed to Pam Elias, Director of Planning & Economic Development by e-mail [edo@weststpaul.com](mailto:edo@weststpaul.com) or by phone 204-338-0306.

Mr. Brent Olynyk, CAO  
Rural Municipality of West St. Paul  
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## CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



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For information please contact: BIG Real Estate  
204-485-0010 email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)



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## ANNOUNCEMENT

### IN MEMORIAM



**Laura Lyn Fox  
January 22, 2019**

You left us beautiful memories,  
Your love is still our guide;  
Though we cannot see you,  
You're always at our side.

-Love your husband John,  
Cody and Carson, Peter and Veronica,  
Bryan and Vern,  
and all your family

## ANNOUNCEMENT

### IN MEMORIAM



**Stanley James Kazina**

**June 13, 1945 - January 20, 2003**

Knowing you and Mom were at Heaven's Gate  
to great Verna on March 26, 2021 brought us  
peace,

However, we carry on with aching hearts.

-Forever remembered and sadly missed  
by your siblings,

Henry (Lorraine), Eleanor, Peter, Alf and Will

## OBITUARY

### Douglas Ian Kirkness

**January 26, 1958 – January 6, 2022**

Our family is deeply saddened to announce Doug passed away suddenly at his home in Winnipeg on January 6, 2022 at the age of 63 years.

Doug was predeceased by his parents Royden Ian Kirkness in 1980 and Amy Ciminelli (nee Sinclair) in 2002; niece Elizabeth (Liz) Hopkins in 2006 and sister Catherine (Cathy) Kirkness in 2013.

Doug will be sadly missed by his wife Dorothy Marie; sister Brenda (Patrick); children Karla, Matthew, Krystyn, Megan, Shane and Brenda; nine grandchildren; numerous nieces and nephews; as well as his best friend and brother-in-law Age (Adrian) Desjarlais.

Doug worked at Magellan Aerospace at the time of his passing where he made many friends.

Cremation has taken place and a graveside service will be held in the summer at the Little Britain Cemetery.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Archibald (Stuart) Hamilton

It is with great sadness we announce the passing of our father, grandfather, uncle, Stuart on January 15th, 2022 at the age of 88, at Selkirk Regional Health Centre with family by his side.

He was predeceased by his wife Lowise and sister Irene Moir.

He is survived by his sons Michael (Lori), Shawn (Tammy) and David (Michelle); grandsons Jordan and Dakota and numerous step-grandchildren.

Stuart was born November 23rd, 1933 in Winnipeg, Manitoba, he attended school also in Winnipeg. In 1958 he married the love of his life Lowise Bodkin, they built their home in the Lockport area, where they raised their three sons. Stuart worked for the City of Winnipeg as a safety officer until he retired in 1997. Then began his own company Hamilton Safety Associates which he operated until his second retirement, then he took up a hobby in wood carving at the Gordon Howard Senior Centre and enjoyed his time spent there, making many friends.

Stuart loved spending time with his family, as well as spending time outdoors. He was always looking for a good deal as he was an avid garage saler. Attending the Winnipeg Goldeyes games with long time friend Shirley Weitzel and anytime he had the chance he'd take his grandsons Jordan and Dakota.

The family would like to thank the wonderful staff at Selkirk Regional Health Centre, Red River Place, Woodland Courts and home care workers for the care given at his most difficult time.

Cremation has taken place and service will be taking place on Thursday, January 20, 2022 at Gilbart Funeral Home, 309 Eveline St. Selkirk, Manitoba at 11:00 a.m. Service will be followed by a light lunch followed by interment at Little Britain United Churchyard. The service will be livestreamed via his obituary on Gilbart's website.

In lieu of flowers, donations can be made in memory of Stuart to Gordon Howard Senior Centre, 384 Eveline Street. Selkirk, Manitoba R1A 1N3.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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## OBITUARY



**George Everet Still**  
June 30, 1927 – January 8, 2022

Peacefully in his sleep, Everet Still passed away on January 8, 2022 at the age of 94.

He will be sadly missed by his wife of 69 years, Lillian Patricia "Pat" Still (nee Wakefield); their children Diana (Bob), Carol (Gordon), Tom (Judi); their seven grandchildren Kristi (Kyle), Kelly, David, Lisa, Sarah, Brett, Rianne, and their three great-grandchildren Amelia, Jackson and Audrey. Everet is also survived by sisters-in-law Lorraine, Yvonne and Diane as well as numerous nieces and nephews.

Everet was the second eldest of nine children born to Bessie (nee Conrad) and James Still of Mapleton, all of whom are now deceased (brothers Gordon, Ernie, Billy, Denis, Johnny, Gary, Kenny and sister Myrna).

His family would like to thank the caring staff at Selkirk Betel Home as well as friends and home care staff at Lions Centre in Selkirk.

Cremation has taken place and a family graveside interment will take place at a later date. Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Walter Wasylnuk**  
July 26, 1934 – January 10, 2022  
A Life Well Lived

It is with heavy hearts that we announce the passing of our beloved husband and father Walter on January 10, 2022 at the age of 87 years.

Left to cherish his memory is his wife Joyce and daughter Nancy (Richard).

In keeping with his wishes, cremation has taken place and a celebration of his life will be held in spring. Full obituary will follow closer to service date.

Condolences can be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbart Funeral Home, Selkirk in care of arrangements.

## OBITUARY



**Donald Glen Forfar**

It is with heavy hearts that his family announces the unexpected passing of Donald Glen Forfar, April 7, 1950 – January 5, 2022.

Don is survived by son Jeremy (Amanda) and daughter Sarah; brother Ross (Linda); mother Ellen; partner Diane; former wife Betts; and numerous extended relations.

Born in Brandon, Don grew up in the Dauphin area. He attended St. John's boys school as a teenager before spending his early adult years around Canada. He settled in the Interlake area where he will be remembered by many as proprietor of the IGA in Winnipeg Beach where he honed his skills as a businessman and butcher. He began working with First Nations organizations and continued to be involved with many throughout his years. Many people will know Don from his tenure as Mayor of St. Andrews. First elected in 1998, he won a further three elections before stepping down in

2014. He worked hard in this role as an advocate for the community and we are proud of his political and volunteer accomplishments. Wherever he went, Don was a light of encouragement and was known for his caring and compassion. Among many passions, he loved reading, gardening, and was an active member of St. Georges Wakefield Anglican Church.

An advocate for his community, donations can be made in his honor to Red River Churches Refugee Team or other community charity of your choice.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Mike (Papy) Cazmir Kolbuck**  
September 15, 1924 - January 10, 2022

Peacefully on Monday, January 10, 2022 at his residence, Mike (Papy) aged 97 years old of Cooks Creek, MB passed away. Beloved father, grandfather and great-grandfather as well beloved husband to Carol, till her passing in 1998.

Left to cherish his memory are his children, sons Michael (Misty), Donny and daughter Darlene; grandchildren Ava, Riley, Hailey, David, Jeremy and Kyler; he is also survived by numerous nieces, nephews and cousins.

Mike was predeceased by his parents, Albert and Mary Kolbuck; his wife Carol; brothers Frankie, Stanley, Joe, Tony, Albert and Adam and sisters Leona and Phyllis.

Mike (Papy) was born and raised in Cooks Creek, Mb. He was the youngest of nine children. In Papy's younger years he worked

at home on the farm. Papy then met his beloved wife Carol and they married on July 11, 1953. In the mid 1950's he then went to work at a foundry making sand molds for equipment. In 1962 Mike (Papy) started working at Versatile in the sheet metal department as a machine operator. In 1965 they started their family together. In 1989 at age 65 Mike (Papy) then retired from Versatile, sadly in 1998 his beloved wife Carol of 45 years together passed away. Papy devoted his love and time to his family and was always there for them, no matter what. Papy had a passion for his yard work. Riding on his lawn mower cutting grass and dealing with all the leaves as well as his passion for cutting and splitting wood for the wood stove. Papy will be tremendously missed and in our hearts and thoughts forever.

In keeping with his wishes, cremation has taken place and a private family service will be at a later date.

We will keep the wood stove burning Papy!

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Vala Reva Faith Shelemy**

Vala has left on one of her long solitary walks at her mother's urging. She departed the morning of January 14th, 2022 from the Selkirk Mental Health Centre after a valiant battle with end-stage Alzheimer's.

Vala was 50 and was predeceased by her father Harry Shelemy. She leaves behind her mother Roseanne and siblings Guy, Steve (Celine), Tanya (Danny) and Tracy (Brian). Vala loved babysitting her six nephews Ryan, Levi, Braden, Matthew, Ethan, Edwin and her niece Elise. Aunty Vala was a willing playmate for them with unlimited patience.

Vala arrived in Winnipeg Misericordia Hospital on February 4th, 1971 as the fourth child to parents Harry and Roseanne Shelemy of St Andrews, Manitoba. Vala was born with Down Syndrome which gave her a special place in the family and she touched the

hearts of many during her lifetime. To summarize those who were closest to her; "Vala's sweet soul will be dearly missed".

Vala was easygoing, but very independent, gentle natured, but very determined. She had a sense of humour and could be mischievous. Vala loved dancing to Ukrainian and country music. She loved helping whomever she could - often taking the initiative with humorous results.

Vala spent her early childhood years attending the Special Education Program at Daerwood School in Selkirk and the Catechism Program at St. Joseph's Ukrainian Catholic Church in Winnipeg. When the family moved to Gimli in 1979, Vala attended school there with her other siblings. During this time, Vala won several awards as a running athlete in Manitoba Special Olympics. Vala graduated with a Special Diploma from Gimli High School in 1991. She then briefly worked at Cornerstone Enterprises in Gimli until afflicted with an unexpected illness.

After Vala and her mother moved to Selkirk in 2003, she started "my work" at Inclusion Selkirk where she reunited with old friends. Vala finally retired from "work" in 2019 after beginning her struggle with Alzheimer's. Vala spent a short time at Rosewood Lodge in Stonewall and in 2020, she was transferred to the Dementia Care Unit at Selkirk Mental Health Centre - from where she left us on her final solitary walk.

A private funeral service will be held at Notre Dame Roman Catholic Church in Selkirk, Manitoba. Final interment will follow this spring at Church of the Annunciation Cemetery in Woodlands, Manitoba.

On Vala's behalf, our family wishes to thank the numerous individuals who assisted Vala throughout her life. Many have expressed deep gratitude that Vala had touched their hearts with lasting effect. They share belief that a blameless and gentle saint has walked among us.

Donations in Vala's memory can be made to Special Olympics Manitoba or the Manitoba Down Syndrome Society.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



Your memory will live forever Engraved within our hearts

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## OBITUARY

### Norman Walter Shewchuk

Norman Walter Shewchuk was born to Anne (Pichur) and Walter Shewchuk on April 19, 1942 in Winnipeg, MB. He passed away peacefully on January 14, 2022 at the age of 79, following a battle with cancer.

Norman leaves behind his loving wife Helen (Dear); brother Jim (Velma); son Doug (Vicki), daughter Lee-Ann, grandchildren, Charna, Jamie-Lynn, Mandy (Sean), Shawn (Kendall), and great-grandchildren, Theo, Raegan and Ethan as well as other numerous nieces, nephews, in-laws and other extended family.

Norman married Helen on November 17, 1962. In 1965, they moved from Winnipeg to the homestead in Lockport where they built their home, raised their family and shared many memories with family and friends. Norman loved to bullshit with company, always offering a whiskey or beer and some moose sausage that he proudly made and was happy to share. He loved to go hunting with his father Walter, his son Doug and recently his grandson Shawn. Norman was often found out in the garage working on cars. He could fix and drive anything that had a motor. Norman enjoyed attending car shows where he proudly displayed his 1958 Dodge. He also enjoyed starting and tending to the wood stove, spending countless hours in the summer kitchen listening to old records.

The Shewchuk family would like to thank the staff on the second floor of CancerCare at the Interlake Regional Health Centre in Selkirk, MB. A special thank you to Nurse Darren and Dr. Brown for their compassionate care in Norman's final days.

A Celebration of Life to take place in the early spring for those family, friends and acquaintances who wish to attend.

In lieu of flowers, donations can be made to a charity of your choice.

#### Life's Journey

There's a trail that leads out yonder,  
To a land of peace and repose;  
Where tranquil rest awaits us,  
When our long day draws to a close.  
It's a long winding trail we must travel,  
Through sunshine and darkness, alone;  
As its troublest woes and its joys unfold  
And each man must travel his own.  
The pathway is oft times stoney,  
There's many a thrust from a thorn;  
We find ourselves halting and weary  
Feeling heartbroken, sick, and forlorn,  
Many are the times we will stumble,  
And many are the times we will fall;  
We must right ourselves and go onward,  
Ever meeting life's beckoning call,  
But there's rest at the end of our journey,  
When our long day draws to a close;  
When we all must keep, our long last sleep,  
In the land of Peace and Repose.

Friends and family are invited to visit Norman's memorial page at [www.interlakecremaion.ca](http://www.interlakecremaion.ca), where memories and condolences may be shared.

Arrangements entrusted to:

*Interlake Cremation  
& Memorial Services*  
204.482.1040

## OBITUARY

### Tom Chura

Sadness is in my heart as I announce the passing of my husband Tom Chura at the Tudor House on Sunday, January 16, 2022.

He was a father, stepfather, brother, uncle and friend. Tom was born in the R.M of Brokenhead on March 18, 1938. His passion was farming, also he worked with a weed control company.

Tom worked hard all his life, on the other hand he was funny, he liked music, dancing and travelling. He was a good man. I will miss him forever. Rest in peace.

I would like to thank all the doctors, nurses, and nursing aides for taking good care of my Tom at Tudor House and the Selkirk Mental Health Center. You are angels in my heart.

Cremation has taken place and a private interment will be held in summer at St. Clement's Cemetery.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Maurice Lorne Orvis

April 6, 1944 - December 28, 2021

Maurice (Moe) passed away peacefully at Deer Lodge Center on December 28, 2021.

Moe is survived by his children, Chelsea, Shauna and John; sisters Helen and Donna and brother Glen as well as nieces and nephews.

He was predeceased by his parents John and Catherine Orvis; brothers Harold, Charlie, John, Doug, Brian; sisters Lorna and Velma.

Moe was born in Selkirk, Manitoba. As a young boy he was an avid hockey player; playing locally into his late teens. Selkirk is where he commenced a career in meatcutting at Russell Foods later working for IGA in Fort McMurray, AB where his children were born.

Growing up Moe was an avid duck hunter and many days were enjoyed at his parents' cottages in Grand Marais and Balsam Bay. Moe was happiest when in nature. A past time of his was walking the shores in search of diamond willow driftwood, an artistic medium learnt from his father.

Never idle for too long he was always willing to help out family and friends when needed and then quick to agree to a game of cribbage when the work was done. His wit and humour will surely be missed.

The family would like to express their gratitude to the staff at Deer Lodge Center where Moe received excellent care and support as he battled dementia.

In keeping with Moe's wishes there will not be a formal service but when times are different we look forward to getting together and sharing stories.



There is a link death cannot sever,  
Love and remembrance last forever.

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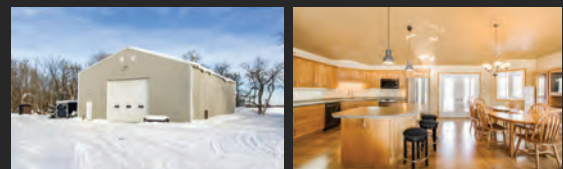
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As of January 1, 2022, Service Agreements are required to be signed by all parties who are receiving any type of real estate service as well as any person providing real estate services. Examples of real estate services that require a written service agreement to first be in place:

- ▣ having a market evaluation done on your property
- ▣ selling your property
- ▣ writing an offer and/or buying a property
- ▣ seeing a property for sale
- ▣ receiving emails, information and market updates related to properties for sale

These agreements have been enforced to provide clarity to members of the public as to what services they can expect to receive when dealing with Realtors®. These agreements are **not** contracts. They do not mean that you must work with one agent exclusively unless agreed to and stated in writing. If you have any questions about this new legislation, please call us!