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THURSDAY, FEBRUARY 17, 2022

VOLUME 13 EDITION 7

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Celebrating Louis Riel Day

RECORD PHOTO BY BRETT MITCHELL

Louis Riel Day is only a few days away and locals Keith Ginther, Selkirk's Red River Métis Local Chair and his family Corrinna and Morgan Ginther from East Selkirk shared a little Métis heritage with our community inviting us to their supper of stew and bannock.

> everything you need to know in your locally owned and operated community newspaper

 <p>THIS WEEK'S DAILY SPECIALS</p> <p>Gaffer's Restaurant & Lounge DELIVERY & PICK UP Phone: 204-757-2350 Lockport, MB www.gaffers.net</p> <p>Sunday-Tuesday-Wednesday 12 noon to 10pm Thursday-Friday-Saturday 12 noon to 12 midnight</p>	<p>WEDNESDAY</p> <p>RIB NIGHT</p> <p>Buy One Rib Dinner and get</p> <p>50% OFF</p> <p>your 2nd Rib Dinner</p>	<p>THURSDAY</p> <p>OUR FAMOUS CRISPY WINGS</p> <p>\$8.99/lb</p> <p>Any Flavour</p>	<p>FRIDAY</p> <p>DATE NIGHT</p> <p>Fettuccine Alfredo for 2 with Garlic Toast, Caesar Salad, Dessert for 2 and a bottle of Red or White Wine</p> <p>\$59</p> <p>To go only</p>	<p>SATURDAY</p> <p>STEAK & LOBSTER</p> <p>7 oz Striploin AAA with 5-6 oz Nova Scotia Lobster Tail</p> <p>\$39⁹⁵</p>	<p>SUNDAY</p> <p>FAMILY DINNER FOR 5</p> <p>Roast Herbed Pork Loin or Chicken Parmesan (min. 4 hr. pre-order)</p> <p>\$60</p>
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St. Clements expanding sewer services to more residents

Around 900 current homes and many future homes will be able to receive services once complete

By Katelyn Boulanger

The mystery of the tent by the floodway in St. Clements was revealed last week with the RM announcing their sewer connection expansion for the Henderson catchment area.

This project is jointly funded by the RM and the provincial government and will allow approximately 900 current homes and 1100 future homes to be able to connect to the sewer system.

"This is a significant step forward for the RM of St. Clements as we continue to deliver on our long term vision for the municipality, which is to continue our expansion of regional infrastructure services with sewer and water in order to provide the amenities and services people are seeking," said St. Clements mayor Debbie Fiebelkorn at the event.

She said that this investment will positively affect the environment, financial health and social structure of the RM.

"We are investing almost \$10 million in water and wastewater upgrades within the RM in 2021 and 2022. This will provide a regional water treatment plant and connect our wastewater force mains from the south to our regional wastewater lagoon in East Selkirk," said Fiebelkorn.

The expansion announced on Feb. 9 will provide service to the Henderson catchment area which extends from the RM's boundary with East St. Paul to the north through the Lockport area.

The sewer services will be able to connect from south St. Clements to the East Selkirk treatment plant through directional drilling which will take place under the floodway

through bedrock, six meters below the floodway.

The mayor said that the beginning of this particular effort started back in the 1990s when it was revealed that there were high levels of coliform bacteria in ditch water in south St. Clements. It was suspected that the cause of the high levels may have been due to the leaching of septic fields and wastewater into the groundwater.

In 2001 the medical officer of health issued an order to the RM to address the unsanitary conditions and the RM responded with the original Henderson Highway sewer project, which resolved the problem.

In 2009 the provincial government enacted new regulations, which do not allow new septic fields to be constructed in the Red River Corridor.

The RM has taken this all into account and has continued to prioritize the wastewater management with this and East Selkirk water treatment plant upgrades which were announced a little over a year ago.

"We appreciate the continued support from the province as we continue to expand on the infrastructure services to our residents. This is a major step which allows the municipality to expand on this service to areas where growth is occurring and helps us to prosper as a growing municipality," said Fiebelkorn.

Eileen Clarke, Minister of Municipal Relations for the province congratulated St. Clements on this project saying, "It's not just exciting for your municipality, and your neighbouring municipalities. It's very regional, but it's exciting for our province because this shows that our province is not just getting by day to day with our projects



RECORD PHOTO
BY KATELYN
BOULANGER

St. Clements council as well as Eileen Clarke, Minister of Municipal Relations and local MLA Jeff Wharton at the announcement.

and enhancing our services. But this is the future, we're preparing for the future and projects like this are the foundation of doing that."

It is anticipated that this project will be completed by June of this year.

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Big DOLLAR

Children's Easter baskets seeking donations

Baskets to go to local women's shelter and other good causes

By Katelyn Boulanger

Discovery Toys is once again putting together its Easter baskets for community kids. This will be the eighth year that the business has collected from the community to put smiles on kids' faces during the spring celebration.

This year Discovery Toys will be providing over 225 baskets to women's shelters, including our local shelter, Nova House, as well as the Ronald McDonald House and Dignity House Inc.

"We have to focus a lot on kids at Christmas, but we don't want to forget about the kids during these other holidays. Easter is really great, it's a special moment, like my kids get to do Easter basket hunts and things like that. And so, we want to make sure that every child, especially those that are in a difficult situation, whether it's in the hospital, going through treatment, at the Ronald McDonald House, or in the shelters where they're escaping some abuse, we want to make sure that they're feeling special as well, at

this time of year and able to participate in, in the joy of Easter," said Tanya Pilat, Educational Leader at Discovery Toys.

Discovery Toys is a business that creates educational learning products that support the child's learning and development. Each of the baskets that go out to the children will have a product from Discovery Toys but they are accepting donations for the extras that they will be putting in.

"We always include dental hygiene kits. So we always look for dentists or hygienists to donate, especially the kid's toothpaste. We want to make sure that it's safe for children of all ages that get them. So we've had some really great dentists that have donated in the past, but we're always looking for toothpaste and toothbrushes," she said.

They will also be adding things like a chocolate bunny in each basket as well as other age-appropriate items like activity books and crayons, bubble wands, play-doh, and baby items like wipes and cereal puffs.

"We asked, for our sponsorships, for each basket to be \$30, but we obviously put way more value in there. So, usually, our baskets, when you look

at the value of them, is around \$50 to \$60 per basket in products in there, at least," said Pilat.

The biggest need that they have is monetary donations so they can make sure every basket is full.

Pilat says that businesses, families, and even schools and classrooms can come together to make monetary donations by cheque, e-transfer or cash but that they will accept items as well.

She is hoping to receive all of the Easter basket donations by April 13 as they will be packing the baskets in the week before the holiday.

"We don't want to forget about kids once Christmas has come and gone. We really encourage people to open their hearts and help us out to make sure that every child is going to get a basket. We never want to come up short. We want to make sure that every child is going to be getting something this Easter," said Pilat.

E-transfer donations can be made to tanyapilat@yahoo.com with "Easter Basket" in the note area and for all other donation types please contact Pilat at tanyapilat@yahoo.com so that arrangements can be made with her directly.



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RECORD PHOTO SUBMITTED

Tanya Pilat with 2020 Easter baskets donations for the Ronald McDonald House.



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Calling all regional artists to enter art show

Art show expands prize categories in 2022

By Katelyn Boulanger

The Interlake Juried Art show is returning again letting visual artists from around our region show off their work and compete for prizes.

The Interlake Juried Art Show co-hosted by the Interlake Art Board and the Selkirk Community Art Centre might not be taking place until April, however, they are already asking local artists to sign.

"The event will promote the growth of culture and provide opportunities for the art emerging visual artists and craftspeople to exhibit their work, and maintain and develop camaraderie," said Interlake Art Board president Joanie English.

This is the 40th anniversary of the art show and like before youth from ages 13 to 17 will be judged separately from adults but this year they have 12 categories that artwork can be entered into.

"There's a wide range of opportunities for artists to display their work. We have oil, acrylic, drawing, watercolour, mixed medium, fibre art, sculptures, 3D work, photography, print work. We have fine crafts and 2d and 3d Digital, which will be computer-oriented artwork," said English.

"We feel that the up and coming generation of people are creating beautiful pieces of artwork on the computers. So, we set that to be a category and it is a separate category," said English.

Even though the pieces of art will be made on the computer, English says that they will have to be able to be printed in order to display them at the competition.

This art competition is also adjudicated or judged which means that there are art prizes but possibly more importantly for artists, they will be able to get feedback about their art.

English said that the plan is that the art show will be hosted in the Selkirk Recreation Complex's banquet hall but that is dependent on COVID-19 regulations at that time.

"We're hoping we have the opportunity to be able to host it there and it will be open to the public on April 30, as well as May 1. But the pieces of artwork, the last date for entry is April 3," she said.

They are hoping that the art show will be able to exhibit over 200 pieces of local art this year.

English feels that it's important to have opportunities like this in our community to help emerging artists make connections.

"[It's] a stepping stone for individuals to help develop a successful art career for them. It provides them with exposure, networking and building self-confidence," she said.

She encourages all artists to check the information on the Gwen Fox Gallery's website and enter their work.

"Just enter. We can hardly wait. It's been so long since we've had this opportunity to showcase [artist's] work and here's a wonderful opportunity to do that," said English.

To enter the competition residents should visit <https://gwenfoxgallery.com/page/ijas22> which has a link to the Interlake Juried Art Show for 2022 application form and the rules and regulations as a downloadable PDF. Adults entry fee is \$15 per piece of art and youth entries are \$5. Residents can enter up to six pieces with a limit of three pieces per category. The deadline for submissions is April 3.

"JUST ENTER. WE CAN HARDLY WAIT. IT'S BEEN SO LONG SINCE WE'VE HAD THIS OPPORTUNITY TO SHOWCASE [ARTIST'S] WORK."



RECORD FILE PHOTO BY LINDSEY ENNS

The Interlake Juried Art Show before the COVID-19 pandemic.



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Red River North Heritage releases new Youtube videos

Lastest videos part of the Food on the Table exhibit

By Katelyn Boulanger

The Red River North Heritage Committee has once again released a series of four new videos on their Youtube channel, which will go along with their in-person "Food on the Table" exhibit once the museum is open.

The mandate of the RRNHC is to do projects that detail and honour the heritage of the area. They are a standing committee of the RM of St. Clements council composed of volunteers.

Gerry Miller the chair of the Red River North Heritage Committee said the idea for the videos came out of the

exhibits at the East Beaches Heritage Wing.

"[There are] interactive displays, and there are touch screens where you can scroll to photographs and all that kind of thing. We had about a dozen videos prepared over time, where you can go there and you push a button and it plays the video on a large screen TV," said Miller.

He says that the Food on the Table exhibit is about more than just what people were eating in the region.

"People lived in the area, and raised families and so on and at the time, the

only way to get food was to get it yourself grow it or hunt it and such. Putting food on the table really is another way of saying how people lived in the area," said Miller.

His favourite video of the recent additions is the one about mink ranching but there are also new videos up about mixed farming, fishing and hunting which he thinks are also very good.

"Because of my own personal experience, I like the one about mink farming because when I was a kid, my uncle had a property up in the Interlake and he had a mink ranch I remember that," said Miller.

He also thinks residents should watch the hunting video because it features Norman Guimond who speaks about his experience at residential school as well as how hunting was a way of life for the families on Sagkeeng First Nation and surrounding areas.

Even though the museum hasn't been open there are still a lot of heritage activities available on their web-

site that residents are invited to check out in the meantime.

Residents can find a list of St. Clements heritage sites that they can visit with their families.

When you're done with that, you can download the Heritage Treasures of Red River North brochure that, like the name says, will take you to heritage treasures all over our region.

There are also heritage books available with information about Selkirk, St. Andrews, and St. Clements.

There's a place where you can submit your family's story in the region so that it can be documented for future generations.

There is also even some geocaching information for the extra adventurous explorers along with so much more.

To check out the Red River North Heritage website visit <https://redrivernorthheritage.com/> and to view the new videos on their Youtube channel go to <https://www.youtube.com/channel/UC1eJWbZOknKxjAgLGox-4uzw/featured>.



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RECORD SCREENSHOT FROM THE RED RIVER NORTH HERITAGE YOUTUBE CHANNEL

A screenshot from the recently uploaded Red River North Heritage Youtube video about the mink industry in our region.



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Happy Valentine's Day from Robert Smith School

Ms. Cooke's Grade 5/6 class at Robert Smith School shares the love

Submitted by Ms. Cooke's Grade 5/6 class from Robert Smith School

I show my family how much I love them by playing games with them. I love to read with my family.

- Adrian

I care about my family + I love them and they love me. I love my German Sheppard, Gypsy and my puppy Chloe. I play with them after school. I care about my family members because I love them too. I have too put the Jam away cause Ninna leaves it out. I love my mom because she has 2 cats. Their names are: Simba and Midnight. I am allergic to cats though. We spent Christmas with our Mom.

- Autumn

My friends and family are awesome! I love and support them a lot. I am there for them when they need it. They are also there for me when I need it. I appreciate them more than they know. I don't think I would be where I am today without them in my life. "Spend time with family for you do not know when then last time you'll see them is."

- Chastity

My friend's and family are always kind. They show courage and caring I really trust them very much. They are very helpful. And is honestly I would sacrifice for my siblengs if we wear to die. On a scale of 10 of how much I care about them I would say it's over 10! I would go all the way to 100%! I also keep secrets when they want me to. When someone says can you tell me there secrets. I say no. I keep secrets. I also support my family when my parents are done eating something. I clean their mess up. Not all the time though because I'm either handing out with a friend or on call with one of my friends. I also clean the kitty tower. When it's all clean. I'm like "Look how clean it is now!" Honestly, it looks way better clean! I also help my family with dishes. I help out a lot!

- Evelyn

I like to show kinds gestures such as holding a door open, clean, or help them when they need it, compliments, etc. I talk to them all the time! [That's] how I show my family and friends I love them.

- Greyson

I say I love you and I be kind and try to be good. I love my family and friends and help them when they're hurt or sad. I make them feel happy and safe. I talk to them and tell jokes so I can make them happy when they're down. Be there when they're down and don't ust be there when you need them. I spend time with my family and friends and not just be on my Ipad or phone all the time. I clean up all my messes and help them clean up. I like to listen to them and care about them also I love them so much.

- Kayla

Mi! My name is Liam and I'll tell you why my family is the center of my world. I just love them so much and that will always stay the same. They give me so many hugs and kisses! Also gifts! I care for them and they care for me!

- Liam

I show my family that I care for them by hugging them and helping them with chores. I show my friends that I care for them by hangig out with them and helping my friends when the need help.

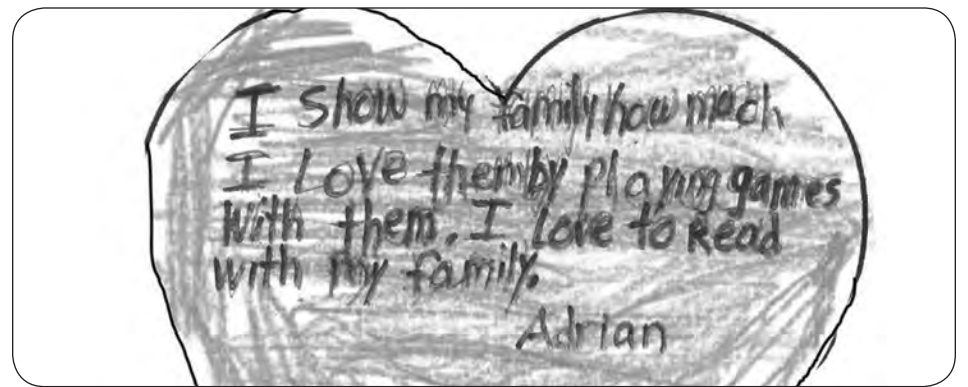
- Manseerat

I care about my family and friends. To show them I try to be there for them when they are sad or upset about something. I try to keep them happy and make them smile. I will always have their back!

- Parker

The way I show how much I care about my friends and family is by being generous, friendly, and kind to them. I help with shopping and vacuuming around the house and I do favours for my brother and my mom.

- Rain



RECORD PHOTOS SUBMITTED

One of the Valentine's Day letters written by Ms. Cooke's Grade 5/6 class at Robert Smith School.

My family and friends are loving and caring! I care and love them a lot and how I show them is: I make time to hangout or call them. I sometimes give gifts to them! When they're sad I try to cheer them up or distract them. I talk to them and have fun with them, I would sometimes draw or sketch them. I clean up the kitchen sometimes to help out even if I didn't have to. I help them with things or help set up stuff. I sometimes try and clean up their room if it gets a bit messy and when they're a bit too busy to clean their room or if they don't have the motivation or if they're too tired.

- Ruby

Showing kindness, being there for them! Messaging and Facetiming or calling family! I care for them! I talk to them and give them support when they're down. I spend time with the love ones. I help clean. I help out. These are all things that I do to show others that I love and care for them.

- Selena

I love my family because they help me all the time when I'm sad. My friends help me and I help them too. I like my friends because they help me when I'm down. I love my family because they care about me and I love them too.

- Troy

The Selkirk Record

**office will be closed on
Monday, February 21st
in honour of Louis Riel Day.**

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Public health restrictions on their way out

Province announces a relaxation in some restrictions this week already, plans to lift mask, vaccination mandates next month

By Ashleigh Viveiros

Manitoba is speeding up its plans to do away with most public health restrictions before spring.

Last Friday, Premier Heather Stefanson and Chief Provincial Public Health Officer Dr. Brent Roussin unveiled the new public health orders that went into effect on Tuesday, Feb. 15.

There are no longer any capacity limits at places such as restaurants, entertainment venues, and indoor and outdoor sporting events. Nor are there restrictions on any gatherings at private residences.

Capacity limits have been removed as well for outdoor public gatherings, though indoor public gatherings are limited to 50 people unless proof of vaccination is required.

Youth age 12 to 17 participating in indoor sports and recreation are no longer required to provide proof of vaccination or recent testing.

There were no changes to retail and personal services.

There are no longer self-isolation requirements for close contacts of someone who tests positive for COVID-19, and self-isolation for people who live in a household with others who have symptoms is now only recommended, not required.

Likewise, travellers entering Manitoba no longer need to self-isolate, though those coming in from inter-

national destinations still need to meet requirements under the federal Quarantine Act. Travel restrictions to northern Manitoba remain in place.

The past two years have been filled with financial hardships and countless missed celebrations and life experiences, the premier said.

"Manitobans have put their lives on hold and it's time that we give them their lives back," she said. "Today we offer hope to those who have been waiting for a long time to see that light at the end of the tunnel."

"The restrictions have placed many burdens on Manitobans, and now that we see the pressure of our hospital system starting to ease it's our responsibility [as] government to ease those restrictions on Manitobans."

The province intends to take the next step on March 1, removing proof of vaccination requirements entirely.

Starting March 8, notification of close contacts in settings such as personal care homes, shelters, and health-care facilities will no longer occur.

Finally, mask requirements and other restrictions will be lifted effective March 15, the province has said.

"Based on our data, on our modelling, we can see that omicron has peaked and is beginning to subside in Manitoba," said Dr. Roussin. "All the indicators that public health considers are moving in the right direction

at this point."

Monday's COVID-19 bulletin noted data from the seven days ending Feb. 10 showed a 12.2 per cent decrease in new hospitalizations due to the virus from the week before and a drop of 11.8 per cent in new COVID-19 ICU cases.

The provincial online dashboard had the total number of hospitalization of people with COVID-19 at 633, including 40 ICU patients. The death toll due to COVID-19 was at 1,637—up 37 from the Monday before.

With numbers starting a downward trend, Roussin said Manitoba is moving into a transitional phase in its mandates, moving from public health restrictions to recommendations.

The public health orders were always intended to be temporary, he said.

"We knew that this pandemic would come to an end, we knew that the public health restrictions would come to an end, and we are now on that path moving forward."

Manitobans not yet vaccinated are still encouraged to do so, Stefanson said.

"As a government we have encouraged as many Manitobans to get vaccinated as possible and we will continue with those efforts," she said. "But it's time for a new normal to begin in Manitoba."

"We need to end the divisiveness between families, between communities. We need to move forward. It's time to bring Manitobans back together again."

"IT'S TIME TO BRING MANITO-BANS BACK TOGETHER AGAIN."

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TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

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Local pharmacist debunks heart health myths

Share the heart health love this February

Submitted by Carolyn Capell, Shoppers Drug Mart Pharmacist/Owner

February is Heart Month, a time to bring attention to the importance of heart health, and an excellent reminder for us all to prioritize our heart health. As a pharmacist, helping our community members take care of themselves, heart health is always top-of-mind, but this time of year serves as a needed reminder that the most common heart health issue often goes undetected – hypertension.

Hypertension, more commonly known as high blood pressure, is a medical condition in which the blood pressure in arteries is persistently elevated. Blood pressure is the measure of how hard your blood is pushing against the inside of your arteries when carrying the blood from your heart throughout your body. Although a certain amount of pressure is need-

ed to carry blood through your body, if that pressure is too great, you have high blood pressure, or hypertension. It is one of the main risk factors for heart disease, stroke, and kidney failure, and often goes undetected, as most people with hypertension have no symptoms.

New survey data from Shoppers Drug Mart reveals many Canadians have been neglecting their heart health. The survey found one-in-five Canadians haven't had their blood pressure checked in the last 18 months and 13 per cent never have it checked at all. What Canadians don't know about their heart health is putting them at risk.

Getting active treatment of hypertension can result in a reduction in stroke incidence by approximately 35 to 40 per cent and reduction in incidence of coronary heart disease by

eight to 14 per cent. It's time for Selkirkians to prioritize our heart health.

An important part of my role as pharmacist is to support our community with heart health management. I hear a lot of myths when it comes to heart health, I've gathered some of the top myths and the truths about each:

1. It's easy to tell if you have hypertension.

FALSE. You may think hypertension shows obvious signs and symptoms, but many of my patients are surprised to learn that it often presents no symptoms until it has reached a severe or life-threatening stage. That's why it's so important to prioritize your heart health and get your blood pressure checked regularly to help identify any potential issues.

2. Men are at a higher risk of hypertension than women throughout their lives.

FALSE. Hypertension is of particular concern for older women, as those

over age 60 are at higher risk for developing hypertension than men. Many women don't know the associated risks which means it often goes undiagnosed. Factors including pregnancy and menopause can increase the risk of women developing high blood pressure.

3. Diet is the only thing I need to change to improve my heart health.

FALSE. Maintaining a healthy heart takes more than simply eating your greens. Getting regular physical activity – ideally 30 to 60 minutes most days of the week—is another important part of heart health. For women, not getting enough physical activity is a higher risk factor for hypertension, whereas not having a healthy diet leads to a greater risk of hypertension in men.

For more advice and information on managing your heart health, speak to your local pharmacist.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

The RM of St Clements is proposing to locate a gravel quarry near Gull Lake, south of Stead Road, which would be located adjacent to a former landfill site that closed in the 1960s, and close to both an ecological reserve and an interpretive trail. It is also very close to Gull Lake, a small lake surrounded by about 300 cottages.

Gull Lake has had a history of gravel extraction for over 70 years and is surrounded by numerous active, inactive, and abandoned pits. Residents' concerns include impacts to the lake, and safety issues such as traffic from heavy equipment, the deafening noise of rock crushing, and dust.

But it is the sheer area of devastation created by the accumulation of gravel pits that is truly shocking and that is the real issue.

In 2019 Debwendon Inc. (DI), and the Gull Lake Ratepayers Association (GLRA) voiced concerns to the RMs of St Clements and Alexander about gravel extraction around Gull Lake and to lobby for a Cumulative Impact Assessment (CIA) of the Gull Lake area. DI has a mandate to protect the Brokenhead Wetland Ecological Reserve (BWER) which consists of 1240 ha in two blocks, one south of Stead Road, and the other west of Hwy 59.

GLRA represents the residents and cottagers and has been working on this issue for over six years.

In 2012 Manitoba invested \$1M to build a wheelchair accessible interpretive trail adjacent to the BWER and the Brokenhead Wetlands. The trail is a popular eco-tourist destination because of its diverse ecology including orchids and carnivorous plants. This unique area exists because the Gull Lake gravel deposits act as a reservoir for the underground springs which discharge into the wetlands and provide the conditions for a rare calcareous fen. Continuing expansion of quarry development in this area could put the wetlands at risk by changing the hydrology of groundwater and affecting the wetland's ability to mitigate both drought and flooding.

After the public outcry from Gull Lake cottagers and residents, and after having heard from other stakeholders during consultations with the RM, consultants recommended that a CIA be completed prior to the municipality making any decision to move forward on the project.

The RM has promised further consultation will be forthcoming before any decision is made. And, if a CIA is conducted, DI and GLRA will be ready

to work with the RM, other stakeholders and the Province to make sure that the CIA is of the highest quality. At the moment we are not sure what decision the RM intends to make.

Submitted by
Carl Smith, Chair, Debwendon Inc.,
Peggy Bainard, Acheson, B.Sc., Ecology,
Treasurer, Debwendon Inc. and
Darren Babiuk, President of the Gull
Lake Ratepayers Association



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letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

February 23rd, 2022 is Pink Shirt Day, a day to raise awareness about the negative impact of bullying and “support inclusive anti-bullying programs in our communities.” The damaging effect bullying has on the mental health of those bullied as well as bystanders has long been reported. And yet the need for Pink Shirt day once a year continues because bullying remains a significant problem in our schools, workplaces, homes, and online.

A number of years ago, I naively believed those in leadership positions should be above bullying. Political debates can certainly get spirited and even heated, but I truly thought our elected officials and leaders were respected role models dedicating their time to help our communities. What I have learned is that there are bullies everywhere and that bullies can be anyone; men, women, young and old. The only way we can eliminate bullying is by standing up to all forms of bullying.

In the spring of 2014, I made the decision to run as a candidate for Municipal Council in West St. Paul. A mother of five with a family history in WSP dating back to 1946, I believed I could make a difference in our community. I believed my skills as a university instructor, PhD candidate and researcher could bring some objective oversight to an important leadership role. In 2018, I ran for the position of Mayor. Our community was on the verge of significant development that was decades in the making. I wanted our residents to be fully aware of any proposed developments and encourage their involvement in planning for our future through a community strategic plan, development open houses and public hearings. I believe

in well planned and well managed growth in WSP with input from all stakeholders. No surprises. Public engagement, greater communication online and through newsletters, and open decision making. I’m proud to say as Canada’s 10th fastest growing municipality, residents in WSP have been fully informed and involved every step of the way during these last three years. There isn’t a development in our community approved in the past three years that hasn’t been changed or modified in some way based on resident input. Growth brings additional revenue, long term financial sustainability for our community, housing options for every stage of life, low taxes, more services and programs, retail and commercial growth, additional jobs, and new families that help us remain a vibrant and thriving community. Support for well planned well managed development in West St. Paul is clear. Major residential developments of over 500 lots recently had no opposition from our community members.

With this growth also comes growing pains. Residents who are not so excited to see change. Their opinions and ideas are heard and always valued. I am reminded of how important it is to maintain what’s best about our community as we grow. Sharing those concerns, whether it’s residents or councillors at the council table, ensures we preserve those areas designated as rural, outside our settlement centre. The hundreds of residents who participated in our community strategic plan remind us all how important it is to include parks and greenspace within every new development. Every voice is heard, even as we grow and change in West St. Paul.

While some may feel overwhelmed or frustrated by change and growth, even after all the planning and public participation along the way, we should always be respectful in our interactions. I have been disappointed to see residents angry about growth and change use that anger as an excuse for bullying and harassing elected officials and, even worse, our municipi-

pal staff. Front line staff simply trying to clear our roads of snow. Office staff answering phones and directing service calls. Administrative staff who follow the law, provincial and municipal, to manage our municipality on a day-to-day basis. And those residents who have harassed elected officials through social media, screaming profanities on the street, drones spying in windows, slanderous newspaper editorials, emails, hundreds of angry phone messages and even death threats resulting in an RCMP arrest and charges laid. Some residents have even attempted to pressure me to engage in illegal and unethical behaviour by ignoring our Council Code of Conduct By-Law, covering up the misconduct of councillors who have harassed and bullied municipal staff and other members of council. Shockingly, some have attempted to blame our dedicated staff by saying things like “everyone is to blame.” I had thought this type of victim blaming was unacceptable in our society today. The idea that our municipal staff are somehow responsible for being bullied or having their confidential information shared by a council member publicly and illegally. Suggestions that this kind of conduct towards staff is something I should cover up because the Councillor who was found guilty of violating the Municipal Act and sharing confidential information was someone who supported me when I ran for Mayor is exactly the reason I ran for Mayor; to be fair and objective and not show preferential treatment or cover up misconduct. I believe that’s exactly why I was elected. To ensure our laws and by-laws apply fairly to everyone, without political interference.

I am disappointed and truly disheartened that two members of Council have been found in contravention of our Council Member Code of Conduct By-Law this term. While I have organized many team building and conflict resolution seasons for Council, with human resource consultants and legal advisors, individual Council members are ultimately responsible for engaging in respectful conduct, whether they agree with the final decisions of Council or not. The guidelines for our conduct on council are clear. Every member of council signs the code of conduct as a pledge and commitment to adhere to the principles drafted by the province and passed as a by-law of our mu-

nicipality. The processes for reporting and investigating misconduct are clear. Third party investigations by professional HR companies ensures the process is objective, fair and not political. The investigation process is reviewed with all involved and all parties sign off and agree to that process before participating in the investigation. When there is a finding that a council member has contravened the code of conduct by-law, it is the findings of a third-party investigator and not the findings of any member of Council or staff. Sadly, we have had some serious misconduct this term, resulting in serious sanctions recommended and passed by council as per the process outlined by the Province and our Code of Conduct By-Law. Our Council has accepted the recommendations of third-party investigators and we have moved forward with legal advice to ensure the process is fair for everyone involved, including the Council members who have contravened the Code of Conduct.

As members of Council, we have a legal and moral obligation to ensure a safe workplace for our colleagues and our staff. We follow the process outlined by Provincial legislation to ensure just that. As we move forward with the remainder of our term, I hope that the stress of change in our world, from Covid to unprecedented growth in our community, does not harden our hearts to the need for respect and safety in our workplaces, our schools, and our communities. There is no place for bullying and harassment in our great community. I sincerely hope that members of our municipal staff, who work tirelessly for all the residents and businesses of West St. Paul, are respected and not blamed for wanting to work in a safe environment. These are the things I will be reflecting on when I wear my pink shirt this year for anti-bullying day.

*Submitted by
Cheryl Christian
Mayor of West St. Paul*



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Firefighters called to blaze



RECORD PHOTOS BY BRETT MITCHELL

Selkirk Fire was called out to 620 Pittsburgh Ave, in Selkirk last week to battle a blaze. They received the call just after 4 p.m. on Feb. 7 and quickly called in the East Selkirk Fire Department to help with extra manpower and equipment. The fire was under control by 6:10 p.m. but the fire department continued extinguishing hotspots for the next several hours. An Office of the Fire Commissioner Investigator was called in, and at this time the cause of the fire is still under investigation.

Rural drivers more likely to go seatbelt-free: MPI

More Winnipeggers, meanwhile, caught on their phones while driving

By Staff

Rural Manitobans are more likely to drive seatbelt-free compared to their urban counterparts, a study by Manitoba Public Insurance has found.

A road safety observation study commissioned last fall by MPI found that 10 per cent of all rural drivers observed were not wearing their seatbelt, compared to three per cent in the Winnipeg capital region.

The worst regions for non-seatbelt use were Interlake and Parkland at 16 and 14 per cent respectively.

Meanwhile, Winnipeg drivers were found to be much more likely to be using their cellphones behind the wheel.

The use of an electronic communication device (ECD) was higher in Winnipeg (10 per cent) compared to rural areas (three per cent).

"The findings of this study will be used as a benchmark to monitor be-

haviour change over time, and shared with the Manitoba Association of Chiefs of Police for the purpose of planning future enforcement and awareness campaigns," noted Satvir Jatana, MPI's chief customer officer.

The study was conducted in September and observed nearly 29,000 vehicles in 46 towns and cities across Manitoba.

A few other interesting things the researchers found:

- Overall, seven per cent of all drivers observed were using an ECD in some capacity.
- ECD use appeared to be higher in areas with traffic lights.
- ECD use is highest among younger drivers.
- Overall, seven per cent of all drivers observed were not wearing their seatbelt.
- Those driving trucks had slightly higher rates of not wearing a seatbelt compared to passenger cars or vans/SUVs.
- Drivers in rural areas wore their seatbelt less often across all age groups.
- In cases where the driver was not wearing their seatbelt, 54 per cent of passengers were also not wearing their seatbelt.

"High-risk driving behaviours places all motorists at risk on our public roadways," said Jatana. "This study confirmed too many drivers continue to exhibit high-risk behaviours which can easily be changed."

Driver distraction is a leading contributor to fatal crashes in Manitoba, linked to nearly 50 per cent of all fatalities and 37 per cent of all serious injuries in 2020, according to MPI data.

Getting caught using a hand-held electronic device while driving comes with a \$672 fine, a three-day driving suspension for first-time offenders, and a drop of five levels on one's Driver Safety Rating scale. A subsequent conviction results in a seven-day driving suspension and moving down the DSR scale five more levels.

Not wearing a seatbelt could net you a \$200 fine and two levels lost on the DSR. A person is more than 50 times more likely to be killed and almost four times more likely to be seriously injured when not wearing a seatbelt, MPI says.

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Respect for local hero



RECORD PHOTO SUBMITTED BY LAURA PLATT

The RM of West St. Paul's flag at the Municipal Hall was lowered to half-mast Feb. 12 in honour of former Deputy Fire Chief Robert (Bob) Platt. Platt spent 20 years as a firefighter for the RM before his retirement attending to a grain elevator fire, a tire factory fire as well as the 1997 Flood of the Century. He was also instrumental in bringing a Medical First Responder program to West St. Paul. Platt passed away on Feb. 10.

NDP calls on PC government to address rising fertilizer costs

By Nicole Brownlee

The New Democratic Party is calling for the provincial government to step up its support for farmers in preparation for the next growing season.

NDP agricultural critic Diljeet Brar said the Progressive Conservative government has been "slow to act," and producers are raising concerns about the rapid increase of fertilizer prices.

"The producers basically say that the drought broke (them), and now these fertilizer prices... are skyrocketing," said Brar.

Canadian farmers are paying nearly double for fertilizer per acre because of supply chain issues caused by the COVID-19 pandemic, rising energy prices and high demand.

Canada is the world's largest producer of potash, a common nutrient in fertilizer, and exports fertilizer to more than 75 countries, said Fertilizer Canada. Canada also imports fertilizer from the U.S., Russia and the Middle East.

Brar wrote a letter to Agricultural Minister Derek Johnson on Jan. 18, encouraging Johnson to ensure fair and affordable fertilizer prices for farming families.

"This is the time when (producers) representatives, people in power, need to speak," said Brar.

Brar said Johnson replied quickly to the letter, defending the province's current agricultural support programs, and explained the price increase of fertilizer is a global issue.

"They say that intervention on price is not recommended at this time," said Brar.

China asked its top state-owned fertilizer firms to curb the export of phosphate for 2022 to retain domestic supplies.

China is the world's top exporter of phosphate and the world's largest phosphate producer.

Other impacts on the fertilizer industry were Hurricane Ida damaging major chemical and fertilizer manufacturers in Louisiana and nitrogen manufacturers shutting down in Western Canada, said Johnson.

If the province tried to control the price of fertilizer in Manitoba, companies would sell fertilizer elsewhere, said Johnson.

"It's costing (fertilizer companies) more money, and they would potentially take that product and sell it next door in Saskatchewan then there would be no fertilizer available for our farmers."

Producers can access four programs created by the provincial and federal government, which help cover the cost of replacing livestock, transporting feed and water and accessing remote pastures.

The Manitoba Agricultural Services Corporation is also increasing its direct loan limit from \$3.5 million to \$4.25 million to purchase agricultural land, buildings, equipment, livestock and maintenance.

Johnson also highlighted the federal AgriStability program, which protects Canadian producers against large declines in farming income because of production loss, increased costs and market conditions.

Producers need to enrol in the program to receive a payment if their production margin falls below their historical reference margin by more than 30 per cent.

"There are existing programs there, but obviously, they take place after the fact," said Johnson.

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Nominations needed for Canada's Volunteer Awards

By Jennifer McFee

Do you know someone who is making a difference in the community?

If so, you might want to consider nominating them for Canada's Volunteer Awards program, which aims to recognize volunteers and bring national prominence to the contributions made by volunteers.

The call for nominations is only open until March 4, so you'll have to act fast if you'd like to nominate a volunteer for recognition. Nominees can be individuals, groups, businesses or not-for-profit organizations.

Brenda Martinussen is one of three representatives for the prairies on the National Advisory Committee. She encourages community members to consider nominating a local volunteer who is making a difference.

"I think at the heart of most volunteers is selflessness. They basically do things because it's the right thing to do. They want to see their community improved or meet a need in the community in some way," she said.

"I don't know of any volunteer that does it to get an award, but I do think it's one of the few ways that we can give back to volunteers and recognize how our society could not be what it is today if it weren't for the work that they do."

The nominations are reviewed regionally and then the top-ranked nominations move forward for assessment by the National Advisory Committee.

Regional awards will be offered in four categories: community leader, emerging leader, business leader and social innovator.

The community leader award recognizes individual volunteers or groups of volunteers who have worked towards developing solutions to social challenges in communities.

The emerging leader award recog-

nizes volunteers aged 18 to 30 who show leadership and help build stronger communities.

The business leader award recognizes businesses that demonstrate social responsibility, including by promoting and facilitating volunteerism.

The social innovator award recognizes not-for-profit organizations, including not-for-profit social enterprises, that use innovative approaches to address social challenges in their communities.

On the national level, nominations can be submitted for the Thérèse Casgrain Lifelong Achievement Award, which honours individuals who have volunteered for at least 20 years to one or more organizations or causes.

Award recipients will be recognized at an award ceremony, where they will receive a pin and certificate signed by the prime minister.

Recipients will also have the chance to identify a not-for-profit to receive a \$5,000 grant at the regional level and a \$10,000 grant at the national award level.

Martinussen said she is available to speak with or provide information to any individuals, clubs, organizations, boards and councils regarding the awards.

"These awards are recognizing both the volunteers as well as providing some much-needed funding for some not-for-profit organizations, especially in this day and age," she said.

To contact Martinussen, call 204-467-7450 or email brendamartinussen@yahoo.com.

For more information about Canada's Volunteer Awards, visit Canada.ca/volunteer-awards, call 1-877-825-0434 or email Info-cva-pbc@hrsdc-rhdcc.gc.ca.



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PHOTO SUBMITTED

Canada's Volunteer Awards program is looking for nominations.

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The Selkirk Record

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Low-cost ways to revamp living areas



Home improvement projects require substantial financial investment. But just because a homeowner wants to bring a fresh look indoors doesn't mean he or she has to break the bank along the way.

Living rooms are some of the most frequently used spaces in a home, and they can use an update from time to time to stay on trend or to make the area more functional for a changing family dynamic. Here are some budget-friendly ideas for breathing new life into living room designs.

- Establish the budget. Homeowners should figure out how many dollars they can designate to a living room makeover before purchasing supplies or hiring out the work. Figure out the scope of the remodel, visit stores or suppliers to price out materials, get estimates from contractors, and then plan for some unforeseen circumstances along the way to determine if this type of renovation is affordable. If not, scale things back until the project more closely aligns with your budget.

- Change the paint color. Lighter and brighter colors are on trend. A can or two of paint can do wonders for updating a space without a large financial commitment. Pair that new paint color with new window coverings and complementary throw pillows to pull the theme together with minimal expense.

- Update the flooring. Tired, outdated carpeting or other flooring can use an overhaul. While solid

wood flooring may be preferable, there are many types of laminate flooring that mimic the looks of popular wood colors and styles for a fraction of the cost. Plus, many are sold at home improvement retailers and even at warehouse clubs or online for reasonable prices. Laminate flooring also may be a potential DIY job for a skilled homeowner, saving even more money.

- Introduce a fireplace. Fireplaces were once hot commodities, but that popularity waned in the 1970s and 1980s. Homeowners with chimneys may discover a fireplace was boarded over and the bare bones still exist that can be renovated to bring back character. There also are ventless freestanding units that are quite affordable that can mimic the look of a built-in fireplace.

- Reupholster instead of replace furniture. There's no need to throw away quality furniture if the fabric is the only thing impeding design. New upholstery or even a slipcover can update designs.

- Conquer clutter. Rather than adding something to the living room, remove clutter to give the room a more airy feel. This can instantly change the look of the room. Use cord covers to tame plugs for electronics and remove unnecessary furniture from the room.

- Improve lighting. Another easy and often inexpensive fix is to change lighting fixtures, including using brighter, more energy efficient LED bulbs, and to assess lighting needs to eliminate dark corners of rooms that can make the space seem drab.

Living room spaces in need of an update often can benefit from improvements that go easy on the wallet.

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7 things to know before replacing windows

The decision to replace windows often comes down to aesthetics and necessity. Drafty windows can reduce energy efficiency in a home, requiring HVAC systems to work harder to keep interiors comfortable. The harder the HVAC must work, the more homeowners will pay in energy costs.

Old windows also may be points of entry for water and insects. Despite the importance of windows, Money magazine advises that new windows make up only a fraction of the home's total exterior "envelope," resulting in only about 5 to 15 percent of total energy savings.

But there are still plenty of reasons to invest in new windows.

1. Vinyl or aluminum may be best. Lumber is farmed rather quickly today and

solid wood products may not stand up to elements as well as wood used a half-century ago. To avoid rot, vinyl windows often are an affordable and durable choice. Homeowners also have the option of wood windows with aluminum cladding, which are long-lasting.

2. Moisture problems indicate windows need to be replaced. Condensation that shows up as fogging between double-pane windows or on the inside of windows indicates that the windows are starting to fail. If installing a vapor barrier in the basement or crawl space, ventilating properly when showering or cooking, or using a dehumidifier indoors does not remedy the situation, it might be time to replace windows.

3. Windows add curb appeal. Beyond functionality, replacement windows immediately update the look of the home and can improve curb appeal since they are one of the most prominent features on the exterior of a home. If a house needs an update, replacing windows and can be a quick and affordable update.

Continued on page 17

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Tips to organize your cluttered kitchen

Kitchens serve as the heart of many homes. Thanks to the popularity of open floor plans, kitchens also tend to be highly visible from nearby spaces, such as family rooms and even main entryways. A messy, cluttered kitchen can be an inefficient eyesore that's visible from various locations in a home. That makes getting organized in the kitchen a worthwhile goal.

The following are some tips to help homeowners organize their kitchens.

Start with the utensils

Utensils come in all shapes and sizes. Take inventory of your utensils, discarding or donating items you don't use. Next, designate drawers or countertop storage solutions for the utensils you use most often. Place them within easy reach, and take into account your dominant hand for

placement.

Categorize your pantry

Empty the pantry, paying attention to staples you regularly use. Then figure out a system for categorization that works for your household. Perhaps place all baking essentials together, such as flour, oil, baking soda, and cocoa powder. Maybe you need to designate a "kids corner" in the pantry where you keep fruit snacks, granola bars and breakfast cereals. Use uniformly shaped containers to store packaged foods so you're not contending with oddly shaped boxes and bags.

Use extra wall or ceiling space

Large pots and pans can eat up cabinet space or clutter the inside of an oven for those who don't have any other space. While your decorative enamel Dutch oven might fit nicely on a shelf or counter, cast-iron pans and skillets can be hung from durable hooks over an island or near the stove.

Organize under the sink

It can be difficult to keep cleaning products tidy and within reach. Try installing a short tension rod inside the

cabinet and use it to hang spray bottles, rubber gloves and cleaning cloths.

Use kitchen cabinet rollouts

A shortage of storage space in cabinets can be remedied with rollouts. They provide additional capacity to cabinets and make it easier to find items, instead of having to dig at the back of dim cabinet recesses.

Tame your container collection

It's tempting to save all of those take-out containers or empty margarine tubs for leftovers. But if there's an avalanche every time you open up a cabinet to reach for a container, you probably have too many. Invest in one type of storage container so you can nest the containers and lids for ultimate organization.

An organized kitchen is more attainable than it may seem. Some simple strategies can help homeowners make these home hubs less cluttered and more calming.

> WINDOWS, FROM PG. 16

4. Consider other energy-efficient upgrades. Sometimes older windows can be salvaged, especially if they are not damaged and only moderately drafty. Replacing panes, sash cords, weather stripping, and even glazing may be less expensive than replacing a window. Plus, older homes with attractive windows complement one another. To keep energy bills down, think about adding insulation to the attic and basement - which is a good idea even if you are replacing windows.

5. The wrong windows can adversely affect home value. The National Association of Realtors says homeowners get about 73 percent of their replacement window investment back when they resell a home. But choosing the wrong windows might lower the value of the home. It's important to match the look of the original windows, including window material and the divided light pattern (the number of panes in each window) with the original windows.

6. Think about soundproofing, too. When upgrading windows, also think about how certain windows can cancel out noises and make homes more soundproof. Some windows can help reduce outdoor distractions like leaf blowers or lawn mowers.

7. Proper installation is key to lon-

gevity. Replacement windows are only as good as their installation in many cases. Poor installation and orders of standard rather than custom sized windows could result in poor fitting and seals. Homeowners should carefully vet and review window replacement contractors to find the best professionals for the job.

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Louis Riel Day film screening brings families together

By Nicole Brownlee

A Manitoba film festival is giving families the chance to support Canadian filmmakers while celebrating Louis Riel Day.

Freeze Frame is a media arts centre for Manitoba youth. The centre is a non-profit that offers workshops and programs and organizes the annual Freeze Frame International Film Festival.

In addition to their film festival this year, Freeze Frame is screening a feature-length animated film and an animated short film for free on Feb. 21.

"It's a gift for families to watch together and a precursor to the festival," said Kelly Frazer, manager of Freeze Frame.

On the opening day of the festival, Freeze Frame would usually offer a free in-person screening of a film, but because of public health regulations, the organization chose to host the free screening virtually instead.

"We decided to keep the free screening online because that gives the most flexibility for families to watch," said Frazer.

Freeze Frame chose to screen *Snowtime!* and *The Importance of Dreaming* on Louis Riel Day to support



The Importance of Dreaming will share the story of a white owl and red fox falling in love.

Canadian artists and winter-themed stories.

The first film, *Snowtime!* (2015) is a recreation of *The Dog Who Stopped the War* (1984). The original film was released by director André Melançon



RECORD PHOTOS BY FREEZE FRAME AND TARA AUDIBERT

Freeze Frame is screening Canadian short film *The Importance of Dreaming* on Louis Riel Day, which reflects the director's life.

and follows children in a small Quebec village who engage in a snowball fight over a snow fortress. The film won the Golden Reel Award as Canada's top-grossing film at the domestic box office in 1985.

Snowtime! is available in English and French.

The short film, *The Importance of Dreaming* (2017) will also be available to stream for free on Louis Riel Day. Directed by Tara Audibert, a Wolastoqiyik artist from New Brunswick, *The Importance of Dreaming* tells the story of a white owl and a red fox falling in love despite the red fox family's disapproval.

Audibert started working on the film in 2015 and relates the plot to her family.

"This is the story about my mom and my dad falling in love," said Audibert.

Audibert's parents got married in the 1970s, before Bill C-31 was in power, taking away Audibert's mother's Indian Status when she married Audibert's father, a non-Indigenous man.

Audibert's mother's family disap-

proved of their relationship and cut ties with the couple until Audibert was born and the family reconciled.

"The (owl and the fox) end up having some very cute little fox babies that are white, and they represent me, my brother and sister, that brought everything back together again."

The Importance of Dreaming was also a source of comfort for Audibert as her father fell into Alzheimer's.

"I feel like at times (my dad) wasn't with us. He was there in body, but his mind was somewhere else, and I guess this is my little story of where his mind may have been in those times."

Audibert said she is excited to have her short film included in Freeze Frame's Louis Riel Day screening.

"I want people to know this story and have access to Indigenous stories as well."

Freeze Frame's film festival will be held from March 6 to 13 with online and in-person screenings. To learn more visit freezeframeonline.org.

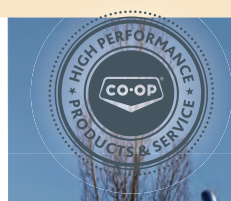
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This Pink Shirt Day, let's lift each other up



In 2007, two boys from Nova Scotia took a stand against local bullies and started a movement. When a classmate in their high school was harassed for wearing a pink shirt on the first day of school, David Shepherd and Travis Price decided to do something about it. The teens bought over 50 pink shirts and handed them out to their classmates, creating a "sea of pink" in support of the boy who'd been bullied. That was the first Pink Shirt Day, an event that has since made its way across the country and is now recognized on the last Wednesday of February every year. In 2020, the event takes place on February 26 and the theme is Lift each other up. In light of this

powerful message, here are seven ways we should all strive to treat each other every day. 1. Be kind. Treat everyone with kindness and empathy, regardless of how you feel about them. Everyone deserves to be treated with respect, even those you don't like. 2. Be inclusive. Make it a point to be friendly with everyone you know, even the people who are different from you. You'll make others feel good and could even make an unexpected friend. 3. Check in. If you know that someone in your life has recently gone through a hard time, call or text periodically to make sure they're doing okay. 4. Listen. Be a sounding board for friends who need to talk. However, don't offer advice

unless they ask for it. Sometimes, people just need to share what they're going through in order to come up with their own solutions. 5. Think before you speak — or post. Sometimes we can hurt people without meaning to. Before you say or post something on social media, think about how others may perceive it, and keep your comments to yourself if you think someone might be hurt by them. 6. Don't gossip. Though it's easy to get drawn into discussions about other people, these types of

conversations are best avoided. Even if what you say isn't meant to be hurtful, it's unkind to discuss others without their knowing it. 7. Speak up. If you see someone getting bullied, don't just stand there and watch. Instead, say something. Most bullying incidents stop within ten seconds of someone intervening. Bullying in schools is an ongoing problem but teaching young people how to treat others is a step in the right direction.

Words are Powerful
Use YOURS to Help Stop Bullying




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RCMP investigation leads to recovery of power tools

Submitted by the RCMP

On Jan. 25, Red River North RCMP (East St. Paul) received a report of a theft of several valuable power tools from a construction site located in the RM of West St. Paul.

The investigation led to the execution of a search warrant at a property

in the City of Winnipeg on Feb. 4. The warrant was executed by Red River North officers with the assistance of the East District Crime Reduction Enforcement Support Team (CREST).

The search resulted in the recovery of a stolen enclosed trailer, which contained hundreds of stolen power tools

that had been take from multiple sites. The value of these tools is believed to be over \$80,000.

Officers arrested a 30-year-old male, from Winnipeg, who was later released for a court appearance scheduled May 10 in Winnipeg where he will face several counts of Possession of Stolen Property.

If anyone believes their tools may be a part of this recovery, you are asked to please contact the Red River North RCMP at 204-667-6519 and be prepared to provide identifiable characteristics in order to reclaim your property.

Red River North RCMP continue to investigate.



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RECORD PHOTOS SUBMITTED
Power tools recovered by the RCMP.

get inspired

> MEAL IDEAS



Recipe courtesy of Rachael White (setthetableblog.com) on behalf of the Georgia Peanut Commission

Hot water
6 rice papers
3 mini cucumbers, peeled into ribbons
1/4 head red cabbage, finely shredded
1 large carrot, shredded
1/2 cup fresh basil leaves, loosely packed, plus additional for garnish, divided
1/3 cup cilantro leaves, loosely packed, plus additional for garnish, divided
1/3 cup mint leaves, loosely packed, plus additional for garnish, divided
1 large ripe avocado, peeled and sliced
Peanut Sauce:
1/2 cup creamy peanut butter
1 tablespoon soy sauce
1 tablespoon mirin
2 teaspoons fish sauce
1 teaspoon red pepper flakes, plus additional for garnish, divided
2 tablespoons fresh lime juice
1/3 cup Georgia Peanuts, plus additional for garnish, divided
lime wedges, for garnish

RED RIVER CO-OP FOOD STORE

Fresh Veggie Spring Roll Bites with Peanut Sauce

Fill large bowl about halfway with hot water. Soak each rice paper in water 15 seconds until malleable. Place rice paper on clean work surface. Place four cucumber ribbons in single layer in center of rice paper. Perpendicular to cucumber, add strip of red cabbage, carrots, 1/2 cup basil leaves, 1/3 cup cilantro leaves, 1/3 cup mint leaves and avocado.

To roll, fold edges of rice paper over each end of filling. Working with side of rice paper closest to you, tuck rice paper around filling and roll tightly.

To cut rolls into bites, use sharp knife and gently move it back and forth. Arrange bites on platter. Repeat with remaining rice papers and filling ingredients.

To make sauce: In small bowl, whisk peanut butter, soy sauce, mirin, fish sauce, 1 teaspoon red pepper flakes and lime juice.

Toast 1/3 cup peanuts by placing in dry pan over medium heat. Move peanuts around until fragrant and toasted, 3-5 minutes. Roughly chop and add to sauce.

Serve spring roll bites on large platter with sauce. Garnish with additional herbs, lime wedges, red pepper flakes and peanuts.

Air Fryer Crispy (Un) Fried Chicken

Recipe courtesy of the American Heart Association Servings: 4

1/2 cup all-purpose flour
2 tablespoons minced fresh parsley
1/2 teaspoon ground oregano
1/4 teaspoon pepper
1/4 teaspoon cayenne pepper (optional)
1/2-1 cup low-fat buttermilk
1/2 tablespoon hot pepper sauce (optional)
1/3 cup whole-wheat panko bread-crumbs
1/3 cup shredded or grated Parmesan cheese
4 boneless, skinless chicken breasts (about 4 ounces each), visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels
nonstick cooking spray
Preheat air fryer to 390 F.

In shallow dish or pie pan, whisk flour, parsley, oregano, pepper and cayenne.

In separate shallow dish or pie pan, whisk buttermilk and hot sauce.

In third shallow dish or pie pan, stir panko and Parmesan.

Place dishes and large plate in row. Dip chicken in flour mixture then buttermilk mixture then panko mixture, turning to coat at each step and gently shaking off excess. Using fingertips, gently press panko mixture so it adheres. Place chicken on plate. Cover and refrigerate 30 minutes.

Lightly spray chicken with nonstick cooking spray. Arrange chicken in single layer in air fryer basket, working in batches if needed. Cook 10-15 minutes, or until chicken is no longer pink in center and coating is golden brown, turning once halfway through and lightly spraying with nonstick cooking spray.

Talk to kids about what it means to be a friend



By Gwen Randall

Often parents express the concern that their child has no or few friends. This can happen at any age. Whether the child is six or sixteen, parents may be tempted to become involved in trying to change the situation. When is it appropriate to do so, and when should parents hang back, and let things be?

The first question to be addressed is how the child feels about the situation. If the child feels lonely and isolated, then parents need to try to help. However, if the child is quite content, the issue should not be forced. If the child wants friends but cannot make or keep them, we need to look a little deeper.

We are all different, and some children are loners at different stages of life. A child may be more introspective, and love spending time alone pursuing his or her interests. Creative or intellectual development often happens during quiet times, when the child is alone with his or her own soul. Often very bright children require higher levels of stimulation than that available with their peers.

In many cases, in older grades, they establish deep and enduring friendships with a few, or even one kindred spirit. These children should not be made to feel that something is wrong with them because they do not spend more time socializing with a larger group.

Sometimes children need a respite from being in a school filled with students all day. They just need some quiet time. They may have a need to spend time with siblings and parents, because familial bonding nurtures and strengthens them. We must allow each child to find his or her own comfort level of interaction within and outside of the family.

If a child clearly wants more involvement with

friends and is having difficulty creating that, there are several ways we can help. First, we need to observe how the child interacts with others. Demanding and controlling, or mean behavior will push others away. Talk to your child about what happens when they approach others. You might find that the child does not know how to reach out, and is just waiting for someone who wants to be friends.

We can teach them things to say to someone they want to play with. I have counselled lonely high school students to simply begin smiling at others. I have modeled conversation starters. Sometimes it takes making an effort.

We can talk to children about what it means to be a friend, and what makes others want us for a friend. Being kind and friendly, sharing, and showing an interest in others are good ways to start. Inviting others to participate in activities shows them you want to be friends.

If lack of friends continues to be a problem, it can be helpful to talk to the child's teachers, to see what is happening at school. If the issue does not become resolved despite your best efforts, a couple of visits with a psychologist who works with children can be very helpful.

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

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LRI celebrates Louis Riel Day with history and crafts

Virtual workshop Feb. 21

By Nicole Brownlee

Manitoba youth have the opportunity to learn more about the province's founder while making a colourful collage.

The Louis Riel Institute is hosting a virtual workshop on Feb. 21 from 11 a.m. – 12 p.m. to teach participants about Louis Riel, his connection with Red River Métis, the importance of celebrating Louis Riel Day while guiding them through a craft.

"We feel there's a need for more learning about our Red River Métis history and culture, and who that is is Louis Riel," said Teresa Byrne, history and culture coordinator for the Louis Riel Institute.

"They'll learn about Louis Riel, and then they walk away with something that they can be proud of and that they could share."

The Louis Riel Institute will provide participants with an outline of Louis Riel through email that they can fill with pieces of colourful tissue paper, crayon or whatever they would like.

After they complete their proud masterpieces, participants can submit a photo of their work to the Louis Riel Institute by March 1 to be entered to win a prize.

"I would love to see the kids go crazy and do what they want to do with this collage," said Byrne.

This is the first year the institute is hosting a virtual workshop for youth. Most years, the institute team members spend most of their time creating programs with the Saint-Boniface Museum in Winnipeg.

"We have been on the fringes of society and really marginalized as people, and now is a really good time to be proud to be Métis," said Shannon Parenteau, executive director of the institute.

"I grew up learning that I couldn't celebrate who I was being Métis and the fact that we have the opportunity to change that narrative and to tell our story... it just brings out a big smile," said Byrne.

The first Louis Riel Day was celebrated in 2008 after 11 Manitoba schools suggested the province's newest holiday should commemorate Manitoba's founder.

Louis Riel was the Métis leader of the Red River Resistance of 1869-70 and was instrumental in drafting what would become the Manitoba Act and designating Manitoba as Canada's fifth province.

The Manitoba Act also fought to protect English and French-language rights, Protestant and Roman Catholic educational rights and land for the Red River Métis.

For more information about Louis Riel Institute workshops, visit www.louisrielinstitute.ca.

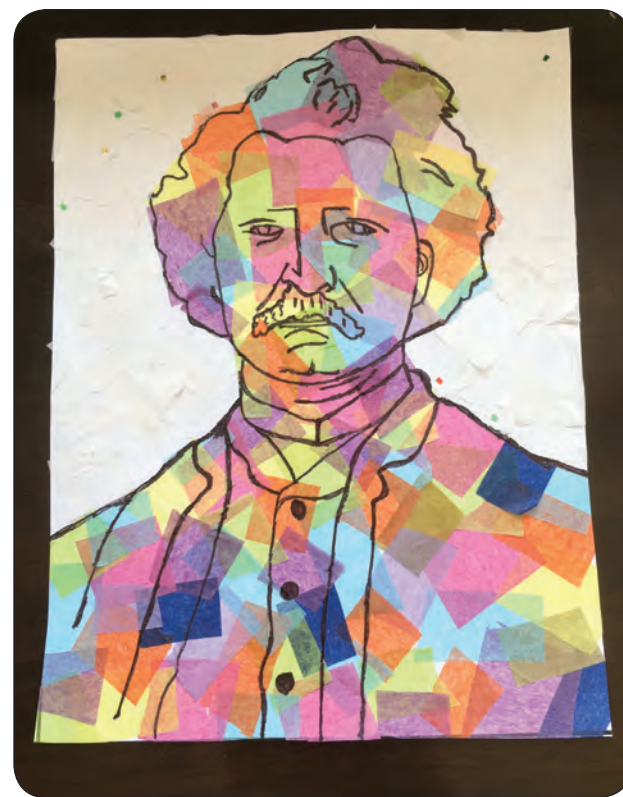
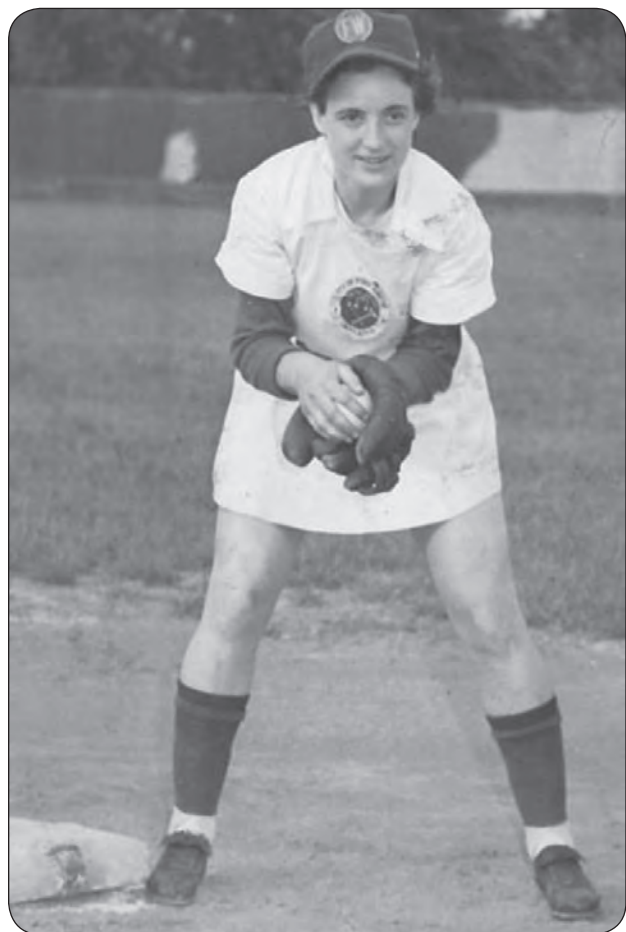


PHOTO SUBMITTED

The Louis Riel Institute encourages Manitoba youth to join them on Feb. 21 for a virtual workshop to learn about Louis Riel while making a colourful collage.



RECORD PHOTO PENNY TOPOLNITSKY

Tyndall's Evelyn Wawryshyn Moroz was an all-star second baseman for the Fort Wayne Daisies in 1950.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Female baseball star from Tyndall passes

Staff

Evelyn Wawryshyn Moroz, an all-star second baseman in the All-American Girls Professional Baseball League, passed away in Winnipeg on Feb. 4.

She was 97.

Wawryshyn Moroz, who grew up in Tyndall, was one of 68 Canadian women that played in the AAGPBL that were inducted into the Canadian Baseball Hall of Fame in St. Marys, Ont., in a ceremony in 1998.

A multi-sport athlete, Wawryshyn Moroz was the MVP of the Winnipeg Canadian Ukrainian Athletic Club Blues fastball team that won a provincial championship in 1945. She was discovered by an AAGPBL scout at those provincials and later headed to

Chicago for a tryout at Wrigley Field.

She earned a contract with the Kenosha Comets for the 1946 season.

In her first AAGPBL season, split between the Kenosha Comets and the Muskegon Lassies, Wawryshyn Moroz batted .217 in 73 games.

She later moved on to the expansion Springfield Sallies in 1948.

Wawryshyn Moroz had a great season, batting .262, while setting career highs in games played (118) and stolen bases (66). She was voted to the Third All-League Team.

Following that season, she landed with the Fort Wayne Daisies and proceeded to collect a ca-

reer-high six triples and stole 64 bases in 1949 to earn Second All-League Team honours.

In 1950, she batted a career-high .311, which was good for third in the AAGPBL. She also established career-bests in hits (124), doubles (13), and runs scored (71). She was selected to play in her first All-Star game.

In her final AAGPBL season in 1951, Wawryshyn Moroz recorded a career-high 54 RBIs and stole 50 bases.

She is survived by her six children Linda, Greg, Dawn, Sheryl, Penny, and Tammy and many grandchildren and great-grandchildren.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hughesman records a point in 18th straight game

By Brian Bowman

Jordan Hughesman has now recorded a point in a remarkable 18 consecutive games.

The talented rookie had a third-period assist in Selkirk's 6-4 road loss to the Portage Terriers in MJHL action on Saturday evening.

Portage took a 2-0 first-period lead on goals from Austin McLean and Brenden Holba and then went ahead 3-0 as Nate Hinds tallied early in the second.

But Selkirk roared back to tie the score with goals from Matthew Gerke (shorthanded), Lucas Brennan (power play), and Sheldin Howard.

Austin Peters and McLean put Portage up 5-3 before Selkirk's Cameron Hibbert and McLean traded goals.

Cole Plowman stopped 25 Terriers' shots.

Last Friday, the Steelers downed the Winkler Flyers 4-1 in Selkirk.

After a scoreless first period, Hughesman and Brennan struck on the power play to give the home side a 2-0 lead.

Mathieu Catellier made it 3-0 just 27

seconds into the third but Winkler responded with a goal from Troy Hamilton about three minutes later.

Gerke sealed the win with an empty-net goal with 15 seconds remaining.

Selkirk's Connor Tyhy had four assists in the game while Steelers' goaltender Hunter Tarves made 28 saves for the victory.

On Feb. 8, the Steelers were defeated 5-2 by the Terriers in Selkirk.

Gerke and Hughesman scored second-period power-play goals for Selkirk.

Portage goals were tallied by Rory Neill (two), Brady Grasdall, Jaden Pashe, and Daniel Siso.

Plowman made 33 saves in the losing cause.

Selkirk, now 19-18-4-2 and in fourth place in the East Division, will host the Steinbach Pistons, the MJHL's top team, this Friday and Winkler Saturday. Puck drop for both games is 7:30 p.m.

On Monday, Selkirk will travel to Steinbach for a 2:30 p.m. matchup.

In off-ice news, Tyhy was named one of three MJHL Recycle Everywhere



RECORD PHOTO BY JOHN PODWORNIAK

Selkirk Steelers' forward Jordan Hughesman (14) has recorded a point in 18 straight games.

Players of the Week. He had five assists in three games last week.

U18 Thrashers end regular season with a loss

Staff

The Winnipeg Thrashers scored 16 goals in two games last weekend.

But they only won one of them.

Winnipeg was defeated 6-5 by the Parkland Rangers in Manitoba U18 AAA Hockey League action on Saturday.

Xyon Kiemeney led the Thrashers with two goals and an assist while Carter Bear had a goal and two assists.

Winnipeg's Peyton Hinkel-Lysak

chipped in with a goal and an assist. Dobie Unrau had the Thrashers' other goal.

Rylan Gibbs (two), Marco Bodnarski, Dru Mushumanski, Kyan Grouette and Will Munro scored for the Rangers.

On Friday, the Thrashers outscored the Rangers 11-6.

Winnipeg's Hayden Chaloner scored a hat trick while Bear had two goals and three assists. Daniel Tokari-

wski also had a five-point game with a goal and four assists.

Other Thrashers' players with big offensive games included Kiemeney (two goals, two assists), Brycen Gair (goal, two assists), and Kyle Grysiuk (goal, two assists).

Joshua Fast scored Winnipeg's other goal while Nathan Lenoski and Cole Bilous each had two assists.

Parkland goals were scored by Grouette (two), Bodnarski, Hayden Seib,

Gibbs, and Parker Boguski.

Last Wednesday, the Thrashers lost 4-1 to the Winnipeg Bruins.

Trailing 2-0 late in the second period, Dawson Zeller put the Thrashers on the board with a goal.

The Bruins' goals were scored by Liam Saxberg (power play), Hayden Moore, Rhett Marchant (power play) and Nathan Brown (shorthanded).



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- VS Winkler Flyers Wed, Feb 23 7:30pm
- VS Winnipeg Freeze Fri, Feb 25 8pm

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McEwen wins Viterra Championship: heading to the Brier

By Ty Di Lello

West St. Paul's Mike McEwen will be returning to the Tim Hortons Brier as Team Manitoba after defeating Colton Lott of Winnipeg Beach 8-3 in Sunday's 2022 Viterra Championships provincial final.

Team McEwen featuring Reid Carruthers, Derek Samagalski, and Colin Hodgson defeated Lott by a dominant 8-3 score at the Selkirk Curling Club to punch their ticket to next month's Brier.

Earlier that day, McEwen overcame a wild back-and-forth struggle with Fort Rouge's Ryan Wiebe to win 10-9. McEwen drew the four-foot with his final stone in the tenth end to win the game.

With Sunday's win, McEwen will be heading to his seventh Brier. After it was all said and done, McEwen noted that this year's provincial victory felt like the most challenging one of them all.

"This one felt like the hardest one," McEwen said after the win. "I've been in a lot of finals, and this one really took a lot out of us. Very satisfying, but this took a lot out of the team. We were pushed very, very hard."

Winnipeg Beach's Colton Lott and his rink of Tanner Lott, Kyle Doering, Emerson Klimpke went into the final undefeated. However, a few uncharacteristic misses cost the young team a chance to go to the Brier.

"There's so much to build off of, and it just adds to the experience and knowing how to feel in these situations and better prepare ourselves in the future," Lott said. "We just weren't quite as sharp today as we were in our previous games, and it showed."

Despite falling in the provincial final, the week was still a wonderful experience for the Lott rink as they will use what they learned from it in the future.

"We all played so well throughout the week. We just need to close it out



Skip Mike McEwen

a little better next time," said Lott's second Kyle Doering. "We'll be more prepared next time and hope to come out on top at this time next season."

Team McEwen's most challenging game of the week perhaps came in Sunday morning's semi-final when they overcame Team Ryan Wiebe 10-9 in a thriller.

"There's a lot of talent on that team, and it's nice to see that kind of potential in Manitoba curling," McEwen added. "We've played those guys in a number of different situations over the last few years, and they are all really progressing nicely."

The young 21-year-old Wiebe was a little bit down after Sunday's loss but feels like his rink is right up there to compete with the best in the future.

"Up until now, we haven't had too many games against top-level teams in the world," Wiebe said. "So, just to get these games under our belt and play really well in them and show a ton of composure and calmness, I think moving forward, it does so much for our confidence."

The 2022 Tim Horton's Brier will run from March 4-13 in Lethbridge, Alberta. Team McEwen will represent Manitoba, and Morris' Jason Gunnlaugson will enter the event as a wildcard team.



RECORD PHOTOS BY BRETT MITCHELL

Team McEwen of West St. Paul will once again represent Manitoba at next month's Tim Horton's Brier. Pictured left to right, Rob Meakin, Colin Hodgson, Derek Samagalski, Reid Carruthers and Mike McEwen.



Team McEwen celebrated their victory Sunday afternoon.



Team Manitoba Colin Hodgson, Derek Samagalski, Reid Carruthers and Mike McEwen.



It was an emotional victory for Team McEwen after defeating Team Lott 8-3 in the Viterra Championship Sunday afternoon.

Potent power play pushes Fishermen past Arborg

By Brian Bowman

The Selkirk Fishermen's power play was working on Sunday afternoon.

Selkirk scored three goals with the man advantage in an entertaining 3-2 home win over the Arborg Ice Dawgs.

Selkirk's Cale Jonski scored in the first period and then Reece Tessier made it 2-0 after 40 minutes.

Braeden Hummel put Selkirk up 3-0 before Arborg's Cadrick Dueck, on the power play, and Logan Clarke tallied.

Hummel and Jonski each had two points in the game.

Owen Derewianchuk made 28 saves for the win.

Last Saturday, the Fishermen blasted the North Winnipeg Satellites 6-1 in Selkirk.

Jonski, on the power play, Peyton Moneyas, and Matt Wagner (shorthanded) scored for Selkirk in the first period.

The Fishermen then went ahead 6-0 on goals from Hummel, Travis Spratt,

on the power play, and Moneyas.

North Winnipeg's Jordan Klippenstein scored a power-play goal late in the second period.

Jonski finished the game with three points while Zack Parkinson and Josh Poponick each had two assists.

Selkirk outshot North Winnipeg 48-18 as Brendon Hocaluk earned the win in goal.

On Feb. 8, Selkirk defeated North Winnipeg 3-1 at the Billy Mosienko Arena.

Tessier scored the game winner in the second period and then he added an insurance marker in the third.

Nolan Milgaard tallied a first-period goal for the Fishermen.

Troy Gutowski scored for North Winnipeg.

Derewianchuk made 27 saves for the win.

Selkirk will play the Ice Dawgs in Arborg on Thursday (7:45 p.m.) and then will host the Lunder Falcons Sunday (3 p.m.).



RECORD PHOTO BY JOHN PODWORNIAK

The Selkirk Fishermen's Matt Wagner scored a shorthanded goal and added an assist in his team's 6-1 home win over North Winnipeg on Saturday.

Raiders roll past Jets

Staff

The Raiders Jr. Hockey Club snapped a 3-3 third-period tie with three unanswered goals in a 6-3 home win over the Stonewall Jets in Manitoba Major Junior Hockey League action on Sunday.

Matthew Smith and Hudson Chamberlin, both former Jets, Riley Barroso, Logan Klippenstein, Jack Oleksiuk, and Jayce Kennedy scored for the Raiders.

Shane Bear, Nick Finnsen, and Jeremy Klimchuk replied for the Jets.

Last Friday, the Raiders were defeated 5-2 by the Charleswood Hawks.

Barroso scored for the Raiders in the first period and then Kobe Campbell tallied in the second.

Hawks' goals were scored by Cam McDonald, Hayden Forrest, Scott Atkins, Lucas Van Norman, and Lucas Humble.

The Raiders have three away games this week, beginning on Wednesday (7 p.m.) against the St. James Jr. Canucks.

The Raiders will play the Pembina Valley Twisters on Friday (8 p.m.) followed by a game against the Transcona Railer Express Sunday (2 p.m.).

Royals varsity boys defeat Springfield

By Brian Bowman

The Selkirk Royals' varsity boys' basketball team's KPAC Tier 2 game against the Calvin Christian Eagles last Thursday in Winnipeg was postponed.

It has been rescheduled for Feb. 23.

The previous day, Selkirk downed the Springfield Sabres 68-59.

Taven Schroeder led Selkirk in scoring with 16 points, followed by Milan Tomberli (11), Colby Klippenstein (10), and

Reilly Olafson (10).

Klippenstein had a strong game on the boards with 10 rebounds.

On Feb. 7, the Royals crushed Calvin Christian 82-55.

Michael Winkler led Selkirk with 21 points. Other Royals in double digits in scoring were Tomberli (15), Andrew Wiebe (12), Schroeder (11), and Olafson (10).

The Royals played Murdoch Mackay this past Monday and Springfield Tuesday but no scores

were available.

Selkirk will host West Kildonan on Wednesday at 6 p.m.

Selkirk's varsity girls' team had their game against the Maples Collegiate Marauders postponed last Wednesday at the Comp. Maples Collegiate mixed up the time of the game.

On Feb. 7, the Royals were defeated 62-56 by the River East Kodiaks.

The Royals will host the Miles Macdonell Buckeyes this Wednesday at 7:30 p.m.

In junior varsity girls' action, the Royals defeated Murdoch Mackay 39-28 on Feb. 28.

Selkirk hosted the Transcona Titans this past Tuesday but no score was available.

The Royals will visit the River East Kodiaks on Thursday. Tip-off is 6 p.m.

Selkirk's junior varsity boys' basketball team, meanwhile, hammered the MBCI Hawks 76-26 on Feb. 8. The Royals will host Springfield this Thursday at 6 p.m.

Next Home Games

SUNDAY, FEBRUARY 20th
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FRIDAY, FEBRUARY 25th
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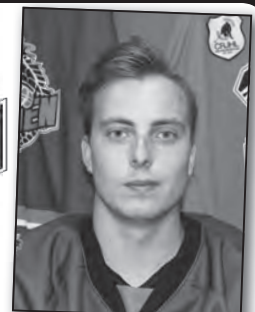
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Next Away Games

Thursday, Feb 17 - vs Arborg - 7:45pm in Arborg
Saturday, Feb 26 - vs Lunder 7:30pm in Lunder



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

Level: Intermediate

Here's How It Works:

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

9	9	6	1	7	2	8	8
2	7	8	2	9	8	6	1
1	8	2	6	8	9	2	7
2	6	2	9	8	1	7	9
7	1	8	2	2	9	8	9
8	9	9	7	6	1	8	2
9	2	7	8	1	6	9	2
8	8	1	9	2	7	9	6
6	2	9	8	9	2	7	8

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Remain as is
5. Functional
11. News magazine
12. Popular treat
16. Area units
17. Artificial intelligence
18. Marten valued for its fur
19. Forms of matter
24. Home of the Dodgers
25. Bordering
26. Part of the eye
27. It might be nervous
28. Visualizes
29. Crest of a hill
30. Measures engine speed (abbr.)
31. Tears in a garment (Br. Eng.)
33. Not easily explained
34. Song in short stanzas
38. Detonations
39. Intestinal
40. EU cofounder Paul-Henri
43. Balmy
44. New Mexico mountain town
45. Gobblers
49. Insecticide
50. Golf scores
51. Has its own altar
53. "Pollock" actor Harris
54. Being livable
56. NHL play-by-play man
58. "The Great Lakes State" (abbr.)
59. Unpainted
60. Swam underwater
63. Native American people
64. Containing salt
65. Exam

CLUES DOWN

1. Small bone in middle ear
2. Long, angry speech
3. Move out of
4. Male organ
5. Two-toed sloth

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		
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34	35	36	37					38				
39					40	41	42					
43					44					45	46	47
49					50				51	52		
53				54				55				
56		57				58				59		
60					61	62				63		
				64						65		

6. Making dirty
7. Article
8. Oil company
9. Emits coherent radiation
10. Amounts of time
13. Unit equal to one quintillion bytes (abbr.)
14. Forbidden by law
15. Drains away
20. Not out
21. Sea patrol (abbr.)
22. Bird genus
23. Gratuity
27. ___ and feathers
29. Spiritual part of an individual (ancient Egypt)
30. Hot beverage
31. Pouch
32. It followed the cassette
33. Large northern deer
34. Ones who offer formally
35. Famed genie
36. Bequeathed
37. Skeletal muscle
38. Atomic #56
40. Silk garment
41. They deliver the mail
42. Equally
44. Check
45. Light-colored breed of hound
46. Drug that soothes
47. Railroads
48. Most slick
50. Jacket
51. A radio band
52. Hello
54. His and ___
55. Supporter
57. Popular software suite (abbr.)
61. Railway
62. NY coastal region (abbr.)

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF ALORA DAWN WRIGHT, 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 11th day of March 2022. DATED at the City of Selkirk, in Manitoba, this 9th day of February 2022. PKF LAWYERS-Selkirk MB office
Eric S Freedman, solicitor for the Executor

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NOTICE TO CREDITORS

IN THE MATTER OF the Estate of BEATRICE JEAN CAMPBELL, late of the City of Selkirk, in the Province of Manitoba, Retired, Deceased. ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at Box 940, Portage la Prairie, Manitoba, R1N 3C4, within fifteen (15) days of the date of publication. DATED at the City of Portage la Prairie, in the Province of Manitoba, this 14th day of February, 2022. CHRISTIANSON TDS, Solicitors for the Executor

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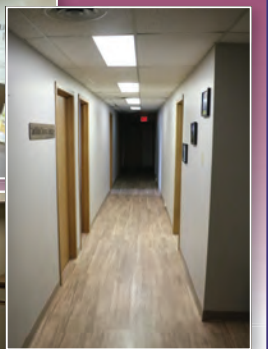
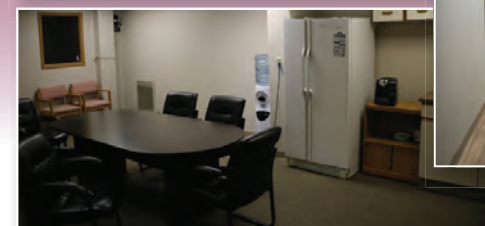
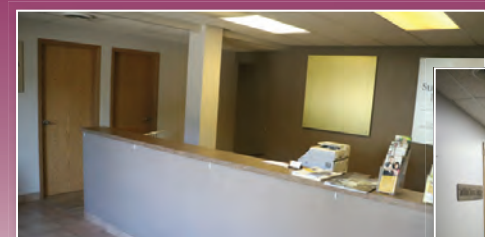
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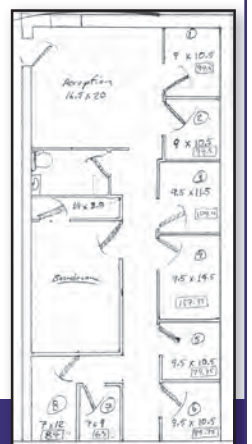
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Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



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Classifieds *Selkirk Record* Announcements

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

The Selkirk Record Classified booking deadline for Thursday, February 24th is Friday, February 18th at 4 p.m. due to the Louis Riel holiday on Monday, February 21st. Please Call 204-785-1618

PUBLIC SAFETY NOTICE

Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 19th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 22nd, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

Dangerous ice conditions may not be obvious but will exist. Ice fishers, cross-country skier, snowmobilers and others going on the frozen river must:

- Use caution on the ice
- Stay away from the ice cutting and ice breaking equipment
- Watch for posted warning signs about dangerous ice
- Watch for notices to remove ice shacks and remove them promptly



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ANNOUNCEMENT

BIRTHDAY



Happy 18th Birthday
Nathan

-Love your family

ANNOUNCEMENT

BIRTHDAY



Stella Dubas
Happy 90th Birthday
on February 22nd

We would like to wish her the happiest birthday. She is the most stubborn, strong, and kindest woman whom we are so lucky to call mom and baba. If you see her, please wish her a fabulous birthday!

-Love you lots
your loving family

R. M. OF ST. CLEMENTS ZONING BY-LAW 4066 ZONING BY-LAW AMENDMENT NO. 4369 PUBLIC HEARING

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www.redriverplanning.com



As per *The Planning Act*, any person can make representation on the matter at the meeting.

What is Zoning By-law Amendment No. 4369 about?
The general intent of this amendment is to rezone the portion of the subject property 5571 PTH 9 and the entire adjoining property 5575 PTH 9 from "RR" Rural Residential to "CH" Highway Commercial Zone in order to facilitate a future commercial development application on the subject property.



5571 & 5575 PTH 9 (Roll No. 37000, 36800)

The RM office is closed to the public due to COVID-19. Planning meetings will be available live through YouTube. The link will be provided at www.rmofstandrews.com to view the meeting. The public is required to email edo@rmofstandrews.com by 2pm the day of the meeting with a written submission OR to register to speak via telephone; or to register as for, against, or for information.

For more information please contact the Red River Planning District.
Red River Planning District Mon-Fri*
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm
*excludes all statutory holidays

***NOTE: Property owners are responsible for notifying "Tenants"**

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 - NOTICES
 - BIRTHS
 - OBITUARIES
 - IN MEMORIAM
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 - MARRIAGES
- Call
204-785-1618**



SCRC
Selkirk Community Renewal Corporation

NOTICE OF ANNUAL GENERAL MEETING

The Selkirk Community Renewal Corporation (SCRC) will be holding its Annual General Meeting on Wednesday, February 23, 2022 at 12:00 p.m.

online via Zoom

(must be a member to attend). Please rsvp to scrc@selkirkcra.ca to obtain the meeting link as well as membership forms if needed.

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The Selkirk Record

Announcements

ANNOUNCEMENT

IN MEMORIAM



In loving memory of
Douglas Thomas

April 25, 1931- February 18, 2021

You never said I'm leaving,
You never said Goodbye;
You were gone before I knew it,
And only you knew why.
A million times I needed you,
A million times I have cried;
If love alone could have saved you,
You never would have died.
In life I loved you dearly,
In death I love you still;
In my heart you hold a place,
No one could have ever filled.
It broke my heart to lose you,
You didn't go alone;
For part of me went with you,
The day you left home.

-Your wife, Lila and family

ANNOUNCEMENT

IN MEMORIAM

Douglas Thomas

April 25, 1931- February 18, 2021

"Your seeds of love and wisdom here on earth
will continue to bloom forever.
Missing you Grandpa"

-With love

Declan, Raylan, Kyla and Cindy!

ANNOUNCEMENT

IN MEMORIAM



Marge Clarke

June 14, 1937 - February 14, 2018

Close to our hearts
You will always stay
Lovingly remembered everyday

-Love your family

ANNOUNCEMENT

IN MEMORIAM



Esther Watson

September 1926 - February 16, 2021

Emerson Watson

November 1925 - May 16, 2017

Mom and Dad

Gone but not forgotten
You live on in our hearts

-Love your family

ANNOUNCEMENT

IN MEMORIAM



Linda Marie Peebles (nee Starodub)

April 9, 1954 - Feb. 23, 2004

There are many who miss you sadly,
And find the time long since you went;
There are many who think of you always,
And try to be brave and content.
We miss your smiling face so dear,
And your laughter and voice we loved to hear.
We will take our million teardrops,
Wrap them up in love;
Then ask the wind to carry them,
To you in heaven above.

-Lovingly remembered and sadly missed by
Reid, Mom and all your family

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

OBITUARY

Judy Lamb



It is with deep sadness that we announce the sudden passing of Judy Lamb (Sempovitch) on January 16, 2022, at the age of 72, at her residence in White Rock, BC.

Left to mourn her loss is her mother Stella Sempovitch; her children, Michael (Lauren) Lamb and Corinne (Derek) Mizak; and her grandchildren, Stella, Grace, Xavier and Zachary; as well as many nieces and nephews.

Judy was born December 18th, 1949 in Selkirk, MB and graduated from The Comp in 1967. Judy could be seen in the stands watching many baseball and hockey games as well as dance recitals.

Judy followed her dream and moved to BC where she briefly lived in Ladner and then made her final move to White Rock. Mom was proud to call White Rock her home and will be remembered for her answer when a Manitoban would make the comment, "It always rains there." Mom would smirk and answer, "At least I don't have to shovel rain."

It was fitting for Mom to reside somewhere that has more than two months of summer as she loved her flower pots and plants on her patio. She recently made friends with a local hummingbird who would always find fresh food anytime he visited.

Mom along with her sister June, will now be resting with their Dad, "Sempy", watching over us and cheering on the grandchildren in anything they do.

A private memorial will be held at a later date.

OBITUARY

Muriel Marie Collins (nee Bird)

December 20, 1931 - February 8, 2022



On Tuesday, February 8, 2022 Muriel (Marie/Mom) of Selkirk, Manitoba passed away peacefully at the age of 90 years.

She will be sadly missed and lovingly remembered by her two sons, Chris (Kit) and Brad (Dawn); grandchildren Philip, Sean (Mica), Brenden (Brittany), Jordan (Tatjana), Michael (Mia), Kaylee (Ryan), Matthew, Ryan and Shayne; four great-grandchildren; her sister Audrey Stonehouse; nieces, nephews and friends.

Marie was predeceased by her husband of 50 years, Marven in 2005, their eldest son Ron and her siblings, Harold Bird, Marion Rutter and Susie Fraser.

Marie was born in Springhill, Nova Scotia the youngest of four children, where she attended Moncton School of Nursing and upon graduation relocated to Winnipeg for employment prospects at the Women's Pavilion at the Health Sciences Centre in 1954. On June 10, 1955 she married the love of her life, Marven Collins. During her tenure with HSC she continued her education and professional development earning the title of Head Nurse and ultimately transferred to Concordia General Hospital to support its obstetrics department until her retirement in 1997. She was a skilled, compassionate and caring nurse and a revered leader among her peers.

Marie enjoyed many happy years living in Clondeboye prior to Marven's passing and thereafter relocated to Selkirk to be closer to her ever growing family and her group of life long friends who enjoyed shopping and lunch excursions in the surrounding area. Marie loved watching her grandchildren thrive, enjoyed music particularly old gospel and was an avid reader. Marie also loved to share many humorous stories of her years in Transcona with the neighborhood gang affectionately known as the Transcona Rat Pack and the Clondeboye Crew during their younger years where entertaining and house parties were a regular occurrence, exhibiting her joie de vivre! No doubt a direct result of her East Coast upbringing and the joy that came from having family and friends around her table.

Marie was blessed with the devotion of her three sons of whom she was very proud. Prior to Ron's passing they enjoyed daily conversations of events with his perspective of how to solve the problems of the world. Her middle son Chris was particularly fond of her and enjoyed kibitzing and teasing her whenever the opportunity arose and she gave back as much as she received. Her son Brad, for whom she was so grateful, provided day to day support to her particularly subsequent to her independence being restricted and his dedication and support was recognized by all. She was blessed by the friendship and company of special nieces Karen (Brad) and Judy (Gerald) who shared many afternoons of tea, singing and lunches at the golf course for which she was always so grateful. Throughout her life, Marie possessed a quick wit and humour, which we were all witness to and enjoyed greatly.

A celebration of life will be held on Friday, February 18, 2022 at 11:00 a.m. in the Gilbert Funeral Home, Selkirk, with Rev. Anthon Bouw officiating. Luncheon in the hall will follow. Proof of vaccination will be required. For those unable to attend in person a link to view the service virtually will be available via her obituary at www.gilbartfuneralhome.com.

Special thanks to the staff of Tudor House Personal Care Home for their compassionate care of our mother.

We love you Marie, Mom and Nana.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



Announcements *The Selkirk Record*

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OBITUARY



Mary Cartlidge
1930 - 2022

Mary Elisabeth Cartlidge (nee Pedersen) passed away peacefully at Tudor House in Selkirk, Manitoba on February 11, 2022, from complications due to COVID-19.

Mary was born in Portage la Prairie, Manitoba on October 19, 1930, one of four girls, to Charles and Alma (Thorup) Pedersen. During high school years, she was active in track and field, showed horses at regional fairs and kept chickens for egg money to help out at home.

She met Al Cartlidge setting pins at the local bowling alley in Portage. They were married October 10, 1949 and had 69 wonderful years together before Al passed away. They shared a love of the outdoors and travel, enjoying fishing, camping and tennis in Manitoba and adventure travel to other parts of Canada

and the world. She especially enjoyed their year-long teacher exchange stay in South Australia where she learned the ins and outs of fruit tree orcharding and sheep farming.

Over her lifetime, she raised three girls, fostered teens in need, worked as a teacher's aide, and volunteered many community service hours, in both Portage and Selkirk, where they relocated in 1960. Always curious about people's stories, including her own, she dug into family roots in Denmark, too. Hers is truly a global set of friends and family.

Mary was predeceased by her parents, siblings Thora and Anna, and relatives in Denmark.

Mary is survived by her three daughters, Conni, Nancy (Dennis) Fontaine, Thora (Terry Kolomeychuk), her sister Alice Chamley and foster daughter Marlene Barrault; grandchildren Joe, Mary, Ari, Pat, Liza, Jake, Petro, Mykhaylo, Heather Ann and Jim, as well as great-grandchildren; also nieces and nephews across Canada and the U.S. and cousins in Denmark.

Cremation has taken place, in accordance with Mary's wishes. A celebration of her life will be held at a later date, following interment of ashes with Al's at St. Anne's Anglican Church, Poplar Point.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Del Anthony Lekopoy

Del passed away at the age of 58 years on Friday, February 4, 2022 at Health Sciences Centre surrounded by his family.

He is survived by his children, Jay (Kelsey), Brook (Jared), partner Wanda, parents Fay and Tony Lekopoy, his sister Lana, brothers Bob and Cory and nieces and nephews Tanner, Karlie, Mitchell, Mason and Rhiannon. He also had a large extended family who are also devastated at losing him.

He was born in Flin Flon on the 13th of August, 1963 and spent his first seven years there before the family moved to Cranberry Portage. It was there that he finished his schooling at Frontier Collegiate and then went to Brandon University and Assiniboine College taking Business Administration. This financial education led to a long career at GMAC and the vehicle industry until his passing.

Del was smart, generous, thoughtful, trustworthy and oh so funny, a gentle soul who could make everyone in a room feel special. At family events he was as interested in our elderly relatives and little ones as much as the "cool cousins". He had the ability to connect with people of all ages and all walks of life, and loved the outdoors. Nothing made him happier than going out with his brother Cory looking for the elusive Sasquatch which he truly believed in.

A small gathering of family and close friends has taken place and there will be a celebration of his life and burial this summer.

If anyone so wishes, donations can be made to the Bear Clan.

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Custom built 2,075 SF 1.5 story home is just a 10 min walk from the beach! 3 BR, 2.5 BA, set among mature trees on landscaped 1 ac lot. Screened in veranda, cozy living room w/wood burning FP, maple kitchen w/island & walk-in pantry. Year-round guest house, heated 2AT grg w/man cave! Endless local activities! Multiple beaches, boat launch, golf, trails, markets & more!

FEATURED PROPERTIES



BETTY

Welcome our newest team member, Betty!

Betty spoke with her trusted HVAC technician who passed along some very valuable information! Remember to check your natural gas meter and your exterior furnace vents regularly for snow and ice build-up! A buried gas meter could result in a high gas pressure situation. Blocked furnace vents will result in your furnace not working. Stay safe and stay warm!

 -Betty Green

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