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VOLUME 12 EDITION 3

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RECORD PHOTO BY NICOLE BUFFIE

A group of friendly snowmobilers offer a wave as they race through Petersfield on Jan. 16, taking advantage of the fresh snow on Netley Creek.

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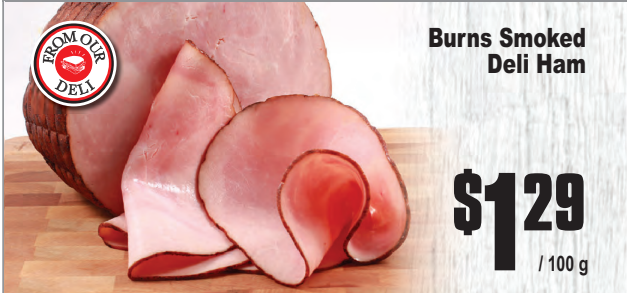
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Cross-country skiing the newest pandemic craze

By Nicole Buffie

Going up and down the frozen paths in Petersfield, Brent Czarnecki made sure a morning ski on the cross country ski trails while the powder is fresh.

"I've been cross-country skiing on and off for a number of years now, but it's even better this year because more guys are going up and down pushing the trail," Czarnecki says about the upkeep of the trail.

A team of dedicated volunteers use snowmobiles and quads with special equipment attached and drag it along the trails to smooth out bumps and piles that may have accumulated, creating a smooth surface for skiers.

After stopping for a chat, Czarnecki continues west down the trail letting his poles and skis guide him.

The Nordic sport has gained popularity this winter amid restrictions preventing social gathering. Those looking to stay active while gyms and community clubs are closed have taken to the trails in a bid to stay active while also getting a healthy dose of outdoor time.

The Happy Trails Ski Club, in its second year of operation, has seen their memberships explode this season.

"Last year, the first full season that we were a club with trails was about 70 members, and we're almost at 150

this year," said Jennifer Heinrichs, secretary of the club.

The ski club had humble beginnings last year, with a few members and a trail located in Winnipeg Beach. The formation of the club was the result of the beach community expressing their desire for a formal trail, which grew to what Happy Trails is today.

As memberships grew, so did the need for equipment. Through donations and grants, the club was able to accumulate enough skis, poles and boots for members who didn't have any of their own.

Heinrichs said while their goal for this season was to be able to provide lessons to those new to the sport, COVID halted those plans. Instead, members can rent out equipment for the month and return it for those on the waitlist.

"We're just being really flexible, and I think that's the key to our success," she said. "We're adapting and learning as we go and responding to community needs and interest."

With the expansion of the trails to Petersfield this season making for over 30 KM of skiable snow between the community and Winnipeg Beach, Heinrichs said it has allowed more members to join as interest in the sport grows.

"We have probably half of our membership is in that region, so it just shows that it's really something that people want to have access to," she said.

"Everyone wants to try it because it's something they can do during COVID," she said. "And I'm really hoping that this takes off and people stick with it because it's such a fabulous winter activity."

Czarnecki said it's been a great activity for his family to partake in together as residents are trying to find ways to pass the time while the province is on code red lockdown.

"It's also been amazing to see the community come together to participate and take care of things," he said.

Whether engagement with the sport will be the same after restrictions loosen up remains unclear, however, Czarnecki says he will continue to follow the trails up and down Netley Creek for as long as the ice is frozen and the trails are groomed.



RECORD PHOTOS BY NICOLE BUFFIE

The Happy Trails Ski Club recently expanded their trail to the community of Petersfield to give access to more people wanting to try out the sport.



Brent Czarnecki takes advantage of the newly-groomed cross-country ski trails on Netley Creek in Petersfield.

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Commercial development coming to West St. Paul

Sixty-nine acres to be used for retail, stores

By Nicole Buffie

A commercial development nearly 10 years in the making will break ground this year after a unanimous vote in favour from West St. Paul council members.

The Southwest corner of Main St.

and the Perimeter Hwy where 69 acres sits mostly vacant will be broken up into 12 lots zoned for commercial use, which will eventually be called Meadowlands Place.

During a virtual public hearing on Jan. 6, Brandon Powell from Lombard

North Group developers presented the plan to council, including the construction of a main road through the development which will connect Main St. to the train tracks.

Mayor Cheryl Christian said the space has been zoned for commercial use since 2010, and only two businesses currently occupy any of the zone

land: Windsor Plywood and Security Self-Storage. She said the development will cater to the needs of current and future residents of the RM.

Coun. Eleanor Link (Ward 1) raised questions about accessibility of the development, citing the need to ensure procedure is followed.

"This is something new, it's going to be around for ages I think we should be trying to get ahead of what's coming in terms of regulations," she said during question period.

Coun. Dorothy Kleiber (Ward 3) shared similar concerns, including whether there would be a "buffer" created between the proposed road and the homes in the residential area it would share a property line with to dilute potential noise created from traffic.

Powell's presentation included plans for the construction of sidewalks into the development for those travelling on foot in order to create more accessibility. Additionally he mentioned wanting to work with the RM to create noise barriers for residents who's properties will back on to the development.

During the public hearing, council had the chance to listen to resident's feedback and concerns, including one resident stating they were not given adequate notice of the meeting to prepare.

Both Christian and Powell noted this was not the first time the project has been discussed in the RM.

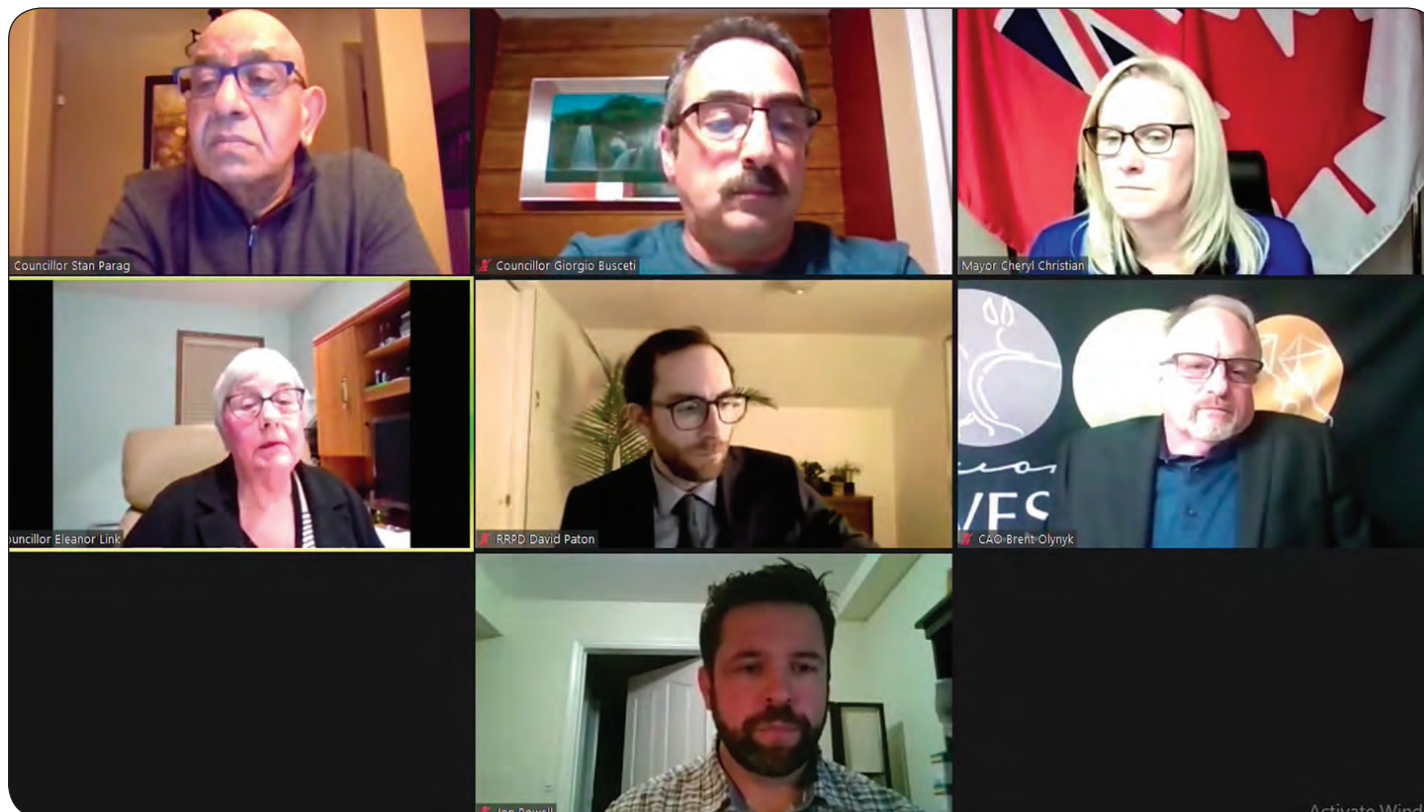
A series of open houses were conducted in fall 2020 to receive feedback on the proposal from West St. Paul residents and gauge approval of the project.

Out of 24 respondents to a survey conducted during those open houses, 63 per cent were in support of the development, 21 per cent were in opposition and 17 per cent were undecided.

In contrast to those who voiced opposition during the proposal at the recent public hearing, the RM received 32 submissions in favour of it from residents in advance of the meeting. Those in support cited the development as providing a greater opportunity to both live and work in the area and a convenience for shoppers not wanting to travel to Winnipeg for goods and services.

Mayor Christian said the project will be the largest commercial development the RM has seen to date.

Construction of the road and division of land plots is expected to begin this year.



RECORD PHOTO BY NICOLE BUFFIE

West St. Paul council voted unanimously to approve the development of an area which will eventually be called Meadowlands Place.

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Inaugural light festival winners announced

Holiday Yards of the Season contest a holiday success

By Nicole Buffie

The votes are in and winners have been announced for Red River North Tourism's first-annual Holiday Yards of the Season contest.

"We had a great turnout," said Heather Bailey, tourism coordinator for RRNT. "We were very pleased that that our first inaugural edition of the holiday yards of the season was that well received."

The contest brought out 57 participants from the East St. Paul, West St. Paul, St. Andrews, St. Clements and Selkirk communities to deck out their yards and houses to be judged by their fellow residents. It was the first event to be put on that included all five jurisdictions.

The categories that could be voted on were "Best Overall Light Display", "Best Overall Theme" and a separate

category "Best Decorated" voted by a representative in the area. The overall categories were voted on by a panel of judges from Communities in Bloom.

Winning the best display of lights overall was Jonny Scott, a St. Andrews resident with thousands of lights covering his property.

"I stopped counting the lights after 50,000," he said of his display.

A landscaper in the summer and a light installer during the winter months, Scott knows his way around a string of Christmas lights.

"I've always done something up around Christmas time, and with COVID this year I thought I'd do something for people to look at and bring a little bit of joy during this time," he said.

Scott said he's always decorated family member's houses during the

holiday season, and after moving to St. Andrews six years ago he wanted to keep the tradition going.

His method for going above and beyond for this year's light display included creating a cohesive display, with coordinating colour palettes to make everything flow properly. Scott said it took him nearly three weeks to put the whole display together.

"I didn't even get up all of the lights that I wanted to," he joked.

Scott said the display had a two-fold upside, both with the number of people driving by his property to gawk at the extravagant display, and it providing him with some holiday cheer.

"This winter is so long and gloomy and it's nice to look out and see a little bit of colour during a dark time," Scott said. "I'm happy to do it for everybody to enjoy."

While Scott was the winner of the "Best Overall Light Display" category, a West St. Paul resident took home the

prize for "Best Overall Theme" with a Winter Wonderland-esque display filled with lights and figurines. The People's Choice category went to a home in Selkirk with a Christmas tree and Santa's sleigh perched atop the roof.

"The effort that went into each and every one of the houses was absolutely amazing," Bailey said. "As far as I'm concerned, in my books, everyone was a winner."

"That was really all we were intending to do; bring a sense of community to everybody and just kind of have a fun Christmas time."

She said with the success of the event she looks forward to coordinating more events that include all five areas.

"We all worked really well together, and it was just such a fun committee. I definitely see us doing something in the future together."



RECORD PHOTOS BY MICHELLE BALHARRY

Jonny Scott's property in St. Andrews took the prize for "Best Overall Light Display" with over 50,000 bulbs on his five-acre property. Below: 222 Moore Rd. in West St. Paul was voted "Best Overall Theme" in the contest.



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Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Katelyn Boulanger



SALES
Michelle Balharry



REPORTER/PHOTOGRAPHER
Nicole Buffie



OFFICE MANAGER/ADS
Lucy Kowalchuk



DISTRIBUTION
Christy Brown



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ADMINISTRATION
Jo-Anne Procter



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PRODUCTION
Debbie Strauss



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PRINT
Dan Anderson

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

The elusive Bill 64: Why you should care

At the Dec. 1, 2020 meeting of Winnipeg City Council, it was agreed that a portion of federal funds would be reallocated from Transit to Green Infrastructure for upgrading the North End Sewage Treatment Plant.

And that's a good thing for communities who live north of Winnipeg and have endured sewage spills into the river that have been unreported and those that were "regrettable".

In this instance, the decision made far upstream will hopefully protect those of us downstream. But the counsellors who sat around the table have little or no knowledge of the residents of Selkirk and surrounding area. To be sure, making a decision with a view to mitigating further damage to Lake Winnipeg is an eco-responsible thing to do. But what if these counsellors were deciding if Selkirk needed an Amphibex, or deciding store hours for businesses or road clearing budget cuts? These decisions are best made by the people who live in and know the needs of the area.

This is also true in Education. When the K-12 Education Review was undertaken, there was opportunity for 'public consultation', but it was at the first meeting that it was pointed out that the city consultation sites were at the Caboto Centre or Club Regent Casino, which begs the question: which members of the public were they looking to hear from? In our region, the consultation was held in Steinbach, and if you had a vehicle and 4 hours to spare on May 14, 2019, you may have had a chance to weigh in.

With the first cases of COVID-19 in the province, the focus quickly turned from education reform to dealing with the pandemic, and the review was pushed to the back burn-

er, but that burner is still on. Cliff Cullen, new Education Minister, who has no background in Education, will be tasked with implementing what Premier Brian Pallister described as "the most ambitious undertaking in education improvement enhancement [at] the K-12 level that our province has ever seen".

And while schools are doing their best to support students and families, and COVID continues to dominate the news, the government has quietly introduced Bill 64, the Education Modernization Act. It was read in the Fall Sitting of the House, and then disappeared, but not because it has been deleted. Its content has not been revealed, yet it will be brought forward for 2nd and 3rd Reading, likely in March, without public review or scrutiny. Bill 64 may be reminiscent of the 2002 Bill 14, the School Modernization Act which resulted in the loss of 17 divisions through amalgamation under the guise of cost-saving. In reality, the cost of redefining boundaries resulted in "spending dollars to save dimes". The results also made school divisions larger and decisions for local schools were being made further away by people who had little or no knowledge of the intricacies of the school or the community it served. The notion that this Modernization Act would benefit the student in the classroom was erroneous, and the resulting reorganization took funds out of the classroom & padded the bureaucracy it was allegedly reducing to manage the changes.

If we don't learn from history, we are destined to repeat it. 2002 was a different time, a different government. The intent seems to be the same, but we can't be sure because Bill 64 isn't available to review. The future

of Lord Selkirk School Division may very well rest with this Bill: would someone in Dauphin think that our Performing Arts Program is a priority? Would someone in Grand Rapids think that a Ukrainian Bilingual Program should be offered? Would someone in Eriksdale think that the cost of running the community pool is worthwhile? Would someone in Winnipeg see the value of having a community school in Grand Marais? These are exaggerations, to be sure, but they illustrate how important it is to have local voices making decisions for their communities.

Schools belong to the communities they serve. Choices about what happens in these schools are made by trustees who live in these communities and are invested in their schools. By amalgamating school divisions and possibly eliminating school boards, local voice is silenced. But more importantly, now is not the time to make broad-sweeping changes to a system that is under enormous stress with so many uncertainties and demands on a daily basis.

Even if you don't have any strong feelings about amalgamation or the elimination of school boards, you should be concerned about the centralization of power and the further elimination of your democratic right to determine the people who govern you. The process in which this Bill is being handled – in secrecy, in the middle of a pandemic is undemocratic and unscrupulous and raises a bigger concern about the state of democracy in Manitoba.

- Submitted by Lena Kublick and Jack Bogaski on behalf of the Board of Trustees of Lord Selkirk School Division

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EDITORIAL

Katelyn Boulanger 204-485-3337
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Local mayors support Bowman's request for info

Christian and Johannson support need for more information about Plan 20-50

By Katelyn Boulanger

Mayors Cheryl Christian of West St. Paul and Larry Johannson of Selkirk are backing Winnipeg mayor Brian Bowman's ask for more information about the Winnipeg Metropolitan Region Plan 20-50.

Plan 20-50 is a land use and servicing plan that lays out the groundwork for the next 30 years for the city and the surrounding municipalities including those in the *Selkirk Record's* coverage area.

The Winnipeg Metropolitan Region was established in 1998 and is an organization that creates a platform for municipalities to tackle projects that cross municipal boundaries. The WMR was mandated by the Government of Manitoba to create Plan 20-50.

The plan has five policy areas which include: integrating communities and infrastructure, planning for climate change resiliency, investment and employment, resource management, and collaborative government.

In a statement issued by Bowman on Jan. 8, he said, "Plan20-50 has the potential to shape how all the municipalities in the capital region will grow and a fully open and transparent process will be critical to ensuring citizens have a voice on how Plan20-50 will affect them. Inclusiveness and transparency are highlighted as important principles as part of the plan and there is no better place for that engagement than at the level of government closest to the people."

In that same statement, he asks that the WMR board provide a draft of Plan 20-50 immediately to the City of Winnipeg, that the draft is made public as soon as possible so it can be considered and scrutinized by interested stakeholders and residents, and that each Council be given the opportunity to consider and formally approve the draft Plan20-50 before the Winnipeg Metropolitan Region forwards it to the provincial government for their consideration.

This has become a pressing issue as with the anticipating passing of Bill 37, which could give much more weight to this plan.

Bill 37 is the result of the 2019 review of Planning, Zoning and Permitting in Manitoba.

A Nov. 20, 2020 news release from the Manitoba Government described it as establishing a

"regional planning authority in the Winnipeg Metropolitan Region, create new rights of appeals on a wide range of local planning decisions, including expanding public appeals to the Manitoba Municipal Board for zoning applications in the city of Winnipeg, and would prescribe timelines for municipalities to process planning applications across the province."

Statement from Mayor Cheryl Christian

West St. Paul Mayor Cheryl Christian is offering her support to Winnipeg Mayor Brian Bowman's motion that the Winnipeg Metro Region (WMR) release to the public its draft Plan 20-50 and that all 18 municipalities in the WMR be allowed to review and approve it.

Since 2018, the Winnipeg Metropolitan Region has been working on Plan 20-50, a regional growth management and servicing plan for the next 30 years with a focus on objectives and policies that will ensure the long-term economic competitiveness of the Winnipeg Metropolitan Region.

"As Mayor of West St. Paul, I fully support Winnipeg Mayor Brian Bowman and his request that this regional plan be reviewed and approved by all Councils in the region and be made available to our residents and businesses for review," Christian said.

"This plan will significantly impact all planning, infrastructure and growth in our communities."

In October 2020, the RM of West St. Paul suspended participation in the Metro Region when requests for council review and approval of Plan 20-50, consultation with our community members and board governance improvements were not supported.

"The RM of West St. Paul values regional partnerships with other municipalities in the Capital Region

and fully supports our shared commitment to regional planning and growth," Christian said.

"Our municipality has been a proud member of the Metropolitan Region Board, formerly called the Partnership of the Manitoba Capital Region, since its creation in the 1990s. The governing principles of the Metro Region Board revolve around collaboration and a culture of inclusion.

"The creation of a plan for our region, impacting every municipality in the Metro Region, must be an open and inclusive process. This can only take place when all municipalities are able to review and approve the final plan."

West St. Paul council will seek to pass its own resolution to have the draft Plan 20-50 released publicly and to have the 18 member municipalities review and approve the plan.

Statement from Mayor Larry Johannson

I would like to thank Mayor Bowman for raising his concerns and his recommendations for a more transparent and democratic process for the approval of the Winnipeg Metro Region's Plan 20-50.

As Mayor Bowman rightly points out, with the dramatic changes proposed by the Province of Manitoba in Bill 37, this document will have a significant impact on all property owners, businesses, citizens and living within the Winnipeg Metro Region (WMR) boundaries. If approved, the policies it imposes will likely have significant impacts on the value of property and will bind elected councils, and therefore communities, to a new set of principles and standards that may or may not reflect the values and needs of our citizens. In short, it, combined with Bill 37, will remake the

governance structure of the capital region.

On Jan. 11, Selkirk Council passed a resolution unanimously endorsing Mayor Bowman's recommendations. They, in fact, mirror the suggestions Selkirk has made to the Winnipeg Metro Region Board in the past.

Specifically, we believe that before the WMR submits this plan to the Province of Manitoba, they must:

- make the full plan public, for citizens and stakeholders to review and understand; and
- submit the plan to all WMR member municipalities for review, debate, and formal approval.

Mayor Bowman is the fourth Mayor in recent weeks to formally raise questions over the process being followed by the WMR. He joins Mayor Cheryl Christian from West St. Paul, Mayor John Mauseth from the RM of Headingley and myself. Given that Mayor Bowman represents the vast majority of the citizens impacted by this proposed remaking of the governance structure in the capital region, I call upon the WMR board to accept his recommendations and make this process more open, transparent, and most critically, democratic.

Without these steps being taken, Plan 20-50 cannot be seen as a plan supported by the municipalities in the region. Its adoption could then only be seen as a top-down imposition by the Province of Manitoba.

For more information on Plan 20-50 visit their website at 20to50.ca, call Winnipeg Metropolitan Region at 204-989-2048 or email info@wmregion.ca.

"THIS PLAN WILL SIGNIFICANTLY IMPACT ALL PLANNING, INFRASTRUCTURE AND GROWTH IN OUR COMMUNITIES."
- CHRISTIAN

Thank You

These two words seem inadequate to express how much we appreciate the care provided by the following people to our beloved wife, mother, and grandmother, Cynthia Turner during her brave battle with cancer:

Our Family Doctor, Dr. S. Paradoski, The Selkirk Chemo Unit, Members of the Regional Palliative Care Program, particularly Tammi-Lee Rogowski, Dr. D. Clark, Melanie Bernas and Susan Barnett Coordinators and nurses of **the Home Care Nursing Program**, particularly Livia Dmytriw, Susan Freeman and Colette Nadon And the **wonderful homecare workers**, particularly Sandra, Lisa, Cheryl, Joanne, and Kristen. Your professionalism, dedication, and compassion do not receive the accolades you deserve.

Bob Turner and family



Activity Centre still construction site under snow

Residents are asked not to use the property until it is open to public

By Katelyn Boulanger

St. Clements residents will all be able to benefit from the new activity centre being built at the intersection of Donald and Clarence Roads, however, at this time the Chair of the South St. Clements Activity Centre and Park is asking that they stay away from the property for the time in advance of construction scheduled for next spring.

"We've had beautiful weather and, like it is right now, a lot of people are around walking and [on the] trails and [doing] different things. But, we just don't want people on the ground there and I do see that there have been snowmobiles and everything going up the hill, and through our pond area," said chair of the park and councillor for the RM Sandra Strang.

The activity centre has been on the books for St. Clements for many years but with a Building Communities Grant from the province — announced on June 12 of last year— the site was able to get up and going with construction equipment starting to roll on to the site last September. At that time, work started on the parking lot at the site along with landscaping.

Currently, though development has ceased for the winter, the project is still in a construction phase and with the pond and the hills having been completed and some wetland planting having been done last fall the RM is hoping that residents will avoid the area so that when the spring comes the ground is where it was left last year and further construction can get underway quickly.

"It's going to be the heart of our community down here in South St. Clements. We have nothing down here and our residents are having to go out to our neighbouring municipalities. Going into St. Paul or even going as far as into, when it's safe, to Gateway to use their community centre," said Strang.

Another reason that Strang would like residents to stay away from the area, which has a fence to block entry, for now, is to keep people safe.

"There are some drops in there because there is a brick wall. There is also a stone wall that's been put out. So we just wanted people to just respect that and just stay off but know that there is this coming to our community," said Strang.

In future phases of the project there will be a building that will be a community space for residents as well as space for walking, bike riding, walking pets, kayaking, canoeing, tobogganing, skating on the pond, and

cross country skiing and everyone will be welcome.

Another opportunity that this project presents is the ability for people to give back to their community.

Strang wanted to thank Irene de Graaf, Debbie Cunningham and Megan Verleih who have been tremendously helpful as board members volunteering to get the project off the ground, and to also invite new residents to contribute by donating a picnic table or bench to the park which will allow residents to leave a message or memorial for future generations. Proceeds from the donation of these items will go towards the South St. Clements Activity Centre and Park.

More information about donations can be found at rmofstclements.com/south-st-clements-recreation/ and donations can be made by contacting the RM's office at recreation@rmofstclements.com.

Keeping community connected through work

Employment program helping disabled people find work



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By Nicole Buffie

It's no secret the workforce has been disrupted due to the COVID-19 pandemic, and those with disabilities looking for work are no exception. However, Inclusion Selkirk is helping the job search a bit easier.

Connections to Employment helps connect employers to employees that need a little bit of extra help finding work. Inclusion Selkirk took over the program in August 2020 after the Interlake was left without a supported employment program for over a year, becoming one of the only supported employment programs in the In-

terlake region.

The program provides mentorship and training for those identifying as having a disability. They help develop and build on skills, then work with their clients to obtain paid employment based on the skills they have.

Statistics Canada reported in 2017 one in five Canadians over the age of 15 have one or more disabilities. Only 59 per cent of that population is employed, compared to 80 per cent of non-disabled Canadians who hold jobs.

Cheryle Bacon, director of community development for Inclusion Selkirk, said clients come to them with previous skills already learned through experience or school and the program can take their experience and knowledge and build on it, then match them up with work that suits them best.

"Part of our goal as well is to work with the employer to understand the needs of people with disabilities, and then to educate their employees about disabilities, and to work together to provide natural supports in the work environment," she said.

While the program started amid the COVID-19 pandemic, Bacon said they have helped connect over a dozen clients to employers to find work. She said many companies working with Inclusion Selkirk include grocery stores and essential businesses who saw a need for extra employees dur-

ing provincial shutdowns and residents stocking up on essential items.

However, Bacon said amid the pandemic it's been more difficult to connect clients to employers that aren't hiring extra workers, as they are focused on ensuring everything runs smoothly.

"Although an employer might be very, very open to that model of helping people settle in and provide that natural support, it was just not at all possible because everyone was just very, very focused on trying to keep up with the restrictions and the changes and the shutdown," she said.

Shutdowns and capacity limits caused a hiccup in providing their usual services as Inclusion Selkirk staff couldn't connect with employees while at work to get feedback on the job placement, often resulting in phone check-ins.

However, despite the hiccups the pandemic has caused with the program, Bacon remains positive about the program.

"Having somewhere for someone with a disability to go to get that little bit of extra support that they require to achieve their goals of employment paid employment within their community [is important]," she said.

More information about the Connections to Employment program is available through Inclusion Selkirk.

RCMP respond to armed break and enter

Officer injured in arrest and required medical attention

Submitted by Manitoba RCMP

On Jan. 15, at approximately 9:00 a.m., Selkirk RCMP received a report of a male armed with a knife outside a business on Main Street in Selkirk.

When officers responded, the male had broken into a business.

Officers immediately arrested the male, but while doing so, one officer was injured and required medical at-

tention. The knife was seized.

While on scene, police discovered that a small fire had been set by the male and officers extinguished it before it got out of control.

The male was exhibiting signs of drug impairment at the time of his arrest.

The 30-year-old male from Lac du

Bonnet is charged with Break and Enter, Possession of a Weapon for a Dangerous Purpose, Assault Peace Officer, Resist Arrest, Arson, Assault With a Weapon, and Mischief Under \$5000.

The officer was treated and released for injuries sustained.

South St. Andrews Wastewater System nearing the finish line

Advertorial submitted by the RM of St. Andrews

As early as this April, the RM of St. Andrews could be firing up the pumps of the new public utility that will provide wastewater services for up to 1,800 homes south of PTH 67.

The start-up will mark the completion of a massive infrastructure development – by far the largest project in the history of the RM, and one that has been developed and debated for decades. After more than a year of intensive research and discussion, the RM is ready to move ahead with an implementation plan that is unanimously supported by the St. Andrews Mayor and Council.

Once the system is up and running, homes in South St. Andrews will gain access to a practical alternative to septic fields and holding tanks – an alternative all homes in the area may eventually need.

Provincial regulations now prevent the building of new septic fields near the Red River because of concerns about environmental hazards caused by leaking systems. Tank-only systems aren't the ideal alternative because of the need for frequent – and sometimes costly – pump-out.

In just a few months, homeowners will be able to remedy all of these problems by hooking up to the new wastewater system.

The journey to the finish line hasn't been easy, as councillors for the three wards in the service area can attest. In fact, all three councillors were partly motivated to run for Council because of concerns and questions they wanted to see addressed. After focusing intensely on the project for more than a year, they now feel confident that the RM has moved ahead with the most financially feasible system for the

community.

"The plan was already well underway when we came on board, but we spent a lot of time on our own due diligence to make sure we were doing what was best for residents," says Darryl Pohl, councillor for Ward 3. "This Council has done a really good job of diving into the details and evaluating all of the alternatives available."

One of the tough questions Pohl and his fellow councillors faced was how the RM could keep user fees manageable as the first households move to the system. The utility's costs must be paid by those who use it, and Council felt it would be unreasonable to make a few hundred households cover all of the expense of running a system meant to serve 1,800 homes.

After considering different options, the Mayor and Council unanimously endorsed a proposal to charge a special service levy to unconnected properties until they hook up. If the proposed by-law receives final approval from the Municipal Board, every unconnected property will pay an annual levy of \$100 when the system begins operating. After six years, Council would evaluate the need for a levy going forward.

The idea of the temporary special service levy was introduced to residents last summer, as the RM conducted a community survey. At that time, 42 per cent of those responding said they could accept such a fee while about a third said they would be opposed.

Residents will have another opportunity to comment on the levy on February 2, when Council will hold a public hearing on the proposal.

"This has been a difficult question, but we feel it's the best solution," says Matt Prychun, councillor for Ward 1. "As more people get on the system and get things rolling, the costs will even out. That said, we're looking forward to hearing more from residents about this proposal."

With the start-up a few months away, Prychun is enthusiastic about how the system can benefit the community – not only by ending the problem of leaking septic fields, but also by making South St. Andrews more attractive to home buyers.

"We know many of the septic fields here are working fine, but there absolutely are problems with some of them," he says. "I hear about the problems when I go door to door in my ward, and sometimes I can smell them as I walk down the streets. Most want this problem fixed and want this project done. In the end, it could be very positive for property values."

Kristin Hoebee, councillor for Ward 2, says Council has done the best job it could to make the service as fair and equitable as possible for everyone who wants to tap in. The experience has also helped Council appreciate just how important communication with residents can be. She's pleased to see so much clear and decisive information about the new system on the RM website.

"We've definitely learned from this experience, and I know we'll use those lessons as we go forward with new projects," Hoebee says. "Better communication with residents is a big part of our mandate, and I really think we've made improvements with this project over the past year."

HEARING AND OPEN HOUSES PLANNED

With just a few more hurdles left to cross before start-up, the RM is planning three events to answer your questions and hear the views of residents who will be served by the South St. Andrews Wastewater System.

VIRTUAL OPEN HOUSES

The two Virtual Open House events are opportunities to learn more and ask questions about implementation plans for the new system.

The virtual events will be held on January 27 at 12:00 p.m. or January 28 at 7:00 p.m.

Questions can be asked at time of registration and during the event.

PUBLIC HEARING

On February 2 at 6:00 p.m., St. Andrews Council will hold a Public Hearing on the proposed special service levy for unconnected properties. The proposed by-law has been unanimously supported by the Mayor and Council, and will come into effect if the proposal receives final approval from the Municipal Board.

This virtual hearing will be an opportunity to voice concerns or support, and hear the views of neighbours. RM staff will present the proposal and Council will then hear presentations from any taxpayers wishing to comment.

The proceedings will be live-streamed on YouTube. South St. Andrews residents without internet access can view the proceedings in the Council Chambers – however, seating will be limited to align with the most current Provincial Health Order.

Anyone wishing to make a presentation during the hearing must register in advance.

TO REGISTER AND LEARN MORE

Go to www.rmofstandrews.com > **Waste water Services > Consultation** for more information. You can also contact the RM office at 204-738-2264 ext. 138.

Dunnottar Community Club taking play to a new level

By Patricia Barrett

The Dunnottar Community Club plans to take play to a new level after it raises enough funds to install new playground structures and a public gazebo that will be able to host programs and events.

The club and playground operate during the summer season, serving permanent and seasonal residents and their kids from the three communities that make up Dunnottar's catchment area – Matlock, Whytewold and Ponemah.

"It's an ancient playground that's essentially no longer safe," said John Zajic, chair of the club's playground revitalization committee. "We decided it was time to get together with the community club, the village and our community to revitalize the green space around the club."

Last year the club had to decommission the playground's teeter-totter as it was no longer safe, said Zajic. The remaining equipment – swings and monkey bars – will be removed when the project starts.

"We're going to replace it with a modern, accessible play structure for the community," said Zajic. "One of



our major goals is the accessibility component of the structures. There are no accessible structures in Dunnottar right now."

In addition to the new play structures, the committee plans to build a covered open-air gazebo on a concrete pad where kids can do arts and crafts, people can hold events and birding enthusiasts can meet, said Zajic. The gazebo will form Phase 2 of the project.

"The idea behind it is to broaden the use of the green space and let kids and their parents and grandparents use that covered space," said Zajic.

Playgrounds are designated spaces for recreation, social gatherings and for teaching kids about sensory and physical learning, but it's well known that they can be quite expensive. Community playgrounds, as opposed to private playgrounds, can range in cost from \$10,000 to \$150,000 depending on how elaborate the structures are and what materials are used. Play structures can be made from aluminum, metal, plastic or wood.

The club set up a dedicated fundraising committee last year, and the Village of Dunnottar is handling all the monies raised and issuing tax receipts to donors.



RECORD PHOTOS COURTESY OF THE DUNNOTTAR COMMUNITY CLUB

The Dunnottar Community Club offers summer programming to kids from Matlock, Whytewold and Ponemah. Last summer the club launched a campaign to raise funds for a new playground and public gazebo.

"The capital campaign we started in the summer last year is still ongoing and it's approaching \$40,000," said Zajic. "We have various levels that people can contribute to. If they want to contribute \$50 or thousands of dollars, they can. We wanted the campaign to be more inclusive so everybody in the community could participate."

This month the club launched an online fundraising raffle – the Dunnottar Community Club's Split the Pot Online Raffle – through the Funding Change organization. The raffle is offering the winner 43 per cent of whatever is raised. Forty-two per cent of the pot will go towards the new playground and the remainder will cover the costs of running the raffle through Funding Change.

"The raffle pot right now is just over \$1,500 and we hope to raise around \$2,500," said Zajic.

The revitalization project also has financial support from the Village of Dunnottar, he said, and they intend to apply for a provincial community grant that was delayed because of COVID.

Mayor Rick Gamble said the Village of Dunnottar is indeed helping fund the playground project.

"We've discussed funding the project on numerous occasions. We'll finalize it when we put our budget together towards the end of February," he said.

The revitalization project will be of great benefit to the entire community, which has seen more and more younger families buying property in recent years, he said, as well as retirees looking for a good quality of life.

"We're seeing younger families coming to cottage country here and we're seeing a lot of kids at the club. So anything we do there is really an investment in the future," said Gamble. "It's a good [playground] plan and we're very grateful the playground committee is doing this. It's a very popular community club during the summer months."

The community club has been part of the area for decades. It was established in 1942 and is about 79 years old, according to an assessment Gamble said the village was able to find.

The revitalization committee expects to complete the playground project by June if there are no unforeseen delays. They're hoping to complete the gazebo project the following year.

Tickets for the 43/42 raffle can be purchased online at www.fundingchange.ca/dunnottarcommunityclub. The draw is scheduled for April 10.

For inquiries about making a donation to the project and receiving a tax receipt, call the Village of Dunnottar administration office at (204) 389-4962.

NOTICE TO PARENTS



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invites

KINDERGARTEN REGISTRATIONS for Fall 2021

Registrations are now welcome for the following Early Years Programs.

Please note that Kindergarten classes are held full days, every other day, during the school year at the following schools: Centennial, Daerwood, Happy Thought, Mapleton, St. Andrews, Ecole Bonaventure, and William S. Patterson.

Kindergarten classes are held full days, every day, during the school year at Ruth Hooker, Robert Smith, and Walter Whyte School.

1. **English Program – Kindergarten**

Kindergarten programs are available at all elementary schools in the Lord Selkirk School Division: Centennial, Daerwood, Happy Thought, Mapleton, Robert Smith, Ruth Hooker, St. Andrews, Walter Whyte, and William S. Patterson. Please contact your local school to register. If you are unsure which community school is yours, please contact our Board Office at 204-482-5942 or 1-866-433-5942.

2. **Ukrainian Bilingual Program - Kindergarten**

Happy Thought School, located in East Selkirk, provides an English-Ukrainian Bilingual program for Grades K-4. Please register at the school (204-482-4521).

3. **French Immersion Program - Kindergarten**

Ecole Bonaventure, located at 516A Stanley Avenue in Selkirk, provides a French Immersion program for Grades K-6. Please register at the school (204-785-8284).

Children who are five (5) years of age by December 31, 2021 are eligible to enroll in Kindergarten programs. **A Birth Certificate and proof of residency is required to register your child.** Contact your local school for registration forms or they can be downloaded from the school website.

Regional approach to restrictions “on the table”

By Lorne Stelmach

There was some cautious optimism as provincial health officials offered their COVID-19 update Monday.

Officials hinted at more information coming out this week about possible changes to the restrictions under the public health order while also touting progress being made on vaccinations despite a delay in the delivery of the Pfizer vaccine.

“We’re definitely not out of the woods. We certainly still have a long way to go before we can return to normal. If we let up now, if we increased the amount of close contacts we have, we’re going to see those numbers climb again,” cautioned Dr. Brent Roussin, chief provincial public health officer.

“In order to start our reopening process, we need to do it in a continuous fashion, in a cautious fashion. We don’t want to yo-yo, we don’t want to have openings then require closures again if our numbers get high.”

While not hinting at what might be under consideration in terms of easing restrictions, Roussin did allow, if possible, that they would like to again be able to take a regional approach where the numbers are better.

“That’s not off the table. I think we want to try to get back to that regional approach. I think it’s challenging when you’re in the red and seeing the

numbers that we had to take a very regional approach because there’s a lot of mobility.”

Four additional COVID-19 deaths were reported Monday to bring the total number of deaths in Manitoba to 773.

The start of the work week brought 118 new cases of the virus, bringing the total number of lab-confirmed cases in Manitoba to 27,629.

The Interlake-Eastern total case breakdown by district as of Monday, is as follows: A total of 2,017 cases, up by 65 from Jan. 11: 319 active cases, 1,665 recovered, 16 currently in the hospital with three of those in ICU and 33 deaths.

Arborg/Riverton 55 cases recovered; Beausejour 7 active cases, 120 recovered; Eriksdale/Ashern 66 active cases, 81 recovered and 7 deaths; Fisher/Peguis 54 active cases and 271 recovered, 3 deaths; Gimli 27 recovered; Northern Remote 81 active cases, 189 recovered and 3 deaths; Pinawa/LacduBonnet 53 recovered; Powerview/PineFalls 80 active case and 54 recovered; Selkirk 92 recovered and 2 deaths; Springfield 155 recovered and 11 deaths; St. Clements 10 active cases and 80 recovered and 1 death; St. Laurent 15 recovered; Stonewall/Teulon 4 active cases, 141 recovered and 4 deaths; Unknown District 8 active cases and 176 recovered and 1 death;

Whiteshell 25 recovered and Winnipeg Beach/St. Andrews 131 recovered and 1 death.

Meanwhile, the province continues to further rollout its vaccination program with an emphasis right now on immunizing residents of personal care homes.

All eligible residents are expected to be given the first of two doses of the vaccine by the end of January, which is more than a week ahead of initial projections.

Last week, teams visited 10 personal care homes for consenting residents to be immunized with their first dose, and this week, residents at 51 personal care homes are to be immunized throughout the province.

“I am confident that our plan is sound,” said medical officer of health Dr. Joss Reimer, who noted Manitoba is not holding back vaccine for second doses, but it will not book first-dose appointments however unless there is either known inventory or a future federal delivery of vaccine that will allow the second-dose appointment to be booked within 21 days.

All new appointments were paused last Friday, due to the uncertainty caused by the Pfizer vaccine supply disruption. Manitoba revised its projections, and eligibility criteria was being expanded to include health care workers who provide direct care

in long-term care facilities including care homes.

“We wanted to give ourselves some time to look at the impact of those delays before opening the call centre back up,” Reimer said. “We have been continuing over the weekend to meet together and to look at the numbers and recalculate and update our strategy in light of the Pfizer disruption.”

“We did not over-extend. We did not assume that the future supply would arrive,” she added. “Because of that, we’re not cancelling any appointments or delaying any of our second doses.”

“We want our health care system and our most vulnerable, our top priority groups, to be fully vaccinated and fully covered.”

The province’s broader immunization plans however were adjusted based on delays or reductions in Pfizer vaccine shipments from the federal government, which are expected to continue for at least another month.

To date, 17,751 doses of vaccine had been administered including 15,607 first doses and 2,144 second doses. The province is expected to announce additional details on the next steps of its immunization campaign sometime this week.

Vandor Denture Centre’s ‘No-Gag’ impression technique really works

By Elisha Vandor

Making dentures is painless, so it should be a no brainer when it’s time to get new. However, there’s one thing that stops people from wanting to start the process...involuntary gagging.

If you consider yourself a regular or extreme gagger, then going for the initial impression appointment is a real concern for you. The one person who understands this the most is Brock, the Denturist. He says, “As for me, I hated gagging my patients. If they gagged, they would feel bad, then I would feel bad, so I had to make a better way. After combining different techniques, experimenting with some ratios, and using a funny looking tiny tool, I came up with what has been nicknamed the “No-Gag” technique. Essentially, it uses much

less goop and also prevents the goop that remains from going into the gag zone. I am happy to say that patients love it! They are so relieved to have not gagged and are amazed at how fast it was, which makes me smile every time. It’s actually now been years since I have developed the “No-Gag” technique and am happy to say that every single day, myself and our Denturists get to hear how patients love it! Actually, Ruth was here not too long ago and had to share her story.

“The impression appointment was amazing. There was no discomfort whatsoever. There was no gagging reflex. Nothing! In fact, I would do it again. It was very quick and it wasn’t like anything I’ve had done before and I’ve had lots of impressions. For me, the impression appointment was

usually gaggy. This is amazing. It’s a great procedure.”

We asked 10 patients about their experience after impressions and a resounding 10 out of 10 agreed: a much more comfortable and ‘no-gag’ experience.

The tool is all about making great fitting dentures in the most comfortable way possible! To keep your dentures fitting and functioning great, it’s recommended to replace your dentures every 7-10 years. You can read other patients comments on our website: www.vandordenturecentre.com/blog.

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Denturist’s wife Elisha holds the inventive tiny tool that’s making a big difference when starting new dentures.

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Interlake-Eastern RHA's board of directors announce region's new CEO

Submitted by IERHA

Following an extensive national search, Interlake-Eastern Regional Health Authority's (RHA) board of directors has announced the appointment of David Matear as the new chief executive officer (CEO) for the RHA effective February 8, 2021. Matear replaces Ron Van Denakker who retired in October 2020.

David Matear, BDS, BMSc, DDPH, MSc, PhD, MCMI, MIHM, FRSPH, FACHE, holds extensive educational credentials including a PhD in health-care administration, a BDS in dentistry, certification in health-care management and change management, and he has more than 30 years of Canadian and international experience in health care. He brings to Interlake-Eastern RHA a unique combination of senior leadership experience in policy, project management, change management, clinical, consulting, university, military and community involvement settings in Canada, England, United Arab Emirates and the United States.

In a former position as executive director, hospitals and community integrated services for Interior Health (IH) West in British Columbia, Matear planned and introduced a col-

laborative leadership team and strategic planning process that involved a broad representation of internal and external stakeholders including Indigenous communities and patient voices. As senior operating director in Fort McMurray, AB, he was the incident commander for Alberta Health Services during the fire that swept through that community. It was the largest natural disaster in Alberta's history. Matear successfully lead the evacuation of patients and staff and then mobilized a field hospital including an operating room, air and ground medivacs, urgent care centre, primary care medical clinic, mental health services, public health services and home care services. This was then followed by the repatriation of these services at the conclusion of the disaster.

Matear is currently leading California's public health technical assistance teams in support of health-care systems and serves on the state health and human services COVID planning team, two major initiatives in the COVID response for the state of California.

According to Interlake-Eastern RHA's chair of the board of directors, Glen West, Matear's integrity and ex-

tensive knowledge and experience in health care, coupled with his proven skills in team building, strategic planning, community engagement, and ability to achieve results will be very valuable assets to the region.

"As a board, we feel very fortunate that David will be leading our region as our CEO. The board of directors is looking forward to working with him in his new role," West said. He extended thanks to acting CEO, Ron Janzen, for his leadership over the last several months in an unprecedented time in health care while the board conducted their CEO search.

Matear is looking forward to becoming a part of Interlake-Eastern RHA's team.

"My passion is population health management and the accessibility, safety, effectiveness and quality of health-care services delivered to meet community needs. I am committed to building on the foundational work of my predecessor in engaging external and internal stakeholders in the strategic planning and delivery of health-care services. Important components of my approach will be the development of collaboration and partnerships, innovation and empowerment," Matear said.



RECORD PHOTO SUBMITTED
IERHA CEO David Matear

Interlake-Eastern RHA has 3,200 staff members that focus on the values of collaboration, accessibility, respect, excellence, innovation and quality customer service while serving the approximately 132,000 people in the region's area that represents one-tenth that of Manitoba.

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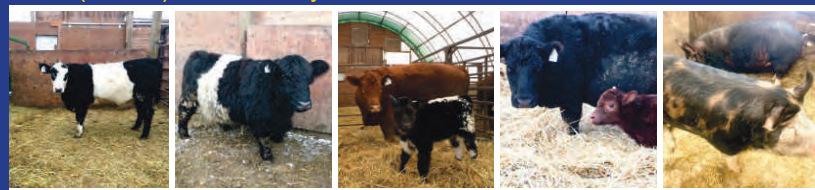
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The many benefits of houseplants

The lines between the outdoors and indoors are being blurred. Homeowners build extensive outdoor living spaces so they can relax on weather-resistant furniture and even cook in lavish kitchens in their backyards. In addition, indoor three-season rooms full of bright, open windows that showcase outdoor vistas challenge the boundaries between outside and inside.

For those working with limited budgets, there are some easy, inexpensive ways to enjoy the majesty of natural landscapes indoors. Houseplants can be used to improve indoor spaces, and they also provide various health benefits.

Help with allergies

According to WebMD, rooms with houseplants tend to have less dust and mold in them than those without any foliage. Leaves and other parts of the plants serve as natural filters, catching airborne particles and allergens. Plants with textured leaves might be especially effective at trapping particles.

Put more oxygen into the air

The human respiratory system works by bringing in oxygen and releasing carbon dioxide. Plants do the opposite during photosynthesis. They absorb carbon dioxide and then release oxygen. Plants can put much more oxygen into the air, improving indoor conditions.

Increase indoor humidity and reduce illness

Studies from the Agricultural University of Norway found that indoor plants can increase humidity in indoor spaces, which decreases the

incidences of sore throats, dry coughs, dry skin, and the common cold. Higher absolute humidity can decrease the chances of survival and transmission of the flu virus.

Filter the air

Researchers who presented their work at the 252nd National Meeting & Exposition of the American Chemical Society found certain houseplants can combat the potentially harmful effects of volatile organic compounds. Plants may help filter out VOCs like benzene, acetone and formaldehyde, which can enter indoor air via cleaning supplies, dry-cleaned clothes, furniture, printers, and paints.

Improve interior atmosphere

Prevention magazine says plants can be used to screen unattractive areas, moderate room temperature by shading spots from the sun and even reduce noise. Plants also can improve ambiance and create a pleasing atmosphere in a room.

Can improve mood

Growing and caring for plants can alleviate everyday stress. A nationwide study from UK Magazine Gardeners World found 80 percent of gardeners declared themselves satisfied with life compared to 67 percent among non-gardeners. Gardeners were more positive mentally. Greenery can help people feel more at home and improve mental health. A rehab center in Norway found patients reported a greater increase in well-being four weeks after having greenery added to their surroundings.

Houseplants can improve indoor areas and positively affect personal health.



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Continued on page 14

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Variables to consider when choosing a media room

The term "home theater" once made homeowners who love movies and sports dream of the day when they could dedicate a large area in their home to watching the big game or their favorite films. Such rooms are now widely referred to as "media rooms." Though the terminology may have changed, media rooms are not all that different from home theaters.

Before choosing an area of their home as their designated media room, homeowners must consider a host of variables to ensure they get as much out of the room as possible.

- **Location and shape:** Of course the location of the room is of the utmost importance. Media rooms tend to be more social settings than traditional home theaters, which were often designed to be isolated from the rest of the home so noise and natural light did not adversely affect the film-watching experience. Homeowners may not want their media rooms to be in high traffic areas of their homes, but they needn't be completely secluded, either. The renovation experts at the DIY Network note that the shape of a room should be considered before designating it as the media room. In general, square rooms are not ideal, as such rooms can produce harmonic distortions. A rectangular room likely won't



produce such distortions, especially when homeowners place their screens and primary speakers on short walls. It's important that homeowners do not downplay the importance of sound, as media rooms, unlike traditional home theaters, may be used for listening to music just as much as they are for watching films or sports. Viewers may not recognize distortions when watching something, but homeowners may notice these abnormalities when listening to music.

- **Windows:** Media rooms are multi-purpose

rooms, so homeowners don't need to remove rooms with windows from consideration. But the experts at the DIY Network note that windows are hard surfaces that can reflect sound and distort audio, and the light that gets in through windows can produce reflections on the viewing surface. Each of those factors can adversely affect your listening and viewing experience. A room with windows can still make for a good media room, but you may want to invest in some blackout curtains to mitigate some of the disadvantages of having windows in the room.

- **Wall colors:** The colors of the walls in the room is another variable homeowners will have to consider. Homeowners won't want to host guests for the big game in rooms with darkened walls, as that can create a dreary atmosphere and potentially make people tired. But especially bright colors will reflect light and adversely affect the viewing experience. Neutral colors should not affect the colors on the screen, making them the ideal color choice for media room walls.

Media rooms are high on many homeowners' renovation lists. Considering a host of variables prior to designating an area for a media room can ensure the finished product is as enjoyable as possible.

> DIY, FROM PG. 13

carpeting doesn't still have its devotees.

Carpeting and rugs can offset some of the shortcomings of hardwood, providing a softer texture that makes for a better landing spot for active young children. However, carpets will require more maintenance than hardwood floors. Learning how to deep clean carpets can help homeowners, as vacuuming is not enough to keep carpets in top form.

Spot clean stains

Stores sell a bevy of carpet cleaning solutions. When applying such solutions, do so in an inconspicuous area of the room to ensure colorfastness of the carpet and that the solution does not adversely affect the fibers. If the spot is clean and the carpet is not adversely affected, you can then apply the solution to more visible areas.

Homeowners who prefer all-natural cleaning solutions rather than chemicals can use a solution of white vinegar, baking soda and salt to make a safe cleanser, according to The Spruce. Soak the stain, use a scrub brush to work in the cleanser and then blot

up the liquid with a clean cloth. According to the lifestyle resource First for Women, club soda also works as a cleanser when it is sprayed on a stain.

Deep cleaning

Carpets periodically need to be revitalized, and that can be accomplished with a specialized cleaning machine. Many are available for purchase (a good investment for homeowners with kids and/or pets), while others can be rented as needed.

Remove all of the furniture from a room and vacuum to clean dust, dander and any other debris. Address any darker stains first by pretreating with



a cleaning solution. Let sit for around 20 minutes. While waiting, learn how to operate the machine, fill it and clean out the soiled water. Never allow the machine to oversaturate the carpet with water, as it can get into the padding and subfloor, causing problems like mold or wood damage. Spray the water-detergent solutions, and then pass the carpet cleaner over spots repeatedly until the carpet feels only slightly damp. DoItYourself.com advises running the machine at the pace of one foot per second.

Removing shoes when entering the home can keep carpets clean and reduce wear and tear.

With frequent deep cleaning, carpets can maintain a like-new appearance for years.

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How to choose the right lighting inside your home

Lighting in a home serves both practical and aesthetic purposes. It's easy to maneuver around a well-lit home, reducing the risk of slips and falls, and the right lighting can help homeowners create their desired ambiance, which typically changes depending on which room you're in.

When choosing lighting for their homes, homeowners must walk a fine line between appearance and functionality. A fixture in the foyer that instantly impresses visitors likely won't prove as awe-inspiring if it's installed in the living room. When choosing lighting for a home, some general rules about what works in each room can help homeowners make the most informed decision.

Kitchen

Kitchens are often the busiest room in a home, so lighting here can be especially important. A kitchen often benefits, both practically and aesthetically, from different types of lighting. For example, pendant lighting above kitchen islands can make meal preparation easier and safer, but such lighting likely won't work in breakfast nooks and informal dining areas in the kitchen. Recessed lighting works best in such areas. In kitchens with no island, under-cabinet lighting can be used to illuminate countertops and simplify meal preparation.

Formal dining room

Many people enjoy the look of chandeliers in formal dining rooms, and such fixtures can be installed directly above the dinner table. The interior design experts at Better Homes & Gardens advise hanging chandeliers roughly 33 inches above the table in dining rooms with eight-foot ceilings, adding three inches for each additional foot above eight feet. Darkened dining areas may be ideal in restaurants, but homeowners may want to split the difference at home and choose dimmable chandeliers for their dining rooms. This allows homeowners to dim the lights for romantic dinners but turn them up for family gatherings with lots of people around the table.

Living room

Adaptability also is important in the living room, where homeowners may

host anything from movie nights to book clubs to parties for the big game. It can be a tall order to accommodate such a wide range of activities, and many homeowners come down to deciding between recessed lighting and track lighting. If the living room currently has neither style, homeowners should recognize that it will cost considerably less to install track lighting than recessed lighting. Better Homes & Gardens notes that flexible track lighting provides ambient, task or accent lighting, and track lights can even be moved to change lighting schemes at any time, making them a budget-friendly option for homeowners whose living rooms are multi-purpose spaces. Recessed lighting also works well in living rooms, especially ones with low ceilings. That's because recessed lighting is installed into the ceiling, meaning it does not take up any visual space in the room. That can help living rooms feel bigger.

Bedroom

The home improvement experts at BobVila.com note that bedroom lighting should provide enough light when getting dressed, but also be able to be toned down as residents prepare for their bedtime routines. Both portable and installed lighting can be used in bedrooms to serve these various functions. Recessed fixtures that dim can ensure there's ample light to get dressed in the morning, but they also can be dimmed at night as residents try to get ready to sleep. Portable nightstand lights can make it easier for couples sharing a bedroom, allowing one person to stay up and read while the other goes to sleep.

Homeowners have many options and many needs when choosing lighting for their homes. A professional consultation with a lighting expert or interior decorator can help homeowners find lights that provide both practical and aesthetic appeal.



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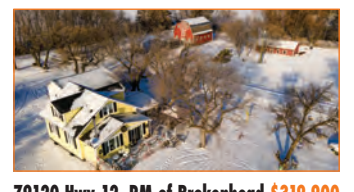
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St. Andrews roads in award-winning shape

By Katelyn Boulanger

The RM of St. Andrews has something new to celebrate as the holiday season draws to a close as they were given the honour of being recognized as the 2020 winner of the Association of Manitoba Municipalities Shield for "Best Maintained System of Municipal Roads" in District 1 in the Manitoba Good Roads Association's Annual Competition.

"I have to give lots of the credit to our operators and to the material we've been using on the road. Our operators have good equipment to work with. Council make sure they get the tools to do the job and it shows," said superintendent of public works for St. Andrews Rick Palmer.

He attributes the win to St. Andrews putting the effort into making sure that the municipality's roads are top-notch.

"Our graders are on steady every day, if the weather is favourable, they're all working on the roads. So they keep their roads in the best shape we can," said Palmer.

The municipality has three excavators that do a large amount of drainage work to keep the municipal roads smooth for residents but the RM has also recently changed the materials that they make the roads out of, in

particular, they are using a new type of gravel that is in Palmer's words "working very well."

Unfortunately because of COVID-19, the people that work for the RM's public works department were unable to get together to celebrate this victory.

The RM is, in fact, making sure to keep its public works staff apart in three separate groups so that should any group end up with a member who falls ill there would be no way that the virus could spread to the other groups in the department.

"With COVID, we had to split our crew up and we have more guys working out of the south and north [shops] and only five down in Clandeboyne so it's really pretty split up," said Palmer.

Despite not being able to celebrate he did make sure that every employee knew that their hard work was being recognized by making sure that everyone got a photocopy of the letter letting them know about the win for the community.

"It makes us feel that we're doing a good job and that you know, the public should be happy that the roads are as good as they are. You know, I wasn't expecting it at all. I never even gave it a thought," said Palmer.

Fire on Old Henderson Hwy



RECORD PHOTO BY BRETT MITCHELL

Firefighters responded to a fire on Old Henderson Hwy. in East Selkirk on Jan. 15

Province seeks input on potential safely reopening

Submitted by the Government of Manitoba

The Manitoba government is seeking feedback from Manitobans on its plan to move forward to safely restore services and activities, while balancing the needs of the health care system.

"The current public health orders – which have been in place for over two months – were put in place to halt the spread of this deadly virus and save lives," said Premier Brian Pallister. "These orders are working, thanks to the willingness of Manitobans to follow them. At the advice of Dr. Roussin and our health care leaders, we are now in a position to consider reducing some restrictions and safely restoring our services and activities that so many Manitobans have sacrificed throughout this pandemic in order to protect themselves, their loved ones, and their community."

The province has launched a survey on EngageMB.ca and invites Manitobans to share feedback on their priorities for potential easing of the current COVID-19 restrictions. The survey asks questions about people's perspectives on the risk of the virus, COVID-19 vaccines and their comfort levels with different activities.

The survey also asks about priorities to safely restore services, including possible changes to gradually expand retail shopping, re-open barbershops and salons, gyms and fitness centres, non-regulated health professions, restaurants, faith-based and ceremonial gatherings and organized recreation and sport and possible increases to indoor, outdoor and household gathering sizes.

For more details on each option and to provide your feedback, visit [EngageMB.ca/restartmb-pandemic-response-system](https://engageMB.ca/restartmb-pandemic-response-system).

This survey builds on prior steps taken to connect with Manitobans throughout the pandemic on public health orders, pandemic planning and more.

"While our test positivity rates, case numbers and hospitalizations are starting to come down and Manitobans are starting to get vaccinated, it is crucial that Manitobans continue to follow the fundamentals so we do not lose sight of the gains we have made these past few months," said Dr. Brent Roussin, chief provincial public health officer. "While we consider ways to carefully re-open Manitoba, we must always consider the needs of our health care system and limit the activities which we know cause the greatest risk."

Since April 2020, more than 304,000 participants have engaged with the Manitoba government on COVID-19 issues through telephone town halls,

online surveys, public opinion research and other engagement opportunities on EngageMB.

"From the very beginning of this pandemic, our government has endeavoured to reach out directly to Manitobans and ask for their input, ideas and feedback on a variety of measures designed to keep Manitobans safe, while balancing the needs of our health care system and economy," Pallister added. "Our goal right now is to move forward, not backward. We want to create a sustainable path forward where our businesses and communities can reopen safely, and stay open. I look forward to hearing from Manitobans as we work together to build a healthier, safer, more prosperous future."

For more information on Manitoba's current pandemic response, visit www.manitoba.ca/COVID-19.

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Chorizo Ragu with Cheesy Toast

minutes. Mince 2 garlic cloves and add to pot with mushrooms; cook about 3 minutes.

Use spoon to push vegetables to edges of pan then add tomato paste, oregano and cumin to center of pan; saute until fragrant, 1-2 minutes.

Increase heat to high and add beef and pork chorizo. Break meat up with spoon but don't over-stir. When beef is no longer pink, pour in tomatoes and bring to simmer. Decrease heat to medium-high and let simmer, stirring occasionally.

While ragu simmers, use fork to mash or whip butter with crema until smooth. Mince or finely grate remaining garlic cloves then stir into crema mixture.

Spread crema mixture evenly over bread, trying to cover as much area as possible. Sprinkle crumbled queso fresco all over and place bread on rimmed baking sheet, cheese side up. Toast 4-5 minutes until cheese is melted and bubbling. Finish under broiler 30-60 seconds for deeper browning, if desired. Cut bread into individual portions.

After about 20 minutes of simmering, ragu should thicken and flavors meld. Swirl in additional crema then serve ragu in bowls with cheesy toast or ladle over pieces of toast.

Recipe courtesy of chef Aarón Sánchez
3 bolillo-style rolls or 1 long baguette
2 tablespoons olive oil
1 yellow or white onion, chopped
2-3 carrots, chopped
1/2 teaspoon salt
6 cloves garlic, divided
8 ounces white or cremini mushrooms, chopped
2 tablespoons tomato paste
1 tablespoon dried oregano
1 teaspoon ground cumin
1 1/4 pounds ground beef
1 package (9 ounces) Cacique Pork Chorizo
1 can (28 ounces) crushed or pureed tomatoes
6 tablespoons unsalted butter, softened
9 tablespoons Cacique Crema Mexicana, plus additional for serving
1 1/2 cups crumbled Cacique Ranchero Queso Fresco
Preheat oven to 400 F. Halve bread lengthwise.
In heavy-bottomed pot, warm olive oil over medium heat. Add onions, carrots and salt then cook, stirring occasionally, until vegetables just start to soften, 3-4

Parmesan Stuffed Peppers with Rice

Prep time: 15 minutes
Cook time: 30 minutes
Servings: 6
2 bags Success Brown Rice
2 cups (or 1 can, 15 ounces) tomato sauce, divided
1/2 cup grated Parmesan cheese, divided
1/4 cup basil pesto
3 large bell peppers in assorted colors, halved lengthwise
1 cup shredded mozzarella cheese
1/4 cup fresh basil leaves, thinly sliced



Preheat oven to 425 F. Prepare rice according to package directions.

Add 1 1/2 cups tomato sauce to greased 13-by-9-inch baking dish. In bowl, toss rice with remaining tomato sauce, 1/4 cup Parmesan cheese and pesto.

Divide rice mixture evenly among peppers. Place stuffed peppers in prepared baking dish. Sprinkle mozzarella and remaining Parmesan cheese over

Expert patient here to help!

By Susie Schwartz

Okay. So for the last few months, you've read my thoughts on aiming to gain less health stress. (If you haven't, check out the archives!) So what makes me qualified to call myself an expert patient? Let me add some colour to the picture for you.

Living with Type 1 diabetes since age nine and collecting a plethora of disease over the years such as neuropathy, Gastroparesis, Fibromyalgia, ME, a brain tumour, Hashimoto's, Retinopathy, well, I get it. Illness can be stressful.

I've also had the honour of speaking to both medical students and support groups for newly diagnosed diabetics, volunteering as a patient for student exams, co-writing and giving input into medical journal articles with my Neuro-gastroenterologist, and have spoken on many a stage regarding life with diabetes and insulin pump therapy. I guess one might say...I get around.

But let's get to the tip, yes?: Treat the doctor like a person and not just a white coat.

But Susie, I am the patient!

Stick with me.

Take a moment to ask your doctor how their day is going or how their family is doing. Yes, you're stressed, but this takes three seconds and by caring about them, the barrier of a shared anonymity falls away. You both become somebody to each other. Make sure your question is genuine, with the goal of relationship building and not to gain 'points.' When you take the time to care, they'll remember— an attribute not possible of 'just a number.' It won't be a waste of time. They'll be likely spend more time with you, not less.

I have such a solid relationship

peppers.

Cover with foil; bake 18-20 minutes, or until peppers are tender, filling is heated through and cheese is melted. Remove foil. Broil 3-5 minutes, or until cheese is golden brown. Garnish with fresh basil.

Substitutions: Use fontina or provolone for mozzarella cheese and olive tapenade for basil pesto.



Susie Schwartz

with my GP and his assistant back in Winnipeg, that I often pop in just to say hi when I'm back visiting family. If he's not running late, he calls me in and we have a quick catch up. How is your family? Your health? Taking any holidays? All of which go both ways. He's also asked how the medical systems compare - Canada vs. UK. Sometimes a generic hug is shared. His assistant's daughter is highly intelligent, feisty and a developing young artist. I know this because we discuss the little fireball every time I stop by.

Thanks to our strong relationships, and because I am a trusted patient, she fits me into the doctor's very full schedule every time I need him medically while 'home' visiting.

I couldn't be more grateful.

Less health stress, yes?

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

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Local MP offers new year reflections

By Jennifer McFee

Now that 2020 is behind us, Selkirk-Interlake-Eastman MP James Bezan shares his reflections for the new year.

He notes that 2020 was a difficult year, particularly for those who lost family members to COVID-19 or businesses as a result of the economic crisis.

Nonetheless, the community has found ways to band together and support each other throughout the pandemic.

"Growing up in rural Manitoba, I think we were all taught the responsibility of taking care of each other. We are the people who check on our elderly neighbours, snow blow each other's driveways, stop when we see a car in the ditch on a gravel road and generally look out for one another. But 2020 has taken that to a whole new level," he said.

"There has been incredible sacrifice by frontline health workers at all levels, by essential service workers who showed up every day to serve their communities, by business owners forced to close to lower the spread or adapt to strict restrictions, and so many more. It has been a year of sacrifice and difficulty for all, but time and again, I am inspired by how our local communities have found ways to take care of one another and find joy during this difficult year."

During this tumultuous time, Bezan

praises the abilities of his staff to keep the community informed.

"My staff has made me proud in how they stepped up to make sure every one of our constituents gets the information they need to get through this global health and economic crisis as quickly as possible," he said.

"We talk every day to constituents who are struggling through this crisis and many are falling through the cracks of government programs. The biggest successes are the days when we hear back from the constituents who have received the help they need as a result of our advocating on their behalf."

At the same time, Bezan draws attention to some of the noteworthy happenings of 2020.

"Personally, I joined forces with NDP Niki Ashton, MP for Churchill-Keewatinook Aski, to fight for Manitoba's freshwater fish harvesters who were being left behind during the pandemic response. Our bi-partisan work paid off and it was a really good day when the Fish Harvester Grant and Benefit funding started to get transferred into the hands of fishing families who needed it," he said.

"Additionally, for Conservatives, a big success was electing our new leader, the Honourable Erin O'Toole. The leadership race was longer than anticipated due to the pandemic, but being back in the House of Commons

this fall with Erin as the leader has been a real success."

In contrast, Bezan also expressed his opinion about some of the year's many challenges.

"At every point during the COVID-19 response effort, Canada has been playing catch-up due to a lack of leadership from Justin Trudeau. It is challenging to keep up to where our allies are

when compared to the inconsistent and incoherent policies of the Liberal government," he said.

"Whether that was closing airports, shutting the border, procuring PPE, adopting mask protocols or now approving vaccines and ensuring there is enough for every Canadian who wants it, the Liberal government was slow to respond, resulting in greater risks for Canadians."

In addition, Bezan expressed his opinion that there are major gaps in almost every program included in the COVID-19 economic response plan.

"Despite calling for a Team Canada approach, there were a lot of moments when the Liberal government was rejecting ideas just because they came from an opposition party," he said.

"Through everything, our Conservative team has been focused on helping Canadians and putting forward constructive solutions to improve government programs and policies. This has resulted in changes to the wage subsidy program, the Canada Emergency Business Account (CEBA), the rent subsidy program and more."

Looking ahead, Bezan shared his perspective on big issues for 2021.

"No question, the first big project of 2021 will be vaccine distribution in a timely manner. Canadians remain concerned about the health, safety and economic security of themselves and their loved ones. Getting vaccines in the arms of every Canadian who wants one is a huge step toward getting our sense of security back," he said.

"Thank you to all the Canadian Armed Forces members currently working as part of Operation VECTOR and Operation LASER. I have full confidence in their ability to handle these tasks."

He also shared his hopes for the Selkirk-Interlake-Eastman region for the new year.

"I want our local business community to be able to reopen their doors and serve our communities without the fear of what restriction or lockdown might come next. I want our fairs, festivals and community events to happen again and serve as a celebration of community being able to gather together," he said.



Selkirk-Interlake-Eastman MP James Bezan

"Most of all, I will continue to serve the people of Selkirk-Interlake-Eastman to the best of my ability and be a strong voice for them in the House of Commons."

As the MP for the area, Bezan expressed gratitude to community members, as well as some words of encouragement.

"I want to thank each and every one for doing their part to ensure the continued health and safety of our communities. This has been an unpredictable and unprecedented year, but we are coming through it together. Please continue to be patient, kind and follow the advice of public health officials in order to give our frontline health workers the best opportunity for success," he said.

"I wish everyone the best in 2021. May it bring good health, recovery and the sense of normalcy we all are longing for."



Whoos Got The Greatest Love Story of All Time?

CONTEST

Valentine's Day is a time to show your loved one how much they mean to you. We want to hear why your love story is the greatest all of time, whether you have been together 80 years or 8 months

Share your story with us and you could set your Valentine up for a special surprise.

In a few paragraphs tell us how you met and how you knew it was true love, or just tell us why your Valentine makes your heart skip a beat.

Email your story and picture to ads@selkirkrecord.ca Or call 204-485-1419 for more details. Contest entry deadline February 5th, 2021
*stories may be edited for length

Correction

In the article "Looking for creative people to enter contest" published in last week's Selkirk Record we inadvertently left out the link of how to enter the contest which is <https://forms.gle/xpBwU6u7vrCWJqxK6>.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dalhousie women's volleyball program excelling under Scott's guidance

By Brian Bowman

Rick Scott has certainly made his mark with the Dalhousie Tigers' women's volleyball program.

He has done a tremendous job, winning eight-straight AUS titles while recording his 200th U SPORTS career win during the 2018-19 season.

Last season, the Tigers had a tremendous team, posting an outstanding 19-1 record. They were just about to begin play against Montreal at the U Sports championship in B.C., where they were one of the favourites and ranked third.

"We were told it was cancelled and we had to go back to the hotel room where we had athletes in two or three different rooms meeting with the coaches, game planning, but we had to call them in to tell them (it was cancelled)," Scott said from Halifax on Monday. "There was a lot of emotion in the room at that time, especially with the fifth-year seniors."

The Tigers' team from a year ago was a very special - and talented - group.

"A lot of them had been to nationals before," Scott noted. "The year before, we lost in the bronze-medal game in five (sets) to Alberta. We had the player of the year in the country, Courtney Baker, as our setter and she was second-team all-Canadian. We had really good depth and a really good mix of experience and youth. We had a lot of good players and a lot of good experience."

This past season was a wash, however, as COVID shut down university volleyball among a plethora of other sports. Still, the Tigers were able to practice amongst themselves with a fun atmosphere.

Dalhousie expects to be very competitive if, or when, there is a season next year.

"We obviously lost a couple of key players last year that were starters and also some key veterans that came off the bench to play key roles," Scott said, noting they have recruited Bella Noble, a member of Volleyball Canada's National Excellence Program, and two other elite athletes. "We had a lot of leadership that set the tone, set the culture, which is really big."

Scott's coaching resume is unbelievably impressive. He is a three-time AUS coach of the year - 2012-13, 2014-15, and 2016-17 - and he earned the U SPORTS coach of the year award at the end of the 2016-17 season.

Scott is also a four-time Dalhousie University coach of the year (2018-19, 2016-17, 2013-14 and 2012-13).

His contract expires at the end of the 2021-22 season. It is expected that he will be returning to Dalhousie.

"I'm happy here and just bought a house in Dartmouth, Nova Scotia, which is on the other side of the bridge of Halifax," Scott said. "It's a beautiful city, a beautiful province, being on the ocean and there's great people."

In addition to excelling at the university level, Scott also has had a great experience in international play.



RECORD PHOTO BY TIM KROCHAK

Rick Scott is having plenty of success with the Dalhousie women's volleyball program, winning the last eight Atlantic conference volleyball titles.

He represented Team Canada as an assistant coach of the women's volleyball team at the FISU Games in Naples, Italy in the summer of 2018. He also served as an assistant coach for the Canadian Junior National Team at the NORCECA Championship in Tijuana, Mexico.

"I started my teaching career in Norway House, Manitoba and then to Glenboro and then to Selkirk," Scott recalled. "I never thought at the time that I would be coaching university or having the opportunity to represent Canada at some international competitions as a coach. I was really lucky to have a lot of good coaches growing up in Warren Collegiate and mentors from Norway House, Glenboro and Selkirk. Jim Schreyer and Mike Burchuk were big ones from the Selkirk area. If you work hard and put the time in, good things can happen. Keep learning and surround yourself with good people."

The Warren product and former Selkirk Royals' varsity girls' head coach has been a winner everywhere he has coached.

Scott led Nova Scotia to a bronze medal at the 2017 Volleyball Canada U18 championship. In 2009, he founded the Tigers Girls Volleyball Club. Under Scott's leadership as director, the club has captured 13 provincial championships in 10 years.

He also won four straight Manitoba "AAAA" High School Athletic Association championships, two National Club Open championships, a U17 National Team Challenge Cup championship, U16 Western Canadian championship, a Canada Games silver

medal and Western Canada Games silver medal.

"Selkirk was a real springboard to my career with the four provincial titles in a row and the club with back-to-back national championships while coaching some amazing players," Scott said. "(The Royals are still doing) awesome and they're one of the best volleyball communities in the country. Period. I've been coast to coast and Selkirk is a hotbed for volleyball. It's amazing."

Prior to going to Dalhousie, Scott received numerous coaching accolades from the Manitoba Volleyball Association, including recognition as the High School Coach of the Year twice (1999, 2004), the Developmental Coach of the Year (2006), Elite Coach of the Year in 2007 and was inducted into the Manitoba Volleyball Association's Honour Society (2011).

Dalhousie is Scott's home now but he has very fond memories of growing up in Souris and then Warren. He comes home to visit about three times a year.

"It was tough to leave Selkirk and Manitoba because you leave a lot of friends and family and a lot of relationships," he said. "I was going to a beautiful part of the country but I didn't know a lot of people. I knew a couple of guys from teaching at Norway House that were from the east coast and moved back. But it's been a really good move. I'm doing what I love, coaching at a high level, and I get to work with great people and great, young student-athletes."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dola disappointed with SEMHL 2020-21 season cancelled

By Brian Bowman

Since he was about five years old, Hayden Dola has always played a league hockey game during the winter.

But the recently-turned 24 year old will see that streak snap this season.

Dola, a standout goaltender with the Warren Mercs, is one of many players disappointed that the South Eastern Manitoba Hockey League made the decision to cancel the 2020-21 season.

Still, it was a decision expected by most people.

"I think just with everything going on in the world it was always a thought that we had in our heads," Dola said last week. "There was a chance that things would not come to fruition and we wouldn't be playing this year. But obviously guys were holding out hope that things would progress in a more positive way and we would get back to playing this year."

The SEMHL made the tough decision to cancel an entire season but it was one that was accepted by all seven teams.

"During a virtual meeting (Jan. 11), league officials and team management met to discuss the potential of a 2020-21 SEMHL season," read a statement on the league website. "With the Province of Manitoba code red extended to at least January 22, after much discussion, it was unanimously

agreed by all seven teams to (cancel) the 2020-21 SEMHL season. This was a difficult decision to be made but all the teams are looking forward to returning to the ice for the 2021-22 season."

The cancelled season is especially tough for the Mercs, who were expected to ice another very good team this year. Warren was two wins away from winning a league title last year when Hockey Canada shut down all leagues in March due to the COVID-19 pandemic.

"Last year, we were up 2-0 in the finals and we had a real shot at winning it," recalled Dola, a former Interlake Lightning and Selkirk Steeler. "It was tough the way it ended last year and we were fortunate to have our core come back this season with a couple more key additions. It would have been nice to get out there and bring a championship back to Warren."

"At the beginning of the year, everyone had that goal in mind and there was a really good chance of that happening. It's definitely frustrating but hopefully things can get back to normal for fall and we can get back on the ice."

Dola was enjoying a terrific season a year ago with Warren before he was injured. He was later named the SEMHL's best goaltender.

"There's definitely a lot of really



RECORD PHOTO BY JO-ANNE PROCTER

For the first time since he was five years old, Warren Mercs' goaltender Hayden Dola will not play a hockey game this winter after the South Eastern Manitoba Hockey League elected to cancel the 2020-21 season last week.

good goalies in the league...so it was definitely an honour to be recognized by the league," Dola said. "But no goalie ever gets an award like that without the team in front of them. We had a really good (defensive) core and

an all-around good team which made my job pretty easy most nights." "Without the team in front of me, that award definitely doesn't happen. The majority of that credit goes to them."

Basketball hoping to get on the court this season

Staff

Basketball lovers are anxiously waiting for the green light from the province to get their sport started in 2021.

But right now it doesn't look too promising.

On Jan. 8, Basketball Manitoba issued a statement on its website.

"In light of the news announced on Jan. 8 by the Province of Manitoba

that continued with all health regions of Manitoba remaining at the "Critical/Red" Pandemic Response System, all Basketball Manitoba sanctioned and insured programs and activities taking place in Manitoba will remain on hold until at least Friday, January 22, 2021," read the statement. "The stoppage of all basketball activities in Manitoba will remain paused until a

time the health status is changed from Red to Orange."

At the high school level, Kildonan Peguis Athletic Conference basketball convenor Kristen Asmundson said the league last met in December and decided to postpone the season indefinitely.

She said their next meeting is not scheduled until Feb. 4.

That's going to make it hard to have a KPAC season.

"(I'm) not very optimistic of any type of season at this point," said Royals' varsity boys' head coach Dean Goodbrandson in an email last week. "With any luck, the vaccine program is effective and maybe we can get back in the gym at some level. Even for small group work."

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Helm held out of Red Wings' season opener

Staff

When the Detroit Red Wings took to the ice against the Carolina Hurricanes last Thursday to begin their NHL regular season, there was a familiar face that was missing.

Red Wings' forward Darren Helm was unavailable due to the league's COVID-19 protocols.

The specifics of his placement were unclear but Helm will not be able to practice or travel with the team until he's been cleared.

Helm was listed as a non-roster player for Thursday's game.

The NHL released a list Wednesday evening, less than an hour before the start of the 2021 season, of players who are unavailable to play or practice, in accordance with the league's COVID protocols.

It was reported that Helm had not practiced since the opening weekend of training camp.

During the season, the NHL will share the names of players who are unavailable due to pandemic protocols.

COVID protocol-related absences can be the result of a number of factors including, among others: an initial positive test which remains unconfirmed until confirmatory testing is completed; mandated isolation for symptomatic individuals; required quarantine as a high-risk close contact; isolation based on a confirmed positive test result and/or; quarantine for travel or other reasons as outlined in the COVID-19 protocol.

Neither the league nor teams are obligated to reveal the precise reason a player is unavailable or how long he might be out.

Helm, a St. Andrews product, has played 697 games in the NHL with Detroit, scoring 109 goals while collecting 243 points. He led the Red Wings to a Stanley Cup championship in 2008.

Helm played six games with the Selkirk Steelers during the 2003-04 campaign before moving on to the Western Hockey League's Medicine Hat Tigers for three seasons.



RECORD PHOTO SUBMITTED

Darren Helm is the longest-serving current Red Wing, entering his 12th full season with the club.

Sport Manitoba launches 'Play More Be More' campaign

Submitted by Sport Manitoba

Sport Manitoba's 'Play More Be More' campaign launched Jan. 12 and focuses on the benefits young kids experience when they play multiple sports.

Play More Be More is all about helping Manitobans, especially parents of kids aged six to 12, learn about the dangers of specializing in one sport at a young age while also promoting the benefits of multi-sport activities.

"Many people may not be aware of all the benefits that come with playing a variety of sports versus specializing in one sport at a young age," said Jeff Wood, Sport Performance Specialist, Sport Manitoba.

"Of course, there may come a time when an athlete chooses one sport to

focus on, but leading up to that, there are a ton of great things we see when athletes play multiple sports growing up.

"For example, the skills that one sport develops that can carry over to another, or avoiding burnout or over-use injuries from playing only one sport by doing the same movements over and over again."

A multi-sport experience makes sport and physical activity fun.

Throughout the Play More Be More campaign, Sport Manitoba will share multi-sport perspectives, stories, and resources from the local sport community, including decorated athletes like Brigitte Lacquette, that will appear on its blog, website, and social media channels.

"Growing up, I played pretty much every sport. I loved getting out there, competing and being active," said Lacquette, an Olympic silver medalist. "I feel like playing those different sports helped me grow as a hockey player because it allowed me to become more athletic overall and has improved my ability to adapt to change."

"For myself, playing softball was great for improving hand-eye coordination and playing sports like volleyball, soccer, basketball, and badminton helped me develop as an athlete, too."

Sport Manitoba's long-range strategic plan - the Manitoba Action Plan for Sports - identifies promoting the values of sport, encouraging multi-sport participation, and promoting

universal skill development in its current list of priorities for the next four years.

The multi-sport theme of this campaign is also in line with Canada's Long-Term Development framework's early developmental stages. The FUNdamentals and Learn To Train stages encourage overall development of young children's capacities, fundamental movement skills, and foundational sport skills in a range of sports, physical activities, positions, and environments.

Visit sportmanitoba.ca and follow Sport Manitoba on Instagram, Facebook, and Twitter to learn more about the dangers of early sport specialization and the benefits of playing multiple sports in the development years.



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take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

		N	O	B	E		S	T	R	V	W			
T	S	I	D	V	S		S	D	E	R	H	S		
S	E	T	V	C	I	D	E	D	E	R	T	V		
V	R	K			N	V	R	S	E	R	V	N		
W	N	V			D	E	M	V	T		S	O	W	V
H	C		B	V	D	C	V	T		L	I	B		
		E	N	E	S			O	L	V	N	V		
S	E	S	V	T				T	O	R	V	C		
E	R	E	V	E	R			M	V	D	E			
N	B	E	C	V	W		E	H	S		T	E	G	
N	V	H	S		W	E	O	R	P		E	R	V	
C	V	C	E	W	H	S	I			C	O	B		
C	V		N	V	I	C	I	W	E	D	V	C	V	
M	O	O	T	R	V		E	T	L	I	V	F		
I	H	C	O	S			B	V	O	M				

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Ancient kingdom near Dead Sea
5. 2014 Winter Olympics host
10. Soft fabric
12. Covered in flowers
14. Works at a college or university
16. Keeps us cool
18. Corpuscule count (abbr.)
19. Similar
20. Birthplace of Muhammad
22. They ____
23. Preamble to a book
25. Southern China people
26. Hair product
27. The woman
28. Partner to cheese
30. One point north of due east
31. Round Dutch cheese
33. Be in awe of
35. Christmas song
37. Emits coherent radiation
38. Something that is comparable to another
40. Monetary unit
41. The cutting part of a drill
42. Resinlike substance secreted by certain insects
44. Touch lightly
45. Toyota SUV
48. ____ and Andy, TV show
50. Made less dangerous
52. Assets under management (abbr.)
53. Nostrils
55. Moved quickly
56. Thai isthmus
57. TV personality Roker
58. Honors anew
63. Rags
65. One who obtains pleasure from inflicting pain or others
66. Marketplaces
67. Dark brown or black

			1	2	3	4		5	6	7	8	9		
	10	11						12					13	
	14						15						16	17
18							19				20		21	
22					23				24		25			
26				27				28		29		30		
		31	32						33		34			
35	36									37				
38					39				40					
41				42		43		44				45	46	47
48			49		50		51					52		
53				54		55						56		
57			58		59					60	61	62		
	63	64						65						
								67						

CLUES DOWN

1. Nowhere to be found (abbr.)
2. Not new
3. Brew
4. Stain with mud
5. Chief or leader
6. Luke Skywalker's mentor ____-Wan
7. Type of sauce
8. Sharpens
9. Priestess loved by Zeus
10. Jean Henri ____, French entomologist
11. Regulates supply of fuel
13. Disturbing and horrifying
15. Equal (prefix)
17. Hosts film festival
18. Tattered piece of clothing
21. Rich desserts
23. Unique motor (abbr.)
24. Disfigure
27. Chemical substance
29. Slang for famous person
32. Department of Labor
34. The A-team rode around in one
35. Beach cabin
36. Living things
39. Gun (slang)
40. Disconsolate
43. Stroke gently
44. Actress Richards
46. "Cletus Hogg" actor
47. Returned material authorization (abbr.)
49. Brazilian mountain range
51. Upset
54. One with supernatural insight
59. Insecticide
60. Taxi
61. "Much ____ about nothing"
62. Cannister
64. Popular clothing retailer

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January 18, 2021

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IN THE MATTER OF THE ESTATE OF GARTH RANDELL GISLASON, 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 20th day of February, 2021. DATED at the City of Selkirk, in Manitoba, this 14th day of January 2021. PKF LAWYERS - Selkirk Office
Adam Kelso
Solicitor for the Administratrix

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF RALPH GORDON TAYLOR, late of the Postal District of Petersfield, 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 13th day of February, 2021. DATED at the City of Selkirk, in Manitoba, this 12th day of January 2021. PKF LAWYERS - Selkirk Office
Adam Kelso
Solicitor for the Executrix

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MORTGAGE SALE

The building and land known as 23 St. Andrews Road, St. Andrews, MB, in Title No. 2774182/1 will be sold at an auction, by a licensed auctioneer, on Wednesday, the 10th day of February 2021 at 10:00 A.M. via online process (telephone or video conference or both).

The vendor is informed that property consists of One storey home built in 1961 (1,139 SF), 3 bedrooms, 1 bathroom, kitchen, living/dining space, partially finished basement, deck (168 SF), double attached garage (952 SF); lot size 1.02 acres.

Prior Encumbrances: NIL

Taxes: Paid to December 31, 2020 subject to any outstanding water accounts and/or property maintenance fees which may or may not have yet been added to the tax roll.

Terms: Deposit of \$27,000.00 in form of bank draft OR certified cheque and the balance according to conditions to be announced at the sale payable to Pitblado LLP. **Reserve Bid** to be announced prior to the auction sale. Please note the property is sold "as is where is" in accordance with Auction Sale Conditions.

Terms of Online Auction: To obtain a link for the online bidding process, any interested bidder must pre-register with the law firm prior to the sale date and provide valid contact information. The successful bidder must then provide to Pitblado LLP the signed Auction Sale Conditions and original guaranteed funds deposit within **24 hours** of the auction sale.

Contact:

PITBLADO LLP (Winnipeg)

Lawyer: Robert B. Giesbrecht (giesbrecht@pitblado.com)

Paralegals: Donna Riedel (riedel@pitblado.com) /

Ashley Storozinski (storozinski@pitblado.com)

Phone: 204-956-0560

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RURAL MUNICIPALITY OF ST. ANDREWS REQUEST FOR QUOTATIONS RFQ 2021-01

2021 & 2022 Private Equipment Hourly Rates

The Rural Municipality of St. Andrews is seeking quotations from qualified bidders for hourly rates for Privately Owned Equipment for the 2021 and 2022 seasons.

Request for Quotation packages including submission documents are available from the RM's website www.rmofstandrews.com. or electronic copies can be requested by contacting carole@rmofstandrews.com

Sealed submissions clearly marked 2021 & 2022 Private Equipment Hourly Rates will be received by the undersigned at the address below until:

Quotation Close Date: **February 12th 2021 at 4:00 pm CST.**

Late and incomplete submissions will not be accepted.

All inquiries related to Request for Quotation RFQ 2021-01 should be directed to the Public Works Department (204) 738-2076.

Rick Palmer

Superintendent of Public Works / R.M. of St. Andrews

Box 130 | 500 Railway Avenue | Clondeboye, MB | R0C 0P0

Phone: (204) 738-2076 | 1-866-738-2264 (toll free)

Fax: (204) 738-2937 | www.rmofstandrews.com



Request for Quotation No. RFQ-2021-01 Hire of Privately Owned Equipment Hourly Rates

2021 / 22 Equipment Rates

The Rural Municipality of St. Clements is seeking quotations from qualified bidders for hourly rates for Privately Owned Equipment for the 2021 / 2022 season.

Request for Quotation packages, including specifications and submission documents are available at the Public Works Office, 155 CIL Road, or from the Website, www.rmofstclements.com.

Sealed submissions clearly marked "Hourly Equipment Quotation, No. RFQ-2021-01" will be received at RM of St. Clements Public Works Office, located at 155 CIL Road, East Selkirk, MB, up until 2:00 PM, Local Time on Friday, February 12, 2021.

All inquiries related to the Request for Quotation should be directed to Mr. Greg Elson at 204-482-3300.

The lowest or any hourly rate bid not necessarily accepted.

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

Classifieds *The Selkirk Record* Announcements

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Status: Part Time: Monday-Thursday 08:30-16:30

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Start Date: As soon as possible

Salary: \$20.00 per hour

Qualifications: Applicants should have a post-secondary education in health care, social work or working with people living with physical disabilities or the equivalent in experience

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- Demonstrated conflict management and negotiation skills
- Experience working with persons living with physical disabilities or chronic illness
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- Experience in assessing client's needs and providing career and employment counselling
- Experience with resume and cover letter writing
- Knowledge of Government programs and services
- Ability to document, maintain records and assist in reports
- Must have a valid class 5 driver's license and reliable vehicle

Please Forward Resume and 3 references by January 29, 2020 to:
Christie Pellaers, Program Manager - A.I.M for Work
367 Eveline Street, Selkirk, MB, R1A 1N2
Phone: (204)482-2130 email: aimforwork@mymts.net



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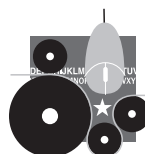
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IN MEMORIAM



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

CARD OF THANKS

Gerald William Bodnar- The family of Gerald Bodnar wishes to express a most sincere "Thank you" to Nurse Gail Kaniuga for her care and compassion during this difficult time.

-The Bodnar Family

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ANNOUNCEMENT

IN MEMORIAM



Florence MacCollum

March 15, 1938 - January 18, 2019

Two years have passed us by without you
Miss you every day

-Love Gord and family

ANNOUNCEMENT

IN MEMORIAM

Albert (Cowboy) Eames
July 20, 1922 - January 20, 1996

Kathleen Eames

September 30, 1919 - January 26, 2013
(parents, grandparents, great-grandparents)
Sadly missed along the way,
Quietly remembered every day;
No longer in our lives to share,
But in our hearts, you're always there.

-Loved and missed,
Laverne and family

ANNOUNCEMENT

IN MEMORIAM

Linda Johanson
March 10, 1950 - January 25, 2015
(sister-in-law and auntie)

You left us without warning,
You were gone so very fast;
But we hold on to the memories,
We shared in our past.

-Loved and missed,
Laverne and family

ANNOUNCEMENT

IN MEMORIAM

Ralph Donald
In loving memory of
a dear husband, father, grandpa,
great-grandpa and great-great-grandpa
who passed away 35 years ago
on January 23, 1986

In a quiet country graveyard,
Where the gentle breezes blow;
Lies the one we loved so deeply,
Whom we lost thirty-five years ago.
You bid no one a last farewell,
No chance to say goodbye.
A heart of gold stopped beating,
Hard working hands at rest;
God took you home to prove to us,
He only takes the best.

-Forever missed by Clara and family

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ANNOUNCEMENT

IN MEMORIAM



Darrel Nicholas Krut
June 21, 1950 - January 26, 2015

In loving memory of
our dear husband, father and grandfather
who passed away six years ago
Sadly missed along life's way,
Quietly remembered every day.
No longer in our life to share,
But in our hearts, you're always there.

-Love, Valerie, Chad, Kendall, Davis, Carys,
Dexter,
Bridget, Jarrod, Cali, Maddison,
sister Debbie

*Your memory will live forever
Engraved within our hearts*

ANNOUNCEMENT

IN MEMORIAM



Joan Pearl McLeod
January 19, 1939 - January 12, 2017

Four years have passed since that day,
So much since then has changed;
The world's a different place now,
But in our hearts you remain the same.
We would love to hear your laugh again,
To joke with you awhile;
To stay up late and watch TV,
And to see your lovely smile.
We think of you with fond memories,
You reside in our minds often;
For in our hearts and in our minds,
You will never be forgotten.
Looking up at the night sky,
When the stars are shining bright;
Memories of you fill our hearts,
For you're the treasure of our minds.

-Love you,
Winston and family

OBITUARY

Peter Clinton Nolman
October 25, 1945 – December 4, 2020

It is with great sadness that we announce the sudden passing of Clint, due to a massive heart attack while vacationing in Mexico.

Clint was the son of the late Ada and John Bannish. He is survived by sister Marion, (Bob) Kijlaas, niece Robin, (Majdi) Rammal, great nephews Izzat and Billy and great niece Rihanna Rammal.

Cremation has taken place and Clint's ashes have been scattered in Mexico – the place he so loved. Rest in peace bro!

OBITUARY

Gloria Ida Field (nee Rentz)



On January 9, 2021, Mom went to be with The Lord and many family members who have gone before her. She was predeceased by her husband Ray in 2004.

Mom was born in Winnipeg on June 14, 1932 to Gustav and Ida Rentz and was fourth amongst 10 children. She is predeceased by her siblings Leonard, Jerry, Wayne, Vivian and Pearl. She is survived by her sisters Bernice, Virginia, Gwen and brother Edgar.

Mom had a large family, five children, William, Donald (Diana), Catherine (Ken), Patricia (Richard), David (Sharon); 14 grandchildren, Brandi (Jim), Dylan, Lindsay (Kyle), Brant (Deanne), Ryan, Scott (Dimitra), Kyle, Kevin, Jared, Brandon, Liam, Aaron, Riley, Evan; and four great-grandchildren, Nolan, Madeleine, Hunter and Antony.

Mom enjoyed the outdoors spending time at the cottage with Dad, her grandchildren and her sister Bernice. She was an avid gardener, great cook, excellent baker, and a talented seamstress. Her cinnamon and prune buns were an all time family favourite. The holidays were an extra special time for Mom as she would eagerly look forward to the arrival of her son David, and his family from Australia. She would use her extraordinary talents to make Christmas a wonderful time for all her children and grandchildren, cooking, baking and decorating for weeks. Mom was a woman of faith and a caring mother and grandmother, she will be greatly missed.

The family would like to give a special heartfelt thank you to the dedicated staff at Bethania Personal Care Home for their compassion and care.

A memorial will be held at a later date.

1 Thessalonians 4:13-14, xoxo Mom til we meet again

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Sarah Agnes Catherine Thomas (Sadie)
1922 - 2020



Peacefully on December 25th, 2020 Sadie passed away at her residence in Middle Church Care Home. Sadie was 98, soon to be 99 years old.

She was predeceased by her husband Wilfred Thomas (1949) and her daughter Loriena Mattis (Wright, Thomas - 2011).

Sadie will be sadly missed by her sons Dwight (Lorie), Rick (Debbie), and grandchildren Triena (Mike), Craig (Brenda), Tim (Marlene), Justin, and Jade (Raymond).

Sadie also had 18 great-grandchildren, 17 great-great, and three great-great-great-grandchildren with number four born on December 27th.

Granny had a smile that could light up a room. She was such a positive and loving person. She always made everyone feel special.

Granny married Wilfred Thomas in December 1940 in the Gull Lake area. They had three children, Loriena, Dwight, and Richard. Before the last child was born Wilfred died of cancer. Granny moved to Winnipeg as a single mom with three small children. She worked all her life up to the age of 63. She retired from the Province of Manitoba, Department of Gov. Services.

Granny was a strong positive lady. She survived cancer, getting hit by a vehicle and anything else that life threw at her. She walked or bused everywhere, never to have a driver's licence. She told me she had dreams of driving. She hardly complained about anything, she was a sweetie.

I would like to acknowledge my Uncles Dwight and Rick Thomas for such great loving care you gave Granny. You guys are the best.

Thank you Middle Church Care Home for your great care.

Granny, we are all going to miss you big time.

OBITUARY

Edward Hucaluk



Sadly, we announce the peaceful passing of Edward Hucaluk, aged 81 years, at the Betel Personal Care Home in Selkirk, MB, on Thursday, January 14th, 2021.

Edward was predeceased by his parents Lucas and Jennie, his son Shawn, brothers Marvin and Richard, partner Muriel, numerous aunts, uncles and cousins.

Ed is survived by his children Roberta (Glenn), Sheldon (Leslie), Chris (Melanie) and his grandchildren. Also survived by his loving sister Marilyn (Art) and their children Amanda (Alan) and their children Owen and Hanna; Andrea (Randy) and their children Austin, Avery, and Kasen; sister-in-law Rose and her daughter Lisa; sister-in-law Mabel, Auntie Jean and many cousins.

Ed was born in Winnipegosis and grew up on the family farm. He later moved to Thompson and was a dispatcher for trucking

companies. Later on he moved to Selkirk until his demise. He enjoyed traveling to Grand Forks and his outings to South Beach.

I will miss your beautiful smile and bringing you coffee and a sweet treat from Tim Horton's that we enjoyed.

A big thank you for the wonderful care provided by Betel Personal Care Home.

In lieu of flowers, donations may be made to your choice in Ed's name to Parkinson's or Alzheimer's Association.

In keeping with his wishes, a graveside service took place at the Notre Dame Roman Catholic Cemetery.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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

Announcements *The Selkirk Record*

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OBITUARY



(George Thomas) Allen Cove
January 6th, 1940 - January 13th, 2021

It is with deep sadness that we announce the passing of Allen Cove after a brave battle with cancer.

Allen was born in Winnipeg, Manitoba to parents Catherine and Walter Cove. He grew up in Brandon, MB, then moved to Selkirk, MB in the early 1960's. He met his future wife Loretta Wuzinski, fell in love and they got married in 1965, eventually bringing two children into their little family: Brian and Karen. Allen worked at Manitoba Telephone System, then at Texaco Service Station until he bought his first transport truck and became a long-haul trucker for Kingsway Transport and several other trucking firms until he retired in 2003. He received his Million Mile Award in 1988.

Allen loved to work in the garage, and quite often could be found trying to fix something or other—usually something that most people would have thought unfixable. But one of Allen's favourite pastimes was shooting skeet. He went out quite often to the St. Hubertus Game and Fish Association and Winnipeg Trap and Skeet Club. He also participated in many skeet shooting tournaments down in the U.S., where he quite often won trophies. He taught himself to use the computer (with a little help from the kids) so he could surf the net, make all his reservations for his tournaments, and where he enjoyed playing online poker. Allen and family also spent many years camping out at Wallace Lake. He was an avid fisherman and would stay out on the water for hours—regardless of whether or not any fish showed up to join him.

Allen was predeceased by his father Walter, mother Catherine, sister Cleo, and brother David.

Allen is survived by his wife Loretta, son Brian (Marie), daughter Karen (Graeme) and grandchildren Makenzie and Morgan, sister Tranna, and many nieces and nephews. Allen loved his family very much, and would do anything to help them out when someone was in need, and this caring extended to his neighbours and friends as well. He also loved his unintended first dog Kody (who went on ahead and waited for him on the Rainbow Bridge) and second dog Brady.

Allen's family would like to thank all the staff at Selkirk Regional Health Centre and everyone at CancerCare and Palliative Care for their kindness and care during this difficult time. We are thankful for all the wonderful support and thoughtfulness of our family, friends and neighbours. We would also like to thank Reverend Murray Still for his compassion in Allen's last hours.

Cremation has taken place, and a Celebration of Life will be held at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Shirley Faye Nelson

Peacefully on Saturday, January 9, 2021, Shirley Nelson aged 70 years of Woodlands, MB passed away.

She is survived by her father Norman and sister Nancy (Ivan) Hoosier.

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

Condolences may be left on Shirley's memorial page at www.interlakecremation.ca

Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY

Audrey Beryl Chrisp



It is with great sadness that we announce the passing of our beloved mother, grandmother, great-grandmother, sister, aunt and friend. Audrey Chrisp passed peacefully in the early morning hours of Thursday, January 14, 2021 at Donwood Manor Personal Care Home.

Audrey Beryl Carter was born on February 1, 1935 in Winnipeg. She grew up in the Dunara area until moving to Scarth, MB where she met her future husband Thomas Chrisp. They were married in Winnipeg on May 12, 1956 and lived in Scarth, MB until moving to the Clandeboye area in 1962 where they farmed together for many years. In addition to raising seven children, milking cows by hand, baking bread, canning food for our winter meals and sewing a lot of our clothes when we were younger, she also made or aided in the quilting of over 250 quilts. She was a very involved mother who encouraged all of her children in their many activities. She enjoyed knitting, crocheting, gardening, quilting, and taught herself to use a computer. Mom was actively involved in the life of St. George's Wakefield Anglican Church where she was confirmed in October 1963. She was a 4-H leader for over 25 years, and a member of the Clandeboye Community Club. Once the children were older she worked outside the home as a 4-H Program Assistant, clerk at Western Canada Lotteries Corporation and then at the Canada Revenue Agency. Prior to marriage she had been a permit teacher and a clerk at Eaton's.

She was predeceased by her husband Tom Chrisp in 2002; parents Stanley and Anne Carter and brother Edwin (Jean) Carter, in-laws Jack and Carrie Chrisp, Donald Chrisp, George Chrisp, Frances (Fernie) Grosjean and Norma St. Jean, Stan Cochrane, George Sims, Muriel Carter and Jim Luke.

Mourning her passing are her children, Linda (Peter) Janzen, Joanne (Nelson) Fulford, Marlene Weidman, Shirley (Grant) Greening, Roger (Patty) Chrisp, Carolyn Chrisp, and Greg (Tanya) Chrisp. She will be missed by grandchildren Allison (Josh) and Ryan Janzen, Nolan, Ben and Ian (TaraLyn) Fulford, Josh (Pam) and Aaron (Marie) Weidman, Karen (Guy) Anderson, Alex and Eric Greening, Darrin (Danielle) and Kevin Chrisp, and her great-grandchildren Haily, Galina, Carter, Raya, Colton, Kyle and Brodie. She also leaves behind her sister Phyllis Luke, brothers Arnold (Linda) Carter and Raymond (Elaine) Carter, Tom's siblings Phyllis Sims, Gordon (Joyce) Chrisp, and sister-in-law Della Chrisp as well as many nieces, nephews and extended family.

Thank you Mom for your love and dedication to your family. We learned the value of working hard and following through with everything you commit to do. You had an amazing memory that we counted on many times and you remained sharp until the end. I remember asking you your biggest goal in life and you said that you always strove to be a good person. You were that and more! We now have you as an angel watching over us.

Many thanks to the wonderful staff who cared for Mom at Donwood Manor. She made many friends while she lived there. Staff shared fond memories of Mom with us, including her conversations with "Hey Google", and talking about the latest audiobook she was listening to.

Cremation has taken place and a memorial will be held at a later date when we can all gather safely. In lieu of flowers, donations can be made to St. George's Wakefield Anglican Church, P.O. Box 219, Clandeboye, MB R0C 0P0 or to Donwood Manor Foundation, or a charity of your choice.

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

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HH TEAM 36.23 ACRES \$189,900 965 Whiskey Ditch, St.Andrews	HH TEAM MEZZO \$219,900 128 Proctor St, Woodlands	HH TEAM WATER FRONT \$727,000 34 Murdoch Dr, Petersfield	HH TEAM 11 ACRES \$459,500 5114 Rebeck Rd, St. Clements	HH TEAM SOLD \$449,000 1005 Linklater Rd, St. Andrews	HH TEAM SOLD \$249,990 226 Fox Avenue, Selkirk
HH TEAM 4.67 ACRES \$549,900 452 Donald Rd, St. Andrews	HH TEAM \$452,000 109 Edstan Pl Selkirk	HH TEAM WATER FRONT \$439,800 39 McAulay Rd, Clandeboye	HH TEAM 6.10 ACRES \$498,800 90 Pierson Drive, Tyndall	ASHLEY SOLD \$55,000 Lot 2 Block 5 Dr E, Wanipigow	HH TEAM SOLD \$269,900 293 2nd Street E, Stonewall

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0 Brimacombe Rd,
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10 Dubas Drive, Lockport HH TEAM \$550,000
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LAND
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NEW!! 232 Acres of Farmland! Contact George Hacking
965 Whiskey Ditch Road, St. Andrews HH TEAM \$54,900
723 Edith Avenue, Petersfield HH TEAM \$189,900
15 Lakeshore Drive , Bifrost HH TEAM \$24,500
PENDING!! 0 Brimacombe Road E, Clandeboye HH TEAM \$35,175
61, 67, 73, 79 Tom Prince Drive, Petersfield HH TEAM \$54,900
Vacant land #B 463 Henry Road, Netley HH TEAM \$39,900
Creekfront - 0 Kimberly Road, East Selkirk ASHLEY \$83,900
Creekfront - 1.48 Acres - George Street, East Selkirk ASHLEY \$85,000
Beautifully treed! Harold Avenue, East Selkirk ASHLEY \$129,900-\$139,900
Ole Joe Monkman Road, St. Clements Lots #2, 3, 4, 5 HH TEAM \$129,000
2 Wesley Drive, St. Clements ASHLEY \$94,900
SOLD!! 8.17 Acres! 655 Fort Garry Rd, St Andrews HH TEAM \$40,000
508 Corrine Avenue, Petersfield - .34 Acres HH TEAM

CONTACT US

FOR YOUR FREE MARKET EVALUATION



George Hacking 204.461.0747	Kasey Hacking 204.485.5303	Victoria Beauchamp 204.619.3955	Hunter Wonnacott 204.599.7789	Ashley Douglas 204.480.2798
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