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THURSDAY, MARCH 3, 2022

VOLUME 13 EDITION 9

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What's the catch?

RECORD PHOTO BY KATELYN BOULANGER

Though the local Louis Riel Day celebrations had to be postponed by a week this year, it was worth it with the Selkirk's Red River Métis Local having a great day for their ice fishing event on the Red River last weekend. Pictured: Keith Ginther Chair, Ed Pruden board member, and Scott Norquay co-chair of the SRRML still hoping for the big catch.

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Local ties to Ukraine run strong in Manitoba

By Jennifer McFee

The Russian invasion of Ukraine is hitting close to home for many Manitobans with Ukrainian roots.

For Daria Lukie of Stony Mountain, she's doing all she can to keep connected to family members in Ukraine while also raising awareness about the perilous situation.

All four of Lukie's grandparents were born in Ukraine, and her family continues to maintain a strong connection to their heritage. Ukrainian was the first language spoken by Lukie and her cousins, who attended Ukrainian bilingual school. Growing up, they also spent three hours every Saturday at Ukrainian school in Winnipeg's North End and another two hours at Ukrainian Youth Association.

Now Lukie shares the country's history, culture, traditions and life skills by running the Ukrainian Youth Association program on Saturday mornings herself.

"For my whole life, I've learned about what Ukraine has gone through, including why we became a sovereign state in 1991 and why we had the Holodomor famine in 1932," she said.

"Never did I think I would actually have to utilize the knowledge to educate others because we're dealing with history repeating itself again."

The Ukrainian Youth Association operates branches around the globe, with prominence in Canada due to the large Ukrainian population, she added.

"Our Ukrainian Youth Association's motto is 'Honour to Ukraine, ready to defend,' which came out of years and years of Russian invasion," Lukie said, pausing to cry.

"Living in Canada and being Ukrainian makes us feel so helpless because we can't go there and be boots on the ground, ready to defend. I'm trying to do everything I can to feel helpful



RECORD PHOTO BY DARIA LUKIE

The anti-war protest at the Manitoba Legislative grounds drew a massive gathering.

here."

In an effort to raise awareness and ward off feelings of helplessness, Lukie assisted with organizing a large-scale rally on Saturday. The event drew an estimated 5,000 Manitobans to the legislative building, which was lit up blue and yellow to represent the colours of the Ukrainian flag.

"The Ukrainian Canadian Congress reached out to a couple of us to ask if we could plan something. So Thursday morning, we had a Zoom meeting and then it ballooned into this humungous event," she said.

"Politicians from every major party came, and James Bezan spoke at it. We sang the Canadian anthem and the Ukrainian anthem. We chanted and sang traditional Ukrainian songs. We're trying to be loud so more and more people will come forward."

The purpose of the Winnipeg rally, and other similar events across the country, was to increase awareness in the hopes of affecting change.

"We'd like to see a resolution to this sooner rather than later. It's been really tough hearing people say this is

going to be a long drawn-out fight, so we're trying to stay optimistic," she said.

"If there are levers that each country can pull, then there is a potential that this will be resolved sooner."

An important step is removing Russia from SWIFT (Society of Worldwide Interbank Financial Telecommunication) banking communications platform, Lukie said.

"It's also important for NATO to declare a no-fly zone over Ukraine," she added.

"Ukraine has strength on the ground, but they don't have the capacity or resources to protect the sky."

In addition to bolstering awareness efforts here in Canada, Lukie endeavours to keep in contact with her family members living in Ukraine.

"One of my mom's cousins has two sons who are around my

age, so they're probably in their 30s. Both of them are staying to fight," she said.

"My mom's cousin left to go to Poland with her daughters-in-law and their babies. They all packed into a car, bringing whatever they could. They headed to the border and sat in a line for about two days with the toddlers and babies in the car. We found out that they finally got to Poland, which is awesome but it's also really scary."

Another cousin said they'd be staying in Ukraine "until the end." Lukie hopes that means until the end of the

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➤ SUPPORT FOR UKRAINE, FROM PG. 3



RECORD PHOTOS BY DARIA LUKIE

Approximately 5,000 Manitobans gathered to show their support for Ukraine.



battle, but she dreads the thought that it could mean until the end of Ukraine.

"That's what nobody wants to believe. That's why we're trying to work so hard in Canada to increase awareness and to call for further action from our government and from different organizations to do more — and even just the general public," she said.

"I sent a video of us singing the Ukrainian anthem to my cousins in Ukraine. For one of the cousins who is fighting, his primary job has been protecting gas stations so people can get fuel if they are fleeing and becoming a refugee. He messaged back, in Ukrainian, saying, 'Well done. We are so grateful for your support. We understand more and more that we are not alone.' That's why we're doing this."

For anyone who would like to learn more about the background leading to the current situation, Lukie suggests watching the Netflix documentary *Winter On Fire: Ukraine's Fight for Freedom*.

And in anticipation of a humanitarian crisis, Lukie suggests Canadians can also consider donating funds to organizations such as the Canada-Ukraine Foundation's humanitarian appeal (<https://www.cufoundation.ca/>) and Canadian Red Cross.

Likewise, Lukie and many other Ukrainian Canadians are donating to military resource groups. Ukrainian-focused options include SaveLife UA (<https://savelife.in.ua>) and National Bank of Ukraine's special fund.

Another option is to write letters to MPs through a template posted on the Ukrainian Canadian Congress website at www.ucc.ca.

At the same time, Lukie stresses the importance of sharing accurate information.

"Be very careful where your sources are coming from, especially on social media," she said. "One of Russia's tactics is to spread misinformation, including old footage to try to scare Ukrainians into thinking it's a lot worse than it really is."

In the face of uncertainty, Lukie feels hopeful when she sees people around the world banding together to support Ukraine.

"Ukrainians have fought so long and hard to be able to speak Ukrainian, practise their religion and continue to uphold their traditions. The fact that it's being compromised again is hard to believe," she said.

"But Ukraine's advantage is that they have the strength and the willpower to continue. Ukraine is not stepping down."



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By land, sea and air: Russia attacks and invades Ukraine

By Patricia Barrett

Russia attacked and invaded Ukraine by land, sea and air last week, a full-scale onslaught that hasn't been seen since the Second World War and which has already killed hundreds of Ukrainians and destroyed or damaged residential apartment buildings and infrastructure.

By last Sunday night, at least 353 Ukrainian civilians, including children, were reported dead according to Ukrainian officials. The United Nations said an estimated 368,000 people have fled to western neighbouring countries such as Poland, Hungary, Moldova and Romania.

Russia's unprovoked invasion of the sovereign, democratic nation began in the small hours of Feb. 24. The invasion goes against international law and was condemned worldwide.

Russia annexed Crimea, a peninsula in southern Ukraine on the Black Sea, in 2014. Last spring president Vladimir Putin started massing troops close to Russia's borders with Ukraine. By the time it launched missiles at several Ukrainian cities last Thursday, Russia had an estimated 150,000 troops in a sickle-like configuration around Ukraine's eastern, northern and southern borders.

Although Canada and its NATO allies issued several condemnatory statements, enacted swift economic sanctions against Russia and sent additional lethal weapons, they're not sending troops onto Ukrainian soil to help repel Russian forces.

Selkirk-Interlake-Eastman MP James Bezan said Canada and NATO have taken the wrong tack with regard to Putin, whom many have likened to Adolf Hitler, and should be standing "shoulder-to-shoulder" with Ukrainians.

"One of the greatest disappointments – in addition to the weak leadership we've seen from Justin Trudeau and other NATO leaders – has been U.S. president Joe Biden. He essentially gave the green light to Putin when he said at almost every press conference over the last few weeks that that the United States wouldn't be going to war against Russia, that there wouldn't be American boots

on the ground, that they wouldn't be standing toe-to-toe against the Russian military," said Bezan last Friday.

"Without that threat, it provoked Putin into invading. He saw there was going to be no military force superior to his own marching across the border. And he also knew that without the U.S. leading the charge, the rest of NATO would step back instead of stepping forward."

Bezan said that kind of posturing is reminiscent of former U.K. prime minister Neville Chamberlain, who attempted to appease Hitler before the Second World War, and even got a promissory agreement signed by Hitler that he wouldn't start a war. Less than a year later Hitler invaded Poland.

"This is one of those moments," said Bezan. "Instead of acting like Chamberlain, we should be acting like [prime minister Winston] Churchill. And we're not."

NATO (North Atlantic Treaty Organization) is a political and military alliance of countries that was formed on the principles of democratic rule after the Second World War and provides collective defence for its members. It's currently made up of 30 countries, which include Canada, the U.S., the U.K., Belgium, Germany, France, Hungary, Spain, Poland and Iceland.

And there's nothing – including any legal rules – stopping NATO from putting boots on the ground in Ukraine, said Bezan. The United Nations, the European Union or NATO members themselves can use Article 6 of the treaty and enter Ukraine. In the past NATO has fought in non-member countries.

"NATO jumped in to help liberate Kosovo. It was NATO that jumped in to help settle the war in Bosnia and hold the Serbs to account; those were non-NATO members," said Bezan. "And [NATO] has been outside Europe including in Iraq. Canada led the NATO mission in Iraq until two years ago."

He thinks the reasons NATO is not willing to go into battle are Putin's aggressive rhetoric and his oblique reference to nuclear weapons, said

Bezan.

"I think the big [concern] is that Russia is a major nuclear power; they have a huge arsenal at their disposal," he said. "If you followed the recent logic of how Putin is behaving, as well as his comments yesterday [on day 1 of the invasion] that if anybody tried to intervene, they'd pay an enormous price. It almost sounds like a threat that he might use his nuclear arsenal."

On the first day of the invasion, in fact, Russian troops seized the nuclear power plant in Chornobyl, north of Ukraine's capital, Kyiv. And last weekend Putin put Russia's nuclear forces on "high alert" because he said western countries were being "aggressive." Russian ally, Belarus, also announced it will host Russian nuclear weapons in its country.

In the weeks leading up to the assault, Putin denied he was planning to attack and/or invade Ukraine. He and leaders in Belarus called the massing of thousands of troops around Ukraine's borders regular "training exercises."

There are over 1.3 million people in Canada with Ukrainian heritage. Bezan said there are about 30,000 in his riding. And he understands how worried people are by Russia's violence.

"It's a tragedy to see this happening and a shock that Belarus [a former Soviet republic along Ukraine's northern border] has joined in with Russia. It just proves that Putin is a pathological liar with all his previous comments and statements. I'm incredibly disturbed by the toxic rhetoric he was throwing around prior to the invasion," said Bezan. "And my thoughts and prayers are with the people in Ukraine as they deal with this barbaric attack."

Bezan said he has cousins in Ukraine as well as many friends and professional connections. His Baba and Guido were part of the first wave of Ukrainian emigres to Canada in the late-19th century.

"There are a lot of people in Ukraine I'm worried about," he said. "And there are a lot of people here who have immediate family there and are



RECORD PHOTO BY TARA CAMPBELL

Rallies similar to the one held Ukrainian Catholic Parish of Sacred Heart Church in Gimli were held all around the world to show opposition to Putin's attack on Ukraine.

sickened by what we're seeing on TV and the stories they're getting from their families as they try to fight back or flee."

Canada has imposed economic sanctions on Russia, but that won't stop the invasion. It also announced it's sending \$7.8 million in lethal weapons and providing a \$500-million loan – that's on top of an earlier pledge to provide Ukraine with a \$120 million-loan. Canada will also accelerate immigration applications from Ukrainians.

Bezan said Canada, along with the U.S. and Europe, has to take national defence and collective security much more seriously and make "proper" investments in light of this invasion. And we shouldn't forget that Russia is Canada's neighbour; Russia has claimed the "entire Arctic" as Russian territory.

"The cost of not supporting Ukraine is far too great. This is an attack on democracy. This is a pivotal moment in history and Canada has to be on the right side of this. If we don't [act], it's not only Putin but the communist regime in Beijing, dictators, warlords, thugs and other despots around the

Continued on page 6



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Remembering former mayor Don Forfar

By Katelyn Boulanger

Don Forfar was the mayor of St. Andrews from 1998 to 2014 and during those 16 years saw the rural municipality through many changes, however, he will also be remembered for the volunteerism that he took part in which included bringing many families in need to our region as the chair of the Red River Churches Refugee Team.

Forfar was born in Brandon in 1950 but his family moved to Dauphin when he was a child where his father was a farmer and his mother worked as a nurse. His family were also entrepreneurs running a motel and a laundromat for a time and he had three brothers.

As a teen, he canoed and snowshoed going long distances as a student at St. John's Boys School.

"[As an adult he] travelled around the country a little bit. He'd spent some time in Montreal, he spent some time in Alberta and was working in Alberta for a period of time. But then he had come back home. He'd actually had a car accident and had to walk back to the hospital," said his son Jeremy Forfar.

During this walk, he developed frostbite and met Jeremy's mother when he went to get pants tailored to better help with his recovery.

Initially, the couple lived in Winnipeg but moved to Winnipeg Beach where he ran a grocery store.

"It was quite a busy little place. It actually had trophies from their sales records for IGA in the province, despite it being a little shop in a small town, they did quite brisk business," said Jeremy.

Forfar's political career started when he didn't agree with some of the decisions made by the previous Reeve of St. Andrews. His first position in council was Reeve which he attributed to his going door to door to talk to residents while campaigning. He is also known as the first mayor of St. Andrews as the position changed names during his 1998-2014 tenure.

"He was very well informed on local affairs and world affairs. I think that was just one of his passions and he saw the way that you could help people and as a politician, I think that's what drew him in. With municipal politics it was the same sort of thing. He saw a number of local issues that he thought could be run differently or run better and decided to throw his hat in the ring," said Jeremy.

In the St. Andrews Heritage Centre's Conversations in Time podcast Forfar tells of his time in office and in particular how he worked together to get

the first amphibexes down the Red River.

Another way that Forfar helped out his community was spiritually as an active member of the St. Georges Wakefield Anglican Church.

"Over the last about three years, a number of the local churches found themselves short of ministers and he was one of the few community members called on to be, they are called lay readers in the Anglican Church. They go through a short process and they're certified or licensed, if you will, to do that. Sometimes it would be one, sometimes it be a few times per month, he would go around to primarily Christ Church in Selkirk but a few of the others in the area, and give a sermon and do the preaching in lieu of the ministers," said Jeremy.

One of the most recent ways that he brought people together in our community was through the Red River Refugee team. He chaired this group but was also the person who put the effort into getting many local churches on board with the plan to bring refugees to our region.

"One of the reasons that he became quite heavily involved is that a lot of people thought the idea was great, and were all for it but then you actually hit the bureaucratic red tape

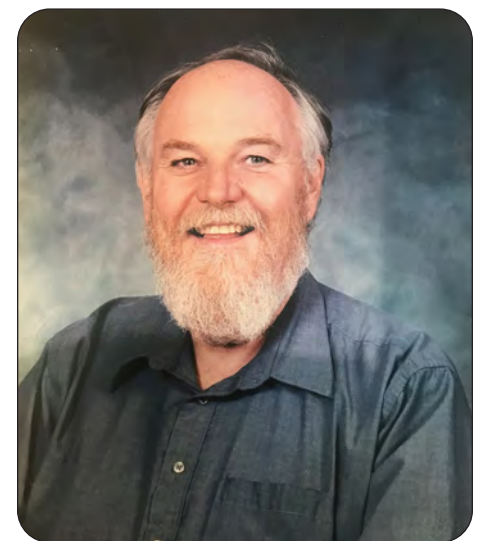


PHOTO SUBMITTED

Former St. Andrews mayor Don Forfar passed away earlier this year.

and the forms and the deadlines. It's not just a matter of saying 'Great, let's bring these families over,'. The amount of paperwork and steps and the processes that you have to go through to get it done is quite extensive. And, that was something, even if it wasn't specifically something my dad had familiarity with, his time in government and working with the bureaucracy, lent itself to taking over that role of trying to do a lot of the ad-

Continued on page 7

> RUSSIA ATTACKS AND INVADES UKRAINE, FROM PG. 5

world that will try to get out there and redraw the lines on the map through

the use of armed violence and brutal force," said Bezan. "And they'll think they can get away with it because the west stood by; the west sat on the sidelines and watched

it happen in Ukraine."

The Russian invasion prompted concern from some Manitoba politicians about the fate of Ukraine's people. NDP MLA (Fort Garry) Mark Wasyliv said Ukrainians need our help and that we need to act immediately.

"Manitoba must be a Canadian leader in offering safety and shelter to the people of Ukraine. The Premier must take immediate action to support local Ukrainian organizations in Manitoba as they work to settle displaced

families, and she must urge the federal government to immediately waive visa requirements and bring in more refugees from the Ukraine," said Wasyliv in a statement issued Feb. 24.

Interlake resident Bill Martin said he's also greatly concerned about what Ukrainians are undergoing. He's "appalled by what humans do to each other," and frightened by the threat of nuclear warfare.

"I'm concerned about the very grave danger of Putin using nuclear bombs," said Martin, who is not of Ukrainian heritage, but stands with the beleaguered democratic nation of 44 million people.

Martin added that we should be assisting and accepting refugees from Ukraine.

The provincial council of the Ukrainian Canadian Congress Manitoba organized a rally at the Manitoba Legislature last Saturday "to stand united against Russian aggression."

Large rallies were also held around the world in cities such as Budapest, London, Munich, Buenos Aires, Tel Aviv, New Delhi, New York – and in Russian cities such as St. Petersburg – to show their opposition to Putin's attack on Ukraine.

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One million Biz Bucks circulated throughout region

By Katelyn Boulanger

The Selkirk Biz, our region's local chamber of commerce that not only spans Selkirk but also serves businesses in St. Clements, West St. Paul and St. Andrews hit a huge milestone in their efforts to keep residents buying local. They recently reached \$1 million in value of Biz Bucks cards activated.

"We totally exceeded our expectations. We weren't really sure, venturing into any type of program, you're not sure how it's going to be received. Are people are going to want to use it? It's proven to be very popular, and definitely serving a purpose in the community and going a long way in supporting our local businesses," said Selkirk Biz's executive director Sheri Skalesky.

The Biz Bucks program itself only started three years ago and replaced the chamber cheques program which was a paper cheque program that was in need of an update as people started using less cheques in their daily lives.

"More and more transactions are becoming electronic, virtual. So we knew we needed to come up with something that was going to bring us up into the new technology," explained Skalesky.

They came up with Biz Bucks a geographically controlled gift card where merchants in the area that sign up can participate, but ones outside of the area cannot. This means that Biz Bucks can only be used to buy local and with more than 40 local merchants participating, this actually gives residents more shopping options than a traditional gift card might.

Encouraging local buying also means that more money is being circulated in the local economy.

"When we talk about a million dollars, there're economic multipliers that people would use to say what that truly means to a local economy. A lot of people use the multiplier of six, meaning \$6 million has stayed in our community. That same dollar has been spent six times in the community before it leaves the community. So we can really say that it has created \$6 million worth of revenue in our community," said Skalesky.

That million dollar amount was put on to about 35,000 cards which means that on average people are loading each card with a little over \$25.

When the Biz launched this program it was supposed to be a three-year pilot project, however, now that this milestone has been hit Skalesky says that they will be carrying on with the program.

She thinks that residents have embraced Biz Bucks because they want to support our local community.

"Customers were embracing it because of the shop local factor. It was another form of contactless payment. Of course, businesses were preferring to stay away from cash if possible. So this was yet another option," Skalesky said.

Another area where Selkirk Biz has noticed this card being used is by businesses buying them for employees as gifts or bonuses.

Skalesky feels that the future of the program is bright and the Biz's focus for this program will be increasing the number of merchants using the program.

"The strength of the program is having that diversity and options for consumers to use the card. So we're going to be looking at getting people to sign

on. We strongly encourage businesses, whether big or small [to sign up]," she said.

Beyond this card the Selkirk Biz continues to evolve and is planning to help local businesses next by giving them options for online sales. In the future, Skalesky says that they are working on launching an online virtual marketplace for businesses that might not yet be set up for online sales.

"It's going to promote our community to a larger area and it's going to enable vendors to actually make sales online and accept payment online. It's really great for some of the smaller, independent businesses that we have in the community that perhaps do not have the resources to have their own website, and e-commerce or even social media presence," she said.

Skalesky also wanted to thank all of those that supported the program from the beginning including Christa Denoon and her volunteer committee who got the program up and running as well as Parker and Jim Pelletier who have worked hard to promote the program online, as well as Selkirk Home Hardware and Noventis Credit Union who believed in the program from day one, and the local municipalities.



RECORD PHOTO BY BILL NEWZMAN SMYTH

Parker Pelletier and Brett Mitchell with a Biz Bucks sign.

Business owners can learn more about the virtual marketplace or sign up for the Biz Bucks program by visiting the Biz's website at www.selkirkanddistrictchamber.ca or contacting Skalesky at info@selkirkbiz.ca.

Residents who still have chamber cheques from the previous buy local program can switch them in for the more convenient Biz Bucks by contacting Skalesky at info@selkirkbiz.ca or calling 204-482-7176.



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> FIRST ST. ANDREWS MAYOR FROM PG. 6

ministrative tasks and sort of guiding the process," said Jeremy.

His son said that personally his father was a big reader and loved to be out in the garden.

"He was a big gardener. We had two vegetable gardens and he loved taking care of plants. One of the things we would do as kids is we would drive up and go through the back roads and the interior areas, and we'd pick up spruce trees and trees out the ditches that were going to get mowed down anyway. He'd replant them as part of the yard or he's take them to the church. He and another neighbor did the same thing. They planted quite a few trees in that place and it was something

that he was very happy to do," said Jeremy.

Forfar will be remembered for his efforts to support the local community and contribution to making our region a wonderful place to live.

Check out the Conversations in Time podcast at <https://open.spotify.com/show/2kczraesU00yjtseCikN8W> to hear Forfar's interview.

Donations for the Red River Churches Refugee team can be made online or by cheque. Donation information can be found at www.rrcrteam.com/donations.html.

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EDITORIAL > VIEWPOINTS > LETTERS

> Got news?



Call Katelyn Boulanger

MB does away with most proof of vax requirements

By Ashleigh Viveiros

Manitoba's return to normal sped up this week, with proof of vaccination in public spaces no longer required as of Tuesday.

Public health officials further announced at a press conference Feb. 24 that the province has also removed the proof of vaccination and testing requirements for designated public sector employees, including education, child-care, and health-care workers.

Dr. Brent Roussin, Manitoba's chief public health officer, said this continued relaxing of restrictions is possible now that the fourth wave of COVID-19 in Manitoba has peaked and is on the decline.

Hospital and ICU admissions have both stabilized, he said.

"These are the projections, among other indicators, that public health continues to monitor very closely, giving us that confidence to continue on our plan to loosen restrictions in Manitoba," Roussin said.

"We are moving from public health rules to recommendations," he

stressed. "We've always known that these rules were in for a temporary amount of time."

While proof of vaccination is no longer mandated by the province to eat in a restaurant or enter other public entertainment spaces, businesses and venues will still have access to the Manitoba immunization card and verifier app should they chose to continue requiring their patrons be fully vaccinated.

The mask mandate in public spaces, meanwhile, is slated to expire on March 15.

Looking forward

Health Minister Audrey Gordon said the province is working on returning the health-care system back to more normal operations in the weeks and months ahead.

"This pandemic has taken a significant toll on all Manitobans," she said. "Together, we can look forward to a coordinated and cautious plan to recover from the intensive demands that COVID-19 has placed on our health system."

Part of that plan is the gradual re-

turn of health-care workers who were redeployed to care for COVID patients, the minister said, allowing for a phased resumption of surgeries, diagnostic procedures, and outpatient or community services that were reduced as a result.

"There are currently more than 500 health-care workers across the province who are supporting COVID-related care in an area where they would not usually work," noted David Matear, health system co-lead, Unified Health Sector Incident Command. "As COVID admissions to hospital, including critical care, continue to decrease we will be able to return many of these staff to their usual duties, allowing for the quick resumption of many services that we know Manitobans have been waiting for."

On Monday, there were 474 people in hospital with COVID-19 (204 of them contagious) and 30 people in ICU (14 contagious). The number of deaths due to the virus was at 1,680, up 31 from the Monday before.

Care home COVID -19 outbreaks over in Selkirk

By Staff

The Interlake Eastern Regional Health Authority announced last week that outbreaks of COVID-19 in three local care homes have been declared over.

A statement sent to the Record said, "We're pleased to advise that the regional medical officer of health has concluded the COVID-19 outbreaks Selkirk's Tudor House, Betel and Red River Place personal care homes that are affiliates of Interlake-Eastern RHA. This good news has been shared with family members and friends of residents in the personal care homes. These affiliates of Interlake-Eastern RHA will be proceeding with expanded visitor access in these facilities."

A recent publication of their In Good Health newsletter expanded on this

for visitors explaining that there will be a phased approach being taken to expand in-person visitation at the region's hospitals and personal care homes.

The first phase will begin with:

- fully vaccinated general visitors in long-term care and acute facilities;
- unvaccinated visitors in designated visitation shelters and spaces in long-term care;
- where physical distancing can be maintained (from other patients and their accompanying essential care partner), fully vaccinated essential care partners may be permitted to join a patient for outpatient appointments or during a visit to emergency/urgent care.

In addition, medical masks will be

provided and must be worn for the entire time while in Interlake-Eastern Regional Health Authority facilities.

The health authority encourages visitors to call a facility in advance before attending to visit and reminds them that appointments are still required for general visitation at personal care homes.

Residents can read more about the new visitation principles in place at <https://sharedhealthmb.ca/files/covid-19-pch-visitation-principles.pdf>, see a quick-reference summary at <https://sharedhealthmb.ca/files/covid-19-expanded-visitation-phase-one-details-ltc.pdf> and read answers to frequently asked questions at <https://sharedhealthmb.ca/files/covid-19-pch-general-visits-faqs.pdf>.

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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

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

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Local lymphedema therapist brings awareness

Therapies still not covered by Manitoba Health Care

By Katelyn Boulanger

Easton Place in Selkirk wants to remind residents that they can show support by attending events in Winnipeg.

"We're hoping to get a lot of people to participate, doing the walk with us and getting the government to listen and be aware that this disease isn't going anywhere, and people need medical coverage, and they need care and they need treatments," said Rowsell.

This is the second year that the Lymphedema Association of Manitoba has advocated to have the legislative building lit up in teal for recognition of the day and the first year that there will be a walk in support taking place.

Lymphedema is the build-up of fluid in different parts of the body because of a blockage in the body's lymphatic system. This build-up is often caused by trauma to the body, an example of which is cancer treatments, but people can develop the condition without a direct cause during their lives or may even have the condition from birth.

There is no current cure for lymphedema, though treatments and surgeries do exist.

"The best we can do is just offer medical care, which is manual lymphatic drainage and compression therapy," said Rowsell.

Currently, health care coverage through Manitoba Health is limited for people who develop lymphedema which means that many people with lymphedema have to pay for their own treatment.

"The primary reason for going to the legislative [building is] to get our MLAs, get our government leaders to be aware that this disease isn't going anywhere. There're more and more people being diagnosed and we do need our Manitoba health care system to be able to cover treatments for these people. They need garments, they need drainage," she said.

If someone with lymphedema does not get treatment it will not just go away. The disease gets progressively worse with painful swelling leading to hardening limbs and limiting of people's mobility.

Rowsell thinks that having the walk and lighting up the legislative building are promising steps that indicate that the government and people are becoming more informed about this condition.

"I think more people are listening. The government, hopefully, is paying attention to what we're doing and maybe down the road, they will pass a bill to grant coverage for our



PHOTO SUBMITTED
Nancy Rowsell a certified lymphatic therapist who works out of Easton Place in Selkirk.

patients that are suffering," she said.

However, until this happens advocates like Rowsell who are connected to people with lymphedema, have the condition themselves, or just feel that every Manitoban should be able to get access to free healthcare will continue to go to walks like this and speak up.

She encourages anyone who would like to join to head out to the event on March 6.

"It's great to get moving. Our lymphatic system needs exercise for the fluids to move. So this is a good event to get up and start walking around. Even though it's cold, we have our winter clothes to bundle up and it's just a good way to get together and, and support each other," Rowsell

said.

The walk starts at 5:30 p.m. on March 6 at Johnston Terminal at The Forks and participants will arrive at the legislative building a little after 6 p.m. to see the building light up. They will then return to The Forks completing the three-kilometre route. Those who aren't able to join the walk can also show their support by meeting the group at the legislative building.

The Lymphedema Association of Manitoba will also be hosting other events throughout the month. To learn more visit www.lymphmanitoba.ca or check out their Facebook page at facebook.com/LymphedemaManitoba/.

The future looks bright for the Gordon Howard Centre

Submitted by the Gordon Howard Centre

It's important to be mindful of the present but also look to the future. Selkirk has seen some positive growth in the last few years and the Gordon Howard Centre has an opportunity to be part of that growth.

The Gordon Howard Centre Board of Directors is exploring the feasibility of a new building for the Gordon Howard Centre. The general idea is that the Centre would be on the main level with underground parking underneath and there would be three or four floors above the Centre's level for older adult living. The Board has had initial discussions with the City of Selkirk and a developer that is interested.

No final decisions will be made until we hold a special meeting with all of our members.

The Board of Directors is committed

to the following:

The Gordon Howard Centre will continue to operate as a non-profit incorporated organization and we expect that funding for the Centre's daily operation will continue from the City of Selkirk, the RM of St. Andrews, the RM of St. Clements, and the Interlake Eastern Regional Health Authority.

The Gordon Howard Centre will continue to enable older adults the opportunity to lead active, healthy, and independent lives. There will be a Gordon Howard Centre Board (with staff & volunteers) to look after the Centre's activities, as well as a separate Building Board that would oversee the operation of the building.

The Gordon Howard Centre will have full control of the main level. The square footage will be greater than the current square footage. A commercial kitchen, offices and rooms to rent out, as well as ample storage is a must. Room sizes will have the flexibility of sliding walls to adjust for the different activities. The banquet hall will be spectacular with a view of the river. The hall would be used for the Centre's activities but also be available to rent out just like our current hall is.

A detailed business plan will be shown and discussed with our membership at a special meeting and signed off on by our lawyer before a decision is

made to proceed or not.

Please contact any Gordon Howard Centre Board members if you have any further questions.


Royal Canadian Legion Branch 42
403 Eveline Street, Selkirk
Office: 482-4319 Bar: 482-6015 www.selkirklegion.org

March Events

| | |
|-----------------------------------|--|
| Mar 4 – Band, Vintage Groove | Open Sunday 11 am-6:00 pm Chase the Ace \$9,799+ As of Feb 26 36 cards left |
| Mar 11 – Band, Up in Flames | |
| Mar 13 – Big Poker Tournament 1pm | HALL RENTAL dates available WING SPECIALS Friday and Sunday |
| Mar 17 – Over 60's Club lunch | |
| Mar 18 – Band, Ravin | |
| Mar 20 – Snow Golf Tourney 12:30 | |
| Mar 25 – Band, Proven Guilty | |
| Mar 30 – General Meeting 7:30pm | |

| Mondays | Tuesdays | Thursdays | Fridays | Saturdays |
|---------------|---------------|---------------------|-------------------|-----------|
| Crib 1:30 pm | Member Day | Poker 7:00 pm | Meat Draw & Chase | Bingo |
| Bingo 7:30 pm | Darts 7:00 pm | Pool League 7:00 pm | the Ace 4:30-8pm | 1pm |

All Welcome

ESJH students take on bullying on pink shirt day

Submitted by Ms. Grobb's grade 7/8 class at Ecole Selkirk Junior High

Students in Ms. Grobb's grade 7-8 class at Ecole Selkirk Junior High were asked to write a poem from the perspective of a bully, a bystander or the person being bullied in order to acknowledge pink shirt day this year.

Pink shirt Day is a day when we raise awareness for anti-bullying initiatives. Below are some of the poems from Ms. Grobb's class.

I AM...

I am the bystander,
I wonder if one day I will get up and step in,
I hear laughter, pain, and silence,
I see purple, blue, black from kids I know,
I want to help them all, but I cannot bring myself to,

I am the bystander I pretend I do not know when kids show up broken,
I feel like a bad person when I just stand there,
I touch my heart feeling guilty for not helping,
I cry knowing that I could have helped,
I am the bystander,
I understand that this is like bullying,
I say that I will stand up and help, but I do not,
I dream I will change starting today,
I try not to notice the pained looks on others,
I hope I change for the better,
I am the bystander.

By Samantha Tidsbury

I am the Bullied
I wonder if people care about my feelings,
I hear all the things they think I can't,
I see them snickering and pointing,
I want to tell people, but I worry they won't listen
I am the bullied.
I pretend that I am not bothered,
I feel like I don't belong anywhere,
I touch my face to wipe the tears,
I worry that the things they say are true,
I cry alone so no one sees,
I am the bullied.
I understand that people are trying to help,
but I can't see them through the sorrow,
I say that I am fine, even if I am not,
I dream of happiness, is it even real?
I try to look happy, so I don't become a burden,
I hope that it all stops before I finally break,
I am the bullied.

by Alex Buxton

I am the Bullied
I wonder if there are others like me who scream for help but are silenced,
I hear the whispers as I walk down the hall, head down low,
I see a foot pop out in front of me, threatening to lose my balance,
I want to leave everything behind, to leave this cruel world,
I am the bullied.
I pretend that it doesn't hurt me, that I don't care,
I feel my heart shatter as these words stab me,
I touch the ground, smashing my face on the floor,
I worry myself, I want everything to stop, I want the bullying to stop, I want my life to stop,
I cry alone in the bathroom stall, wishing I was enough,
I am the bullied.

I understand nothing but pain in this world,
I say everything will be okay, but everyone can see through me,
I dream about a different life, or no life.
I try not to cry, to stand up for myself but what's the point?
I hope that others aren't struggling like me,
I am the bullied.

By Mackenzie Henry

I am....
I am the bullied
I wonder if I can get up after's yesterday's beating session and face them again,
if my body can take another day,
I hear the small whispers while I walk to class,
I see the looks when I'm walking around,
I can feel there small gazes and glances as if I had eyes all around my body,
I want to just leave, leave school, leave the earth, but most of all just to stop feeling,
I am the bullied
I pretend that I'm fine, that I'm happy for my family and few friends,
I feel like I can't do this anymore,
it's getting harder and harder to hold on ,
maybe just one more beat down and I might just give up,
I touch my scars, my bruises, as if I didn't know where they came from,

I worry my family and friends will figure out,
I worry they will pity me and be ashamed of me for not standing up for me,
I cry silently at night so no one can hear me,
I wouldn't want to worry or hurt anyone else,
I am the bullied.
I understand I'm not perfect but I try and apparently that's not enough,
I say I'm fine but inside I'm dying and say it will get better but never does,
I dream that everything will get better and I will one day I will not have to force myself to do simple tasks,
I try and stop my bad habits to help me but with no success,
I try to be the way you want me to be,
I hope no one else has to go through this,
I am the bullied.

By Sarah Grauman

I am ...
I am the bullied
I wonder what goes on in your head,
I hear your voice mocking me,
I see what you see in me,
I want to disappear into the abyss,
I am the bullied.
I pretend I am fine,
I feel your words stab like a dagger,
I touch the phantom of my past self,
I worry for when you will strike next,
I cry inside while smiling on the outside,
I am the bullied.
I understand you can't stop,
I say I am sorry for what you do,
I dream of the day you move on,
I try to stand up to you, but I'm glued,
I hope to break free,
I am the bullied.

By Mia Evashenko

I am the Bully



PHOTO SUBMITTED

One of the poems written on a pink shirt.

I wonder if one day I will stop,
I hear the whimpers and cries of the pain I inflicted,
I see pain shine in their tear-filled eyes,
I want to pretend it was not my fault,
I am the bully.
I pretend that I did not mean it,
I feel rage for who I am,
I touch and break many people's hearts,
I worry that I did mean to hurt people,
I cry when I realize I am the monster,
I am the bully.
I understand that sorrow follows me,
I say that I do not care,
I dream that I will stop,
I try to be kind to others,
I hope that one day I will,
I am the bully.

By Lauren Lambrechts

I am
I am the bullied
I wonder if he will stop,
I hear him walking down the hall,
I see him coming towards me,
I want him to stop,
I am the bullied.
I pretend that I am brave,
I feel my heart pounding,
I hold my locker hoping he won't bully me
I worry that he won't stop
I cry myself to sleep
I am the bullied.
I understand that he won't stop
I say that tomorrow will be a better day,
I dream that bullies never existed
I try to tell someone
I hope that he will stop
I am the bullied.

By Dylan Bedard

Gwen Fox Gallery opens doors in 2022

By Katelyn Boulanger

The Gwen Fox Gallery recently opened its doors for its first exhibit of 2022, which features art from Judith St. Germain, Marika Onufrijchuk Sokulski, George Tanner, and Les Hummerston. These four artists come together to bring a colourful, dreamy and playful atmosphere to the gallery and will have their art on display until March 26.

Judith St. Germain

St. Germain is a photographer out of Fort Garry who will be exhibiting about 20 pieces at Gwen Fox this month.

"I started when my baby was born. I started making a book of her growing up because I wanted to have that. I thought, well, 'I know that there's a lot of photographers out there, but I want to do it myself,' because I thought it was more personal," said St. Germain.

Though her daughter is grown with children of her own, St. Germain kept her habit of taking pictures alive and has expanded to landscape work and florals that have a similar feeling to impressionistic paintings.

She has won competitions for her photography and has a lot of her work published in various publications.

"I love doing a lot of different things. I don't just stick to one thing, but my passion is photographing children," she said.

One of the people that inspired St. Germain to keep creating was her mother who would ask her to take her out to go take photos.

"My mom would come whenever I was doing photography, I'd take her with me and she loved to go on car rides and go and have hot dogs after and stuff," St. Germain said.

She recommends that new photographers find a community of people that they can be a part of.

"I think that the best way to do it is to join like there's Winnipeg South Photo Club, there's the Manitoba Camera Club, which I joined and then I started volunteering with them and helping to choose works. I judged a

few times," she said.

Marika Onufrijchuk Sokulski

Onufrijchuk Sokulski is a gouache and acrylic artist from Winnipeg. She uses colour and pattern in such a way that your eyes can't help but explore her paintings.

"I'm interested in pattern, particularly pattern in nature. I find it fascinating," she said.

This month she will have 18 pieces at the gallery which range from flowing landscapes to eye-grabbing florals and some very special paintings of her own cats.

She started creating work when she was very young and was inspired by the world.

"I was painting when I was a child. It brought me great peace. I felt I was in a different world completely. And I was just fascinated by everything around me," Onufrijchuk Sokulski said.

Originally she started out painting in watercolours but switched to acrylic and gouache, as they are more opaque mediums that allowed her to work with more prominent colours.

Her art is very unique because she uses texture and pattern to draw your eyes to quieter sections of the painting and makes them stand out because of their comparative calm.

Even though she doesn't live in the area directly Onufrijchuk Sokulski feels that the Gwen Fox Gallery is a great place to be a part of.

"I think the Gwen Fox Gallery is one of the best galleries in Manitoba. It's accessible to young amateur artists, as well as professional artists. We're so lucky to have it here in Manitoba, really. I don't know another gallery in Manitoba that's like this," she said.

Her best tip for new artists that want to pick up a paintbrush is to just give it a go.

"Experiment. Take risks. You have to take risks and you have to make decisions," said Onufrijchuk Sokulski.

George Tanner

Tanner lives in Falcon Lake and is an acrylic and watercolour artist.

"I live in Falcon Lake and I do a lot



RECORD PHOTOS BY KATELYN BOULANGER

Judith St. Germain.



Marika Onufrijchuk Sokulski.

of landscapes. The scenes are mostly taken from that part of the province with the Canadian Shield. And I also have developed these two characters that I put into paintings, and those ones are done from my imagination. I

just take those two characters and put them in different, what I think might be unusual places to see them and the mix makes it interesting," he said.

He has been drawing since he was

Continued on page 12

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> GWEN FOX GALLERY FROM PG. 11

old enough to hold a pencil and also translated that to his professional life, as he's a graphic designer by trade.

"I wanted to find something that was kind of related to artwork. And that's what I came up with graphic design," said Tanner.

For his character paintings he has about 40 or so paintings in the series and is not quite sure where the inspiration to create them came from, but the first one was made for a show he was going to be in where he had a short time to come up with an idea.

"I came up with these two characters and put them in a small house with a picket fence around the house and their dog staying outside in the yard and put that on their show. That got a lot of attention for some reason. People really liked it. So after that different shows that came up, I decided, well, maybe you should keep that going. People seem to like it," he said.

Young artists will find some comfort in the fact that he feels that he's still making progress with his watercolour after 30 years of painting.

"I find interesting is that no matter how long you do these paintings, they keep getting better. I guess at some point it'll get to a peak and things will start going downhill from there but thankfully I haven't reached

that yet," said Tanner.

Les Hummerston

Hummerston is a St. Andrews artist who creates beautiful wildlife pieces with gouache and acrylic as well as making remarkable wood turned items.

"I class myself as a wildlife artist. I started originally when I was very, very, very young, and started with oil paints. I found it took too long to dry out then I switched to watercolour. I painted it the same way I painted my oil paints and then from there, I switched to gouache, which is more dense," he said.

He started woodturning more recently but enjoyed working with wood his entire life.

"My son had an old lathe and I used it and then it was not good enough. Then I bought another one and since then I've got hooked. It's beautiful because you never know, when you take a piece of wood, when you start turning, you don't know what's going to come out and if it doesn't, it's just firewood," Hummerston said.

With his primary inspiration for work being wildlife it's no surprise that Hummerston enjoys the outdoors.

"I love watching the animals the birds. I'm a hunter as well and I spend a lot of time not hunting as such, more watching than hunting. And that's what I just love nature in general," he said.

This month he has about 30 wood turned pieces on display and about 24 paintings in the gallery.

His best advice for new artists is that the process should be what brings you joy instead of the final product.

"If you enjoy it, do it. It doesn't matter what it looks like, as long as you get pleasure out of it. That's always been the way I look at it. I've done a lot of pictures, I would never hang because I'm not that happy with them. Other people might like them but I don't. With the woodturning, get yourself a half-decent lathe, you don't need a really expensive one and basically just practice," he said.

As a local, he recommends that artists head out to the Gwen Fox Gallery and join the community.

"It's just too bad that more people don't realize it's even here and more people don't come to visit it. All the shows are amazing, in my opinion. We've got some very talented artists in one form or another and it's just a shame, that more people don't come and spend an hour just to look," he said.

The gallery this month is as always free to enter and because of reduced COVID-19 restrictions, patrons will no longer have to provide proof of vaccination to enter. They will still be required to wear masks in the gallery itself. The gallery is open from Tuesday to Saturday weekly from 11 a.m. to 4 p.m.



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RECORD PHOTOS BY KATELYN BOULANGER

George Tanner.



Les Hummerston.

The Bloodshots nab award nomination

Group considered in the best rock video category

By Nick Rees

Selkirk's music scene has no shortage of talented musicians. Many quiet Friday nights have their still air broken with the passion and energy of live music. Often, that silence was broken by local band The Bloodshots who were recently nominated in the best rock video category of The Na-

tive American Music Awards.

Late last year "No Way Out", netted The Bloodshots a nomination, then an eventual win, of an Indigenous Super Stars Music Award. This national recognition opened the doors for the band to receive a nomination a few weeks later from The Native American Music Awards.

For The Bloodshots and many other Indigenous artists, these award ceremonies hold a special significance.

"Honestly, it feels awesome. It means a lot to be considered with the artists that are in our Indigenous community," said Loane.

Since 2013, The Bloodshots have been a prominent fixture in Selkirk's humble yet vibrant music scene. With some growing pains and lineup changes along the way, C.J. Loane, Keith Skazyk and Jared Masters have been entertaining crowds all over the country with their energetic music and relatable lyrics.

In November of 2020, The Bloodshots released the video "No Way Out". This hard-hitting song, and its accompanying video, encapsulates feelings of pressure and dread.

"This song in particular is about being isolated. Stuck in a situation you feel is out of your control. Whether it be a toxic relationship, mandated quarantine or any which way the listener needs it spun for them," said Loane.

The music video, shot by Lee Halipchuk, had its share of quarantine related problems. Problems with capacity restrictions and venue limitations required the band to shift gears mul-

tiply times to accomplish a quality project.

"We were supposed to have fans in attendance for it. We had about 100 to 150 people who wanted to be in the video," said Loane.

Even with all the difficulties caused by a global pandemic, the band was excited with the result.

"We were surprised at how great it turned out, given the circumstances," said C.J. Loane.

For the bandmates, the work is not over. The Bloodshots are currently working out the logistics for a tour out west to make up for shows which were cancelled due to the pandemic. They are also working tirelessly in the studio recording new songs.

"We're actually in the studio right now. We're looking to put out a full length [album] by summer," said Loane.

For updates on all The Bloodshots upcoming projects and show dates follow them on Instagram and Facebook.

To vote for them visit <https://www.nativeamericanmusicawards.com/official-2022-voting-ballot> and scroll down to the best rock video category. Voting is open until March 31.



PHOTO SUBMITTED BY BRITTANY LAMBERT

Keith Skazyk, C.J. Loane and Jared Masters of The Bloodshots were nominated in the best rock video category of The Native American Music Awards.

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Music, sailing and friends for Selkirk teen

Submitted by the Regional Cadet Support Unit (Northwest) of the Canadian Armed Forces

Chief Petty Officer First Class (CPO1) Thierney Dignadice, of 77 Royal Canadian Sea Cadet Corps Daerwood in Selkirk, recently earned her Cadet Musician Level 3 on clarinet at the Regional Cadet Support Unit (Northwest) virtual Music Level Testing held on Feb. 12.

CPO1 Dignadice joined cadets in fall of 2016 and has been thoroughly enjoying the Cadet Program ever since. She found out about sea cadets in Selkirk at a local community activity fair. "The cadet corps had a booth set up and my parents suggested that I check it out," she recalls. "We also had a family friend who was a cadet at the corps and strongly recommended that I join."

"Our band at cadets has always been pretty small but it is nice to have a tight-knit group of all phas-

es," CPO1 Dignadice said.

"I started playing clarinet in band in middle school, I really enjoyed it, and I found out that I could do it well," she said.

CPO1 Dignadice also plays piano in her school's jazz band, is a member of choir groups, and is learning to play ukulele.

"I made the decision to pursue music when I was in grade 10, and I've been able to structure my school courses around that," she said.

The Cadet Program also introduced CPO1 Dignadice to a new passion, sailing.

"When I went to my first cadet summer camp, I thought I was going to do band the next summer, but I had the opportunity to try sailing and I loved it," she said.

"Sailing has become one of my favourite activities. I went to Basic and Intermediate Sail (summer courses and sailed at the Regional Regatta. I got to reconnect with friends from camp and meet other sailors from other corps and provinces. I got to compete against one of my instructors from Intermediate Sail and there was a race my friend and I beat him in. It was wild."

"One of the best things in the Cadet Program for me is the people that I meet," CPO1 Dignadice said, "I also really like the leadership aspect. The program and the activities make you take up more space and become more confident. I've been able to take this



PHOTO SUBMITTED

Chief Petty Officer First Class (CPO1) Thierney Dignadice recently earned her Cadet Musician Level 3 on clarinet.

confidence and implement it outside of cadets, which even my non-cadet friends notice."

CPO1 Dignadice is hoping to continue her music education at the University of Manitoba in the fall.



Jerry Zoppa

Jerry Zoppa, a long-time friend of the Jehle family, passed away on February 5, 2022, after a courageous battle with cancer. Jerry had an extensive career as a long-haul truck driver before being brought on to Fort Distributors as a driver for our new dust control company. Little did Jerry know what he was signing up for. In addition to being a gifted Class One driver, Jerry was an incredible fabricator and builder. His knowledge and skills helped us create a fleet of custom equipment that allowed our business to flourish. Jerry's fingerprints are all over Fort Distributors and he will be forever remembered as a valued team member here.



As a professional driver, Jerry was proud of his semi tractor/trailer handling skills, and many customers requested him personally as his ability and good nature made him a customer favourite! His zest for life was infectious. He showed up for work everyday with a smile, a twinkle in his eye, and a new joke to share.

Jerry's voice was as unique as he was, and he often reminded us over the two-way radio when he frequently announced "...You're listening to the Golden voice of JC Calhoun!" - his CB radio handle from his old trucking days. As always, this brought a smile to everyone.

Rest In Peace Jerry, Heaven just got a whole lot brighter with your arrival.



Reading Moustache Brown



PHOTO SUBMITTED

Red River North Tourism recorded a virtual book reading, of local children's author Bruno Palumbo at WishMe, Feb. 21. Palumbo was one of the authors featured on Red River North's Garden and Art Tour and Anugrah Patel, videotaped the virtual reading which will be posted to the Red River North Tourism social media in the upcoming days.

Manitoba

Winter Explorer Ideas

Chase the northern lights

You can witness this natural phenomenon from vantage points across the province, but one of the best places to see the northern lights is Churchill due to its ideal spot under the aurora dome.



SCAN THIS QR CODE
to open the Winter Explorer
Guide on your phone.

TRAVEL SAFE IN MANITOBA

Keep yourself and others safe as you explore Manitoba. Remember to:

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- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Be prepared to provide proof of vaccinations at restaurants, events and museums
- ➔ Follow all local travel restrictions

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↑ Churchill Northern Studies Centre

FROM AN OPERATING RESEARCH CENTRE

MANITOBA NORTH

The Churchill Northern Studies Centre, situated 30 minutes outside of the town of Churchill, provides ideal conditions for viewing the night sky. There are a few options for viewing the aurora borealis, from the heated dome at the top of the centre to the outdoor observation deck.

FROM AN AURORA POD

MANITOBA NORTH

Book your northern lights trip with Natural Habitat Adventures in Churchill and get exclusive access to the warm and comfortable Aurora Pod, specially designed for viewing the aurora borealis with 360-degree views of the sky via innovative glass construction and cushioned seats.

FROM A NATIONAL PARK

MANITOBA WEST

Riding Mountain National Park is known for its regular aurora activity in the depths of winter. Book a stay at a hotel in Wasagaming, Elkhorn Resort or a winterized Parks Canada oTENTik and watch the night sky light up.

FROM A WILDERNESS SETTING

MANITOBA NORTH

Best suited for the DIY traveller, Nanuk Operations in Churchill offers Nights Under Lights, a guided photography outing for the chance to shoot the aurora with the backdrop of a yurt tucked deep in the boreal forest. All guests get a clear view of the lights from the yurt's large, wrap-around deck.

FROM A FISHING LODGE

MANITOBA NORTH

Book a stay at Baker's Narrows Lodge, located outside Flin Flon where the northern lights will be highly visible. Book an ice fishing package for a multi-night stay and hook a catch while taking advantage of the north's wide open skies.

FROM THE CITY

WINNIPEG

It's possible to see the northern lights as far south as Winnipeg when the conditions are just right. Download an aurora forecasting app and keep an eye out for clear nights with a high chance of discovery. We recommend heading outside the perimeter to ensure the city lights don't impact your view.

PHOTO: ALEX DE VRIES

↓ Aurora Pod



PHOTO: WILHOUSE MEDIA

↓ Poplar River



PHOTO: @DUBCAPTURES

↓ Churchill



PHOTO: JIRENE MOORE

↓ Churchill



Find more ways to see the northern lights at
manito.ba/winter-explorer.

Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.

Manitoba
CANADA'S HEART BEATS

Third dose protection of mRNA COVID-19 vaccines wanes

By Patricia Barrett

The protection offered by COVID-19 mRNA vaccines declines over time after the third dose, according to an American study released last month.

The U.S. Centers for Disease Control and Prevention study found that the effectiveness of the third dose of mRNA vaccines (Pfizer-BioNTech and Moderna vaccines or a combination of the two) dropped to 66 per cent against emergency/urgent care and 78 per cent against hospitalization after four to five months. It dropped even further as more time passed since the receipt of the third dose.

The study titled, "Waning 2-Dose and 3-Dose Effectiveness of mRNA Vaccines Against COVID-19-Associated Emergency Department and Urgent Care Encounters and Hospitalizations Among Adults During Periods of Delta and Omicron Variant Predominance — VISION Network, 10 States, August 2021–January 2022," was published online Feb. 11 as an early release in *Morbidity and Mortality Weekly Report*.

Previous research showed protection waning after two doses of an mRNA vaccine, but it was unknown how the vaccines would hold up after three doses, particularly against the delta and omicron variants.

Vaccine effectiveness was assessed using emergency/urgent care data and hospitalization data for people aged 18 and older in the U.S. at various points after they received a second and a third dose of vaccine during the periods when the delta and omicron variants were the predominant strains.

Although it was hyped as a milder variant, omicron mounted a stron-

ger defence against the vaccines than delta had. Researchers found that the third dose effectiveness against both emergency/urgent care and against hospitalization was lower during the omicron-dominant period than it was during the delta-dominant period.

"During the Omicron period, VE [vaccine effectiveness] against ED/UC [emergency department/urgent care] visits was 87 per cent during the first two months after a third dose and decreased to 66 per cent among those vaccinated four to five months earlier," the researchers wrote. "VE against hospitalizations was 91 per cent during the first two months following a third dose and decreased to 78 per cent four months [and longer] after a third dose."

Five months after the administration of a third dose, the vaccines' effectiveness dropped to 31 per cent (during the omicron period), although the researchers say that estimate is "imprecise" because fewer data were available on people at or beyond the five-month period.

Data on second dose effectiveness (against omicron) showed similar declines.

For emergency/urgent care visits, for example, the vaccines' effectiveness dropped to 69 per cent within two months after the second dose. At five and more months after the second dose, the vaccines' effectiveness declined to 37 per cent.

The delta variant was found to be less resilient than omicron to the vaccines, but the effectiveness of three doses of vaccine also declined against this strain. Vaccine effectiveness was 97 per cent against delta within two months of vaccination and declined

to 89 per cent among those vaccinated four or more months earlier.

The researchers looked at 241,204 emergency department and urgent care visits, and at 93,408 hospitalizations in 10 U.S. states between Aug. 26, 2021, and Jan. 22, 2022.

The researchers acknowledged a number of limitations to the study, including failure to capture data on COVID infections that were not "medically attended," a relatively short period of time (average 49 days) to observe the performance of the third dose, a small number of COVID-positive patients in the most "remote" time period after vaccination, and lack of information about waning by age group or immunocompromised status.

As well, they weren't able to determine what dosage (for the third shot) was administered to people.

"This study could not distinguish whether a third dose was received as an additional dose as part of a primary series (as recommended for immunocompromised persons) or as a booster dose after completion of a primary series," they wrote.

The results could have also been confounded by a lack of identification of the viral strain.

"Genetic characterization of patients' viruses was not available, and analyses relied on dates when the Omicron variant became locally predominant based on surveillance data; therefore, the Omicron period of predominance in this study likely includes some medical encounters associated with the Delta variant," they wrote.

The trend of decreasing mRNA vaccine effectiveness since vaccination

with three doses "was significant," researchers wrote. The implication is that fourth doses for the general public may have to be considered.

"The finding that protection conferred by mRNA vaccines waned in the months after receipt of a third vaccine dose reinforces the importance of further consideration of additional doses to sustain or improve protection against COVID-19-associated ED/UC encounters and COVID-19 hospitalizations," they wrote.

Manitoba recommends a fourth dose of vaccine for immunocompromised people.

The World Health Organization has repeatedly warned against the use of "blanket booster" programs and has also advised countries against a premature lifting of public health measures (e.g., masking, social distancing) in an attempt to restore a sense of normalcy.

Manitoba public health officials said last week that vaccination rates are partly behind the plan to drop protective measures against COVID, which has killed 1,675 Manitobans as of Feb. 25.

Over the past few months, the province severely restricted PCR testing to detect COVID and didn't release wastewater data showing the extent of infections, but it has repeatedly said that new daily infections are an undercount. Protective measures such as capacity limits and mandatory masking are being abolished this month.

Worldwide, COVID has killed 5,922,047 people, according to the WHO data as of Feb. 25.

Selkirk RCMP arrest armed male who was uttering threats

Submitted by the Manitoba RCMP

On Feb. 23, at approximately 9:00 p.m., Selkirk RCMP received a report of a male who had threatened to kill an 18-year-old male with a firearm. It was learned that Brennan Harrison, 24, from Winnipeg, was headed to the residence of the victim on Henderson

Highway in the RM of St. Clements, Manitoba.

Officers attended immediately. When they got to the scene, a pickup truck was parked, but running, in the driveway, with Harrison inside. He was arrested. Inside his vehicle, police located a loaded handgun with

extra ammunition.

Harrison is charged with Uttering Threats, Using a Firearm in the Commission of an Offence, Careless Storage/Transport of Firearm, Possess

Weapon for Dangerous Purpose, Unauthorized Possession in a Motor Vehicle, and Possess Loaded Restricted Firearm.

He remains in custody.



Handgun located by RCMP.

PHOTO SUBMITTED

The Selkirk Record

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Fundraiser for Canadian flags flown in France

By Nicole Brownlee

Canadians can show their support for veterans, first responders and their families through a flag sponsorship program co-organized by a Second World War commemoration organization.

The Juno Beach Centre is a Canadian Second World War museum and cultural centre in Normandy, France, opened in 2003. The Centre commemorates the 45,000 Canadians who died during the War, of which 5,500 were killed during the Battle of Normandy on June 6, 1944.

On weekdays, the Centre flies two Canadian flags and regularly replaces the flags as they become worn. Canadians now have a chance to own one of the flags flown at the Centre in France.

"Very few Canadians are able to go to the museum, so we tried to come up with a way where we can bring a piece of the Juno Beach Centre to Canadians," said Alex Fitzgerald-Black, executive director of the Juno Beach Centre Association.

The sponsorship program launched in 2020 as a way for the Centre to make up for donations lost during the COVID-19 pandemic.

While the flag sponsorship program has been flying for two years, the JBCA wanted to expand the program

to help another group in need.

The JBCA was often asked while fundraising if any proceeds go towards helping veterans.

"I would often say, 'Well, it does, but not in the way that you're probably thinking,'" said Fitzgerald-Black referring to the importance of commemorating the Second World War.

"With our flag program, we decided, wouldn't it be great to partner with some Canadian veterans facing organizations that assist veterans in the modern sense?"

Supporters can now purchase a flag that has flown at the Juno Beach Centre and contribute to Wounded Warriors Canada, which provides veterans, first responders and their families mental health resources and clinically facilitated programs.

"This is two international organizations coming together to pair commemoration to mental health service support, so it's pretty special," said Scott Maxwell, Wounded Warriors executive director.

Half of the \$500 donation to secure a flag flown at the Centre in France will go towards JBCA, while the other will go to Wounded Warriors Canada.

The donation will be distributed to all programs in need at Wounded Warriors.

"I think this is going to be a long-



RECORD PHOTO SUBMITTED

Canadians have the chance to buy a Canadian flag flown at the Juno Beach Centre in Normandy, France, while supporting modern troops.

term partnership," said Maxwell.

"The work of the Juno Beach Centre is there permanently, as is the work that we do here in Canada with respect to mental health for veterans, first responders and their families."

The Government of Canada estimates that up to 10 per cent of war zone veterans will experience post-traumatic stress disorder or symptoms associated with the condition.

"It's really important to us going forward as we're saying goodbye to those veterans that we're also engaging with modern veterans," said Fitzgerald-Black.

"We're a site of commemoration that can be accessible to them, and we care about their stories as well."

Brave patients share their stories to help others with dental anxiety

BY ELISHA VANDOR

When I first say dental implants to someone, they don't jump at the opportunity to go through a dental procedure. Quite often, it's the reason some stray away from the hope of tighter dentures altogether, but I'm here to give you some peace of mind from some who have been in your shoes, seen the other side and are here to share their stories.

When Brian came in to see us earlier this month, we were able to get the insider scoop on how his dental implant appointment at the dentist went. He had 5 teeth removed and 4 dental implants placed just two weeks prior. Brock the Denturist asks Brian what he's often asked, like does it hurt? Brian says, "I only had freezing put in and I didn't feel a thing to be honest with you. I didn't know they were putting in the dental implants until they were in. The whole process was about an hour and a half and afterwards I went home. I was given prescription Tylenol from the Dentist

and took that for a week after, but it wasn't terribly terrible. So, if you're thinking about dental implants, go for it! So far, it's been easy and that was the hardest part."

While Brian is still in the healing phase, the next patient we interviewed is now enjoying the full benefits of his new dental implant supported smile. Brock asked him to share his experience. Frank says, "I first came here for an appointment to discuss options with Brock. He was honest right from the beginning and guided me through every step. At first, dental implants is a scary thought, right? I came here with only 4 teeth left and had suffered for years. I didn't even want to go out and see people anymore. I had lost all my self-esteem, until I did something. The procedure changed my life 100%. A couple of weeks go by with the healing and you get used to it and it's nothing but great after. To me, it feels good, if not better than when I had my real teeth. It's a long-

term solution. Now I can eat, see my friends and family. People love my smile. This is the best decision I've made and the best place to get it done. I recommend it to anyone."

Both Brian and Frank have the same dental implant solution! Their lower denture is held in by four dental implants, which clicks in and out, like how a button snaps open and closed. In addition, if you recall the article a few weeks ago, we talked about how someone with dental implants can adjust the tightness of their denture with o-rings, well now both Brian and Frank are able to do that. They use o-rings to adjust the tightness to just tight enough to chew that morning toast, but still easy to clip out or have it so tight they can eat that well-done steak!

The first step to seeing how we can help is to call and book a free consultation. Like Frank said, we will guide you through each step so you can make the decision that's best suited for you.



- supplied photo -

Frank shows off his new smile that changed his life! **SENIOR PRICING**

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Eating disorders addressed in school presentation

By Nicole Brownlee

Youth can learn the importance of balanced eating and healthy eating habits in a one-hour presentation offered by the Mood Disorder Association of Manitoba.

MDAM created the disordered eating program in 2021 for people who identify as women to address disordered eating habits, low self-esteem and mental health issues during a six-week workshop.

Andrea Smith and Dana Lance adapted the program this year to address these concepts to youth.

"I got involved because I wanted to do more with youth about body image and disordered eating because that's a very vulnerable age," said Lance, MDAM's youth program coordinator.

Statistics Canada states around one million Canadians had a diagnosed eating disorder in 2016, and up to 30 per cent of girls and 25 per cent of boys aged 10-14 reported dieting to

lose weight.

"The incidence of eating disorders in Canadian children is estimated to be two to four times greater than Type 2 Diabetes," said the National Initiative for Eating Disorders (NIED).

Smith created a one-hour presentation for elementary, middle and high schools out of the six-week workshop to address concepts like beauty standards for all genders, diet culture and healthy habits. MDAM will also offer a six-week program for youth and people who identify as women.

"Disordered eating and body image issues start in kids as young as four," said Smith.

"Early intervention is imperative when you're trying to deal with eating disorders."

The Body Image Heroes presentation acknowledges the damage caused by

stereotypes, disordered eating habits and the importance of self-love.

"We also let (schools) view the content in the slides beforehand because we want to make sure that it's appropriate for the kids at the school... and the environment," said Lance.

Presentations to elementary schools focus more on body movement, nourishment and self-love, while older grades touch on more serious topics.

"Even as young as Grade 1, they do understand the concept of other people make me feel bad about my body and make me feel like I need to do something different," said Lance.

Body image issues have increased during the COVID-19 pandemic because people were forced to change their lifestyles, extracurriculars and sometimes their eating habits.

Smith also attributes body image

issues to the increase in social media usage over the past decade.

"People aren't being taught how to love themselves," said Smith.

"If you ask someone, how do you work on loving yourself? Not even most adults know how to do that."

Diet culture has been glamorized by celebrities and social media influencers, which distorts children's perception of healthy eating, said Lance. Parents can also impact how children feel about their bodies if parents talk poorly about themselves.

"Parents should be conscious of what their kids are listening and tuning in to because you can never know what the impact may be," said Lance.

The NIED states that eating disorders have the highest overall mortality rate of any mental illness in Canada.

Interested schools can book a presentation through Dana Lance at youthprogram@moodmb.ca.

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> MEAL IDEAS



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Italian Sausage Spinach and Tomato Rigatoni

Prep time: 10 minutes
Cook time: 20 minutes
Water
1/2 box rigatoni pasta
1 tablespoon olive oil
1/2 cup onions, chopped
4 cloves garlic, minced
1/2 cup mushrooms, sliced
16 ounces sweet Italian sausage
1 jar Bertolli d'Italia Marinara Sauce
2 cups fresh baby spinach
salt, to taste
pepper, to taste
Parmesan cheese, for garnish
Bring large stockpot of water to boil.

Boil rigatoni pasta until al dente. Drain and set aside.

In saute pan over medium heat, add olive oil. Add onions, garlic and mushrooms. Saute until vegetables start to brown. Add Italian sausage and cook until done, breaking into small pieces. Add sauce and bring to low boil.

Add baby spinach. Cook until spinach is mostly wilted. Season with salt and pepper, to taste.

Add drained pasta to pan with sausage and sauce. Toss and divide between plates. Garnish with Parmesan cheese.



Creamy Italian Garlic Chicken Pasta

Prep time: 10 minutes
Cook time: 20 minutes
2 tablespoons olive oil
2 large chicken breasts
1 teaspoon Italian seasoning
salt, to taste
pepper, to taste
4 cloves garlic, minced
1/4 cup onions, chopped
1/4 cup sun-dried tomatoes, cut into strips
2 tablespoons capers, drained
6 fresh basil leaves, sliced
1 jar Bertolli d'Italia Creamy Rosa Sauce
1/2 cup heavy cream

water
1/2 box Casarecce or preferred pasta
parsley, for garnish
Parmesan cheese, for garnish
In saute pan over medium heat, add olive oil. Season chicken with Italian seasoning and salt and pepper to taste. Sear chicken breasts on both sides until browned. Remove from pan and set aside.

Add garlic and onions to hot pan. Cook until starting to brown. Add sun-dried tomatoes, capers and basil; stir. Add sauce and heavy cream; cook until mixture starts boiling.

Bring large stockpot of water to boil. Boil Casarecce pasta until al dente. Divide pasta between two plates. Place one chicken breast over pasta on each plate and top with additional sauce, parsley and Parmesan cheese.

Expert patient here to help!

By Susie Schwartz

I've had a few close calls in my life, including a nine-year-old near-death experience with Type 1 diabetes, deadly insulin pump malfunctions, and a gastric pacer implant that made it near impossible to eat. But more than once, the worst almost happened. So my tip to avoid the worst?

Ask your pharmacist.

I mean it. Ask. Or you may get unmanageably pregnant! Yes you. Even those of you without wombs. Think of pregnancy as a metaphor if you're missing that body part.

Jason, my Canadian Pharmacist, has saved me from this plight more than once. Pregnancy might have killed me, but even more so, parenthood probably would have. Let me explain.

I've rocked up to that pharmacy medicine counter more times than I've used the loo. (Yes...I'm British now.) I can recall three times Jason has said, "Just so you know, this medication cancels out 'the pill.' Whoa. I nearly fainted from relief, all three times.

Pharmacists go to school for 300+ years for a reason. It's a tricky business. 'If you take this with that your liver might fail' or, 'two blood thinners are too many blood thinners' or, 'you might get pregnant, and that child will break your heart a thousand times and sneak out of the house to deal illegal puppies and cry all night long for their first four years and grow up way too fast leaving you a sad and lonely empty-nester making you need an illegal puppy of your own,' or so they tell me.

To be clear, I love your children. I'd italicize 'your' for emphasis if my editor would let me. And also, to be clear, I am not one to jump all over prescription medication as I think we often overlook natural remedies. I also have a strong distaste for the profit margins of many pharmaceutical companies. (Insulin is a prime example of medication with exorbitant prices and is out of pocket for many people with diabetes in the U.S.) With that said, I'd be dead without my medication - Insulin for sure.



Susie Schwartz

So best practice? Whenever you are taking a new medication for any reason, ask the pharmacist if it is safe with your pre-existing conditions and medications - even something as simple as antibiotics. (If memory serves me, it was an antibiotic that almost caused me a baby.)

Give them the chance to save you from a new life-long condition like liver disease or...

The need for an illegal puppy.

Less health stress, yes?

A published author and songwriter, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.sus-chwa, and lesshealthstress.com

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Hughesman commits to Merrimack College

By Brian Bowman

The Selkirk Steelers, once again, will have a player move on to Division I.

Steelers' rookie forward Jordan Hughesman has committed to attend school and play hockey for the Merrimack College Warriors, located in North Andover, MA.

He'll go there for the 2023-24 season.

"It's obviously super exciting," said Hughesman on Monday. "They have a great program there and they're doing really well now, too. They have a good team, a good environment, and great coaches and everything so I'm really looking forward to it."

An assistant coach with the Warriors came to watch Hughesman about a month ago. Hughesman expects to visit the campus after the Steelers' season.

The Warriors boast a solid men's hockey program that competes in the Hockey East against the likes of Boston University, University of Massachusetts, Boston College, and the Maine Black Bears.

The league is loaded with talented players.

"It's going to be a big challenge obviously with teams like Boston University, Boston College and Northeastern, schools like that," Hughesman said. "It will be a good challenge and I'm really looking forward to it."

Hughesman has enjoyed an outstanding season with 12 goals and 38 points in 29 games. He had his amazing 18-game points streak snapped in a 5-3 loss to the Steinbach Pistons on Feb. 18.

"I'm really happy with how the year has gone. Points obviously don't say everything but I have had a good year and our team is coming together right now, too," Hughesman said. "I didn't really try to look at (the points streak) very much. I was just trying to go out there and help the team and do whatever I could do to help us win games. Now that it's over, there's a bit less pressure off my back and I can just focus on winning games."

Hughesman is part of a great line that includes Mathieu Catellier and Tyson Smith. The rookie trio are among the top four point producers on the Steelers this season.

"We have really good chemistry," Hughesman said. "Us being all rookies is pretty unusual to be on the same line but we've done pretty good together. We all work hard in practices and it moves over to the games. It's been going good."

As for the Steelers, it's going to be quite interesting over the next few weeks as Selkirk hopes to secure fourth place in the East Division and a playoff spot.

Selkirk, currently 22-21-4-2, is five points ahead of the Terriers for the final playoff spot in the division although Portage has three games in hand.

"I'm really looking forward to the playoffs coming and just seeing how it goes," Hughesman said. "It will be really interesting and we can't really pay attention to (Portage) too much. We just have to keep winning and do what we do - that's all we can ask for."



RECORD PHOTO SUBMITTED

Steelers' forward Jordan Hughesman has committed to attend school and play Division I hockey at Merrimack College.

Royals ready for KPAC Tier 2 basketball playoffs

By Brian Bowman

The Selkirk Royals were perfect in the KPAC Tier 2 varsity boys' regular season, finishing with an 8-0 record.

They hope to continue that success in the playoffs.

"(Our players) have a lot of experience and it shows," said Royals' head coach Dean Goodbrandson. "I don't think I've ever had a group of six of them with that much background prior to getting here. That's not the norm and it's really nice that (my son) Riley followed them up

for quite a few years and put in a lot of time and it shows. These guys are already cued into high-end basketball. They're basketball players, they're not just playing basketball."

The Royals will play the winner between Calvin Christian and Springfield (which was played Monday evening) in a semifinal game at the Comp on Wednesday at 6 p.m. The KPAC Tier 2 final is slated for Friday at 8 p.m. The game will be hosted by the highest remaining seeded team.

Selkirk wrapped up its regular season with a

hard-fought 72-69 road victory over the Calvin Christian Eagles last Wednesday.

"That was probably a good wakeup call for us," Goodbrandson said. "We really didn't come out of the gates very well and they played well. It was a two-edged thing because it was good to be in a close game and come out on the right side of it. We did a lot of things not so well so we'll have to tidy that up if we play them (this week) in the playoffs."

A big key to the Royals' success this season is their depth. Everyone chips in on a nightly basis.

"I don't think that I have had a team like this where I'm still platooning," Goodbrandson said. "In the playoffs, I'll still be going five on, five off. We can keep the pace up and nobody is holding us back out there and that's usually while we've been winning."

The Royals' junior varsity boys, meanwhile, cruised to a dominating 75-39 victory over Springfield on Feb. 22.

Selkirk posted a 6-3 record during the regular season with all three losses coming against West Kildonan.

The Royals hosted Springfield this past Tuesday in a semifinal game but no score was available. The final is set for Thursday.

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Hibbert stars in Steelers' win

By Brian Bowman

Cameron Hibbert had a career game on Saturday evening.

The Selkirk Steelers' forward scored four goals and added an assist to lead his club to an important 7-4 victory over the Winnipeg Freeze at the Recreation Complex.

Tyson Smith, Ben Bonni, and Lucas Brennan also scored for Selkirk.

The Steelers' Quinton Hill had four assists while Hayden Wheddon added three helpers.

Winnipeg goals were tallied by Dean Gorchynski (two), Evan Armit, and Eric Mork.

Hunter Tarves stopped 23 Freeze shots.

On Friday, Selkirk blasted the Freeze 5-1 in Winnipeg.

Dante Ballarin and Brennan, on a wicked one-timer on the power play, scored to give the Steelers a 2-0 first-period lead.

Selkirk's Sheldin Howard added a pair of goals in the second and then



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Quinton Hill flies past a pair of Winnipeg Freeze players during MJHL action last Friday. Selkirk swept Winnipeg in a home-and-home series.

Hibbert made it 5-0 early in the third.

Winnipeg's Matthew Carlson closed out the scoring at 4:05 of the final frame.

Cole Plowman stopped 21 Freeze shots for the win. He was later named an MJHL Star of the Week after earning two wins to go along with a 1.24 goals-against average and a .959 save percentage.

Last Wednesday, the Steelers edged the Flyers 2-1 in overtime in Winkler.

Ballarin was the OT hero, wiring a shot past Flyers' goaltender Dylan Meilun after taking a nice pass from Connor Tyhy.

Howard had tied the score at 1-1 at 18:37 of the third period.

Mike Svenson scored a late first-period goal for Winkler.

Plowman made 33 saves for the victory.

Selkirk, now 22-21-4-2 and in fourth place in the East division with 50 points, will be in Winkler on Wednesday and Steinbach Friday before hosting the Pistons Saturday.

Saturday's game is "Minor Hockey Night" and any child aged 17 and under wearing a jersey gets in for free.

Puck drop for all three games is 7:30 p.m.

Hitting the mat



RECORD PHOTO BY BRETT MITCHELL

Ottawa Hogan and Kayde Totin practice their Ippon-seoi-nage (shoulder throw), coached by black belt Stan McFarlane at a practice last week. The Selkirk Club Judoka will be attending tournaments in Portage la Prairie (April 1), Vancouver (April 16) and Edmonton (April 23).

Resch scores game winner in Raiders' OT win

Staff

The Raiders Jr. Hockey Club defeated the Ft. Garry/Ft. Rouge Twins 5-4 in overtime in Manitoba Major Junior Hockey League action on Sunday evening.

Caleb Resch scored the game winner in OT.

Matthew Smith, Kobe Campbell (power play), Chase Barkley (short-handed), and Juliano Garcea also scored for the Raiders.

Twins' goals came from David Balshaw (two), Carter Halamandaris, and Matt Senecal.

The Raiders scored four unanswered third-period goals to double the St. Boniface Riels 8-4 on Friday.

Riley Barroso (two), Matthew Smith (two), Jayce Kennedy, Chase Barkley, Brody Melsted, and Ryland Kuczek scored for the Raiders. Smith had five

Continued on page 22



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17 &
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Varsity girls hoping for a long playoff run

By Brian Bowman

The Selkirk Royals' varsity girls' basketball team has seen a lot of the Maples Collegiate Marauders recently.

In fact, the two teams played each other three times in a six-day period.

The latest was a KPAC Tier 1 playoff game this past Monday in Selkirk. No score was available at press time.

"It's a little bizarre but you really get to know your opponent better that way," said Royals' head coach Amanda Hallson. "It's a little different although after two games they came out and played differently on Friday than they did on Wednesday."

The Royals wrapped up their regular season with a convincing 61-43 home victory over the Marauders on Friday. Katelyn Visser had a strong game for Selkirk with 19 points.

Selkirk led 46-41 before outscoring Maples 15-2 in the last three minutes.

"It was a two-point game going into

the fourth but with about four minutes left our girls really turned it on," Hallson said.

Selkirk defeated Maples 59-55 last Wednesday. At one point in the game, the Royals led by 17 points but the fourth quarter was back and forth, said Hallson.

If the Royals won on Monday then they would play at the Garden City Fighting Gophers on Wednesday. Tip-off would be 8 p.m.

The KPAC Tier 1 final is slated for this Friday.

In junior varsity girls' KPAC Tier 2 action last Wednesday, Selkirk downed the Springfield Sabres 34-26.

The Royals finished the regular season with a 5-3 record after starting the season 0-2.

On Feb. 22, Selkirk defeated Springfield 41-25.

The Royals played a semifinal playoff game against River East on Tuesday but no score was available.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Mia Larabie carries the ball up the floor against Maples Collegiate during KPAC action last Wednesday. Selkirk won the game 59-55.

Fishermen wrap up regular season with another win

Staff

The Selkirk Fishermen wrapped up their Capital Region Junior Hockey League regular season with another victory.

But it wasn't easy.

Selkirk squeaked out a hard-fought 2-1 win over the Falcons in Lundar on Saturday evening.

Selkirk's Reece Tessier scored a first-period goal and then Jordan Donald made it 2-0 in the second.

Riley Wirgau scored Lundar's lone goal in the second period.

Owen Derewianchuk made 22 saves for the win.

On Friday, Selkirk hammered the St. Malo Warriors 6-1 at the Recre-

ation Complex.

Kyle Folhoffer led Selkirk with two goals while Tessier, Josh Poponick, Peyton Moneyas, and Donald added singles.

Levi Penner scored St. Malo's goal in the second period.

Selkirk outshot St. Malo 37-16 as Brendon Hocaluk earned the win.

The Fishermen will play the winner between Lundar and North Winnipeg in their best-of-three survivor series. Selkirk will host Game 1 this Sunday at 3 p.m. In off-ice news, Selkirk had three players - Tessier, Poponick and Derewianchuk - named as CRJHL all stars.



RECORD PHOTO SUBMITTED

The Selkirk Royals varsity girls' basketball team honoured their seniors last Friday. Pictured, left to right, Amanda Hallson (head coach), Tayven Arnason, Summer Waterman, Katelynn Visser, Sarah Boitson, Mia Larabie, Zara Longe, and Deanna Gilbert (assistant coach). Missing from the photo is Talia Carey.

It's Playoff Time!

Playoff Home Game 1

SUNDAY, MARCH 6th

vs TBD

3pm - Selkirk Rec Centre

All other games are TBD

Due to changing COVID restrictions, please check our website for last minute schedule changes
crjhl.com or Selkirkfishermen.ca



Meet the Fishermen



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> RESCH, FROM PG. 21

points in the game.

Riels' goals were tallied by Luc Masse (two), William Faraci, and Dylan Waldmo.

Last Wednesday, the Raiders blasted the Riels 10-3.

Alex Loschiavo led the Raiders with three goals and an assist while Melsted tallied twice. Ashton Elias, Smith, Travis Dech, and Resch also scored in the win.

Riels' goals were tallied by Dylan Waldmo (two) and Joe Akadiri.

The Raiders, now 22-20-1 and in fifth place, will host the St. Vital Jr. Victorias on Friday (7:30 p.m.) and the Charleswood Hawks Sunday (2 p.m.) to wrap up their regular season.

Mandryk taking setting game to new heights

By Mike Still

With numerous years of starting experience under his belt, fourth-year Bisons' setter Jack Mandryk's confidence is at an all-time high as his squad prepares for post-season play. Currently fourth in the conference in assists with 532, the Lord Selkirk alum, who was recently named the Boston Pizza Male Athlete of the Week, has successfully dished the ball more than 40 times on five different occasions, including three of his last four contests.

Manitoba's depth has been an asset this season. It's arguably the most versatile roster Mandryk and company have had over the last few years and they're continuing to get better, specifically outside where three different players have at least 300 attacks and 100 kills.

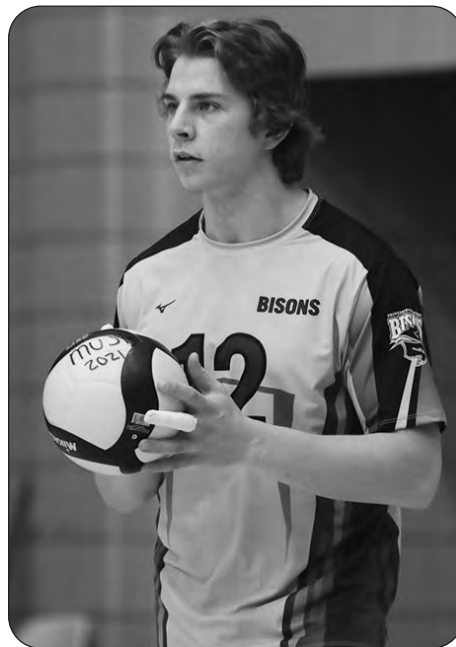
The trio are led by dynamic 6'6" Ben Carleton, whose 202 kills rank sixth in the conference, while 6'6" first-year sensation Spencer Grahame has been on a tear as of late, with 43 of his 120 kills coming in the last two weeks. Additionally, team captain and long-time friend Owen Schwartz has been his usual consistent self with 109.

The trifecta of talent is supported by super subs like Matthew Campbell (41 kills, six service aces), while Manitoba's middle attack - when it's clicking - opens up the rest of the floor. Former All-Rookie member Darian Koskie (.398 hitting percentage) is one of the best attackers at his position, while Mandryk's housemate Zach Janzen exploded for nine kills in a 3-0 win over Saskatchewan on Jan. 29. Multiple-time conference blocks leader Brendan Warren has also added 49 kills.

"I feel like we have such a balanced group and that helps me, just having three outside guys that can hit the ball and that I trust," Mandryk said. "It's been great just knowing that I can literally throw them garbage sometimes and they'll find a way to get a kill or get a recycle or make a good opportunity out of that."

"Spencer, when he gets a kill out there, it's excellent to see him, it's just pure joy. They've all been great. Owen's been as reliable as ever and Ben has an absolute cannon on his right arm, so that's always nice. I've been playing with Zach since 17U and Brendan since 18U, so I've had a long time with those guys and Darian is excellent. He's so athletic and tall and has that high reach. Not only them, but (first-year) Jonah (Dueck) is really good too."

Leaning on Lupo



Jack Mandryk

The addition of former professional setter Arnd 'Lupo' Ludwig as head coach has greatly benefitted Mandryk. In years past, he didn't think as "tactically or purposefully" about his sets, but now it's a major weapon in his arsenal.

"There's been a lot of tactical info. Stuff like we need to get our middle attackers more involved here or their middles are cheating outside, putting too much pressure on our outsides. It's basically just tips and advice on where I should trend the offence to," Mandryk said.

"He's also talked about looking at who's on the other side of the court, where their blockers are, who's the big blocker, where are the smaller blockers and how do our attackers match up against them? I know if I have Ben or Spencer on the left side against another smaller setter, then that's a good option and they'll crush that ball if they can get a good opportunity. Lupo and (assistant coach) Mike (Stephens) have placed more of an emphasis on that and I think that's been really helpful."

The little details have gone a long way in Mandryk's game, and it's more than just reading the opposition's rotation. Ludwig also helped Mandryk work on a "quicker, cleaner release" that's consistent for his hitters, while identifying when to spread the love. For example, in all but two of Manitoba's seven wins this season, a minimum of two outside hitters have had at least 20 attacks, and none have had less than 18.

Furthermore, on two of the three occasions where Carleton, Grahame and Schwartz each had 30 attacks, the Bisons have been victorious. On Feb 19, the trio combined for 97 in a



RECORD PHOTO BY DAVE MAHUSSIER/BISON SPORTS

Fourth-year Bisons' setter Jack Mandryk, a former Selkirk Royal, is enjoying another stellar season with the University of Manitoba.

3-2 win that featured a season-best 17 kills from Grahame.

"Jack, I think he's developed a lot in these last couple of months. We had for example, the game in Saskatchewan (Nov. 12-13) we played where we beat them on the first night and the second night our best hitter from the first night got his first ball in the third set. I said, 'Well what's going on there?' As a setter you usually don't really recognize it until you really see it," Ludwig said.

"Mike and I just talked about it, (on Saturday), (Mandryk) had perfect distribution between the three hitters. Everybody had between 25 and 30 balls. It makes it a lot more difficult for the opposition."

More than a distributor

Mandryk's identity as a setter extends far beyond his distribution. Anyone who's seen the 6'0" spark plug on the court knows that he'll do whatever he can to keep a rally alive or give his team an advantage. The crafty athlete prides himself on his film study and knowing the tendencies of his opponents. It's one of the many reasons why he leads all players at his position in the conference in digs, with 118.

A textbook example of Mandryk's defensive abilities came a few weeks ago against Brandon, where he dove from the back row to make a pancake block with one hand. His side eventually won the point. He's also in the top 20 in total blocks, with 36, once

again demonstrating his versatility and willingness to do whatever it takes to win.

"We do a lot of work on where the other guys are going to hit. Then we'll decide and talk as a team. I know if we're taking cross on their right side attacker, that's my job to come under for the tip, because they're blocking cross court and I'm not going to get the hard driven ball. Things definitely feel a lot more system-based this year, and I think when we're really following our systems that we discuss in pre-game, we definitely see more success."

When Mandryk and company are playing in the moment, they're at their best. They did just that in come-from-behind 3-2 wins over Brandon on Nov. 27 and recently against the Huskies, games that featured a number of long rallies. Fittingly, the setter led the team in digs in both contests, with 15 and 14, respectively and mentioned the former as being a critical moment the team can look back on when searching for post-season motivation.

"I think that was the most fire and the most fight that we've brought to a game. Remember what that felt like and try to recreate it. In a game like that, you're truly just enjoying the moment and you're in the game and it's just fun and competitive. You're not really thinking about anything else."

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| 3 | | 4 | | 9 | 6 | | | |
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| 9 | 3 | | | | | | | |

Fun By The Numbers

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

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!

| | | | | | | | | |
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| 1 | 2 | 7 | 5 | 2 | 8 | 9 | 3 | 6 |
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| 6 | 3 | 9 | 4 | 8 | 5 | 2 | 7 | 1 |
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Sudoku Answer

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Crossword Answer



CROSSWORD

CLUES ACROSS

- Neckwear
 - Fish parts
 - Cooking
 - Quality
 - Rural delivery
 - Popular superhero
 - Partner to Pa
 - Shivering fits
 - Wrath
 - Linguistics pioneer
 - Large integers
 - A way to prepare food
 - Group of badgers
 - Peyton's little brother
 - Rock out
 - Danish krone
 - Take from with force
 - Baroque musical instrument
 - Zodiac sign
 - Hebrew alphabet letter
 - Independent member of a clone
 - Type of garment
 - Satisfy
 - One point south of due east
 - A way to wipe out
 - Moved quickly on foot
 - Bar bill
 - An idiot
 - Performed with the voice silent
 - Body fluids
 - Rhythmic patterns
 - "__ my i's"
 - Type of wrap
 - It shows who you are
 - Carousel
 - Type of college degree
 - Molding
 - Closes again
 - Verses
 - Surface
- ## CLUES DOWN
- Short, thick stick
 - Rhode Island

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| 65 | | 66 | | | | | | 67 | | | | 68 | | |
| | 69 | | | | | | | 70 | | | | | | |

- Animals of the horse family
- Very important persons
- Folk singer Di Franco
- Boredom
- Long speech
- Footballer Newton
- Expression of sorrow or pity
- Linear accelerator
- One quintillion bytes
- Smallest interval in Western music
- Box
- Cheese dish
- Make a mistake
- Done by all people or things
- Circumference
- Chum
- Electrocardiogram
- Sandwich chain Jimmy __
- Showed old movie
- Important event on Wall St.

- Where wrestlers work
- Free from contamination
- Eastern Canada coastal region
- Slang for gun
- High schoolers' test
- Fathers
- Call it a career
- Productive
- Musical groups
- Yellowish-brown
- Lowest point of a ridge
- Beloved late sportscaster Craig
- Fill up
- Cardinal number that's the sum of 5 and 1
- Frost
- Jewel
- Atomic #45
- Top lawyer

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WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a Spring/Summer event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

HONOUR YOUR LOVED ONES WITH AN ANNOUNCEMENT IN THE RECORD

Starting a new business?
Call us - We have everything you need to promote your business
Call **204-785-1618**

204 PALLET AND PACKAGING

Like working with wood and working close to home?

204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Wage depending on experience, and health benefits after 3 months. Please call 204-344-5404 for more details.

CONNELLY SIGNS AND SERVICE LTD
Now Hiring Full Time Position Sign Installer/Service

Must have class 5 drivers license and be able to drive a standard truck
Wages start at \$14.00-\$17.00
Send resume to: ronda@connellysigns.com



Municipality of Alexander



PUBLIC NOTICE

2022 Spring Road Restrictions

The Municipality of Alexander hereby gives notice that the Spring Road Restrictions will follow the Province's dates unless otherwise notified.

Provincial Road Restrictions are available by contacting the Road Information Line at 1-204-945-3704, or 1-877-MBRoads

(1-877-627-6237) for a verbal description of road restrictions or online at <http://www.gov.mb.ca/mit/srr/index.html>

For local updates check the notices at: <http://www.rmalexander.com>

The purpose of Spring Road Restrictions is to protect roadways from damage during the spring thaw conditions. We request your co-operation in following these restrictions.

Municipality of Alexander



PUBLIC NOTICE

Ditch Cleaning / Snow Clearing 2022

The Municipality of Alexander hereby gives notice that the municipality will begin clearing snow from ditches throughout the municipality in preparation for the spring thaw.

This program will begin in March and will continue through March and April as needed and weather permitting. If you have any questions or concerns please contact the Municipality of Alexander Public Works Department at (204) 367-6185 or the Public Works Manager at (204) 367-6186.

Please note that this does not include any ditches or drains located along provincial trunk highways or provincial roadways. These are under the jurisdiction of the provincial department: Manitoba Infrastructure and Transportation.

The Selkirk Record Classified and Announcement booking deadline is Monday at 4 p.m. prior to Thursday's publication
Please Call **204-785-1618**

RURAL MUNICIPALITY OF ALEXANDER



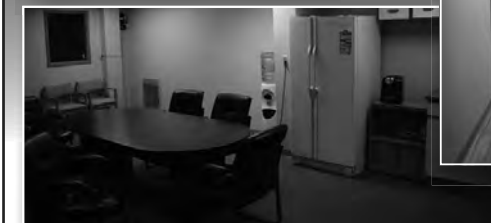
PUBLIC HEARING NOTICE 2022 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Rural Municipality of Alexander intends to present its financial plan for the fiscal year 2022 at a public hearing in the Council Chambers of the RM of Alexander on Tuesday, March 22, 2022 at 3:00 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

A copy of the financial plan is available for review and may be examined by any person during the regular office hours of 8:30 a.m. – 4:30 p.m. at the municipal office located at 1 Bouvier Trail, St. Georges, Manitoba. A copy will also be available for review on the municipal website.

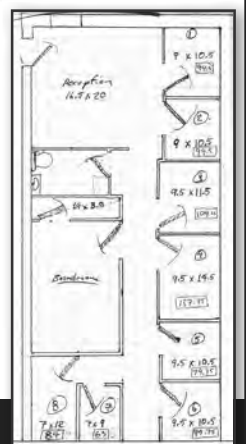
Michele Stefaniuk
Assistant Chief Administrative Officer

CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



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.



For information please contact:

BIG Real Estate
204-485-0010

email bigandcolourful@mts.net

LIQUOR LICENCE APPLICATION

PUBLIC NOTICE

HAWTHORN ESTATES CORP.

operating as at

HAWTHORN ESTATES
76024 ROAD 33 EAST,
ST. CLEMENTS, MANITOBA

has applied for an

ENTERTAINMENT FACILITY LIQUOR SERVICE LICENCE
PATIO AREA UNDER ENTERTAINMENT FACILITY LIQUOR SERVICE LICENCE

to serve liquor from:

MONDAY TO SUNDAY
9:00 A.M. to 2:00 A.M.
1:00 P.M. to 2:00 A.M. REMEMBRANCE DAY

Citizen and community input is an important part of the application process.

Please contact the Liquor, Gaming and Cannabis Authority of Manitoba at 204-927-5300, If you have questions about this application.

Please contact your municipality if you have questions about zoning by-laws and requirements.

If you want to make a formal objection to this application, please send us your objection in writing by 4:30 p.m.

14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT.

You can email, mail or fax your objection. Please include your contact information.

Email: objection@LGCamb.ca

Mail: LGCA Objections

1055 Milt Stegall Drive, Winnipeg, MB R3G 0Z6

Fax: 204-927-5385

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection, including the name of the person who submits the objection, will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.

Classifieds

Selkirk Record

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

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Requirements:

Must be able to work various shifts
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Learns tasks quickly and have a strong work ethic
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Starting wage \$20.00. We offer competitive wages and health benefits.

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www.mcna.com

NOTICES

HIRING FOR SPRING? Need Class 1 drivers? Construction staff? Having an AGM or on-line event? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now! Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Start the year off right. Don't let COVID get you down. We are now booking Classified Advertising for 2022. Call 204-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

OWNER OPERATORS WANTED for DECK/VAN DIVISION

Odanah Truck Line is looking for Owner Operators to run Canada and US (must be compliant), paid by percentage, and 100% of fuel surcharge, tarps, \$1,500 signing bonus may apply.

Strive for a good work/home life. Please email

ken@odanah.com with drivers abstract.

McSherry Auctions

12 Patterson Dr., Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving Closes Wed Mar 9 @ 7:00PM

Estate & Moving Closes Wed Mar 16 @ 7:00PM

Consignments Welcome!

(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

HEALTH

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

Still stressed about COVID-19? Try our Health Canada Government Approved solutions for stress and immune support - we should talk - Peter Marykuca, Gimli, MB. 204-641-1504.

NOTICE TO CREDITORS

In the matter of the Estate of **BRUCE MCFEE**, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 30th day of March, 2022. Dated at Winnipeg, Manitoba, this 16th day of February, 2022. **NICOLE HAMILTON** Public Guardian and Trustee of Manitoba

NEWS TIPS? STORY IDEAS?
Call **204-785-1618**



EMPLOYMENT OPPORTUNITY SUMMER POSITIONS

The Rural Municipality of West St. Paul is recruiting youth to work in various capacities.

Summer Maintenance Positions

Job Type: Temporary Full Time
Duration: May 2, 2022 - September 2, 2022 (18-week duration)
June 13, 2022 - September 2, 2022 (12-week duration)
Salary: \$16.14
Closing Date: March 24, 2022

For a full list of Duties and Qualifications please visit www.weststpaul.com
Applications should be marked "Application for Summer Maintenance Position".
References shall be required upon request. If you have any questions regarding the posting please contact Rick Friesen 204-334-0092 or rfriesen@weststpaul.com.

Summer Camp Counsellor Positions

Job Type: Temporary Full Time
Duration: June 13, 2022 - September 2, 2022 (12-week duration)
June 27, 2022 - September 2, 2022 (10-week duration)
Salary: \$11.95 to \$16.14
Closing Date: June 2, 2022

For a full list of Duties and Qualifications please visit www.weststpaul.com
Applications should be marked "Application for Summer Camp Counsellor Position".
References shall be required upon request. If you have any questions regarding the posting please contact Damara Geddes, Recreation Director at 204-336-0294 or recreation@weststpaul.com.

HOW TO APPLY

Submit resume, specifying if you are applying for Summer Maintenance Position or Summer Camp Counsellor Position:

- By email to: admin@weststpaul.com
- By mail in a sealed envelope marked "Application for Summer Maintenance Position" or "Application for Summer Camp Counsellor Position", RM of West St. Paul, Attn: Lainie Shaw, CMMA, 3550 Main Street, West St. Paul, MB R4A 5A3
- Use the secure drop-box located at the entrance to the Municipal Office

The RM of West St. Paul wishes to thank all candidates for their interest in these positions, however, only those individuals considered for an interview will be contacted.

These positions are made available through grant funding.

The RM of West St. Paul is an equal opportunity employer and is committed to the employment of a qualified workforce which reflects the community's diversity. **Applicants are encouraged to self-declare.**

HEALTH CARE AIDES

All shifts available. Wages dependant on experience. To join our Bonded Health Services Team call or drop resume in person or email to ihebert@bondedhealth.ca



BONDED HEALTH SERVICES

230 Manitoba Ave., Selkirk
204-785-1992



Tender 2022-03-Supply of Motor Grader

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for the supply of one (1) motor grader.

Specifications and Tender packages including submission documents are available online at www.weststpaul.com.

Please include two paper copies and one electronic PDF of your tender submission clearly marked "Tender 2022-03-Supply of Motor Grader" will be received by the undersigned at the address below until 12:00 noon on March 24, 2022. Late submissions will not be accepted.

The award of Tender 2022-03-Supply of Motor Grader is subject to the inclusion in, and approval of, the Council of the RM of West St. Paul's Financial Plan.

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

All inquiries related to the Tender should be directed to Rick Friesen, Public Works Manager by e-mail rfriesen@weststpaul.com or by phone 204-334-0092.

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

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204-389-2023

102086 Hwy 9, Wpg Beach, MB

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info@eddiegravel.com
204-389-2023

102086 Hwy 9, Wpg Beach, MB

Announcements

ANNOUNCEMENT

BIRTHDAY



Barbara Elaine Inman
Happy 58th Birthday
on March 27th
-Love Mom and Dad
and your younger sister Sheila

ANNOUNCEMENT

ANNIVERSARY



Ron and Olive Inman
1964 - 2022
Happy 58th Anniversary to my husband
on March 3rd, 2022
-Love Olive

ANNOUNCEMENT

CARD OF THANKS

Thank you to the man and the police who got me and my scooter off the railway tracks on Manitoba Ave. on Thursday, Feb 24th at lunch time. I cannot walk on my own so I really was in trouble. Thank you and God bless.
-J. Whitney

ANNOUNCEMENT

CARD OF THANKS

Thank you to all of our loving family and friends for your love and support over the past year. Thank you for the food, baking, flowers and all of the cards and phone calls.
-Pat Smolinski,
Bill and Desiree,
Richard and Linda

ANNOUNCEMENT

ANNIVERSARY

**CONGRATULATIONS
GEORGE AND KATHY FREEMAN
ON CELEBRATING YOUR
25TH ANNIVERSARY
ON FEBRUARY 14, 2022**
-From your friends

ANNOUNCEMENT

ANNIVERSARY

**GREG AND LINDA MCKENZIE
HAPPY GOLDEN ANNIVERSARY
MARCH 9TH, 2022**

**Don't Forget Your Loved Ones
WITH AN ANNOUNCEMENT IN THE RECORD**

ANNOUNCEMENT

IN MEMORAM



Joseph Smolinski
In loving memory
of our beloved husband and father
who left us suddenly on March 6, 2021
Sad are the hearts that love you,
Silent the tears that fall,
Living our lives without you,
Is the hardest part of all.
Those special years will not return,
When we were all together,
But the love we hold within our hearts,
Will be with us forever.
-Forever loved and greatly missed by wife Pat
and sons Bill (Desiree) and Richard (Linda)

ANNOUNCEMENT

IN MEMORAM

Mark Starodub
February 28, 1957 - February 27, 2021
Mark: animal lover, quick wit, gift of gab,
jokester, dealfinder, mad math skills, a tecky,
great golfer, companion, friend, brother and
love of my life.
I miss my true companion.
A life linked with my own.
44 wonderful years with Mark,
The greatest love I've known.
I miss our golf adventures,
And travels near and far,
I miss all our time together -
His absence leaves a scar.
He should be here, enjoying life,
I'm told time will ease the pain,
Life is not the same without him,
So days go by and grief remains.
In life, I loved him so much,
In death, I love him still,
My broken heart is empty,
With only sweet memories to fill.
-With love, Charlene

ANNOUNCEMENT

IN MEMORAM



Brenda Patrice Morrow
(nee Baty)
May 4, 1964 - March 5, 2001
Sadly missed,
Lovingly remembered
-By the family

ANNOUNCEMENT

PET IN MEMORIAM



Spanky
March 5, 2011
I missed you today, I will miss you tomorrow,
Tears in my eyes and a heart full of sorrow.
I hold on to the memories of the great times
we had,
I grieve for what I lost but am grateful for what
I had.
I miss you so much my little "Spanky".
-Love always, Mommy

83 Billy Goat Dr., Traverse Bay

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Lot!**

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Minutes
to Victoria
Beach
& Albert
Beach!**

This stunning farm style meets lake style home
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INDEPENDENTLY OWNED AND OPERATED

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HARD"

Please visit johnhuver.com for more photos & virtual tour.

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THANKS WITH A
MESSAGE IN THE
RECORD**



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Autopro Mechanical**
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Arborg, MB
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by email to:
nordals@mymts.net

Automotive Mechanic
Journeyman, Level 4 or 3 Apprentice

**Salary Negotiable
Benefit Plan Available
Hours Monday - Friday 8-5**

Qualifications:

- Min of 3 years auto repairing experience pref.
- Comfortable with completing all types of repairs and maintenance
- Must have own tools
- Familiar with Scanning, alignment & A/C Equipment beneficial
- Valid Driver's License • Punctual, reliable, energetic

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**Are you interested in serving your
community in a unique way?**



**SELKIRK
FIRE DEPARTMENT**
Invites applications for the recruitment of
FIRE FIGHTERS

to fill vacancies within the department.

Applicants must be residents of Selkirk.
Applicants must be medically and physically fit for fire fighting duties.
Preference will be given to applicants working in Selkirk.
Successful applicants will be required to participate in an extensive training program.
Successful applicants must be able to provide drivers abstract, criminal record statement and child abuse registry or vulnerable sector check.
Interested persons may pick up application forms at the City of Selkirk office, located at 200 Eaton Ave. or also found at: www.selkirkfire.org
Deadline to receive applications is 4:00 pm, April 4th, 2022.
The Selkirk Fire Department would like to thank all who have applied but only applicants selected for interviews will receive further notice.

Evan Kreutzer.ca
Real Estate Services Inc.

325 Manitoba Ave. Selkirk
204 4U2-SELL
204-482-7355

EVAN 482-7355
WAYDE 485-0407

**WANTING TO SELL BEFORE SPRING?
We're Looking for New Listings!**

**We have Interested
Qualified Buyers! CALL US TODAY AND GET MOVING!**



NEW PRICE!
Spacious
3 bedrm,
double garage,
fenced yard.
CALL WAYDE
\$320,000

BIRD RIVER LANDING
138 acres,
2,600 ft waterfront
\$369,000



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At Nutrien, our purpose is to grow our world from the ground up and we do so with safety and integrity as our core values. Nothing is more important than sending our people home safe, every day.

Seasonal Warehouse Support Winnipeg Mb (RM of Rosser)

Seasonal Role will work between March and September 2022

Tasks will include: Shipping, Receiving, Bill of Lading, Production, Safety, Maintenance and Inventory Counts

What you will bring:

Grade 12 or equivalent

2+ years' experience in warehousing activities

Forklift must maintain license to operate forklift as required following safety standards

To apply please contact:

Rose Barton

204-880-7592

rose.barton@nutrien.com

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Today!
785-1618

Big and Colourful

The Selkirk Record

Announcements

OBITUARY

Heather Anne Cador

It is with great sadness that we announce the passing of our mom, Heather Anne Cador, on February 18, 2022 in Winnipeg, MB.

Heather was born in Ocean Falls, B.C. on September 9, 1949. She leaves behind to mourn her three children, Desiree (Jay), Ryan (Dee), Tyler (Jolene), and three grandchildren Hayley, Brayden, and Alyssa. She will also be missed by her sister Charlotte (John), her brother Robert as well as other family and friends.

Heather was multi-skilled and passed those skills to her children. She was especially happy when she was coaching baseball. Heather was



well known and respected in both the baseball and hockey community. She loved the underdog and was always able to see the good in people, even when they struggled to see it for themselves.

Her greatest joy in life was being a mother and a grandmother, and all the fond experiences she had of being both. For this, she will be greatly missed.

Out of respect to her wishes, there will be no funeral.

Rest in peace mom. You're no longer in pain. We love you.

Friends and family are invited to visit Heather's memorial page at interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY

Carmen May Flett

On February 6, 2022 at her residence in Brokenhead, MB, Carmen Flett, aged 44 years, passed away.

She leaves to mourn her children Stanley Sinclair, Jayson Flett, and Piper Bird; granddaughter Kyree; her parents Sherry Flett and Kenny Flett; as well as numerous brothers, sisters, aunts, uncles, nieces, nephews, cousins and friends.

Wake will be held on Wednesday, March 2, 2022 at 5:00 p.m. in the Private Tom Chief Hall, Brokenhead, MB. Funeral service will be held on Friday, March 4, 2022 at 2:00 p.m. also in the Private Tom Chief Hall.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Edna Margaret Matheson (nee Campbell, Kotchorek)

September 6, 1929 – February 21, 2022

Edna Margaret Matheson passed away peacefully at Red River Place in Selkirk, MB on February 21, 2022.

Edna was predeceased by her husband Thomas Matheson (2012); her 1st husband Bill Kotchorek (1978); parents George and Emily Campbell; siblings and their spouses, Gladys and Ted Duggan, Joyce and Leonard Walker, Dennis and Jean Campbell and Jean and Ross Monk; and her step-daughter Joanne Stewart.

Left to mourn her loss, her step-family Melanie Matheson, Tammy Matheson and Ted Hicks, Shaun and Allan Lindal, Tom and Joanne Matheson, Warren Matheson and Crystal Sanderson, Kelvin Stewart; 15 grandchildren and 13 great-grandchildren as well as many beloved nieces, nephews and friends.



Edna was born and raised in Mayfeld, MB. After finishing her education, Edna moved to Winnipeg to work where she met and married Bill. She moved to Teulon and she and Bill ran various businesses over their years together. It was during this time, she discovered her love of travelling.

Edna met Dad and they married in 1983. She embraced his large family and became a grandma with enthusiasm and joy. Edna and Dad enjoyed travelling all over Canada and various parts of the world together. They loved visiting with both their families and to share their stories of all their adventures.

She was a gracious hostess to all their Mason and Shriner friends and enjoyed travelling all over Canada and U.S. to the parades and gatherings.

We would like to thank all the staff at Red River Place for their kindness and care of Edna during the past year.

A Celebration of Life was held on Saturday, February 26, 2022 at 2:00 p.m. in the Gilbart Funeral Chapel, Selkirk, MB with Archdeacon Godfrey Mawejje officiating. Proof of vaccination required.

In lieu of flowers donations in Edna's memory can be made to St. Clements Anglican Church.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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

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

We are
Listening.

Public
Hearing
Tuesday,
March 8, 2022
5:00 PM
ONLINE
ONLY

Phone:

(204) 482-3717

1-800-876-5831

Fax: (204) 482-3799

E-Mail: info@rrpd.ca

Website:

www.redriverplanning.com

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"



Announcements

OBITUARY



Elizabeth Louise Pfrimmer (Leonard)
November 8, 1927 - February 23, 2022

It is with great sadness we announce the passing of our mom, sister, grandma and great-grandma. Elizabeth (Betty) passed away peacefully with family by her side on February 23rd at the age of 94. She will be greatly missed and never forgotten by her loving family and friends.

Special thanks to Dr Loudon and the nursing staff at the Teulon Hunter Memorial Hospital that cared for mom during her short term stay.

A private family graveside service to be held at a later date.

Full obituary to follow.

I'm no longer by your side, but there's no need to weep;

I've left sweet recollections, I'm hoping you would keep.

Eternal joy and memories stay in our hearts forever,

Strengthening our special bond that parting cannot sever.

Now it's time to journey on, so let your faith be strong,

For I am in a better place...I'm home where I belong.

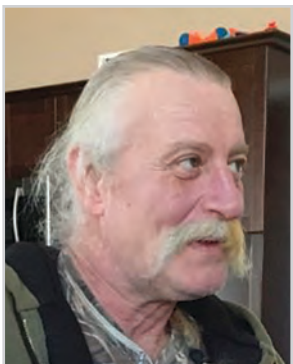
And if times of loneliness bring sorrow and dismay,

Don't despair, for I am there...just a memory away.

MACKENZIE FUNERAL HOME TEULON
(204) 467-2525 • info@mackenziefh.com



OBITUARY



Don (Storky) VanderGraaf

It is with great sadness that we announce the passing of Don, he was a father, grandfather and friend to many.

He was predeceased by his father and leaves behind his son, Donald (Kayleigh); grandchildren Hadleigh, Henry and Heath; his mother Helen; brothers Adrian and Robert and his sister Cathy.

Don worked many jobs over the years which allowed him to do the things he loved best such as hunting and fishing. Don was also an avid fan of drag racing and even raced himself starting with a pro-stock Mustang and finally ending up with a sling shot dragster. He also loved his Harleys.

Don enjoyed working on cars and trucks and could regularly be found in the back yard having beers with the boys once the job was done. He will be greatly missed by all that knew him.

Cremation has taken place and a celebration of life will be held

at a later date this summer.

In lieu of flowers a donation can be made in Don's name to the Wildlife foundation.

OBITUARY

Andrew (Andy) Joseph David Dupuis

Peacefully on Sunday, February 27, 2022 at the Selkirk Regional Health Centre, Andy Dupuis, aged 97 years of Selkirk, MB, beloved husband of Jean, passed away.

Full obituary to follow in the next edition of the Selkirk Record.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Charles Ronald Law (Ruiner)
November 14, 1953 - February 20, 2022

It is with broken hearts we announce the sudden, but peaceful passing of our beloved husband, dad and grandpa/papa on Sunday, February 20, 2022.

Ron was born in Selkirk, MB on November 14, 1953.

He is predeceased by his parents James (Jimmy) and Edna Law; brothers Wayne and Teddy and infant son.

He is survived by his loving wife of 44 years Kim; daughter Jennifer; son Jonathan (Teigen) and precious grandbabies Ryan, Keira and Landen that he loves so dearly; as well as aunts, uncles, cousins, nieces, nephews and many friends.

Dad grew up in Selkirk and worked various jobs before he found his passion, Law's Power Products/Marine. When Ron wasn't cooking or working in the shop, you could find him enjoying one

of his many hobbies with friends and family such as hunting, fishing, snowmobiling, travelling or anything that could be done on the water.

A celebration of life will be held Friday, March 4, 2022 at 11:00 a.m. in the Gilbart Funeral Chapel, Selkirk, MB with a luncheon to follow. Service will be lived streamed via his obituary on the Gilbart website.

A special heartfelt thanks to Beausejour First Responders and Hospital Staff.

Love you so much.

Always and forever in our hearts.

Kim, Jen and Jon.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Jeanne Recksiedler



We the family of Jeanne Recksiedler have the task of letting everyone know that our mother has reunited with our father. On February 24, 2022 Jeanne passed away at the Pine Falls Hospital at the age of 91 years.

She will forever be remembered by her sons Herb, Arther (Valerie), Richard (Anna); daughters Bonny and Donna; six grandchildren; 11 great-grandchildren; and five great-great-grandchildren; brother Richard; sisters Gail and Kim. Josephine who was like a daughter and her family. She was predeceased by her husband William, grandson Kyle, sons-in-law Greg (Joe) Swain and John Toews, brothers Herbert and Clinton.

Mom spent most of her life trying to better the lives of her family and everyone who came in contact with her. Always willing to listen and give any problem a different outlook, never seeing any

meanness in anyone. She was Dads right hand person with all aspects of their life and farm from the day they said "I do" on October 8, 1949, until Dads passing in 2018. She was caregiver for her daughter Donna for 55 years, 7 days a week.

Due to the COVID circumstances, we are all trying to stay healthy and safe so a private service took place on March 2, 2022 at 1:00 p.m. and can be live streamed via the link on her obituary on the Gilbert Funeral Home website, with interment at Jack Fish Lake cemetery. The family is asking that people have their own memorial in the comfort of their safe places to reminisce all the good times spent with Jeanne. Reach out and give someone a helping hand, be kind and spend time with family.

Thank you to all the home care personnel who made it easier for Mom to be at home as long as she was. Great appreciation to the doctor, nurses and others at the Pine Falls Hospital who looked after Mom in her final two weeks.

Mom, we know Dad and you are reunited waltzing up a storm like you loved too.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Serafina Loschiavo



The family of Sera Loschiavo are profoundly saddened by the untimely and sudden loss of their beloved Mother, Grandmother and Great-Grandmother on February 3, 2022 in Puerto Vallarta, Mexico at the age of 84.

She was predeceased by her loving husband Frank; great-granddaughter Aubrey; parents Roberto and Concetta Cantafio; in-laws Saverio and Teresa; brothers-in-law Richard Scerbo and Emilio Abuisi.

She leaves to mourn her passing her nine children Sam (Sheryl), Teresa (Nigel), Bob (Dalyce), Vesuvia (Brett), Franca (Jamie), Al (Michele), Joe (Belinda), Meriana (Eric), Sandro (Jacquie); her sisters Pasqualina (Vance) Clarke, Aurora Scerbo and brother Joseph (Danielle) Cantafio; sisters-in-law Serafina Abuisi and Fedora (Gino) Ruga. Grandma leaves to mourn her 22 wonderful

grandchildren and 22 great-grandchildren, with #23 and #24 great-grandchild due this year, many nieces and nephews and many lifelong friends in Italy, Canada, USA and Mexico.

Sera was born in Amato, Catanzaro Italy and immigrated to Canada in 1949 at the age of 12 where she continued with her education. Our father arrived in July of 1954, and they were married later that year in October. Mom's first jobs were working for Perth's and the Garwood Grill. They moved to the iconic building at the corner of Langside and Sara in 1960 where they operated the Langside Grocery Store. It has since been turned into a fabulous restaurant. When Mom and Dad embarked on opening Roma Auto Body, Mom enrolled in night school and took bookkeeping. She did all the books for Roma including Autopac claims while at the same time raising her children and operating the store. Mom was a pioneer in being one of the first to import Italian meats and cheeses from Italy. Mom had a lot of business savvy and turned Roma into a successful business to provide for their ever-growing family. Years later she was instrumental and had a vision when Alfonso's Fine Foods was established bringing the first u-bake pasta products into Manitoba. Along with taking over the Pizzanne's Franchise and Pasquale's restaurant, Mom was not afraid to take risks and challenges to help better the lives of her children. "No" or "you're not able to accomplish something" were not phrases our mother understood. She was very resourceful and not afraid to take on challenges.

Just to add to the chaos and not to rest on her laurels for too long, in 1977 Mom and Dad purchased the 10-acre orchard in Kelowna and their new adventure of FranSera Fruit Stand was born. They spent several years transforming a basic farm into a thriving orchard and fruit stand which consisted of a large variety of different Okanagan fruits, nut trees and three trout ponds. Along with the fruit stand, they also sold fresh vegetables, fresh homemade pies, jams, and apple cider all from Mom's recipes. Mom and Dad were once again pioneers by bringing fresh fruit stands along Manitoba highways. Their children fondly remember the many trips during harvesting season driving back and forth from Kelowna to St. Andrews to truck fruit to Manitoba. The family spent many wonderful years together in their orchard in Kelowna, BC.

Mom and Dad's second paradise in Rincon de Guayabitos was their winter home where family and friends frequented over the last 14 years. They adored the Mexican people and their culture. They met many lifelong friends there and she cherished her time together with them.

A celebration of life will be held on Thursday, March 3, 2022 at 1:00 p.m. at Gilbart Funeral Home, Selkirk. The service will be livestreamed via www.gilbartfuneralhome.com for those unable to attend and for you to share in this true celebration of life and love. Interment to be held at a later date.

Flowers gratefully declined, if friends and family so desire, please take time to help someone less fortunate than you.

Mom, you were loved by all of us, and we will forever keep you in our hearts.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

OBITUARY



Cecil (Sijtze) Hoogenberg

In to the arms of Jesus, Angels transported Cecil on his journey with the Lord. With a very heavy heart and his family by his side we announce the passing of Cecil (Sijtze) Hoogenberg on February 17, 2022.

Cecil was born May 6, 1935 in Den Helder, The Netherlands. He moved to Canada in 1958 where he met and married the love of his life Edwina. Cecil was a beloved member of the community who was ordained to the Deaconate August 6, 1981 at St Margarets Church and will be remembered as a loving father, grandfather, and great-grandfather.

He leaves behind his wife Edwina; their four children, David (Alma), Teresa (predeceased - Roxy), Hal, and Celina (Rob); as well as six grandchildren Annelies (Kristian), William (Madeline), Michael (Brienne), Foster, Berend, and Leen and five great-grandchildren Adrien, Emily, Lyla, Maddox, and Maverick.

An invitation only Mass will be held at St Margaret's Church on Thursday, February 24th at 1:00 p.m. Following the Mass there will be an invitation only luncheon held at Gilbert Funeral Home Reception Centre. A link of a recording of the Mass will be provided on his obituary on Gilbert Funeral Home website.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Harry Neil McKenzie

June 9, 1934 - February 25, 2022

The family of Harry McKenzie are saddened to announce Harry's passing at the age of 87 at the Selkirk Regional Health Centre.

Harry was predeceased by his parents Ken and Myrtle and his sisters-in-law Peggy and Sharon, his grandparents George and Elizabeth who helped raise him when his mother died in childbirth.

Harry is survived by his twin brother George (Julia), and his older brother Stanley, his nephews Douglas, Glen (Karen) and Gordon (Sue), his great nephew Collin (Sylvie), and his dearest friends Doug and Alice, who were so very special to him.

In the early 1950's, Harry came to work on the Aime dairy farm in Petersfield and it became his home and he remained there until his passing. He was making hay last summer and said "he had customers counting on him". He enjoyed hunting, fixing machinery,

working around the farm and going to auction sales with his brother George.

Saturday nights would find Harry sitting at the kitchen table playing solitaire and listening to the Polka Party.

Harry was a quiet man known for his honesty and integrity. He was always willing to lend a hand if someone needed help. He kept up on current events, especially the weather.

The family would like to thank the Paramedic Services, Dr. Brian Lindenschmidt and the doctors and nurses at the Selkirk Regional Health Centre.

Cremation has taken place as per Harry's wishes. A private family service will be held at a later date at the cemetery in Winnipeg Beach.

Flowers gratefully declined.

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

Harry you will be missed, but go soar with the angels now, you've earned your rest!

Gilbart Funeral Home, Selkirk in care of arrangements.





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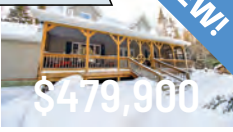
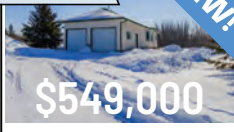
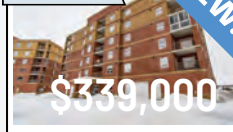


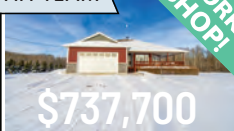
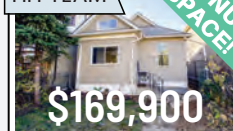



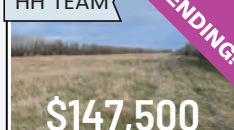


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 -Betty Green

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