



The Selkirk Record

THURSDAY, JANUARY 28, 2021

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RECORD PHOTO BY NICOLE BUFFIE

It took 10 days of shaping and carving for Majid Kermani to create his snow sculpture of a hand offering a flower, which he made as a symbol of gratitude for all essential workers battling COVID-19 on the front lines.

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PRICES IN EFFECT: THURSDAY, JANUARY 28 - WEDNESDAY, FEBRUARY 3, 2021

Providing education and hope amid pandemic

ESP resident helping develop disease therapeutics

By Nicole Buffie

While some young adults have been using their time in quarantine to start new hobbies, Meagan Allardice has been using it to educate the public on COVID-19 and vaccinations, and debunking misinformation swirling around the internet.

A resident of East St. Paul, the 25-year-old is currently undertaking her master's degree at the University of Manitoba in Infectious Diseases while also doing an internship with Emergent BioSolutions to develop a Coronavirus therapeutic.

"I had my heart set on medicine when I first got into university, and then just sort of realized it wasn't necessarily the road I wanted it to go, but I really liked the problem solving, critical thinking side of things," she said of her path to get to where she is today. "I took some higher-level courses on neurology and immunology, and it really sort of cultured this passion [in] me of looking at viruses and their interaction with the immune system and looking at things from the virus's perspective."

After choosing to study diseases for her master's degree, Allardice did not anticipate the storm COVID-19 would bring to her field.

"When I started my degree, I was looking more [into] viruses that are transmitted by mosquitoes and ticks and stuff like that, and there's such a large body of research on it, and literature," she said. "Then you start looking at the amount of data that we've acquired in one year on one virus, and the speed at which we've learned things, the speed at which they generated a vaccine and the speed at which we can communicate scientific information from person to person

from, you know, Canada, to China, to France to Australia in minutes just the sheer power of science and research has been on full display. And it's just been an absolutely brilliant time to be in the middle of it."

Allardice said while it's been amazing to see the speed in which a COVID-19 vaccine has been developed, the skepticism towards it is not surprising. However, she offers an explanation as to the 'why'.

"We normally say it takes 10 years to come up with a vaccine, and we've done it in less than a year," she said. "But when you look at all the reasons why it takes 10 years, it's not that it

takes 10 years to properly vet and validate a vaccine, it takes 10 years to get funding approval to get enough people to participate in the clinical trials, get ethics approval, to get through all of that setup."

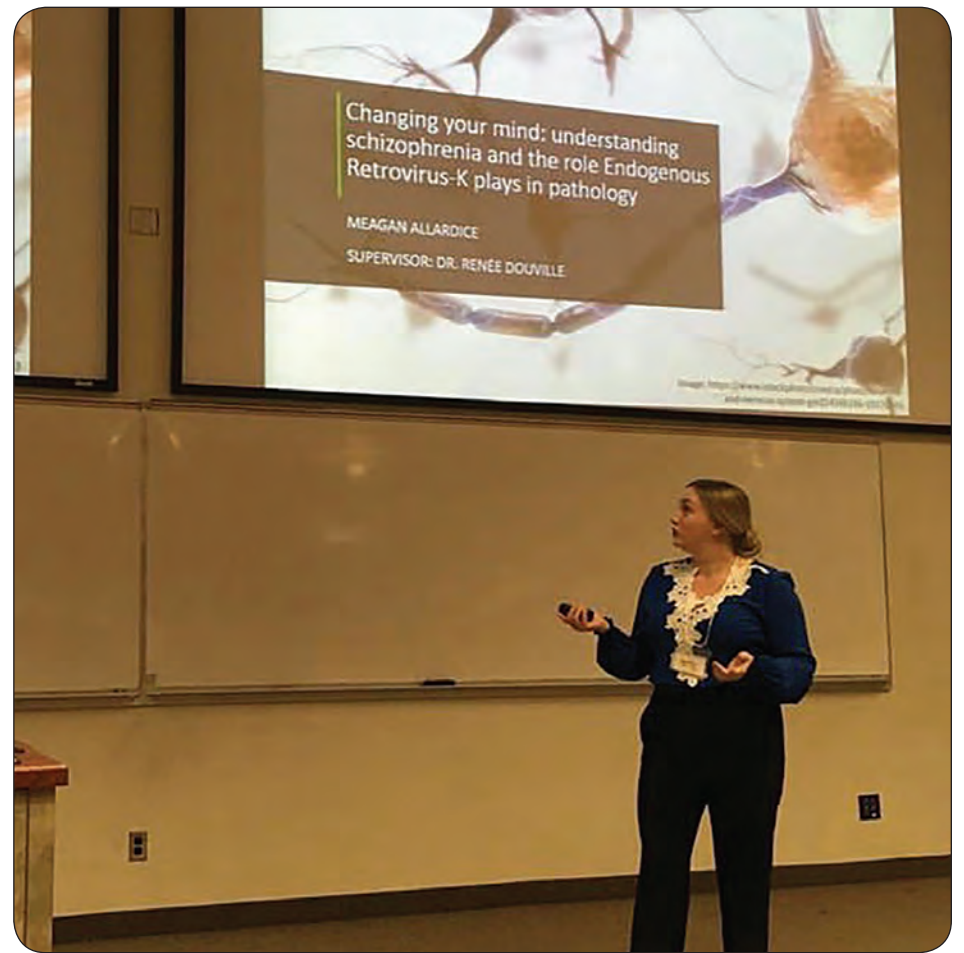
"We have to recognize that there isn't an unlimited amount of funding for scientists in the world. But when we give them the access,

and they have the ability to come up with solutions to problems that really threaten our livelihood, and threaten global public health, they can come up with the solution."

She said after the rapid development, testing and success of the vaccine she hopes this will open up the doors to better fund scientific research for diseases, such as the team she is on to study, develop and test a treatment that aims to block COVID-19 pathogens from interacting with the human body causing an infection.

While that study is still in the preliminary stages, Allardice spends her free time simplifying the province's COVID-19 data and daily numbers to help the public further understand it, by way of posts on her Instagram ac-

**"WE'RE
MANITOBBANS,
WE LOOK OUT
FOR EACH
OTHER,"
- MEAGAN
ALLARDICE**



RECORD PHOTOS SUBMITTED

Meagan Allardice is working with Emergent BioSolutions to develop a COVID-19 therapeutic treatment. Below: Allardice is studying Infectious Diseases for her master's degree at the University of Manitoba.

count @meaganallardice.

"This is my field, this is what I'm good at," she said. "And to be able to, whether it's communicate information for people, or answer questions that people have that they don't feel like they can get the accurate answers to, I'm happy to do it."

Allardice's advice for fighting off the novel coronavirus—masks and social distancing.

"If you're following the public health orders, if you are wearing your mask, if you're making sure that you're not gathering in large groups of people, you can prevent so much transmission," she said. "We're Manitobans, we look out for each other."



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**PATTERSON
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By Staff

Bernie Sanders' inauguration attire of a dark puffy winter coat and cozy mittens outshone many curated looks and designer duds inspiring a 'Where's Bernie' meme to go viral online where people photoshop the U.S. Senator into recognizable areas from their neck of the woods.

Our region couldn't miss out on the fun with the Record's Lucy Kowalchuk giving Sanders a chance to get out on the Red River for some fishing.

This is not the only image of Sanders 'in' the region with West St. Paul having posted an image of this outside their municipal office earlier this week.

Some other notable photoshops show Sanders sitting with the cast of *Sex in the City*, tucked into a group of men in a renaissance painting, and was even borrowed by Justin Trudeau who used the image on Twitter to remind residents of the importance of not travelling at this time.

Though Sanders has been described as grumpy in the image he was much more cheerful when talking about the trend in an interview with CNN.

"Not only are we having fun, what we're doing here in Vermont is we're going to be selling around the country sweatshirts and T-shirts, and all of the money that's going to be raised...will be going to programs like Meals on Wheels that feed low-income senior citizens," Sanders said.



RECORD PHOTO BY LUCY KOWALCHUK AND BRENDAN SMIALOWSKI WITH FILES FROM
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The recent viral photo of Sen. Bernie Sanders photoshopped onto the Red River.

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A snow sculpture to show appreciation

Resident represents essential workers efforts with helping hand sculpture

By Nicole Buffie

If you've driven down Eveline St. in the last week or two, you've surely noticed the larger-than-life hand offering a rose and a thank you to essential workers sitting on the property of house 328.

The masterpiece is the making of Majid Kermani, a local resident who wanted to show his appreciation to those working the front lines of the pandemic.

"There are some people that sacrifice their life, and they go to work every day and they endanger their lives for us," he said. "All the healthcare workers, essential workers, all of them, and I felt so emotional about the sacrifices they make."

Kermani said he didn't know how to process the emotions he felt, so he decided to make a snow sculpture to encompass those thoughts and feelings he had. He said the inspiration came from his wife Rozita, a health care worker at Tudor House Personal Care Home in Selkirk.

"She was the one that I could see, and I know that there are many that I don't see but I want to say thank you to all of them because I know every single one of them have the same situation, the same hard days at work," he said.

After sitting on the idea for a few weeks, he got to work.

Once he decided on a theme, he started piling up snow before waiting for cold weather to freeze it so he could shape it to what would eventually become the finished project.

"I thought, 'What is better than a flower with a hand that presents appreciation?'" said Kermani.

The process took 10 days, with Kermani spending 10 hours outside shaping and sculpting the statue. He said during the process he had many residents stop to take photos and ask about the project.

"Many people came and encouraged me to do more," Kermani said. One woman even offered her backyard and the abundance of snow in it

to have him make a sculpture for her.

Kermani is no stranger to sculpting, having worked with sand while living in Nova Scotia to create similar pieces.

"After I moved to Manitoba, I realized the summer is so short, so I had to change the direction," he said. "I couldn't change the weather to be warmer, so I changed the medium."

Moving nearly eight years ago, he immediately felt how friendly our community was and knew he wanted to make it his home. Despite losing his engineering job late last year and having offers to move elsewhere for work, Kermani is persistent about staying in Selkirk.

"It's a good place here and people are so friendly," he said. "I don't know how long it'll last, but hopefully I can stay here."

While it may be a small gesture, Kermani hopes his sculpture inspires residents to do similar things to show their appreciation for frontline workers.

"I hope everybody who can do this, who can volunteer, who can do something for the community, do the same and be part of it," he said. "As a person



RECORD PHOTO BY NICOLE BUFFIE
Majid Kermani spent 10 days shaping and carving the snow sculpture into a hand offering a flower, a symbol of gratitude for all essential workers battling COVID-19 on the front lines.

who lives with a healthcare worker, I know, I feel how hard it is."

Northern Health leads Manitoba in new COVID cases

By Ashleigh Viveiros

Manitoba's COVID-19 death count surpassed 800 on Monday with five new deaths, bringing the tally to 804.

Public health officials announced 113 new cases of the virus at the start of the work week, the bulk of them in the Northern health region (58 new cases there versus 55 for the rest of the province).

At press time, Manitoba had a total of 3,542 active cases of COVID-19 and 24,464 recoveries. There were 272 people in hospital due to the virus, including 145 considered contagious. Thirty-six Manitobans were in intensive care due to COVID-19 (23 considered infectious).

Chief public health officer Dr. Brent Roussin said the hospitals are just starting to get to a point where some elective procedures are feasible once again, but that gain could quickly be lost if the COVID-19 numbers start to rise at a fast pace.

"The health-care system isn't there right now for everyone because of the number of COVID cases in hospital," he said in explaining the province's cautious approach to easing some code red restrictions but not others. "We can't do things right now that are going to escalate the cases further

... we cannot overrun our health-care system."

In addition to stressing the usual fundamentals—staying home when sick, washing your hands frequently, keeping your distance from people outside your household—Roussin also reminded Manitobans to get tested if they are showing symptoms of the virus, even very mild ones.

"We continue to hear, in all settings, of people going to work, going to school, going to day care while symptomatic," he said. "We have to avoid that if we want to continue our progress and open things up."

The Interlake-Eastern total case breakdown by district as of Monday, was as follows: A total of 2,136 cases, up 119 cases from Jan. 25: 391 active cases, 1,711 recovered, 13 currently in the hospital with two of those in ICU and 34 deaths.

Arborg/Riverton 9 active cases, 59 cases recovered; Beausejour 8 active cases, 126 recovered; Eriksdale/Ashern 70 active cases, 87 recovered and 7 deaths; Fisher/Peguis 71 active cases and 271 recovered, 3 deaths; Gimli 27 recovered; Northern Remote 109 active cases, 201 recovered and 4 deaths; Pinawa/LacduBonnet 52 recovered; Powerview/Pinefalls 89 ac-

tive case and 59 recovered; Selkirk 90 recovered and 2 deaths; Springfield 5 active cases, 156 recovered and 11 deaths; St. Clements 9 active cases and 81 recovered and 1 death; St. Laurent 16 recovered; Stonewall/Teulon 5 active cases, 140 recovered and 4 deaths; Unknown District 6 active cases and 188 recovered and 1 death; Whiteshell 25 recovered and Winnipeg Beach/St. Andrews 4 active cases, 133 recovered and 1 death.

The outbreak previously declared at Tudor House Personal Care Home in Selkirk was declared over Jan. 21.

Continued on page 8

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Keeping your mail out of the wrong hands

By Katelyn Boulanger

With 12 instances of community mailbox break-ins in Selkirk and the Red River North area reported to the RCMP since December, residents may want to take steps to protect their mail from being taken.

Const. David Wong, with the Selkirk RCMP, says that thefts like these tend to be sporadic in nature and so it's difficult to say whether we are seeing an uptick in this sort of crime or whether other factors are at play.

"The last time it happened in a group like this, where there were multiple [thefts]. It was, at the time, I think it was one or two individuals that eventually got apprehended, and then it ended," said Wong.

He says that perpetrators do tend to have specific things that they look for when they do target community mailboxes.

"Cheques, sometimes, you have junk mail that you receive and some of that junk mail will be approval for credit cards or stuff like that. They'll obviously have some private information on that, and [the thieves will] use

it to gain a credit card. But usually, I find that cash or, or checks or anything of that sort [is what the person is looking for]," said Wong.

Though more people do seem to be ordering more items online instead of going to physical stores due to restrictions put in place in response to COVID-19, Wong doesn't believe that this is causing the recent targeting of community mailboxes, instead, he suggested that COVID-19 may be playing a part in a different way, namely by changing people's mailbox checking routines.

"For those people that are working from home, they're not driving by their mailbox when they're coming home. So, they're less frequently checked by their owners, as a result, [the mailboxes] become a bigger target," said Wong.

"In this case, I guess, for lack of a better term, the payout for the criminals is a little bit larger because people are less likely to check their mail daily."

Another reason that he doesn't suspect this is necessarily to do with thieves reacting to an uptick in deliv-

eries is that the RCMP hasn't received any reports of instances of people having parcels stolen from outside of their homes.

Unfortunately, there is not much that can be done to make these mailboxes less of a target as a whole as the instances tend to occur at night when people aren't around to see them happen, however, people can take steps to protect themselves.

"If you grab your mail before sundown, that's the best way to combat it. Because even though they'll break the mailbox, if there's no mail in there, then they're less likely to come back and targeted again," said Wong.

He also suggests that you use parcel tracking to keep up with any deliveries so that they are not left out and if you are away from your home for a length of time you should put a hold on your mail so that it doesn't become a target.

If you happen to be the person who notices that a mailbox has been broken into Wong says that it's best to notify both the RCMP and Canada Post.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

My four-year-old grandson reassures me that "things will get better when the germs are gone, Grammy." And I want to believe him. In the meantime, his little sister joins us as we build tunnels in the snow, go for walks around town, create with Lego, squish playdough, dress and undress dollies, and fall back on Paw Patrol and Peppa Pig when I run out of steam.

A bright light during these restricted times has been the Child Care Nursery School. The director, Elaine Dehn, teacher Mr. Churchill, and the high school students that work with them at this unique program at The Comp, have risen to the challenge of working with young children when

there are no young children present. Every week, a package is sent home, filled with activities for the absent kids. All supplies are included for science, literacy, numeracy, fine motor and large motor skill development. To accompany this bag of treasures, an app on my phone enables us to watch the students read stories, teach songs and fingerplays, and even have dance parties. When my grandkids join in, I can record them and share the videos back with the high school planning team.

I am a retired Early Childhood Educator and ECE Instructor, and I am so impressed with the work these students are doing. They consider all areas of child development and

never forget younger siblings that want to join in. As the caregiver for my grandkids, I am grateful for the students' innovative ideas.

My grandson stomps around the house wearing paper dinosaur feet, his two-year-old sister draws on construction paper (and even more on her face), and I mop up the vinegar volcano that erupted on the kitchen table. There are no more long days for us.

"Grammy, when I wash my hands, the germs cry," explains the wise young boy.

And I smile and think, "Yep, things will get better."

- Submitted by Conni Cartlidge



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Burden of Truth season 4 premiere

Tune in Jan. 28 to find out what your favourite Millwood characters are up to

By Katelyn Boulanger

The fourth season of Burden of Truth, though filmed a little differently than previous seasons due to the COVID-19 pandemic, is ready for its big reveal with the first episode coming to our TV, tablet, and computer screens Jan. 28 at 8 p.m.

"Going into season four of Burden of Truth, there were a lot of feelings. I think it was a great feeling of joy and excitement that we were able to find a way put together a plan that everyone from government to our funders to banks to our studio felt was safe and workable during the pandemic," Kyle Irving executive producer Burden of Truth and partner in Eagle Vision.

This year the cast and crew had to be extra vigilant about wearing protective equipment such as masks, and eye protection as well as sanitizing equipment frequently and using hand sanitizer.

"Those kinds of things were certainly a new challenge, in particular in the beginning, but they became, you know, part of the way of working and so like most things, you just adapt, and it becomes routine to a point that it doesn't get in the way," said Irving.

Burden of Truth's storyline does not include the pandemic and so actors on screen will not be featured with PPE in this season. Because of this special consideration had to be taken in order to keep everyone safe while keeping the production running.

"[There] would be the moment where everyone would take pause and ensure that anyone within four meters of the cast had face shields as well as their goggles and masks and so we would secure the set. At the same time, there's a dedicated COVID cleaner, who [would go] and sanitizes all the environment the actors are going to be working in, props, and set pieces, and all those things. Then we shoot the scene, and then again, there would be a pause where everyone would just stay in their place and someone from the COVID team would bring in; we had a cart and each actor had a sanitized drawer with the character's name on it and before they perform the scene, they take their mask off and put it in there. When we called cut, the COVID person would bring the cart back in, and they'd open the drawer and take the mask back out and put it back on. So

that moment before and after we roll, the camera was a new part of our cadence or our rhythm onset, that added time to our days," said Irving.

Some other changes that were made were that there were fewer background characters on set which kept exposure risk down, as well as more local Manitoba actors being featured in this season as restrictions requiring quarantine periods made it make more sense for the production to focus on local talent.

"I think the industry is forever changed for the better because the pandemic in that, you know, we have such a better awareness, every one of us, for you know, that the risks associated with any kind of virus spread or contaminant," said Irving.

This season was also different in that the production shot more in Selkirk than it ever had before according to Irving. With over 40 of the 60 shoot days being filmed in our area, Irving says that this will be "a very Millwood centric season for sure."

"Because we feel confident in our relationship with the City of Selkirk to know that we can do the things we need to do without worrying. And we're always trying to minimize the unknown as much as possible and to go with certainty whenever you can. And our writers, as well as the producers, [knew] that writing for Millwood meant that we would probably almost in all cases, would be able to accomplish what was on the page because we knew [the city] so well and our relationship to the City of Selkirk was so positive that we prepared as much as possible to do as much work in Selkirk as we could," said Irving.

Unfortunately this year because of the pandemic, the premiere in Selkirk which residents have come to look forward to was not possible.

"I get excited about that and really look forward to it. Mayor Johannson



RECORD PHOTOS SUBMITTED

Above: A scene from season 4 of 'Burden of Truth' Joanna (Kristin Kreuk) meets her client Helen (Pamela Matthews) at Lucy's Diner, shot on location at Riverside Grill in Selkirk. Below: Behind-the-scenes in Selkirk with Exec. Producer Kyle Irving (Partner, Eagle Vision) & Director Doug Mitchell from Winnipeg.



works with [Selkirk Biz] to put on a terrific night for us in past seasons, and it's been well attended by all sorts of people from Selkirk and the surrounding areas and it's been a lot of fun. So, I'm going to miss that a lot but everyone can still tune in and watch it on CBC," said Irving.

He says that though there can't be a large event this year we still have a lot to look forward to with a new addition to the family for Billy and Joanna, the family finally making a decision as to where they will be putting down roots, and Joanna taking on the case of

a landowner whose farm is standing in the way of a mining project that has divided the citizens of Millwood.

Irving also wanted to acknowledge the support that the production crew received from our community.

"For me personally, and I know for our cast and crew, it has been an incredibly important and wonderful experience and that is, in no small part because of Mayor Johannson and the people of Selkirk and the region. They have made making Burden of Truth, a joy."

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Coexisting with coyotes not as easy as it seems

Resident frustrated with lack of action on wild animal populations

By Nicole Buffie

As coyote mating season is in full swing, the RM of East St. Paul is warning residents to keep an eye on their properties and pets to avoid them from becoming prey. However, some residents feel the problem is bigger than can be handled.

Donna Gauthier, a 30-year resident of the area, said the coyote population has exploded in recent years.

"We've lived in the area since 1992, I maybe saw a coyote once [back then]," she said. "Now this is a daily occurrence that you see them, and you hear them every night."

Gauthier, who lives in Pritchard Farm, lost a family cat to what she believes to be a coyote in May 2020.

She said Minkey, the family's outdoor cat, was last seen on home security tapes before disappearing in the night. The next evening, Gauthier spotted a coyote sitting on the front steps of her home, the same place she last saw the 10-year-old feline.

"Was it the coyote? We don't know, we didn't see it happen," she said. "But I see them around a little bit too much for comfort."

This is not the first encounter the family has had with the prairie wolves. Gauthier said after spotting coyotes

in both her and a neighbour's yard, a family dog was revealed to have a large bite on his back. She said while it was never confirmed to be a coyote, it would be the only reasonable explanation.

"They say [coyotes] prefer to get their own catch, they're not going to come after your dog but there's too many instances of them getting a dog," she said.

Gauthier said as her property shares a fence with Imperial Oil, a Calgary-based petroleum company with a terminal in East St. Paul, coyote packs have claimed the territory leading right to her home, resulting in coyotes digging under the fence and into her backyard.

Frustrated with the lack of control over the situation, Gauthier and her son, Tyson, researched the canine species and submitted a petition with support signatures asking Imperial Oil to fix fencing to make it "coyote-proof" and the RM to include signage in the area in spots where coyote activity is high. That petition has so far been unanswered.

"If we fast forward five years, how many of them will be walking [around]," she said.

"And what is it going to take? Is it



RECORD PHOTO BY NICOLE BUFFIE

Donna Gauthier with her two dogs, Maggie and Hunter. Gauthier is fighting for better education and control of coyotes in East St. Paul.

going to take a child to be attacked, when they think it's a dog?"

While the East St. Paul resident wishes to live in harmony with the wildlife around her, and she says controlling the growing coyote population by way of relocation or destruction is not the answer, Gauthier wants to see more dialogue between residents and the RM on how to control the overpopulation of the species in the area.

As part of the province's "Coexisting with Coyotes" fact sheet, suggestions to reduce the chance of conflict

includes not to feed wildlife, cleaning up pet waste daily and fully enclosing yards. They also suggest carrying a noise deterrent if walking in an area known to have coyotes present.

While some residents in the RM say it is up to humans to adapt to living among the wildlife, and many choose to move to the area for that specific reason, Gauthier says there has to be some give and take.

"We do have to deal with it, and we have to find a humane way to live with them."

> COVID UPDATE, FROM PG. 5

Vaccine update

On the vaccine front, the medical lead for the vaccine implementation task force announced that the province's push to get the vaccine to all personal care home residents in Manitoba is well ahead of schedule.

"This week, the [vaccination] teams will visit the remaining locations," Dr. Joss Reimer said. "This means that we will have immunized every eligible and consenting PCH resident in three weeks, which is fully a week ahead of the schedule that we had initially set."

The vaccination teams are scheduled to return with the second dose in a few weeks to complete the inoculation. They'll also be in touch with care homes to ensure new residents can be vaccinated

moving forward.

Manitoba has administered a total of 29,751 doses of the vaccine thus far (out of 55,650 total doses delivered to the province), including 26,349 first doses and 3,402 second doses.

Vaccination centres are now open in Winnipeg, Brandon, and Thompson, though bookings for new appointments at the first two are on hold due to a disruption in the delivery of the Pfizer vaccine to Manitoba.

Due to the short supply, it's possible some booked vaccination appointments may have to be postponed.

"Right now we have enough in our freezer to provide either the appointments that are booked for next week and the week after or to provide the second dose to our personal care home residents," Reimer said, explaining they will have firmer plans

on Friday after they get word from the federal government about the next shipment.

Restrictions update

The provincial government scaled back some COVID-19 restrictions in the latest public health orders announced last week.

Coming into effect Jan. 23 and lasting for three

weeks, the orders update restrictions that have been enforced since November when the entire province went to red on the pandemic response system.

They reflect the gains Manitoba has made in the fight against the virus while acknowledging the need for caution, Dr. Brent Roussin, Manitoba's chief provincial public health officer, said last Thursday.

The revisions include changing gathering limits to allow households to host two designated people inside their homes and have outside visits with up to five people in addition to household members.

Funerals can now have up to 10 people in addition to the officiant under clear COVID-19 protection protocols.

On the retail front, the essential items list has been eliminated, allowing all stores to open.

The new orders also allow for the operation of basic services that promote physical and mental health, non-regulated health services like pedorthists and reflexologists, and barber shops and hair stylists, with capacity limits.

Remaining closed are things like restaurants, entertainment centres, and fitness facilities.

These revisions apply to the Winnipeg (except for Churchill), Southern Health-Santé Sud, Interlake-Eastern, and Prairie Mountain Health regions. High COVID-19 numbers in northern Manitoba means those communities remain under the earlier, strict-public health orders.

The Selkirk Record

217 Clandeboye Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline

Mondays at 4 p.m.

Office Hours: Monday-Friday 9:30-5:00



Local author giving financial advice to women

Jennifer Diggle part of collaborative effort to have women learn more about their finances

By Katelyn Boulanger

St. Andrews resident Jennifer Diggle recently co-authored the book Financial Success for Women by Women with contributions from all over Canada in order to encourage women to become more financially savvy.

"The book basically was written by women, for women. It focuses on specific financial planning issues and strategies tailored to women to provide them with that knowledge to build financial confidence," said Diggle who is a Financial Advisor with Investment Planning Counsel.

The unique format of the book features a group of 27 women authors with experience in different areas of finance coming together to each write a chapter allows the reader to jump into any topic that they specifically need information about without having to read the whole book cover to cover, kind of like a financial Chicken Soup book.

"My chapter focuses on 'are you retirement ready' because there's so many things to consider before retiring and [focuses on finding] the answer to the questions that everybody wants to know which is, 'when is the right time to retire', and 'will I have

enough money to last me for my lifetime'," said Diggle.

Some of her advice isn't strictly financial but does affect what decisions make the most sense for someone financially, for example, she says that if a person is one half of a couple sometimes one party can become the primary person to handle the duo's finances, however, even if that is the case, when it comes to retirement there are a lot of questions about goals and dreams for the future that you should talk about prior to retirement so that no one is caught off guard after the fact.

Another thing that she says needs to be considered is layering your retirement income.

"During your working years, you have one source of income that comes in to pay your bills every month, but during retirement, there's numerous sources of income, and just identifying those sources of income and how to layer that in your retirement," said Diggle.

She also recommends making sure that you have some extra financial cushion for unforeseen financial situations that might arise.

"Health costs, medical insurance. If

you're planning on travelling south, there's the cost of medical insurance going down. What if adult children move home? Dental bills are also a really big expense in retirement that aren't [always] part of someone's retirement plan," said Diggle.

If she could only give people one piece of retirement advice, however, she would tell them that wealth is not accumulated overnight.

"It actually takes decades of investing. And it's built by saving \$1 at a time. So each financial decision that you make, will impact how you will live in retirement. So that's, that's really a key takeaway is just that, you know, sometimes we need to make those financial sacrifices to date so that we can invest more to have a prosperous retirement in the future," said Diggle.

In addition to information on retirement, the book contains chapters on making a financial plan, creating good financial habits, passing down good financial values to children, dealing with crisis and emergency and much more financial information that though it is written with women in mind can really be applied to anyone.

"Anyone that wants to empower and educate themselves to make a difference in their financial future this book will do that for you," said Diggle.

To purchase your copy of the book email Diggle at jdiggle@ipcc.org or call her at 204-956-5731.



RECORD PHOTO SUBMITTED

Jennifer Diggle with a copy of her new financial planning book, "Financial Success for Women by Women".

She is also giving away 25 complimentary copies of the book which you can get more information about by emailing or calling her.

"I want to get more women interested in investing and moving them from savers to investors and I think that this book will really help guide them to that place to make sure that they're successful," said Diggle.

Get some help from the Manitoba Community Angels Program

Group helps to connect people in need with volunteers willing to help out with new free service

By Katelyn Boulanger

A group that started in Thompson has expanded to include all of Manitoba in its quest to connect people that need a little help. Volunteer helpers, who are dubbed as angels, can help those in need when social connections have to be limited due to COVID restrictions.

"It is a community project that is in place to help. Well, originally, it was for seniors that are needing some extra support right now with the Coronavirus [difficulties] or, you know, needing some errands done and don't want to leave their house but now, it's kind of [expanded to] anyone that's needing some extra assistance right now," said Tiffany Price the founder of the Manitoba Community Angels Program.

The services that this group provides, which they call missions, are always free of charge and can span a variety of areas of help.

"Grocery shopping, shovelling, changing light bulbs, things like that, things around the house you know, like handyman things [are things we do.] Just someone to talk to you, we have had a couple of people that have called that simply are just lonely and needing someone to talk to them, [as well as] doing little errands, shovelling off their vehicles. We also have different missions where people are needing donations of things like walkers or donations of things of a new mom that having a baby [that we ask for help for]," explained Price.

She came up with the idea after being inspired by a fellow community

member.

"There was actually a senior man in my community that had posted online, that he was having issues with getting people that he was paying to come to help him shovel his driveway and things like that, and how he was scared to leave his house because he was immuno-

compromised. So I saw this status and I thought, you know, it would be so wonderful to have something set up for elderly or for people that are worried to leave right now—for one because times are tough with money as well and it's not out of pocket and to [also] keep the mindset of not having to leave

their house," said Price.

The group is very active on Facebook and people can go there and message Price for help, however, understanding that not everyone can connect online there is also a phone number that people can call which is 204-939-4233.

Continued on page 12

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City Council names John Buffie as new Deputy Mayor

Selkirk Council welcomes back Buffie who previously held the position in 2014

Submitted by the City of Selkirk

John Buffie has been named Deputy Mayor for the second time after a Council vote on Dec. 14. Councillor Darlene Swiderski previously held the position from November 2018 to December 2020.

Whereas most municipal councils in Manitoba have the mayor or reeve appoint a council member as the deputy mayor for the full term of council (4 years), Selkirk Council elects one member to serve as Deputy Mayor typically for a period of two years.

Mayor Larry Johannson says Selkirk's process is more democratic and gives the Deputy Mayor position more value because it means that the person holding the position has the confidence and support of their fellow council members.

"Councillor Swiderski has done a fantastic job in this role over the past two years. I know that council appreciated her leadership as she brought her years of municipal experience to the table," Johannson said.

Councillor Swiderski chose to not put her name forward for the role to ensure another member of council had an opportunity to serve as Deputy Mayor.

"It has been a privilege to serve as Deputy Mayor," Swiderski said.

"I have served as Deputy in two previous councils. That Mayor and Coun-

cil put their trust in you for the position and that they have confidence that you will do a good job is important. We have a really good council and as a team, we have accomplished a lot for which we are all very proud. I know Deputy Mayor Buffie will do a great job."

Johannson says he knows Deputy Mayor Buffie will be a great fit for the position given his 18 years of experience on Selkirk Council.

"I would like to congratulate Deputy Mayor Buffie on this appointment, and I know with the wealth of experience he brings to the table he'll do a great job. I'm looking forward to all of the great things Selkirk has in store for 2021 and sharing that with all members of council," said Johannson.

Buffie, Chair of the Audit Committee and also a Board Member on the Red River Basin Commission as the City of Selkirk representative, said there have been many significant council achievements over the years, including securing a long-term and reliable second water source for the city.

"The completion of the upgrades to our water treatment plant and of course the completion of the wastewater treatment plant are critical initiatives which will secure a safe and sustainable future for our community," said Buffie.

"The development work that has



RECORD PHOTO SUBMITTED

Coun. John Buffie has taken on the position of Deputy Mayor.

been done on Manitoba Ave. East, completion of the city's renewed Strategic Plan and the work that our CAO Duane Nicol has undertaken to develop our Asset Management and the integration of that into our Strategic Plan are all things I'm proud to have been a part of."

Buffie is no stranger to the position that he previously held from January 2013 to November 2014 and says he is

confident in his ability to chair Council or Committee meetings and be in attendance at external board or committee meetings should the Mayor not be available.

"Because of that fill-in responsibility, it does require me to be knowledgeable about those external boards and committees that our Mayor has so that I can be an effective representative for the City should the occasion arise," said Buffie.

Zoning by-law passes despite community opposition

Amendments to change side-yard sizes passes appeal hearing and third reading

By Nicole Buffie

After three readings and an appeal hearing at the Red River Planning District, West St. Paul council has voted to approve amendments to by-law 2020-15, a change that was intended to be mere housekeeping but instead caught the attention of residents in the area.

During its first reading at a council meeting on Dec. 10, the RRPD presented the proposed changes including one that would see the decrease of the minimum size for a property's side yard that falls into an RMF-1 category. The change in size would be from eight feet to four feet.

Buildings under the RMF-1 designation only apply to dwellings that have individual, ground-level access

such as side by side housing, not large buildings such as condo or apartment buildings. Currently, 70 out of the approximate 21,000 acres in the RM is designated as an RMF-1 zone.

With the proposed change came pushback from the community, including a flyer, sent out by an anonymous group calling themselves "Concerned Residents of West St. Paul". The flyer mapped out the amendment, citing the change as being a "gift to developers with no upside for existing and future residents."

Despite passing a second reading after a public hearing with a vote of 3-2, enough letters of opposition submitted to the RM drove the matter to an appeal hearing with the RRPD.

During the appeal hearing, the

RRPD board heard arguments from both those in support of the proposed changes and those opposed, including developers and residents of the area. After discussion, the matter was approved to continue to a third reading and vote by West St. Paul council.

At the Special Meeting of Council on Jan. 25, third reading of the by-law was presented to council for final discussion and questions.

Coun. Dorothy Kleiber (Ward 3) asked for a compromise on the matter to fulfil both the wishes of residents who seek to keep an eight-foot side yard allotment and developers who want four feet.

"There seems to be two schools of thought with regards to this by-law: we have our residents who are very opposed to a four-foot side yard, which we're all aware of as we had 150 people say 'no', and then, of course, we have our developer who's very be-

hind the four-foot by-law."

RRPD's Community Planner David Paton said a request of that nature would require a new public hearing and advertisement of the amendment.

In her final comments during the discussion, Christian said while she understands the concerns residents have with losing the 'rural feel' of the area, the RM wants to accommodate those looking to downsize to smaller homes and properties but wanting to stay in area.

"I also really respect those residents who want to stay in West St. Paul, who want to retire here, who want to downsize here, who were raised and born and bred in West St. Paul and want to die here."

The by-law amendments were passed on a vote of 3-2.

get inspired

> MEAL IDEAS



Total time: 42 minutes

Servings: 4

- 1 tablespoon olive oil
- 1/4 cup minced onion
- 1 teaspoon minced garlic
- 1 tablespoon tomato paste
- 1/2 cup California Walnuts, chopped
- 1/4 cup cooked brown rice
- 1/4 cup chopped roasted red peppers
- 1/4 cup panko breadcrumbs

RED RIVER CO-OP FOOD STORE

Walnut Meatless Meatballs

- 1/4 cup Parmesan cheese
- 1 tablespoon Italian seasoning
- 2 tablespoons chopped Italian parsley
- 1 egg, beaten

Preheat oven to 375 F and line baking sheet with parchment paper.

In small skillet over medium heat, heat oil. Add onion and garlic; saute 1 minute. Add tomato paste and cook 1 minute. Transfer to food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, Italian seasoning, parsley and egg. Pulse until combined but not mushy.

Form into eight equal balls and place on prepared baking sheet. Cook 12 minutes, or until firm to touch. Serve with sauce of choice.



Total time: 38 minutes

Servings: 4

Walnut Sausage Crumble:

- 1 cup California Walnuts
- 1/2 cup cannellini beans, rinsed and drained

- 1 tablespoon coconut aminos
- 1 tablespoon olive oil
- 2 teaspoons fennel seeds
- 2 teaspoons Italian seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon celery salt

Walnut Sausage Pizza:

- 1 pound pizza dough
- 6 tablespoons pizza sauce
- 2/3 cup mozzarella cheese, divided
- Walnut Sausage Crumble, divided
- 6 tablespoons pesto
- 1/4 cup sliced small tomatoes
- fresh basil leaves
- shaved Parmesan cheese

To make Walnut Sausage Crumble:

In food processor, pulse walnuts, cannellini beans, coconut aminos, olive oil, fennel seeds, seasoning, onion powder, garlic powder, paprika and salt to sausage like consistency.

To make Walnut Sausage Pizza: Preheat oven to 500 F and line two large baking sheets with parchment paper. Divide dough into four pieces and roll out into thin ovals; place on baking sheets.

Spread two dough pieces with equal amounts pizza sauce, 1/3 cup mozzarella cheese and half of Walnut Sausage Crumble.

Pizza with Plant-Based Walnut Crumble

Spread remaining dough pieces with pesto, remaining cheese, remaining Walnut Sausage Crumble and tomatoes.

Bake 8 minutes, or until pizza edges are golden brown. Garnish with basil leaves and shaved Parmesan.



Sesame Ginger Tempeh Power Bowls with Quinoa and Sweet Potatoes

Pickled Pink Onions:

- 1/4 cup white wine vinegar
- 2 teaspoons white sugar
- 1/4 teaspoon salt
- 1/2 small red onion, peeled and thinly sliced

Sesame Ginger Vinaigrette:

- 2 tablespoons vegetable oil
- 2 teaspoons sesame oil
- 2 teaspoons grated fresh ginger
- 2 teaspoons rice wine vinegar
- 2 teaspoons soy sauce
- 2 teaspoons toasted sesame seeds

Sweet Potatoes:

- 1 tablespoon olive oil
- 1 large sweet potato, peeled and cut into 1/2-inch slices

Tempeh:

- 1 package (8 ounces) Lightlife Original Tempeh

- 1 teaspoon vegetable oil
- 2 tablespoons soy sauce
- 2 cups baby spinach or kale
- 2 cups cooked tri-color quinoa, at room temperature

- 1/2 ripe avocado, cubed

- 1/2 cup canned chickpeas, rinsed and drained

No motivation? Five proven ways to overcome lack of motivation

Have you stuck to your New Year Resolution to be healthier in 2021? Every single one of us has moments where we feel like relaxing on the couch during downtime, rather than pursuing dreams or taking steps toward self-improvement. The trick is to know what to do when these moments strike so you can push forward and accomplish amazing things!

1. Spend 5 minutes on visualization. This is somewhat like meditation, however rather than a clear mind the goal is to let your imagination run wild! Find a quiet, comfortable place to relax. Think about your goals, and how you will feel once you achieve them. Take in the pride as if it's really happened. Then, turn the situation around to force yourself to accept the regret that comes with giving up. This is definitely NOT how you want to feel, and it's a good way to give yourself a kick in the butt to get to work to avoid this outcome.

2. Use the momentum. I truly believe that once you get the ball rolling, it's so much easier to keep it going, so force yourself to just start... NOW! Even if you drag yourself through that first week of workouts, it's better than doing nothing, and each day I guarantee it will get easier, and you will get better!

3. Surround yourself with inspiring people. Fitness coaches are here to motivate you and help you remember all those reasons you started in the first place, so invest in your health and improve your chance of success by getting professional help from the get-go. As I mentioned earlier, we ALL start to burn out at some point. Make sure you have a program to fall back on so you don't fall off the wagon altogether. I'd love to help you



Health and Wellness Fitness expert Julie Germaine

and welcome you to schedule a free consultation with me at www.juliegermaine.com

4. Take baby steps. Your finish line may seem really far away and impossible to reach, but if you set markers along the way, you will have those milestones to celebrate. Boosting your confidence by reaching smaller goals will give you faith that you can really do this.

5. Allow yourself REST. If you're tired, take a break, guilt-free. This doesn't mean you've failed, it simply means you were going hard and needed a breather. Keeping positive about this detour will go a long way toward helping you feel happy with yourself and preparing you to work hard again.

I wish you the very best year, and would love to help you achieve your fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one live video workouts! www.juliegermaine.com

- 6 red grape cherry tomatoes, halved
- 6 yellow grape cherry tomatoes, halved
- 1/2 cup pea shoots

To make pickled pink onions: In small pot, bring white wine vinegar, sugar and salt to boil. Add onions and toss to coat 15 seconds. Turn off heat and let sit 20 minutes, stirring occasionally, until onions are soft and bright pink. Set aside.

To make sesame ginger vinaigrette: In small bowl, stir vegetable and sesame oils with ginger, rice wine vinegar, soy sauce and sesame seeds. Pour into two small ramekins. Set aside.

To make sweet potatoes: In large non-stick skillet over medium heat, heat olive oil. Add sweet potato slices and cook, turning occasionally, 15-17 minutes, adjusting heat as necessary until tender when pierced with knife. Remove to cutting board and cut each slice into quarters. Wipe out skillet.

To make tempeh: Cut tempeh cross-wise into eight triangles. In nonstick skillet over medium-low heat, heat vegetable oil. Cook tempeh with soy sauce

until golden brown and warm, 2-3 minutes per side. Remove tempeh from pan and add baby spinach or kale; stir 1-2 minutes just until wilted.

To assemble bowls: On bottoms of two shallow bowls or plates, spread cooked quinoa. Top with piles of warm sweet potatoes, pickled pink onions, sauteed spinach or kale, avocado, chickpeas, grape tomatoes and pea shoots. Top with tempeh and serve with sesame ginger vinaigrette.

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Safe visitation for Tudor House and other care homes

General visitation possible again thanks to outdoor visitation shelters

Submitted by Interlake Eastern Regional Health Authority

Personal care home residents and their loved ones have reason to celebrate this week. Twenty-one outdoor visitation shelters across 15 sites in the Interlake-Eastern RHA, and one designated indoor visitation space, are starting to accommodate scheduled visits, while greatly reducing the risk of introducing an infection into the care homes.

The outdoor shelters are refurbished shipping containers, each measuring 8' wide by 40' long and attached to the care homes. While there is no plumbing, they are fully insulated, air-conditioned and heated. But their most important feature is the ability for residents to visit others safely.

"We know how important in-person visits are to residents' wellbeing, and in fact, the wellbeing of their loved ones too," said Lauren Marantz, director of health services - long term care and personal care Home Standards. "Residents have been able to visit with their caregivers, but they are ea-

gerly looking forward to connecting in-person safely with other important people in their lives."

Safety requirements and protocols for the visitation shelters will help to keep residents, staff, and visitors safe. Visitors do not need to enter the main facility, because the shelters have their own separate entrance. Each shelter has a separate ventilation system from the personal care home. The interiors are also made from smooth, easy-to-clean surfaces to make the mandatory cleaning and disinfection between every visit easier.

During current Critical (red) restrictions, the shelters will accommodate a maximum of one general visitor at a time to visit with a resident. Both residents and visitors will still be required to follow fundamental public health guidelines: practice hand hygiene, wear a mask for the entire visit and maintain six feet separation.

In Manitoba, there are a total of 105 outdoor shelters at personal care homes, 21 of them at 15 sites in Interlake-Eastern RHA. Kin Place in



RECORD PHOTO SUBMITTED

Tudor House Personal Care Home's outdoor visitation shelter.

Oakbank could not accommodate an outdoor shelter, so an interior space was developed there. They are one of 57 indoor visitation spaces across the

province.

A video tour of the outdoor visitation shelters can be found at www.is.gd/shelters.

Red River Planning District announces board appointments

All-female board to govern 2021 term

By Nicole Buffie

The Red River Planning District has appointed their board members for the term, welcoming Mayor Cheryl Christian from West St. Paul as the new Deputy Chair of the board.

"I'm surprised by the nomination, it caught me off guard," Christian joked. "I was honoured that they wanted to have me in that role, and I think it's just that we've been working hard as a board to support staff and bring about some positive changes."

Joining her will be St. Clements Mayor Debbie Fiebelkorn as chair of the board and East St. Paul Mayor Shelley Hart as chair of the Executive Committee for her third term.

"I am honoured that my colleagues on the Red River Planning Board have re-elected me as their executive committee chair," said Hart in an emailed statement. "We have several key initiatives underway for 2021 which will dramatically improve service delivery by streamlining permit intake and processing."

Christian said after approving plans for the RRPD's 2021 budget, plans the board has to implement will make

services for residents seeking building permits much easier, including an online permit process.

"In a community like ours, where we're growing so quickly, to have that online service to be able to track a permit application for a basement and not have to be running back and forth, our builders are going to appreciate that," she said.

Fiebelkorn, serving her second consecutive term as chair, said after refreshing their strategic plan for the RRPD, she's looking forward to what 2021 will bring to the board.

"When the strategic plan was done, it was a collaborative project. And we focused on seeking to improve service delivery, build positive relationships with our municipal members and pursue excellence in governance and management," she said. "And we will continue to fulfil our mission on guiding development and building community within the whole planning region."

Fiebelkorn said 2020 was one of the busiest years the board has seen, including a 237 per cent increase in single-family dwelling applications

coming to their desks as compared to Dec. 2019. With the increase in work, Fiebelkorn said the board has been able to hire more staff.

"We are expecting another outstanding year," she said of the 2021 outlook.

Christian and Fiebelkorn both say the importance of the board is greater now more than ever, with the expansion of rural areas to accommodate those looking to live outside city limits.

"The commute to Winnipeg is not anything that takes any time now, it's easy to drive from St. Andrews or from Lockport into the city," Fiebel-

korn said.

Christian said West St. Paul is rapidly developing to house residents and commercial businesses looking to have a stake in the evolving landscape.

"It's really important for us to have a voice, and make sure that people who have chosen to build in West St. Paul, they all have that great service, and that our residents that are even just wanting to put up a shed or a garage," She said. "It's really important as mayor that I'm representing our community, and that we have great service out there."

> MANITOBA COMMUNITY ANGELS PROGRAM, FROM PG. 9

For people who wish to help out their neighbours, they can connect with others by visiting the Facebook page at facebook.com/groups/699179734319011/ and looking for their town or city under the albums tab which is where missions are posted. If there is a checkmark beside the mission then it has been fulfilled by another person, if not then the interested person should comment saying that they can help.

Price encourages residents in need and angels that can help to check out the group.

"I would definitely say to hop on, we're a pretty loving community on there and we have a ton of angels in different areas," said Price.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Anderson leading Lions' surging women's hockey program

By Brian Bowman

The York University Lions' women's hockey program had a tremendous season a year ago, posting a 25-12 record.

Their season ended with a tough 3-1 loss to the Toronto Varsity Blues in the MCCA Cup Championship game, giving the Lions the OUA silver medal.

"That was honestly the best season that we've had in program history," said St. Andrews' forward Brooke Anderson. "We got to nationals and that was the first time in program history. It was definitely eye-opening to see how far we've come, especially since my first year we didn't even make playoffs and then we got on winning streaks and got to the final of the OUA."

York lost to Toronto despite outshooting them by "about 10 shots" and were down 2-1 with a minute remaining in the third period when the Lions had a goal called off. The Varsity Blues sealed the win with an empty-net goal.

York had already clinched a spot in the nationals in Charlottetown, P.E.I. but that was eventually cancelled due to COVID-19.

The Lions had a lot of talented players that gelled very well as a team.

"I think our culture made our team go from a losing team to one of the best in the country," said Anderson, a former star forward with the Selkirk Royals. "We may not have the most skilled players but it was the courage and the sacrifices that we took to get us where we are today. There was a lot of hard work that we all put in and we all bought into one thing that made us into one of the best teams."

York's lineup consisted of seven players from Manitoba which made Anderson's move to southern Ontario

much easier.

"It definitely helps a lot and when I committed to York, there were already three girls on the team that I had played with before in Manitoba with (the Winnipeg) Avros," Anderson recalled. "So, with the great program that we have in Winnipeg, our coach looked at that and just kept taking players...and it made the experience that much better."

On an individual level, Anderson, a third-year player at the university level, had her most productive offensive season.

She scored a career high six goals and had 11 points in 24 games.

"I think that just comes with maturity and confidence growth," Anderson said. "When my team is helping me, it makes it a lot easier. When I came in, I had played for Team Manitoba and that was a really eye-opening experience playing for them and then coming here, the level just jumped and how fast (the play was). But with time, and practicing every day, you get the hang of it and start to try new things out."

Anderson had two goals and nine points in her rookie season with the Lions and followed that up with three goals and five helpers the next year.

She was used to scoring a lot of goals with the Royals and Avros, so it was kind of tough on her mentally as she became acclimated to playing at the very competitive university level.

"Coming from Manitoba and playing with the junior team, you go from being the best and MVP on the team to struggling to get ice time and fighting for your spot," Anderson said. "It was eye-opening not getting the points that you're used to getting but it makes you want (success) even more."



RECORD PHOTO SUBMITTED

St. Andrews' Brooke Anderson scored a season high six goals and had 11 points to lead York University to an OUA silver medal last season.

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Restrictions



Meet the
Fishermen



#2 Branden Kipling
Defence

Manitoba U18 Hockey League sends letter to government, pleading with them to open up sports

Staff

The Manitoba U18 AAA Hockey League issued an open letter to government officials, pleading with them to reopen recreation facilities, gyms and fitness centres.

The letter was sent out last Thursday and placed on the league's website.

"We remain committed to restarting our season, and to giving the young men who play in our league the opportunity to continue their mental, physical, and social development," read a statement on the league's website.

Here is that letter in full.

Dear Mr. Pallister, Ms. Stefanson, and Dr. Roussin,

The hockey community is concerned about the mental, physical, and social health of the citizens of this province. We are particularly concerned about the well being of children and youth in Manitoba.

Physical activity and social interaction contribute to the health of individuals and are essential for healthy growth and development of children

and youth. Physical activity helps prevent and reduce the effects of depression, stress, and anxiety. It increases energy levels, helps maintain a healthy body, and improves sleep quality. Social interaction contributes to the development of interpersonal skills, relationships, and emotional capacity.

In contrast, the continued prohibition of social interaction and limitation of permitted physical activities has caused immeasurable harm to the children of this province. They are socially isolated, increasingly depressed, and at greater risk of physical and emotional abuse. A recent survey by Hockey Canada found that 45 per cent of parents are concerned about the mental health of their children.

Organized sport plays an important role in coordinating and facilitating physical activity and social interaction for children and youth. Since mid-November, however, restrictions have been in place that prohibit organized sport. Recreation facilities, gyms, and fitness centers have all been closed.

The Manitoba U18 AAA Hockey League calls on you to reopen recreation facilities, gyms, and fitness centers for use by children and youth. It can be done safely, and it must be done now to curtail the harms inflicted.

In the fall, the hockey community, under the direction and leadership of Hockey Manitoba, developed comprehensive plans to safely start our season. Across the province, facilities, associations, leagues, and teams all implemented protocols to mitigate risk. We made the use of Manitoba's COVID screening tool compulsory for all participants before every on and off-ice activity, contact tracing was added, mask use was made mandatory, arrival and departure time for participants and spectators was limited, social distancing was enforced, dressing rooms were sanitized frequently, travel was reduced, bus capacities were limited, spectators were limited and then prohibited, off-ice warm ups were restricted, and handshakes were eliminated.

From the top down, the hockey community worked together to provide a safe environment for our children to participate in physical activity, continue in their social development, and ensure their mental health needs were met.

At the U-18 level, we did not have a single positive case. As a whole, the number of positive cases in minor hockey was limited. These events did not contribute to outbreaks and they were not super-spreaders.

We are committed to implementing the same protocols, to prohibiting spectators, and to ensuring the safety of our communities and members. We are asking you to work with us to immediately reopen facilities for children and youth, and to permit them to participate in organized sport. The mental and physical health of our children requires your immediate action.

Sincerely,

Manitoba U18 AAA Hockey League
Pe: Levi A. Taylor,
J.D. Commissioner

MJHL releases statement in hopes of a safe return to hockey

Staff

The Manitoba Junior Hockey League announced in a statement last Friday its hopes for a safe return to hockey.

"The updated public health order continues to restrict organized sport training activities and the use of recreational facilities at this time," read a statement from MJHL commissioner Kevin Saurette. "The MJHL remains

prepared to return to team activities safely, responsibly and in a very protected environment as demonstrated throughout the summer and fall."

The MJHL said it is committed to exhausting all options and will continue to engage with governing bodies and public health authorities to search out a balanced, responsible and necessary pathway forward.

"The physical, mental, developmental and social well-being of our athletes needs to be given strong support and consideration as we continue to push ahead through these very challenging times," Saurette said. "The MJHL exists to provide each player with an elite hockey development experience while enhancing Manitoba communities in the spirit of sports

excellence and goodwill. It has been very difficult for all involved not being able to fulfill this mission during these last few months.

"As we preach to our players...we will give it everything we have until the final buzzer sounds. The clock is ticking, and we are behind."

Hockey Manitoba releases information for a return to play

Staff

Despite the province of Manitoba's latest health order - which does not allow sports to resume at this time - Hockey Manitoba released information on how its members can begin planning for a return-to-play, should such changes be made in February.

"In order to ensure that the game is set up for a successful return, the compliance and support of all members is paramount, required, and not an option," read a statement on Hockey Manitoba's website.

If sports are allowed to resume in some form anywhere in Manitoba, all

sanctioned associations, teams, and leagues will have to spend at least 10 days in Phase 2, which allows only for contactless, on-ice practices. No games will be allowed.

Any minor hockey association, league, or teams residing within regions under code red will be permit-

ted to participate in any hockey programming.

In November, Hockey Manitoba cancelled all of the 2021 provincial championships in order to allow for individual leagues to run later than in past years.



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SUDOKU

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

S	K	O	V	E	R	B	E	H	I	V	O
S	N	A	O	V	A	O	I	V	B	E	O
Q	E	H	V	V	O	O	T	B	V	O	W
N	O	I	L	V	N	I	W	O	S	E	R
E	M	N	T	I	V	J	W	V	N		
H	O	S	V								
S	T	O	V	S	N	I	M	S	N	S	N
S	E	O	V	V	A	O					
I	B	V									
H	V	U									

Crossword Answer

CROSSWORD

CLUES ACROSS

- Gather a harvest
- Federal Republic of Germany
- Bravo! Bravo! Bravo!
- "The Little Mermaid"
- The common gibbon
- Volcanic island in Fiji
- Mother of Perseus
- Egg cells
- Teams' best pitchers
- Credit associations
- Advance
- Hair styling products
- Benign tumors
- Arriving early
- Called it a career
- ___ Paulo, city
- Avoid with trickery
- Easter egg
- Veterans battleground
- Lack of success
- Thing that causes disgust
- Deep, continuing sound
- Ancient kingdom near Dead Sea
- You might put it in a fire
- Partner to "oohed"
- Actor Idris
- Slippery
- Plant of the bean family
- One point north of northeast
- Patti Hearst's captors
- Places to hang clothes
- Midwife
- Of she
- S. Korean statesman

- Dry cereal
- Competitions that require speed
- Cain and ___
- Snake sound
- Type of amino acid (abbr.)
- Pattern of notes in Indian music
- Satisfy
- Misfire
- Nearsightedness
- Indicates before
- Increase motor speed
- When you hope to get there
- Indicates position
- Where rockers perform
- Substitute
- ___ juris: of one's own right
- Earliest form of modern human in Europe: ___-magnon

- Adult female bird
- Do away with
- Lens
- Flattened appendage
- Post or pillar in Greek temple
- A medieval citizen of Hungary
- Spiritual leader of a Jewish congregation
- Abba ___, Israeli politician
- Sew
- Evergreen trees and shrubs having oily one-seeded fruits
- Swiss river
- Grayish-white
- A way to illustrate
- College basketball superpower
- Midway between south and southeast

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Don Hawryshko

After 20 years at Selkirk Limousine and almost 40 years at Selkirk Mental Health Centre,
We wish you a Happy Retirement!
-Love your wife Karen and daughter Chessa



ANNOUNCEMENT

BIRTHDAY



Happy 80th Birthday Olga!
To an amazing precious lady.
-Lots of love,
All the kids, grandkids, family and friends

ANNOUNCEMENT

IN MEMORIAM



Isabel Praznik
March 24, 1931 - February 1, 2014
You will always be the heart of our family.
-Love you, Miss you

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Quote from Maureen, "60 years ago,
remember it like yesterday, -35, billboards
advertised why wait for spring (renos) do it
now...we took it further!"

Picture is this summer celebrating
Hartley's 85th in the field.

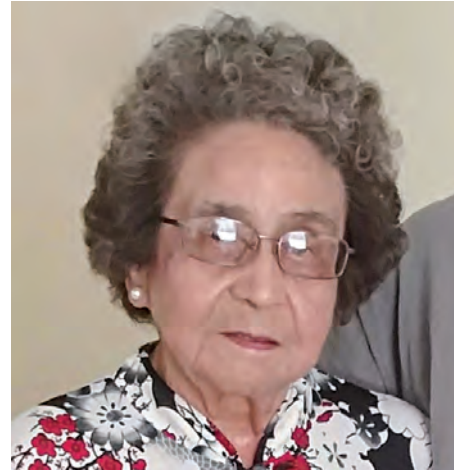
What a special blessing and inspiration you
both are to so many friends and family.

We love and appreciate you both so much
-Laura, Lorne, Sandra and Carrie
xoxo

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ANNOUNCEMENT

BIRTHDAY



Alice Fidler
Happy 90th Birthday
on January 31st, 2021

-Love from all your family

ANNOUNCEMENT

IN MEMORIAM



Nickolas Fewchuk
February 18, 1925 - January 29, 2018

In loving memory of our dear
Husband, Dad, Grandpa and Great-Grandpa
We always remember the yesterdays,
You filled with love and care;
The peace and comfort we always felt,
Just knowing you were there.
Nothing can ever take away,
The love that a heart holds dear;
It's our memories that are with us,
Each day that keeps you near.
Memories may be golden,
And though that may be true;
We never wanted memories,
We only wanted you.
Forever missed, forever treasured,
Loving you always, forgetting you never.
-Missed by your wife Martha and family

ANNOUNCEMENT

BIRTH ANNOUNCEMENT

CHUBEY

The force awakens. Our little jedi...
Ava Jane
was transported into our world on
January 20th at 10:46 p.m.
weighing 8 lbs. 2 oz.
to proud parents, Mike Jr. and Gheela.
Grandparents Nelson and Cindy Miguel and
Mike Sr.

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The Selkirk Record

OBITUARY



Peter Skazyk
July 11, 1936 – January 19, 2021

It is with profound sorrow that we announce the passing of Peter Skazyk at the Selkirk Regional Health Centre on January 19th, 2021.

Left to mourn his passing is his loving wife Frances; sons Allan (Guylaine), Gregory (Shahina) and Edward (Carrie); grandchildren Leo, Julianne, Christian, and Dominik; brother Walter (Magdeline); sister-in-law Lillian; brother-in-law Patrick and many nieces and nephews whom he loved dearly. Peter was predeceased by his sister Anne and brothers William and Harold.

Edward Peter Skazyk was born on July 11, 1936 to Alex and Lena Skazyk in Lockport, MB. He attended Rosedale School and then took his apprenticeship in plumbing. In 1956, after the passing of his father, Peter took over the family farm operation while continuing to work in the plumbing trade. In 1967, he was hired by the Department of Natural Resources (Parks Branch) and remained employed there for the next 24 years. In retirement, Peter continued farming, favoring his prolific potato production. He was elected to the Council of the R.M. of St. Andrews in 1989 and served for four terms, enjoying his contacts with constituents and council members.

Peter was a devoted husband and father. He met Frances in 1959 at Skinners when she served him his "Skazyk-Special": toast the bun - fry the wiener - mustard only. They married in 1962, raising their three sons on the farm. Peter inspired his family with his healthy work ethic. He was always busy on some type of farm-related project and lived by the motto, "working hard will lead to success". When he wasn't working, he was driving his kids to recreational activities like hockey, baseball, and band practice. One of his favorite winter projects was making the backyard skating rink for his boys and their friends. Summer evenings would often be spent around the firepit with family and whoever was there for a visit. Peter was always helpful and supportive in his sons' endeavors and interests, and he was adored by his grandchildren who absolutely loved when he took them on his famous tractor rides.

Peter was a long-time, active member of Blessed Virgin Mary Parish of Rosedale, serving on committees and managing the parish hall. He provided pussy willows for Palm Sunday and annually made the ice cross for Theophany. From his back seat in the church, he would hand out boxes of smarties to the parish children after the liturgy.

Special thanks to the staff on the Medical and Surgical Wards for their excellent care and compassion, and Dr. Gillette for her virtual communication with our family.

A private family parastas and liturgy was held at the Blessed Virgin Mary Church of Rosedale with interment at the parish cemetery.

Memorial donations may be made to B.V.M. Church, Rosedale or the Canadian Cancer Society. May God grant him eternal peace.

VICHNAYA PAM'YAT.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY



Hendrik (Henry) Haak
September 22, 1931 – January 24, 2021

Hendrik (Henry) Haak passed away peacefully with family by his side at Tudor House care home in Selkirk. He leaves to mourn his wife of 60 years, Tini and his three children Connie (Tim), Ernie (Lisa) and Audrey (Don); grandchildren Corey and Jennifer, Melissa and Aaron, Makenzie and Makayla and great-grandchildren Brayden, Tyler and Emmalee.

Hendrik was born in Amsterdam, NL. in 1931 and as a child experienced the hardships of WWII. He attended school and university in Amsterdam becoming a mechanical engineer. In 1948 at 17, Hendrik met Tini where she lived next door and they fell in love. Hendrik was drafted into the army in 1952 and in 1954 Hendrik decided to go to Canada since WWII had left few opportunities in Holland. He began working as an engineer for Monarch Machinery in Winnipeg. Hendrik and Tini were engaged before he left Holland and he went back in 1956 so they could be married. After they both returned back to Winnipeg, he began working for CP Rail and also working for a short time at St. Boniface Hospital as a P. Eng. He was then hired by the engineering department of the City of Winnipeg where he spent 28 years ending his career as Director of Civic Properties when he retired in 1994.

During retirement Hendrik and Tini spent many winters in Tucson AZ. and their summers back at home in St. Andrews and East Selkirk with their children, grandchildren and great-grandchildren.

Dad "Opa" will be forever missed but always remembered as the man who gave everything for his family and loved his wife, children and grandchildren dearly, more than life itself.

Memorial donations can be made to CancerCare Manitoba.

OBITUARY



Irma McPherson (nee Kublick)

On January 17, 2021 our much-loved wife, mother and grandmother, Irma, passed peacefully at the Selkirk Regional Health Centre.

She leaves behind her husband of 50 years Wayne, daughters Rachel (Jay) and Melissa (Andrew); and her beloved grandchildren Jane and Jack. As well she will be missed by many dear friends and relatives.

Born in Volhynian (Eastern Europe) on January 2, 1944, she was the youngest of five children. The family came to Canada after the war and settled in Minitonas, Manitoba. She moved to Winnipeg and worked as a dental technician where she met her future husband Wayne McPherson. They were married in 1970 and lived there for five years. They then bought a small acreage in East Selkirk where they raised their two children. Irma loved gardening, quilting, spinning wool, baking and going berry picking.

On her birthday, January 2, 2019 she was diagnosed with ovarian cancer. With the wonderful care from all the doctors and nurses at the Selkirk Regional Health Centre (CancerCare program), she managed to live a productive and reasonable two years, planting a large garden and berry picking at every chance she could. If anyone asked her how she was doing she would always tell them to think positive and "keep on the sunny side of life". Her kind nature and positive attitude will be missed dearly.

Donations can be made in memory of Irma to the Selkirk Regional Health Centre CancerCare program by mail to the Interlake Eastern Health Foundation, P.O. Box 5000 120 Easton Drive Selkirk, MB R1A 2M2 or online at www.iehf.ca

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

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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	655 Fort Garry Rd, St. Andrews SOLD
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