



# The Selkirk Record

THURSDAY, MARCH 4, 2021

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## Warming up with cool memories

RECORD PHOTO BY BRETT MITCHELL

Mike Montgomery with his sons Sawyer and Dawson on their back yard rink in St. Andrews. Montgomery constructed the rink for his family complete with a blazing fire, some bales of hay to rest on and lots of fresh air. The perfect combination for some great memories and family time at home.

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# Raising awareness for patients with Lymphedema

Local therapist says awareness will allow more people to get proper treatment

By Katelyn Boulanger

How your lymphatic system functions isn't something that many people think about regularly, however, when it doesn't work right it can start to become a big deal for patients with lymphedema. Local therapist Nancy Roswell wants to use this year's Lymphedema Awareness Day, March 6, to spread the word about the treatments that are possible for people with this condition.

"Lymphedema is swelling of a limb. So it can be either an arm, both arms, one leg, or both legs, sometimes [patients] get it in their face or their abdomen. Basically, the lymphatic system is a part of your immune system and when your lymphatic system gets faulty you end up swelling because there's a blockage somewhere in the system," said Roswell a certified lymphatic therapist who works out of Easton Place in Selkirk.

She says that there are two different kinds of lymphedema. The first type, primary lymphedema is where some-

one is born with a problem that causes the disease or secondary lymphedema which means something has gone wrong and the lymphedema is a side effect. For instance, cancer treatments can damage lymphatic tissue in order to get rid of the cancer.

"There's no cure for lymphedema. There are just treatments to help with the swelling and the pain. So that's where my training is, that's why you need to see a therapist with training to treat lymphedema, we have to do manual lymphatic [massage]. It's a specific technique to move the fluid away and kind of bypass the damaged area into healthy areas," said Roswell.

Once the fluid is moved to an area where it can drain properly com-

Continued on page 4



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

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# Pushing through the pandemic one Zoom at a time

By Nicole Buffie

Upon entering the Gordon Howard Centre, visitors that were once greeted with a volunteer receptionist are now met with a plexiglass barrier and a large bottle of hand sanitizer. The chair that once housed a friendly smile and salutation sits empty, as it has since the early days of November.

The large rooms of the activity centre and banquet hall echo as Elin MacLeod and Lee Hanson speak of the events and programming they once held in person, a reminder of their vacancy as of late.

"Right now, fitness would have just ended and the ladies would be leaving, and all you'd hear is the gabbing and the laughing; I miss it," said MacLeod, program director for the centre. "I miss hearing noises in the building."

However, despite the absence of the chatter after fitness classes over coffee, and communal meals being prepared in the recently upgraded kitchen, the Gordon Howard Centre has pivoted their programming to maintain a connection with its members.

Thanks to a \$12,000 cheque from the province's Safe at Home Manitoba Grant Program, cash handed to businesses and organizations to provide at-home programming, the centre is able to offer much of their regular activities in a virtual manner.

"Members are really excited about the fact that we're doing it," said Hanson, executive director of the centre. "We're doing all the same things we'd normally do in person but just over Zoom, so I think its been very beneficial to them."

The few hundred members of the Gordon Howard

Centre, instead of participating in events and activities in-person, have been able to join Zoom classes that range from paint nights to workouts to creative writing and journaling workshops.

"The big thing for us here is not only maintaining these activities and programming but also that social connection," said MacLeod. "I find the seniors are declining a lot in this time. They're lonely and a lot of them are home alone with no outlet at all."

Instead of chatting about the latest gossip after Zumba in the big room over hot beverages, MacLeod has set up a virtual room for ladies to socialize with their homebrew of choice. She even takes time to call those who don't participate in the on-line activities to check in on them.

The centre is one of many social hubs left shuttered by the COVID-19 pandemic. The province's Safe at Home program aimed to assist in offsetting the costs associated with setting up virtual activities. To date, the province is doling out \$5 million to fund more than 300 projects.

At no cost to participants, Hanson said the programs have been integral in staying connected with members.

"Identifying who's out there and who we need to connect with is important," he said. "Safety's our number one priority with us. So we'll open up slowly and go from there, and we just don't know what's happening down the road but right now we're doing the best we can in terms of connecting with our members and getting information out there."

While the centre is unsure of where the future will take them when public health orders allow them to open their doors again,



RECORD PHOTO BY NICOLE BUFFIE

Lee Hanson and Elin MacLeod eagerly wait for the day they can fill the rooms of the Gordon Howard Centre with members and activities again.

MacLeod intends to continue providing virtual programming for members as long as there's a desire for it.

"They just love that they have a little bit of normal for just a little bit," she said. "I get thanked a lot during the Zoom activities, and I always say, 'don't thank me, it's my job' I just want to keep everyone happy."

And until then, they will continue to occupy the halls of the Gordon Howard Centre, reminiscing of past events and eagerly preparing to welcome their members back.

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## > LYMPHEDEMA AWARENESS, FROM PG. 3

pression garments are used to stop the fluid from building up in the area again. This the gold standard of care for the disease according to Linda Menzies, President of the Lymphedema Association of Manitoba.

One of the main reasons that it is so important that this disease receive more awareness is that currently, unlike Saskatchewan, the Manitoba government does not cover massage treatments or compression garment costs as a standard part of treatment unless the lymphedema is directly related to breast cancer treatment which is only a small percentage of cases.

Menzies encourages Manitobans who have lymphedema to join the Lymphedema Association of Manitoba.

"We try to focus on the patients, for sure and just give them a place to find a list of professionals, lymphedema therapists in the province. There are different support groups that they can join and different resources," said Menzies.

The group is also hosting a webinar on March 6 from 1 to 2:30 p.m. where attendees can submit ques-

tions ahead of time and have them answered by professionals.

Roswell thinks that it isn't talked about more because of lack of information.

"I think a lot of it is just getting the information out. Getting people educated on what lymphedema is; the more people that understand it, then the more people can support it," she said.

Roswell and Menzies hope that in the future when more people know about the disease and the treatments that it will be part of standard Manitoban medical coverage.

"I think it would mean just a better quality of life, that they wouldn't be financially strapped or, or stressed about maintaining proper treatments," said Roswell.

To contact Roswell for local information visit her website at [interlakelymphclinic.ca](http://interlakelymphclinic.ca). To contact the Lymphedema Association of Manitoba for more info or to be part of their webinar visit [lymphmanitoba.ca](http://lymphmanitoba.ca) or email [lymphmanitoba@gmail.com](mailto:lymphmanitoba@gmail.com).



# Quinzhee-Ville at West St. Paul School

Students put heads together to figure out winter fun

By Katelyn Boulanger

Kim Greening's grade 4/5 class took the Jack Frost challenge to heart and though it was chilly outside created a quinzhee village for all the school's students to play on at recess time.

"I had games and things like that planned that we would do throughout the week [for the Jack Frost Challenge], and walks and then our announcements on Monday morning, challenged us to see if we could build some sort of structure outside," said Greening.

From there the students discussed what types of structures they could build outside. Ideas for forts came and went until they decided to build quinzhees like the ones that they had been instructed to make when they took a field trip to Bird's Hill Park last year before the pandemic.

"You put long sticks in [the piles of snow] then you wait for them to freeze and then you start digging them out and when you start to see the sticks, you stop digging, and then you have a quinzhee to play in," said Quinn.

The students worked together to build the structure and there was lots to do as their original plan of one quinzhee was expanded to include five with paths made in between the structures.

"We spent about two hours outside each day, an hour at a time. With those temperatures, we were out there. The kids were awesome. They were dressed for it," said Greening.

Greening said that they didn't want to come back inside once their hour of time was up.

"They're really warm [on the inside even though they're made out of snow]," said Easlyn.

Afterwards, the students, pulling from their knowledge from the previous field trip, wanted to make sure that the rest of the students knew how to safely play on the structures for the rest of the winter.

"We actually made a video, I recorded different parts. We wanted to go through safety precautions. With a quinzhee, you can have kids inside, and other kids come and run and jump on them that's a dangerous thing potentially. So we made a little video to introduce quinzhee-ville to the rest of the school and go through those kinds of safety things," said Greening.

Some of their top safety tips were to do with prevention and what to do if a structure collapsed.

"When you're in the quinzhee, you don't want anyone to jump on top of that because if there's someone in there they could be stuck in the snow," said Myla.

"[If someone does get stuck in the snow pile] don't use a shovel. If you're trying to find them. Use your hands," said Addy.

She was impressed with the dedication and hard work shown by her class. Because there wasn't a lot of snow, the kids actually ended up hauling snow from all over the playground in order



RECORD PHOTO SUBMITTED

Kim Greening's grade 4/5 class celebrated the Jack Frost Challenge by making quinzhees outside in the schoolyard.

to construct the quinzhees.

"They had a great time building it, it kind of came out of nowhere and

yeah, I think they're just proud of themselves," said Greening.



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# get informed

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## Province weighing possible changes to COVID-19 restrictions

### Relaxed public health orders expected to be announced this week

By Ashleigh Viveiros

Manitobans will find out this week what the next month and a half of COVID-19 public health restrictions will look like, as the current orders expire on Friday.

Last week the government put out a call for public feedback on proposed changes to restrictions, including increasing capacity limits for gatherings in households and outdoor spaces as well as in churches, restaurants, and other businesses. Numerous public spaces currently closed entirely could also potentially reopen with restrictions.

The plan is to implement the changes in two phases over the next six weeks, first as early as Friday and then again on March 26.

The reopening process must be a cautious one, stressed Dr. Brent Rousin, Manitoba's chief public health officer.

"As we continue to battle this pandemic and monitor for variants of concern, it's crucial we continue to avoid the activities that are known to

cause the most risk," he said. "These are those closed spaces, crowded places, close contact settings."

"We know we can't open everything right away. We're taking a slow and measured approach so case numbers don't increase in the weeks ahead."

On Monday, health officials reported 35 new cases of the virus and one death.

Manitoba's number of active cases was at 1,171 at press time, including five cases of the B117 variant.

There were 68 people in hospital with active COVID-19 and another 116 patients no longer considered contagious but still requiring care. A total of 25 ICU beds were filled with COVID-19 patients, 12 of whom are still considered infectious.

Manitoba's death tally was at 896 people on Monday. There have been 29,827 recoveries from COVID-19 over the past year.

In the Interlake-Eastern health region there were 136 active cases of the virus with 2230 recovered. The region has seen 35 deaths.

Breaking it down in our area, Fisher River/Peguis had eight active cases on Monday, Northern Remote 115, Pinawa/Lac du Bonnet six, and Powerview/Pine Falls eight.

Arborg/Riverton, Beausejour, Eriksdale/Ashern, Gimli, Selkirk, Springfield, St. Clements, St. Laurent, Stonewall/Teulon, Unknown, Whiteshell and Winnipeg Beach/St. Andrews were all reporting zero active cases.

In related news, the province has announced that the new vaccination super sites in Selkirk will be located in the old hospital while in Morden-Winkler it will be located in the community hall at the Access Event Centre in Morden.

As of Monday, Manitoba had administered 76,670 doses of vaccine, including 47,780 first doses and 28,890 second doses.

The eligibility criteria continues to expand, most recently to include Manitobans born on or before Dec. 31, 1930 and First Nations people born on or before Dec. 31, 1950.

Up-to-date eligibility details are available online at [www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html](http://www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html).

## RCMP warn about exploitation on internet

### Interlake Sexual Exploitation Educators providing tools in virtual presentation

Submitted by Selkirk RCMP

RCMP Selkirk Detachment continue to see child exploitation cases. As our youth gain more unfettered access to the internet so too do adult predators. Cell phones, video game consoles, and hand held devices can be exploited by predators online with little risk of detection. Predators will often use

flattery, pity, threats, embarrassment, and persistence to exploit children online. Police are asking parents to remain vigilant of their child's online activities, and educate them on their online behaviours.

The Canadian Centre for Child Protection (<https://www.protectchildren.ca/en/>) offers parents and children

strategies and information in being safe online in an ever changing landscape. Resources in cyberbullying can be found on [www.cybertip.ca](http://www.cybertip.ca) and [www.protectkidsonline.ca](http://www.protectkidsonline.ca).

The Interlake Sexual Exploitation Educators (ISEE) will be holding a free digital presentation on Microsoft Teams on Tuesday March 9, 2021 7:00 pm to 8:00 pm, and Thursday, March 11, 2021 1:30 pm to 2:30 pm. Register with Cheryl at [choium@lssd.ca](mailto:choium@lssd.ca) or (204) 785-8224.

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# Selkirk COVID vaccination super site at old hospital

By Patricia Barrett

The province announced last week that the Selkirk super site for COVID-19 vaccinations will be located at the old Selkirk hospital.

Dr. Joss Reimer, the medical lead for the province's vaccination task force, made the announcement Feb. 24.

"In the next few weeks, we'll be opening two new super sites outside of Winnipeg, which will support the work of the [vaccination] teams as well as provide vaccines to the public," said Reimer during a media briefing. "The site in Selkirk will be located at the former Selkirk & District General Hospital at 100 Easton Drive. We are anticipating the site will be opening in early March."

The Selkirk super site is scheduled to launch March 5, depending on vaccine supply. The province also announced a super site for the Morden-Winkler area but provided no details about where it will be located.

Selkirk is about 35 kilometres (22 miles) from Winnipeg. People from the northern part of the Interlake-Eastern health region, in communities such as Gypsumville, Fisher Branch, Riverton and Arborg, will have to undertake a round-trip of a few hundred kilometres should they want to be vaccinated at the super site. People living in the eastern half of the health region, in communities such as Beausejour, Pinawa, Pine Falls and Whitemouth, will likewise have to travel to Selkirk.

The province has not made any announcement about establishing "pop-up" sites in the Interlake or Eastern portion of the RHA. However, it announced a few weeks ago that physicians and pharmacies

have applied to help administer the vaccines.

Health Canada approved the two-dose Oxford [University]-AstraZeneca COVID vaccine Feb. 26. After a "rigorous scientific review of the available medical evidence," the health agency found no major safety concerns, according to a statement on its website.

The World Health Organization says the Oxford-AstraZeneca vaccine has an efficacy of 63.09 per cent against symptomatic COVID infections after the second dose.

Pfizer-BioNTech and Moderna's COVID vaccines, which also require two doses and have higher efficacy rates of 95 and 94.1 per cent, respectively, have already been approved by Health Canada and are currently being used in Manitoba.

All approved COVID vaccines are said to reduce the severity of a COVID infection. There's currently no scientific evidence showing whether inoculated individuals can transmit the virus should they become infected.

The province is asking the public to refrain from calling its toll-free COVID vaccine booking line (1-844-626-8222) until their age group is eligible for a jab.

"To address the possibility of the increase in numbers at the call centre, we have expanded the number of lines available at the call centre to 2,000," said Reimer. "There are more than 270 trained agents taking calls."

If wait times increase, Reimer said there's a callback option so that people don't have to wait on the phone. When people get through, they'll hear an automated recording providing information about



## INTERLAKE-EASTERN REGIONAL HEALTH AUTHORITY

The IERHA's health facility locations are shown by major town. The province hasn't announced whether IERHA facilities will help administer COVID-19 vaccines or whether pop-up sites will be established.

eligibility screening and will have to answer questions. If eligible, they'll be connected with an agent who will ask additional questions.

"You will also make a formal declaration of eligibility and after that time we'll be able to book your appointment," said Reimer.

## Chief Medical Examiner calls inquest

By Staff

Dr. John K. Younes, Manitoba's Chief Medical Examiner, has called an inquest into the death of Gary Klein, age 54 of Winnipeg, Manitoba.

In the early morning on December 30, 2019, Klein telephoned the Selkirk RCMP multiple times stating people were trying to hurt him. RCMP members attended and found Klein to be apparently intoxicated on cocaine, hysterical, rambling and not making sense. Klein was taken into custody under the Mental Health Act without incident and transported to the Selkirk RCMP detachment. Once in the secure bay of the detachment, RCMP members opened the vehicle door to find Klein unresponsive. EMS and the shift supervisor were contacted, and CPR was initiated; however, attempts to revive Mr. Klein were unsuccessful, and he was pronounced deceased.

The medical examiner's office was notified and an autopsy was authorized. The immediate cause of death was determined to be toxic effects of cocaine. The manner of death was accidental.

The inquest was called in accordance with The Fatality Inquiries Act

to fulfill the requirement for an inquest in the Fatality Inquiries Act, to determine the circumstances relating to Klein's death and, to determine what, if anything, can be done to prevent similar deaths from occurring in the future.

Information as to the date, time, and location of the inquest will be determined by the

Chief Judge of the Provincial Court of Manitoba and released at a later date.

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# Popular children's authors virtually visit ESMS

## Kevin Sylvester and Eric Walters inspire students to pick up a book

By Katelyn Boulanger

East Selkirk Middle School celebrated I Love to Read Month by having Canadian authors Kevin Sylvester and Eric Walters stop by for a virtual visit giving students the chance to learn about reading, writing, and the importance of keeping their literacy skills sharp.

"[Sylvester and Walters are] inspiring kids to read and to learn to love to read. There's [something that I've said to] the kids, my whole career and it's 'There comes a point, you have to learn to read,' They have to be able to read to learn and if they can find that love of reading that can carry them through to that next stage in their life and they're set," said Terri Stewart, librarian at East Selkirk Middle School.

The first presentation was made by Sylvester to the grade five and six classes at the school.

"The big overarching message to them was to never give up, and how he talked about how, as a young [person], he wasn't one that was an avid reader of regular chapter books, he actually loved comic books and that's what gravitated him towards a love reading," said Stewart.

Sylvester then taught the students a little bit about how he creates illustrations for books teaching them drawing techniques that they could use in creating their own stories.

"The main thing I want kids this year to get is just some laughs. That's all they need at this point," said Sylvester.

Walters then presented to the grade seven, eight, and nine students next giving them the perspective of an author with over 115 books and years of experience in the Canadian book scene. He originally started his writing journey when he was a teacher

and wanted a story to read to his class and then he continued creating stories for children in grades seven to twelve.

He also does a great deal of philanthropy supporting causes like the Terry Fox Foundation and his own Creation of Hope Foundation which helps people in Kenya with many projects that address issues like education and water insecurity.

"His message was, you know, how much money do I need? I need enough to keep me happy and healthy and a roof over my head, and then the rest doesn't matter and I'd rather do something good with it," said Stewart.

Walters has also created and promotes I Read Canadian Day, which is Feb 17, and raises awareness of Canadian books and celebrate the richness, diversity and breadth of Canadian literature.

"The sales of Canadian books over the past 10 years have declined almost 50 per cent and it's not the books that declined, but we're being over-

whelmed with American influences. So we need to help people identify who are Canadian authors, who are Canadian illustrators, and the many great voices that are coming out of our country," said Walters.

Stewart was very pleased to have both authors speak to her students.

"When you get that outside influence and a different perspective, even if it's the same message, it's received differently, because it's from a fresh perspective," said Stewart.

To keep up with Eric Walters visit his website at [ericwalters.net](http://ericwalters.net) and don't miss his latest book *Don't Stand So Close To Me* which is about family dynamics in the COVID-19 pandemic.

Kevin Sylvester can also be found online at [kevinsylvesterbooks.com](http://kevinsylvesterbooks.com) and his most recent book, co-written with Basil Sylvester, is *The Fabulous Zed Watson* a story about a non-binary teen who sets off on a mysterious adventure.

## Outdoor reading takes students on an adventure

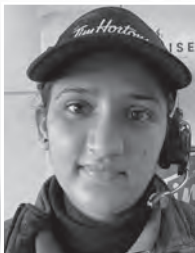


### EMPLOYEES OF THE MONTH

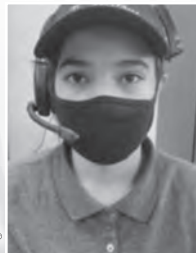
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RECORD PHOTOS SUBMITTED

Ruth Hooker School combined outdoor fun with a love of reading to finish off I Love to Read month with a bang. The school checked out and set up one of the Gaynor Family Library's Story Walk programs which gave students the chance to read as they walked along a path allowing them participate in an activity that kept them active and socially distanced. If your group, school, or family would like to check out a story walk for themselves get in touch with the library at [gfll.org](http://gfll.org) or call 204-482-3522



# Local pharmacies and clinics approved to provide COVID-19 inoculations

By Patricia Barrett with files from Lucy Kowalchuk

The Easton Place Medical Centre in Selkirk and several local pharmacies have been approved by the provincial government to administer COVID-19 vaccinations when vaccine supplies are made available.

The owner of Easton Place, located just off Easton Drive (Highway 9A), had submitted an application to the province last month, asking to assist in Manitoba's inoculation effort.

"We have authorization through Manitoba Health to provide COVID vaccinations and the province will supply the vaccines," said surgeon Dr. Anthony Anozie, who built the facility and also works with a team of general and endoscopic and laparoscopic surgery specialists at Selkirk's Interlake Surgical Associates.

The pharmacy in Easton Place and/or the physicians who work in the clinic will be able to inoculate anyone from anywhere, whether or not they're a patient at the clinic, he said. That includes Selkirk residents, Interlake residents and even people from Winnipeg.

"You don't have to be a patient. Once we get the COVID vaccine, we can reach out to communities and tell them they can book an appointment and come here," said Dr. Anozie.

What's unknown at the moment is when Easton Place will be able to start inoculating people against COVID, he said. He is waiting for more information from the provincial government about a vaccination start date, whether the clinic will be required to prioritize vaccinations by age groupings and what type of vaccine will be used.

"They haven't told us when the vaccines will be available, and they've not been able to tell us exactly when we can start providing the vaccinations," said Dr. Anozie.

What vaccine Easton Place will receive is also unknown at this point, but Dr. Anozie said they don't expect to be administering the Pfizer-BioNTech vaccine because that needs to be kept at extremely cold temperatures.

Once Easton Place has permission to start, people can get their COVID jab at its pharmacy or through one of the physicians who works at the clinic. Because of physician/surgeon schedules, the public won't be able to request a specific physician to administer the vaccine.

"We will have several physicians on staff but there's no guarantee they'll be available all the time," said Dr. Anozie. "But we're making it so that you don't have to be constrained by a doctor that may not be available on a certain day; you can have it done by the pharmacist."

Matlock resident Doreen Pendgracs said she's thrilled vaccinations will be offered in Selkirk. Pendgracs helps out two neighbours – members of her designated COVID bubble and who are in their 70s and 80s – with shopping and appointments by driving them to Selkirk.

"I'm thrilled to hear they'll be offering the COVID vaccinations because that's a 20-minute drive for us folks in Matlock," said Pendgracs by phone.

She said she's not fussy about what type of vaccine will be offered as the ones already on the market either offer a high degree of protection or can reduce the severity of a COVID infection.

"I don't care what vaccine is offered. I just want to get vaccinated," said Pendgracs. "I want to be able

to leave my home without feeling nervous. I want to be able to carry on life with a sense of normalcy because, quite frankly, I haven't travelled to Winnipeg since February of last year and I've not been to a restaurant anywhere."

She said she loves cooking, but wants the "freedom" to dine out with friends and "pretend" life has gotten back to normal.

"We've been so isolated. The province has gone from open to closed and open to closed with these lockdowns. Mostly, we've not been able to operate normally. But I understand the medical reasons behind that and I do support that," said Pendgracs, who [pre-COVID] hosted gourmet chocolate and wine tasting events across the Interlake and in Winnipeg and is the founder of the Gimli and area Toastmasters in the Arts Club.

Waiting for the vaccine is the hardest part, she said, but she'll continue to live in the "simple way" she has for as long as necessary.

In addition to Easton Place, a number of Selkirk pharmacies have been approved by the province to administer COVID inoculations. Other pharmacies are waiting for approval.

The Selkirk Record contacted pharmacies last week for an update. As of Feb. 25, the following have been approved:

- Care Plus Pharmacy
- Lifestyle Pharmacy (Harry's)
- Shopper's Drug Mart
- Selkirk Pharmacy
- RemedyRx - Peguis Pharmacy



**RECORD PHOTO BY BRETT MITCHELL**  
Surgeon Dr. Anthony Anozie, who built the Easton Place Medical Centre in Selkirk, said the centre was recently approved by the provincial government to administer COVID-19 vaccinations.

The province noted in its COVID vaccine update for Feb. 17 that it had "more than 400 medical clinics and pharmacies" apply to be part of the immunization campaign.

In addition to stepping up to help with the COVID vaccination effort, Easton Place is also accepting new patients. The health centre launched a drive last year to recruit more physicians and now has several on staff.

"We've got several docs on board," said Dr. Anozie, "and we're happy to take on new patients."

Easton Place will be formally announcing when patients and public can book an appointment for the COVID vaccine, he said.

## Co-op construction



**RECORD PHOTO BY BRETT MITCHELL**  
Construction has begun on the Co-op Gas Bar on Main St. in Selkirk. Due to this construction, residents should be particularly aware when travelling in the area that parking spaces are more sparse than they were before.



# Deja View at the Gwen Fox Gallery

Judith Panson, Kathleen Hamann Buckoski, Naomi Gerrard, and Ida McKenzie bring art to Selkirk's art gallery

By Katelyn Boulanger

Quick thinking art lovers in our communities might recognize the names of Judith Panson, Kathleen Hamann Buckoski, and Naomi Gerrard from last March's monthly Gwen Fox Gallery exhibit. They, along with Suzanne Barrow who was unable to bring her art back to the gallery this time around, had their exhibit cut short because of the closures at the beginning of the COVID-19 pandemic. However, this March, with safety precautions in place, they along with Ida McKenzie who also had an art exhibit cancelled last year, will finally be able to bring their art to the gallery to inspire our community.

**Naomi Gerrard**

Gerrard is once again exhibiting many of her images made from paint and various grains that are grown in our region.

"It's fun to be back. Its been a long

time. It's amazing how long it was before they were able to open. But yes, we're excited. I'm pleased to be part of the group," said Gerrard.

She says that she's had a productive year art wise with several commissions under her belt and a few new pieces that are being exhibited this March at the gallery. One of her latest is a geometric pattern that represents the sprouting of grain made with grains.

She uses about 18 different grains in her art depending on which colour and shape fit best and this year she invites residents to stop by as in addition to the art she has a seed library that can allow viewers to identify which grains are in which art pieces.

**Judith Panson**

Panson who moved to the Interlake in 1971 is a painter but what will stand out at this year's show is her fibre art.

Though she has been a tradition-

al artist her entire life and worked professionally as an art teacher, she started making fibre art when she spent some time bed-bound due to an illness years ago and wasn't able to paint as she didn't want to spill paint in bed. She was very inspired by natural forms and began stitching bits of fabric together to create fabric mosaic wall hangings.

Recently, while creating during the pandemic her art has taken on a more geometric look with hand-painted and silk-screened fabrics being used in some of the art that is now hanging up in the gallery.

"Every month I have to do something," said Panson.

That's the goal that she's set for herself as she is determined to continue to create even if she isn't able to continue with her usual routine, as it was pre-pandemic.

To see Panson's creations being

made in-person residents can visit the gallery on Thursdays where she holds down the fort while also finding time to create.

**Ida McKenzie**

McKenzie also missed out on exhibiting last year due to the pandemic has joined the crew to round out the exhibit.

"Last year, we couldn't get out and visit people so I've been just going out [for walks]. I didn't do that [as much] before. I've been walking a lot, and looking for hours has been my big thing," she said.

She frequents Birds Hill Park quite often and residents may recognize some of the well-known trails in the art she is exhibiting in the gallery.

Many of her paintings also include owls.

"[Owls are] just so elusive. And they

Continued on page 12



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RECORD PHOTOS BY KATELYN BOULANGER

Above: Ida McKenzie with one of her paintings. Below: Kathleen Hamann Buckoski with her painting of a rotting fish with 2020's headlines.





ADVERTORIAL

# Huge Federal Debt – Are Major Tax Changes Looming?

Farm advisors are worried: government spending is up, and revenues are down. The COVID-related massive income supports, and broad-based emergency relief have brought the Federal debt to \$1.2 trillion. This is expected to climb to far in excess of \$1.5 trillion by the end of 2021.

Kevin Bolt of PKF Lawyers says, “we can expect more government programs to be announced to assist Canadians who are unemployed (9.4%) or losing money due to government lockdowns to try to curb the spread of COVID.” In addition, experts agree that more money will be spent on the vaccination program and in the quest to make Canada more self-sufficient in the microbiology field going forward.

Meanwhile, revenues will decline significantly



Kevin Bolt

due to business losses and reduced income of regular taxpayers. Big industries will require huge government bailouts.

The debt-to-GDP ratio is projected to soar beyond 72%, much higher than the 60% debt-to-GDP ratio we experienced in the early 90's when the Federal government increased capital gains tax to 75% and eliminated the capital gains exemption for all but farmers. There is speculation that we might reach the 106% debt-to-GDP ratio that Canada experienced immediately after World War II.

Economists suggest that stabilizing the economy after COVID-19 will require the government to increase taxes and decrease benefits and programs.

Statistics Canada's 2016 census reports that only 8% of farm families have succession planned. Given these anticipated new rules and higher tax rates, it is more important than ever to plan the succession or sale of your farm.

Mona Brown of PKF Lawyers, who has been helping farm clients plan for 42 years says “The current preferential rules for farmers are likely to change. Farmers would be well advised to plan now to use the farm rollover and capital gains exemption prior to these anticipated post-pandemic changes.”

BDO and PKF Lawyers want to share options that are available to the agricultural industry in a March 9 Webinar.

Shawn Friesen, Tax Partner with BDO, will review ways to utilize tax rates and plan for possible changes, as well as how to navigate the Federal Government subsidy programs. These options



Mona Brown

will put more money in your pocket.

Mona Brown of PKF Lawyers will outline ways to use the farm family's capital gains exemption and save tax now. The less you give to government the more you keep for your farm and family.

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In Collaboration With



## MONA BROWN, B.A., LL.B, CAFA, C. ARB, TEP PKF Lawyers

Mona grew up on a family farm and has been helping farm and small business family's succession plan for 42 years in Carman. She has been a leader in developing plans that effectively use the farm rollover and the entire family's capital gains exemption while being fair and planning for family law. She uses her training in alternative dispute resolution to ensure the entire family know and accept the plan. She and her husband actively farm at Sperling, Manitoba. She works closely with Andrew Winkless, who practices primarily tax at the Carman office and with Stéphane Warnock out of Miami, Winkler and Morden area.

Mona is a frequent lecturer on Farm Tax Planning including recently speaking at the National CAFA Farm Update and the Society of Estates and Tax Practitioners.

## KEVIN BOLT B. COMM. (HONS.), LL.B PKF Lawyers

Kevin has a Bachelor of Commerce Honors and Law degree. He has specialized in the areas of Commercial Real Estate and Corporate Law since graduating from the University of Manitoba in 1978. He has served on a number of Boards of Directors during his career. He works out of PKF Lawyers in Winkler and Morden with his son, Matt, who has recently moved to the area.

When: Tuesday March 9 at 10:00 AM

Please register at:

[www.pkflawyers.com/webinar](http://www.pkflawyers.com/webinar)



## > GWEN FOX GALLERY EXHIBIT, FROM PG. 10

just sit there and they just fit into little areas. And so if you can come across one, then you know, I just feel so excited to be able to see them," said McKenzie.

Her top tips for spotting owls on your nature walks are to look in every nook that you can as they are very still birds with very good camouflage.

**Kathleen Hamann Buckoski**

Buckoski is a mixed media artist that has contributed everything from ink

drawings to charcoal to collage and paint creations to this year's exhibit.

Though this year she wasn't able to do what she had planned, she and her husband had booked a trip to Europe that had to be cancelled, she was still able to take inspiration from the world around her.

"We ended up renting a cabin out just North of Sandy Hook on the beach and we did that for a week. I always take my camera everywhere with me

and I took a million pictures while I was out there and did some drawing and sketching," said Buckoski.

One of her new and striking pieces in this year's exhibit is titled 2020. It started as a collage of many newspaper headlines and cartoons from the year detailing the pandemic but also other negative and positive things that have happened. She then painted on top of them with the image of a rotting fish that is somewhat translucent in areas so that you can see through to the headlines underneath. This was

her way of putting a difficult year for all into perspective.

She encourages residents who feel comfortable to come to the gallery for some inspiration.

The Gwen Fox Gallery will be adhering to COVID-19 precautions which currently means that they require masks to be worn while in the gallery, hand sanitizer is provided, only seven people can be in the gallery at once, and residents must sign in and provide a phone number for contact tracing purposes.



RECORD PHOTOS BY KATELYN BOULANGER

Above: Judith Panson with one of her fibre art pieces. Right: Naomi Gerrard with one of her paintings that incorporates grains.

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## COVID shots in Selkirk



RECORD PHOTO SUBMITTED

Soon to be 98 year old Kathleen Dewar was the first tenant to receive a COVID-19 vaccine at the Selkirk Lions Centre on Feb. 26.



# Community Art Show winners honoured

## Heritage Centre crowns best in show

By Nicole Buffie

After a virtual and in-person success, the St. Andrews Heritage Centre has announced their winners of the Community Art Show.

Of the 17 artists and over 40 pieces submitted, six placed in the categories of Best in Photography, Best in Paint, Best Nature Representation, Overall Excellence, Best use of Colour and Best in 3D and Nontraditional Media.

After the cancellation of the in-person premiere due to public health orders amid the novel coronavirus pandemic, the heritage centre pivoted to a virtual viewing of the pieces and an online voting system. Over 300 people tuned into the viewing after it premiered on Feb. 6 and 100 voted for the standout pieces. A series of taped interviews, conducted by the St. Andrews Heritage Centre, featured each artist and their process.

Denise LeBleu, the winner of Best in Photography, submitted two landscape photos that earned her the prize.

A wildlife enthusiast, LeBleu says her inspiration comes from her father and his love for the outdoors.

"That's where I get the love of nature and wildlife," she said. "That's where my love came from, my father because that's what we grew up with."

Taking home the title of Best in Paint was Irene Pohorečka, a Lockport area resident, for her acrylic depiction of a pod of pelicans fishing.

"The feeling, the internal part of a painting is how you feel when you're sitting there watching those pelicans and that kinship to the natural and amongst all the changes through hundreds of years," she said of the painting.

That same kinship to nature led Patti Simko to winning in the category of Best Nature Representation.

Her three submissions, portrayals of flowers, fauna and nature, come from photo references and are turned into art.

"I was watching a lot of YouTube tutorials to try and get started," she said of the beginnings of her art career.

"There's pros and cons to that watching; they're good because you learn steps and process a little bit, but the cons are you expect to be able to start to finish a painting in a very short period of time and that's not the case."

An artist a few years into her career and winning the Overall Excellence nob was Lola Josipa Kecman for her painted submissions of flowers and birds.

An eastern European expat living in Winnipeg, Kecman has had her art



RECORD PHOTOS BY NICOLE BUFFIE

Morgan Steeves' pottery was named Best in 3D and Nontraditional Media for the St. Andrews Heritage Centre's Community Art Show. Below: over 40 pieces of work by 17 artists are featured in the show.

featured in galleries overseas. In 2015 she picked up the brush to seriously focus on her artform, painting the natural world around her.

"I'm always inspired by birds and animals and nature in general," she said.

Clyde D. Finlay, winner of Best Use of Colour, uses his inspiration from nature to paint his series of landscapes with watercolour, a collection he's been working on for the past four years.

"It's difficult to think about your details, so what I've done is I've put the magic together in colour and utilized that so that there's not a lot of real details that you would see in a drawing for in-

stance," he said of his process.

Featuring great detail and winner of Best in 3D and Nontraditional Media was the pottery of Morgan Steeves. Inspired by the world around her, Steeves' submissions include themes based on deforestation and pushing animals out of their habitats, as well as extreme weather due to climate change.

"Most of my work right now is actually inspired by the environment and climate change and man-made issues that we've created for ourselves that we now have to unwind and figure out how to solve," she said.

Interviews with each winner have been turned into a podcast series by the rectory, titled Beyond the Canvas. A virtual viewing of the gallery is also available on the centre's website [www.standrewsrectory.ca](http://www.standrewsrectory.ca). In-person viewings of the show are available until March 6.



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# Rolling around town with Metis flair

## MMF pilot project proving successful

By Nicole Buffie

If you've had the pleasure of experiencing Buck Anderson's Metis Music Van, you know to listen for it before you look for it.

A converted construction van adorned with the signature blue and white flag of the Metis Nation and custom signs distinguishing itself, Anderson makes his rounds in Selkirk and surrounding areas amplifying fiddle music for the neighbourhood to hear.

Upon recognizing the sounds, children and adults alike rush outside to listen and show off their finest jigs.

"It's really heartwarming to see people come out," said Anderson, Selkirk resident and vice president of the Manitoba Metis Federation. "They're in their window waving and they're clapping and twisting around, and then the young kids are dancing on the streets, it's really great."

What started as a pilot project to continue the education and exposure of Metis culture and history through the MMF as public health orders halted in-person events, Anderson's van quickly gained traction and now travels around the Interlake region and Winnipeg, attending events and parties.

"Our citizens missed out on all of the festivities we had, so I decided to bring the music to them," he said of the idea behind the project.

Since the summer months when day festivals, which would typically give residents in Selkirk and Winnipeg a chance to celebrate Indigenous and Metis culture were cancelled due to the novel coronavirus pandemic, Anderson has been driving his van to make up for the lost commemorations.

Gaining popularity throughout his hometown and now Winnipeg, he's caught the attention of residents requesting him for a drive-by birthday greeting, and most recently a teacher at Elwick Community School in Winnipeg asked that he bring his entertainment to their Louis Riel Day celebration.

Jennilee Beaupre, a Selkirk resident and support teacher at the elementary school, first caught wind of Anderson's van while sitting at home.

"I popped my head up from the computer and I saw the Metis music van and it just changed my day," she said of her first encounter.

She later got in contact with Anderson to bring him and his van to Elwick School to help cap off a month-long unit focused on Metis culture, traditions and celebrations.

"The importance of it is promoting the history of Manitoba and encouraging and promoting Metis culture as well," Beaupre said. "And then people hopefully when they're hearing it, they're getting excited and they might just be a little bit more inclined to learn about Metis culture."

He hopes to reach young people through the van to educate them on the Metis while they don't have any preconceived notions of the historic people.

He also hopes to continue the pilot project into another year, with upgrades planned for his van including a built-in stage for musicians, adding to the garnishings already on the mobile music machine.



RECORD PHOTOS BY NICOLE BUFFIE

Buck Anderson hopes to take the Metis Music Van across the region to educate and promote Metis culture and heritage.


"I think it's something that can spread throughout all of our regions, I'd like to see it happen," he said.

So, if there's the faint sound of fiddle

music coming up the street, there's a good chance it will be Anderson and the Metis Music Van rolling by so feel free to come out and, following COVID-19 guidelines, enjoy the show.



The Metis Music Van made a stop at Elwick Community School in Winnipeg to help with the school's Louis Riel Day celebration.



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# From Paris to Nunavut to Selkirk in search of art

## Selkirkian artist's life and legacy remembered

By Nicole Buffie

Some called him the keeper of Northern art, others a friend and ally to the Inuit people. To himself, Gabriel "Gabe" Gély thought he was a regular person.

Born in France in 1924, Gabe made it his mission to experience the Canadian Arctic and the art it held after seeing an exhibition of Inuit work in Paris after the Second World War. After arriving in Canada in the mid-50s and working odd jobs, he landed a position as a cook for Transport Canada in Nunavut.

Infatuated with the Inuit, their art and way of life, he made the frozen tundra his home for the coming years, photographing and painting what he saw and experienced.

"He very much loved the people, and that was mutual; the people were very comfortable with him," said Dorothy Myhal-Gély, Gabe's wife of over three decades. "He was very taken with their lifestyle."

He even went as far as to help feed those on the brink of starvation in Ennadai Lake, a small community in Nunavut whose main source of food, Caribou, was depleting quickly. He snuck food and ingredients from the kitchen he worked out through the back door to deliver the goods. He was later nicknamed "back door" by the Ennadai people to commemorate all he had done for them.

In the 1980s, Gabe raised funds to bring those same people back to their ancestral land after the Federal Government moved them to a more sustainable landscape, Eskimo Point. The journey was documented by the CBC's Fifth Estate.

It was the tenacity to help that allowed Gabe to make friends so easily and document the lives of those around him. With a collection of photos and paintings, Gabe unknowingly would later be a line of connection between the Inuit and Southern Canadians.

After leaving the arctic and later living in Nova Scotia for an extended period, Dorothy and Gabe settled in Selkirk 13 years ago.

"I have family in the area and would come to visit them often," Dorothy said. "After a while, he said, 'why don't we just move there?'"

Taken with the autumnal scenes along the river and a quaint house, the Gélys settled in Selkirk and Gabe continued his work in art, experimenting more and more with impres-

sionist styles like those of Monet.

One of his pieces in that style was eventually sold for \$5,000 with 20 per cent of the earnings donated to the Selkirk Heritage Endowment Fund. Before its sale "The Lily Pond" hung in the City of Selkirk civic office.

The office wasn't the only place Gabe's art hung proudly. Since becoming a member in 2015, his pieces made regular appearances at the Gwen Fox Galley, where veteran member Pat Johnson said she had the privilege of knowing Gabe.

"He opened people's eyes to the North," she said of his work. "Not many people will have the opportunity to go up there, but through his paintings, we have seen the natives that live up there and just the beauty of it."

As a self-taught artist, Johnson said Gabe's work exuded care for his subjects and talent in the field.

"You could tell through his paintings



### RECORD PHOTOS SUBMITTED

Photos of Gabe Gély over the years during his travels through the Canadian Arctic.

how much love went into them," she said. "Through each brushstroke, you could tell a story through his paintings."

After his last show at the gallery and subsequent death in Nov. 2020, Gabe's

many pieces of art now hang on the walls of the Gély household where a piece of him remains with Dorothy.

"He was a special person and touched the hearts and souls of many people, he will not be forgotten."





# Manitoba 150 recognizes Honour 150 awardees

By Staff

Honour 150 presented by Canada Life, recognizes 150 people from across the province who stand out for their role in making Manitoba such an amazing province.

Nominated by people in their own communities in 2020, these 150 individuals range from teenage to centenarians, and represent the diversity of our province. With volunteer engagements ranging from the arts to environment, from health to education, these 150 Manitobans make our province exceptional.

Honourees receive a commemorative medal designed and created by Manitoba artist Takashi Iwasaki.

In addition, Canada Life will make a \$500 donation to the charity of each Honouree's organization of choice.

Students from Red River College's Creative Communications Program conducted interviews in early 2020 and wrote short biographies of each recipient, with a little help from volunteer mentors.

We invite you to "meet" our incredible 150 Honourees:



**Bernice Feledechuk**  
West St. Paul

Bernice Feledechuk is a role model in her community.

A volunteer for over 40 years, Feledechuk is responsible for the creation of the North Centennial Seniors Association (NCSA) and the Grandma and Grandpa Swim Program. She created the NCSA in Fall of 1979, fundraised to get the club their own space and acted as the President of the Association for the last 14 years.

Feledechuk has the special ability to make everyone feel welcome and want to work together towards a common goal.

One program of special significance to Feledechuk is the Grandma and Grandpa Swim Program which matches inner city daycare children with seniors to be their "swim Grandpa/Grandma." This June, the swim program will be celebrating its 37th

year, with 5 daycares and 35-40 senior volunteers involved.

Feledechuk has had an incredible impact on the community and created a legacy. Her nominator, Laura Isbister, says Feledechuk, "changed her life."

Feledechuk was the first person she met when she learned about the club and was immediately drawn to her. "She is so active, alert and alive, which is why people are attracted to her. She recognized the need for the swim program, initiated it and has [continuously] been part of it. It's not just the seniors who were impacted but all the years of children who have a safe place to play, and then take it home and share it with their families."

Now "retired," from the role of president, Feledechuk continues to remain extremely active in the community.



**Reagan Croy**  
Selkirk

Reagan Croy is a Special Olympics and sport advocate, helping people with intellectual disabilities reach their goals.

Croy has coached track and field and snowshoeing for seven years now in the Interlake Athletics program. This past year, she also began coaching swimming. At the time of her nomination, she was a full-time student at the University of Winnipeg, and will begin full-time studies at University of Manitoba in September 2020. She says that, at times, balancing these roles can feel overwhelming.

"Both are things I value so much," said Croy. "If it means I need to do less in school to give my athletes more attention, I'll do it."

Croy is also an advocate for Special Olympics Manitoba, which supports the lives of people with intellectual disabilities through sport. Croy says that when she saw a need for awareness about Special Olympics Manitoba, she decided to set up information booths and a Paint Nite fundraiser.

"I wanted to let people know how awesome [Special Olympics Manito-

ba] is," said Croy.

On top of advocating for awareness about Special Olympics Manitoba, Croy says she wants to have a supportive relationship between her and her athletes. She even drives them to their practices because she doesn't want to limit them from participating if they can't find a ride.

Croy's advice for athletes is to make sure you have fun in your sport, and to not take things too seriously right away.

"If you aren't having fun, you aren't doing your best," said Croy. "[Success is] never about a number or a place. If they've given me their best, that's all I could ask for."



**Suman Sharma**  
West St. Paul

Suman Sharma has been described as the mom of the Indo-Canadian community.

Sharma, 70, is a stress reliever and a support through difficult times. She is a mother; not only to her six children, but to hundreds of people in the Indo-Canadian community of Manitoba.

For over 40 years, Sharma brought families into her home, helped them budget expenses, cooked meals, and took care of parents and children.

Sharma immigrated to Canada in 1974 to join her husband, Sushil and their six children. Sharma recognizes there were many obstacles to settling in a new country, and after establishing herself, she helped make settling easier for others.

The Sharma home became a hub for those in need. She holds sleepovers, celebrates birthdays, hosts gatherings, and plays with the children in her yard.

"It was so normal, and I feel happy. I never felt extraordinary about helping others," said Sharma in Punjabi translated by her husband.

She's a volunteer in every season, at Christmas time with community gift wrapping, and throughout the year with school field trips and functions at her children's school. She has contributed to developing temples, Indi-

an restaurants, and cultural growth in the community.

Sharma always considers the needs of others, helps them become successful, and ensures they understand Canadian culture and how to live a happy life in a new country.



**Sushil Sharma**  
West St. Paul

Sushil Sharma is a great supporter of the Indo-Canadian community in Manitoba and also the afore mentioned Suman Sharma's husband.

Sharma, 74, is happiest when he sees his community prospering in life; a value he carried with him since immigrating from India.

Sharma immigrated to Canada in 1972 to build a better life for his family. Sharma admits his family had to figure out how to live in a new country by themselves.

Sharma has changed the lives of hundreds of Manitoba newcomers in the Indo-Canadian community by helping newly immigrated families find employment and establish themselves in business.

"I learned from my parents in India because they were so welcoming and were always there to help others; it was in my blood. Being able to help others in the community gives me immense happiness," said Sharma.

Beyond his personal support, Sharma is on the board of India Canada Cultural & Heritage Association and a past Chairperson of Trustees of the Hindu Society of Manitoba. He is the co-founder and editor-in-chief of the Indo-Canadian Telegram, a newspaper highlighting the Indo-Canadian community's accomplishments for the last 14 years.

Sharma's first years in Canada were challenging, but his experience has helped others thrive. Sharma's goal is to share his knowledge and experience to make newcomers feel at home, to help newcomers establish easier, and to live successfully in Manitoba.



# get inspired

> MEAL IDEAS



Servings: 2  
 2 cups water  
 1 cup quinoa  
 1 cup Florida Orange Juice  
 1 tablespoon hot sauce  
 1 tablespoon honey  
 1 tablespoon soy sauce  
 6 tablespoons vegetable oil, divided  
 2 tablespoons lime juice  
 1 tablespoon white miso  
 1 1/2 pounds shrimp, peeled and deveined  
 1/4 teaspoon kosher salt  
 1/8 teaspoon ground black pepper  
 1 bell pepper, diced  
 1 English cucumber, sliced into half moons  
 3 scallions, sliced  
 1 avocado, sliced  
 1 teaspoon sesame seeds

RED RIVER CO-OP FOOD STORE

## Orange Juice Shrimp Quinoa Bowls

2 tablespoons cilantro, chopped  
 In pot, bring water to boil.  
 Add quinoa, reduce to simmer, cover and cook 15 minutes. Fluff with fork.  
 In bowl, whisk orange juice, hot sauce, honey, soy sauce, 4 tablespoons vegetable oil, lime juice and miso. Remove half and set aside.  
 Add shrimp to remaining half and marinate 15 minutes.

Heat large skillet over medium-high heat and add remaining oil.  
 Season shrimp with salt and pepper then add shrimp to wok and saute, cooking approximately 2 minutes per side until pink and cooked through.  
 Place 1/2 cup quinoa in bowl and top with bell pepper, cucumber, scallions, avocado and shrimp.  
 Drizzle with dressing that was set aside and garnish with sesame seeds and cilantro.



Prep time: 20 minutes  
 Cook time: 8-10 minutes  
 1 cup peanut butter  
 1 cup granulated sugar  
 1 large egg  
 Preheat oven to 350 F.

## Flourless Peanut Butter Cookies

In bowl, combine peanut butter, sugar and egg.  
 Using small cookie scoop, place dough balls on parchment paper-lined cookie sheet. Flatten with fork to make traditional peanut butter cookie crisscross pattern.  
 Bake 8-10 minutes until done. Cool thoroughly before removing from cookie sheet. Store in air-tight container.

## Sheet Pan Mushroom Fajitas



Total time: 30 minutes  
 Yield: 6 fajitas  
 2 large portobello mushroom caps, sliced into 1/4-inch strips  
 2 medium yellow onions, sliced into 1/4-inch strips  
 2 large red bell peppers, sliced into 1/4-inch strips  
 2 tablespoons vegetable oil  
 2 1/4 teaspoons taco seasoning  
 6 flour tortillas (6 inches), warmed

1/4 cup roughly chopped cilantro  
 avocado (optional) salsa (optional)  
 hot sauce (optional) lime (optional)  
 Preheat oven to 400 F. Line large 18-by-13-inch baking sheet with parchment paper. Set aside.  
 In large bowl, toss mushrooms, onions and peppers with oil and taco seasoning. Distribute on baking sheet. Roast 25 minutes, tossing halfway through, until veggies are fork tender and edges are slightly browned.  
 Serve with warmed tortillas and garnish with cilantro. Top with avocado, salsa, hot sauce or lime, if desired.

## Strengthen your immune system during the COVID pandemic

Submitted by Julie Germaine

As the world slowly eases back into 'normal' life and coronavirus restrictions are cautiously lifted, it is extremely important to put a spotlight on your health and take steps to develop a strong immune system. New strains of the virus leave so many aspects of this pandemic up in the air, and it could be some time before you qualify for (or choose to have) the vaccine.

While there are no scientifically guaranteed methods to boost your immune system against the covid-19 virus, you can work to build upon your overall health and help your body function optimally. Creating harmony in your system through a balanced lifestyle can only be beneficial, even if the lifestyle changes you make are subtle.

Your diet is a great place to start. You should always choose a variety of fruits and vegetables, and incorporate protein with every meal. If you have a hard time achieving the ideal 1 gram per pound of body weight that is recommended when it comes to your protein intake, use a food supplement like whey protein.

Exercise at least three times per week, including both resistance training and cardiovascular activity. If your gyms are open, as long as you practice social distancing, wear a mask, and hand-wash frequently, you are promoting better health by getting in those regular workouts. Moderate exercise for less than one hour has been shown to increase your immune response, lower your risk of developing an illness, and also fights against inflammation. These effects are somewhat short-lived, thus the recommendation is to get your sweat on frequently.

Get adequate sleep, consistently!



Health and Wellness Fitness expert Julie Germaine

Researchers prescribe a minimum of eight hours of quality rest every night to help cells in your body fight off infection. Poor sleep can leave you stressed and more susceptible to being infected.

Finally, maintaining your ideal, healthy weight will reduce the negative effects of excess abdominal fat. Stored belly fat triggers the production of 'pro-inflammatory' immune cells which damage our bodies and immune system.

I am passionate about helping men and women achieve their fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one live video workouts! [www.juliegermaine.com](http://www.juliegermaine.com)

Julie Germaine is a 2x Pro Fitness Champion, Certified Nutrition Expert and Specialized Weight Loss Coach. She has helped thousands of men and women achieve inspiring body transformations through her virtual coaching since 2005.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Einarson captures back-to-back Scotties

By Ty Di Lello

Back-to-back Scotties champs! That sure has a nice ring to it for Gimli's Kerri Einarson and her team of Val Sweeting, Shannon Birchard, and Briane Meilleur.

Kerri Einarson (Team Canada) will hang onto the championship trophy for another year after defeating Team Ontario (Rachel Homan) on Sunday night by a nail-biting 9-7 scoreline at Calgary's Olympic Park.

"It means the absolute world to be able to repeat," said Einarson. "It's hard to do, and hasn't been done since 2014 (by Homan). So to do it again, playing against all these amazing teams, is really hard. I'm just so proud and honoured to be able to wear the Maple Leaf again."

"We were definitely determined to repeat; we missed out on going to worlds (cancelled by the COVID-19 pandemic), and we were just so happy to be able to have this event under these circumstances. For Curling Canada to make it happen was amazing, and we're just absolutely honoured to be here right now."

In the championship final, Einarson led the way after cracking a big three on Team Homan in the fifth end to take a 5-3 lead. Homan fought back by stealing two in the ninth end to level the game, but in the final end, Einarson didn't have to throw her last rock to capture the National Championship for a second straight year.

"We just really had fun," said Einar-

son. "We didn't put any pressure on ourselves; we just went to go out, relax, do our thing and not worry about anything else happening around us, or feeling the pressure of being Team Canada. And I think we did an absolutely amazing job of not putting pressure on ourselves to feel that we had to repeat. We just enjoyed every moment."

It's fitting that a Manitoba team won the event. After all, there were five teams from the keystone province competing at the championships.

Altona's Mackenzie Zacharias was one of the week's big stories, making their highly anticipated women's debut after winning last year's World Junior Championships. The Altona foursome finished with a 3-5 record and just missed out on the championship pool.

Despite not advancing, Zacharias was pleased with her team's performance in their inaugural Scotties.

"We want to come back for more!" said Zacharias. "We didn't accomplish everything that we wanted to this week, so we're going to be hungry to get back here next year."

"We learned a lot this week. We pushed ourselves right from the beginning, had a couple of tough games, and learned from them, and then tried to get some wins later in the week."

One of the other stories of the week was the play of Assiniboine Memorial's Beth Peterson, with Morden's Katherine Doerksen throwing second



RECORD PHOTO SUBMITTED

Team Canada's Kerri Einarson rink won their second straight Scotties Tournament title.

stones. The Peterson rink upset some of the top rinks and advanced to the championship pool. They wound up finishing fifth in the event with a 7-5 record and narrowly missed out on the playoffs.

St. Vital's Jennifer Jones finished with a 9-3 record. They lost out to Alberta's Laura Walker in a tiebreaker on Sunday morning. Closing out the Manitoba teams was East St. Paul's Tracy Fleury, skipped by Chelsea Carrey, who finished their week with a 6-6 record.

Unfortunately, Einarson won't get to represent Canada on the international

stage this spring at the World Championships as for the second straight year, the event has been cancelled. However, Team Einarson will return to the 2022 Scotties Tournament of Hearts in Thunder Bay, Ontario, as Team Canada and will be looking to three-peat.

There's good news for fans looking for more curling to watch as the Tim Hortons Brier will begin this Friday night with 18 teams across Canada competing in the Calgary bubble. Representing Manitoba will be Morris' Jason Gunnlaugson and West St. Paul's Mike McEwen.

## Selkirk Rec Complex ice season cancelled

Staff

Provincial health orders that took effect on Oct. 31 led to an empty Selkirk Recreation Complex which many hoped would be a short interruption to the season.

While many hoped the provincial health orders that closed the Selkirk Rec Complex would be short-lived, the restrictions continue and have resulted in the cancelling of the remainder of the facility's ice season.

Brady Clark, the Director of Culture, Recreation and Green Transportation, said while the decision is a responsible one, it is disheartening.

"Ice sports are valued in this community and as recreation professionals we are here to provide these services," he said. "It's what we do. So, to have to end the season early, we're disappointed. We had hoped things would be different - which is why we kept our ice in even though many have already removed theirs."

The city estimates it costs about \$2,500 per month to just keep the ice in, that's without it being used. Clark says that on top of the costs, the lack of revenue makes operating the facility unaffordable.

"There's a cost to maintaining the

ice surface whether it is being used or not. That cost decreases when we are not maintaining the ice," Clark said. "We also reached out to user groups and the health department and it became clear to us that even if restrictions changed and we were able to reopen, the interest/demand would be well below expected levels for this time of year. There would just not be enough users for it to be feasible."

Cost-savings to the City is approximately \$2,500/month once the ice is removed. Money that can be used to offset the additional costs of COVID and helping to support the delivery of

other services.

While there will be no ice for the remainder of this season, the Rec Complex is expected to be able to open for other services.

"We are expecting that we'll be able to run other activities such as the walk/jog program in a safe way," Clark said. "We have been in contact with the provincial government on the most recent orders and we're making arrangements. We hope we can do that very soon."



# Einarson named Scotties Playoff MVP, first-team all-star

Staff

It was quite the Scotties Tournament for Gimli's Kerri Einarson.

Besides winning her second straight Scotties Tournament of Hearts championship with a 9-7 win over Ontario's Rachel Homan on Sunday evening - which came with a \$100,000 top prize - Einarson was also named the winner of the Sandra Schmirler Playoff Most Valuable Player Award.

In addition, she was named a first-team all-star as skip.

The other first-team all-stars included third - Val Sweeting, Team Canada, second Shannon Birchard, Team Canada, and lead Lisa Weagle, Manitoba.

The second-team all-stars featured skip - Rachel Homan, Ontario, third - Selena Njegovan, Team Wild Card #1, second - Jocelyn Peterman, Manitoba, and lead - Joanne Courtney, Ontario.

The Marj Mitchell Sportsmanship Award, determined through a player vote, went to Quebec's Laurie St-Georges.

The Joan Mead Builder's Award (presented by Kruger Products) was given to Shannon Kleibrink.

This award recognizes a builder in the sport of curling and is named in honour of the late CBC curling producer Joan Mead.



Team Canada's Kerri Einarson was named the winner of the Sandra Schmirler Playoff MVP Award.

Kleibrink, who won bronze for Canada at the 2006 Winter Olympics, also has been an active coach in the Calgary area, as well as overseas.

She is a long-time committee member of the prestigious Autumn Gold Ladies Bonspiel in Calgary, most recently as Treasurer (for eight years), and won the Ray Kingsmith award in 2014, signifying outstanding contributions to women's curling.

Kleibrink was a vice-chair of the



RECORD PHOTO CURLING CANADA/ANDREW KLAVER

Einarson, right, watches her shot as Ontario's Joanne Courtney, left, and Sarah Wilkes look on during the Scotties' final on Sunday evening.

2015 Tim Hortons Brier and 2015 Continental Cup in Calgary.

This past October, Kleibrink was

hired by Curling Alberta as the Director of Community Centre Development

## Local businesses helping Scott pursue her Olympic dream

By Brian Bowman

Alexa Scott has been in Calgary full time since August training in speed skating as a Next Generation Podium Potential National Team Athlete.

She puts in countless hours on the ice in a bid to become a Canadian Olympian in 2022 or 2026.

But there's a problem. And it's a financial one.

Amateur athletes in Canada rely heavily on sponsorships or donations to be able to compete on a world stage.

"It's super important for whoever reaches out to me," Scott said last week. "We pay our own way a lot of the time being from Canada. All Manitoba athletes that I talk to are super grateful about how giving everyone is. For myself, I'm super grateful."

Selkirk GM recently gave Scott \$1,000 while Interlake Real Estate also made a donation.

Selkirk GM's Matthew Walters was very pleased to help Scott out financially.

"At a young age, she has done so much and the future looks incredibly bright for her," he said. "I think a lot of those Olympic sports are underfund-



Alexa Scott

ed so when the opportunity came up for us to get involved, it was pretty exciting. We like to do what we can to support local in general whether that be people or charities."

Michael Juba of Interlake Real Estate, who recently sold Scott's parents' Clondeboye house, feels that a GoFundMe page should be constructed



RECORD PHOTOS SUBMITTED

Clondeboye's Alexa Scott is very grateful for the financial support that she has received from local businesses to help offset her expenses as she trains in Calgary. Scott is vying for a spot on Canada's Olympic speedskating team.

Continued on page 20



# Helm scores first goal of the season

Staff

Detroit Red Wings' forward Darren Helm scored his first goal of the season as his club defeated the Chicago Blackhawks 5-3 on Saturday evening.

Helm also had two assists to lift Detroit to a 5-2 road victory over the Nashville Predators last Thursday.

On Sunday, the Blackhawks defeated the Red Wings 7-2 as Helm was held off the scoresheet.

The St. Andrews' product, who started his NHL career with Detroit back during the 2007-08 season, has 111 goals and 246 points in 711 regular-season games in the NHL.

Detroit, now 7-14-3, played at the Columbus Blue Jackets this past Tues-



day but no score was available at press time.



RECORD PHOTOS DAVE REGINEK NHL.COM

Darren Helm had two assists to lead the Detroit Red Wings to a 5-2 victory over the Nashville Predators in NHL action last Thursday. The St. Andrews' product then scored his first goal of the campaign in Detroit's 5-3 win over Chicago on Saturday.

## MJHL announces fifth annual prospect development camp

From the MJHL website

The Manitoba Junior Hockey League officially announced that the fifth annual Prospect Development Camp will take place in Winnipeg at the Seven Oaks Arena Complex from July 14-18.

The Prospect Development Camp is by invite only, geared towards current MJHL prospects born in 2004 and 2005 who are eligible to play in the MJHL for the upcoming 2021-22 season.

"The MJHL Prospect Development Camp provides the next generation of MJHL players with the knowledge and resources to be successful both

on and off the ice, an experience of what playing in the MJHL is all about, and the platform to showcase themselves to coaches and scouts from all levels of hockey," said MJHL Commissioner, Kevin Saurette.

"This event continues to grow in stature, both on and off the ice, and we are excited to host this important league event once again this summer. When you look across the MJHL right now, many current players have participated in this camp with many more having already moved on to higher levels of hockey through this camp and a year in the MJHL," Saurette

concluded.

The camp activities will emphasize the elements these players will need to focus on to transition successfully from elite minor hockey to Junior "A" hockey.

In addition to MJHL coaches/scouts, each year the camp is highly attended (in-person or virtually) by scouts from higher levels of hockey including the WHL, USHL, NCAA, U Sports and the NHL, providing an amazing opportunity for players to further showcase their abilities.

Players will receive on and off-ice skill development led by experi-

enced professionals in their respective fields. The on-ice program will consist of skill and practice sessions along with modified games/scrimmages. The off-ice portion will cover elements related to athleticism and mental skills, as well as the technical and tactical skills required to play in the Manitoba Junior Hockey League.

The MJHL will continue to monitor and adjust to public health orders leading up to the planned event in July.

Please stay tuned for upcoming camp announcements including event schedule and rosters.

### > OLYMPIC DREAM, FROM PG. 19

to help Alexa raise funds for training.

"Here's a local girl accomplishing so much as a junior athlete and is now going on to the senior level and you don't hear anybody talking about it," he said. "Let's try to get this out there and get her the dollars she deserves and show some hometown support."

Scott, 19, is living on her own in Calgary and recently got accepted into university. She plans on studying biological sciences. "Living on your own is kind of different because you don't have your parents there and you have to do stuff for yourself," she said. "But it's good and the team out here is super great. I was really ready to move up and compete with girls that are on the World Cup circuit and are super

talented. Being around those girls every day makes me a better skater."

The group would normally train at the Oval in Calgary but, because of ice failure there, they have been forced to bounce around to places like Red Deer.

Scott trains twice a day, six times a week. It's tough when an athlete is constantly training but not able to compete due to COVID-19.

"There were times during the season that we thought we would be able to compete," she said. "But it just kept getting pushed back and pushed back. It's been a challenge every day for me...skating by myself and being all alone. It's different when you can skate with someone but we're all in

the same boat."

Scott admitted it will be tough for her to make the Canadian team for the 2022 Olympics. But 2026 is a definite possibility.

"2026 will be a big Olympics for me," she said. "But 2022 is still a goal. Last year, I made a big jump at the end of

the season and it felt like I was skating as a more mature athlete. I was skating better and I think I'm still getting stronger."

Anyone interested in helping out Scott financially can email her at alexascotth@gmail.com.

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Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

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# TOWN OF WINNIPEG BEACH

## GARBAGE & RECYCLING TENDER

For the provision of garbage & recycling collection services within the boundaries of the Town of Winnipeg Beach for the period April 1, 2021 to March 31, 2024.

Detailed tender packages complete with specifications will be available on Tuesday, March 2, 2021 to interested bidders at [www.winnipegbeach.ca](http://www.winnipegbeach.ca).

Completed sealed tenders must be received by noon on Friday, March 19, 2021 at:

Town of Winnipeg Beach  
Attention: Roger A. Bouvier, CAO  
PO Box 160, 29 Robinson Ave., Winnipeg Beach, MB R0C 3G0  
Questions in respect to the tender can be directed at Roger A.  
Bouvier, CAO, 204-389-2698 or cao@winnipegbeach.ca

**take** *a break*  
> GAMES

# SUDOKU

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

## 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!

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

## Sudoku Answer

[illegible]

### Crossword Answer

# CROSSWORD

### CLUES ACROSS

1. One of Noah's sons
5. Openings
11. Rising from the dead
14. Expressions for humorous effect
15. North American country
18. Flowed over
19. Tags
21. Long-lasting light bulb
23. Off-Broadway theater award
24. Khoikhoi peoples
28. Beloved movie pig
29. South Dakota
30. Tai language
32. Get free of
33. Afflict
35. Transmits genetic information from DNA
36. Commercials
39. Digits
41. Expression of sympathy
42. Bleats
44. Swiss Nobel Peace Prize winner
46. Vegetable
47. Turf
49. Disorganized in character
52. Takes
56. Rules over
58. More fervid
60. Sweet drink
62. Cry loudly
63. A friendly nation

### CLUES DOWN

1. A title of respect in India
2. His and \_\_\_\_
3. Employee stock ownership plan
4. A type of bond (abbr.)

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

5. Acting as if you are
6. Affirmative
7. Not caps
8. Type of medication
9. Monetary unit
10. Private school in New York
12. Small stream
13. A person of wealth
16. Exclude
17. Someone who vouches for you
20. Vegetable part
22. Gov't lawyer
25. Term to address a woman
26. Swiss river
27. About senator
29. \_\_ Paulo, city
31. Native American tribe
34. "Titanic" actor

36. Campaign for students' rights (abbr.)
37. Capital of Senegal
38. Slang for military leader
40. Football's big game
43. Women who threw themselves on funeral pyres
45. Equally
48. Forest animal
50. Heavy stoves
51. Releasing hormone (abbr.)
53. Song
54. Type of pickle
55. Offer in return for money
57. Soviet Socialist Republic
58. Burns wood (abbr.)
59. Beloved singer Charles
61. Three-toed sloth



# Classifieds

Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

*The Selkirk Record*

Please support our advertisers **SHOP LOCAL - SUPPORT LOCAL**

## HELP WANTED

The Window Factory located in Selkirk requires a full-time labourer for production/manufacturing position. Please bring resume into the office located at 605 Mercy St, Selkirk.

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

## HELP WANTED

**JOB: Janitorial position. Hours available: Job 1 -- 1 1/2 hours, daytime-- two days per week, in Lockport Mb; Job 2 -- 1 1/2 - 3 hours, evenings -- Five days per week, in Selkirk Mb. Starting Wage: \$12.50/hour. Experience: Will Train successful applicant. Sub-contractors need not apply. Employer: Round-Tuit Cleaning Services. Information: 204-785-3257.**

## HELP WANTED

Employment opportunity - FT/PT driver for light duty deliveries in Selkirk and surrounding area. Mon-Fri, occasional Saturday. Must have valid Class 5 Drivers Licence. Driver abstract required at time of hire. Mail resume to: Employment Opportunity, PO Box 10016, Selkirk South PO, Selkirk MB R1A 0P5. Only successful applicants will be contacted.

## HELP WANTED

**LAUNCH your career!** BLAST-OFF Fireworks requires FT/PT warehouse personnel for summer positions. Competitive wage, great team atmosphere, benefits, potential for permanent employment & advancement. Apply at 609 Greenwood Avenue, Selkirk; or e-mail: [hr@blastofffireworks.ca](mailto:hr@blastofffireworks.ca) using subject "Warehouse"

**THE RURAL MUNICIPALITY OF VICTORIA BEACH**

**EMPLOYMENT OPPORTUNITY**

**Public Works Assistant Full Time Seasonal**

For the complete advertisement and position description please visit: <https://victoriabeach.ca/p/employment-opportunities>

Applications will be accepted until Monday, March 15, 2021 at 4:00 p.m.

**FEHR'S CABINET SHOWROOM/WAREHOUSE**

UP TO \$1500 TRADE FOR YOUR OLD CUPBOARDS, TOWARDS YOUR NEW DÉCOR KITCHEN

EXPIRES: APR. 2, 2021

PROMPT SERVICE & FREE DESIGN USUALLY WITHIN 24 HRS

Ph: (204) 746-2223

[FEHRS-CABINETS.COM](http://FEHRS-CABINETS.COM)  
[office@fehrs-cabinets.com](mailto:office@fehrs-cabinets.com)

*Talora* DECOR

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Manitoba Licensed Doctors taking new patients NOW!

Contact Sabe Wellness for:

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Book your Virtual Doctor Appt. Now!

[www.SabeWellness.ca](http://www.SabeWellness.ca)  
Ph: 204-410-5500  
101-395 Stafford Street  
Winnipeg



**204 PALLET AND PACKAGING**

**HELP WANTED**

*Like working with wood and working close to home?*

**204 Pallet & Packaging in Stony Mountain is looking for full time production workers.**

**Please call 204-344-5404 for details.**

## CITY OF Selkirk PUBLIC NOTICE

### SPRING ROAD RESTRICTIONS

The Public is hereby advised that the 2021 Spring Road Restrictions will be in effect in the City of Selkirk throughout the following dates unless otherwise notified:

**March 5 - May 29, 2021**

Spring Road Restrictions shall prohibit gross weight per axle assembly on City of Selkirk streets from exceeding **60 kilograms** in weight per 10 millimeters of width of tire.

**65% of normal axle loads on residential streets**  
**90% of normal axle load on truck routes**

The purpose of Spring Road Restrictions is to protect roadways from damage during spring thaw conditions.

Council requests the co-operation of its citizens and the commercial industry.

For further information, please call **CitizenSupport** at 204-785-4900

## Advertise in the Record and GET RESULTS!

**McSherry Auctions**  
12 Patterson Dr.,  
Stonewall, MB

**Online Timed Auctions**  
[@iCollector.com](http://iCollector.com)

**Estate & Moving**  
Closes Wed Mar 10 @ 7:00 pm

**Spring Gun Auction**  
Closes Wed Mar 17 @ 7:00 pm  
Over 275+ Guns Already!  
Consign Early!

Consignments Welcome!

(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

## Trucks, Trailers, Truckbeds & Tires

- Full Repair & Safeties
- Vehicle Parts, Tires & Wheels
- Trailer Parts & Batteries
- Sales, Financing, Leasing & Rentals

**EBY Aluminum:**

- Gooseneck and Bumper Pull Cattle & Equipment Trailers
- Truck & Service Bodies
- Generation Grain Trailers

**KALDECK TRUCK & TRAILER INC.**  
Hwy #1, MacGregor, MB  
**1-888-685-3127**  
[www.kaldecktrailers.com](http://www.kaldecktrailers.com)

**CLEAN OUT YOUR BASEMENT AND Advertise your "GOOD STUFF" in the Record to MAKE EXTRA CASH**

**BATTERIES FOR EVERYTHING!**

**50,000 BATTERIES IN STOCK**

\*Auto \*Farm \*Marine  
\*Construction \*ATV  
\*Motorcycle \*Golf Carts  
\*Rechargeables \*Tools  
\*Phones \*Computers  
\*Solar Systems & design  
\*Everything Else!

**THE BATTERY MAN**  
1390 St. James St.,  
WPG  
**1-877-775-8271**  
[www.batteryman.ca](http://www.batteryman.ca)



## Power Builder Advertising WORKS!

- GET SEEN by over 340,000 Manitoba Homes!
- Use your LOGO!
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- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 37 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at **204.947.1691** or email [classified@mcna.com](mailto:classified@mcna.com)  
[www.mcna.com](http://www.mcna.com)

# CARRIERS WANTED

to deliver

*The Selkirk Record*

and Flyers in the City of Selkirk

For more info please contact Christy at 1-204-467-5836



# Classifieds

*Selkirk Record*

Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

## HELP WANTED

Looking for an EX-PLOSIVE part-time job?! **BLAST-OFF** Fireworks requires seasonal "Class 5" delivery drivers. Perfect for the semi-retired individual: home nights, scheduling based on demand. Must possess customer service skills, outgoing personality. Competitive wage & benefits. Apply at 609 Greenwood Avenue, Selkirk; or e-mail: [hr@blastofffireworks.ca](mailto:hr@blastofffireworks.ca) using subject "Driver"

The Russell Dental Centre requires a full time chairside assistant. Dentrix, cerec training an asset. Please contact our office 204-773-2769 for more information. Resumes can be sent to [russelldentalcentre@mymts.net](mailto:russelldentalcentre@mymts.net)

## HELP WANTED

**DROP THE BOMB** on a boring summer job! Red Bomb Fireworks is seeking part-time retail managers for seasonal roadside retail locations. Duties include: greeting customers, providing retail assistance, picking and processing orders, and ensuring retail cleanliness standards are met. Hours mainly on weekends, competitive wage and benefits package. Apply at 609 Greenwood Avenue, Selkirk; or e-mail: [sales@redbomb.com](mailto:sales@redbomb.com) using subject "Roadside Retail"

**Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!**

## MISCELLANEOUS

BN never used; still in box, bendable goose-neck table or desk **STUDY LAMP**, EWO \$15; Sunbeam 2-slice **TOASTER**, ECIEWO, \$15; BNCIEC pr. sz. 9 Men's **WORK BOOTS/SAFETY SHOES** w/ laces & steel caps over toes, \$100; red, white & black lined **WINTER SUITCOAT OVERCOAT** fits a men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

Everything you need to promote your business

**Interlake Graphics**  
For all your printing and publishing needs  
**Call Today!**  
**204-785-1618**

## MISCELLANEOUS

Having an online annual general meeting? Advertise it in the 37 MB weekly newspapers and get noticed! Each week our blanket classifieds could be helping your organization get noticed in over 340,000 homes! It's **AFFORDABLE** and it's a great way to increase and connect with our 37 weekly member newspapers. For as little as \$189 + GST, get your important messaging out! Call us at 204-467-5836 to book or email [classified@mcna.com](mailto:classified@mcna.com) for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. [www.mcna.com](http://www.mcna.com)

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

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



## NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ST. CLEMENTS

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **23rd day of March, 2021**, at the hour of **12:00 PM**, at Rural Municipality of St. Clements, 1043 Kittson Rd., East Selkirk, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
440000	SP LOT 4 PLAN 15113 WLTO IN RL 72 AND 73 PARISH OF ST CLEMENTS - 4--15113	L -\$15,100	\$5,426.94
554600	LEGAL SUBDIVISION 15 IN 3-16-6 EPM SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN - 33108 RD 91N	L -\$32,000 B -\$37,700	\$2,906.53
555350	THE SLY 297 FEET OF THE WLY 627 FEET OF THE SW 1/4 OF SECTION 3-16-6 EPM EXC FIRSTLY: THE WLY 330 FEET AND SECONDLY: ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - 33015 RD 90N	L -\$16,800 B -\$26,400	\$3,259.92
747400	LOT 13 BLOCK 5 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 63 CEDARVALE AVE	L -\$37,300 B -\$100,100	\$7,631.92
760300	LOTS 5 AND 6 BLOCK 11 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 42 PARKVIEW AVE	L -\$49,500 B -\$149,000	\$12,504.55

### The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of St. Clements as follows:
  - The full purchase price if it is \$10,000 or less; OR
  - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 25th day of February, 2021.

Managed by:



Deepak Joshi  
Chief Administrative Officer  
Rural Municipality of St. Clements  
Phone: 204-482-3300  
Fax: 204-482-3098

**BellMTS**

## PUBLIC NOTICE

### Proposed BellMTS Radiocommunications Facility Telecommunications Tower

BellMTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, BellMTS is proposing to construct a 107 metre guyed style tower with ancillary radio equipment including a shelter at the base of the tower, with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science & Economic Development Canada, BellMTS' regulator under the Radiocommunications Act, BellMTS is inviting the public to comment on the proposed tower location before **April 4, 2021** in compliance with the Client Procedures Circular, CPC-2-0-03. This tower is fully compliant with Innovation, Science & Economic Development Canada's guidelines, as found under CPC-2-0-03.

**TOWER LOCATION:** West side of McRae Road, approximately half way between Phelan Road and Meadowdale Road.

### COORDINATES:

Lat: 50.189558°  
Long: -96.957844°

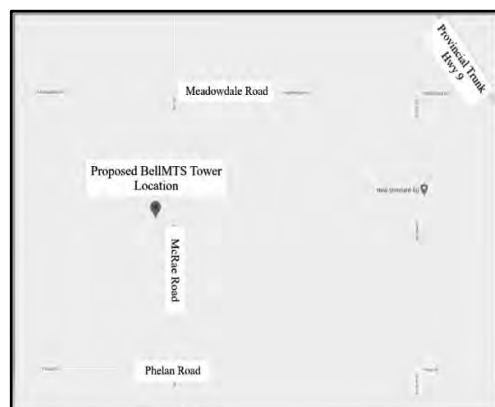
**LEGAL:** NE 15-14-4 EPM

**ANY PERSON MAY** comment by close of business day on **April 4, 2021** with respect to this matter.

### BELLMTS CONTACT:

Erin Fargo  
Evolve Surface Strategies Inc.  
Unit A, 2151 Portage Avenue  
Winnipeg, MB R3J 0L4  
Toll Free : 1-888-912-2640  
Email: [comments@evolveinc.ca](mailto:comments@evolveinc.ca)

Agents for BellMTS, a division of Bell Canada





# Classifieds

*Selkirk Record*

Book Your Classified Ad Today - Call 204-785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

**Evan Kreutzer.ca**  
Real Estate Services Inc.  
325 Manitoba Ave. Selkirk 204-482-7355

**NEW!** 2 Mile Rd 108 acres, old home site w/some out bldgs. **\$129,000**

**NEW!** 2 Mile Rd 81.6 acres **\$99,000**

**NEW PRICE!** Rd 87 118 acres, cross fenced, well & dug out **\$139,000**

**NEW PRICE!** Rd 87 120 acres, cross fenced, well, old mobile **\$150,000**

**51 Billy Goat Dr** Traverse Bay. 3+ bdrm, 1 bath, 1700 sq ft, extensive renos inside & out. Yr round! **\$178,000**

**Grand Beach Park** Leased lot. **\$35,000**

**Rd 86** 40 acres **SOLD!**

**Hwy 317** 78 acres **SOLD!**

**Liba** **SOLD!** 500 house & workshop.

**"Smart move!"**  
**STILL OUT SELLING IN YOUR NEIGHBOURHOOD**  
**WANTING TO SELL? ... We have Interested Qualified Buyers! CALL US TODAY!**

**EVAN** 482-7355 **WAYDE** 485-0407

## HIP/KNEE Replacement?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for \$2,500 yearly tax credit and up to \$50,000 Lump sum refund.

Apply NOW; quickest refund Nationwide! Providing assistance during Covid.

Expert Help: 204-453-5372

**Let your family and loved ones know that you are thinking of them at their time of celebration with a message in the Record**

## NOTICES

Urgent press releases or media advisories service. Have something to announce? A cancellation? A 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, or email [classified@mcna.com](mailto:classified@mcna.com) for details. [www.mcna.com](http://www.mcna.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 [stonewoodelkranch@mymts.net](mailto:stonewoodelkranch@mymts.net)

## STRAW FOR SALE

Small squares, wheat straw. Call 204-482-5101.

## FEED AND SEED

Forage seed for sale: organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

## SUPPORT LOCAL FARMERS

Please support our advertisers and local businesses  
**SHOP LOCAL - SUPPORT LOCAL**

**BRAND NEW 2 & 3 BEDROOM TOWNHOUSES**  
for rent at 900 Vaughan Ave. Selkirk

\$1445 - \$1645/mth plus utilities.  
Call or email for more details.  
204-960-7550 or [leasing@forthrightproperties.ca](mailto:leasing@forthrightproperties.ca)

**FORTHRIGHT PROPERTIES**

**73 Porcupine Trail, Traverse Bay**  
**\$119,900**

**River Lot -1 Tyler Drive, East Selkirk**  
**\$169,900**

**SOLD** 434 Robinson Ave  
**\$198,500**

**Stig Rensfelt**  
FRI, CMR, CRA  
Call or text 204-482-5492  
[front@mymts.net](mailto:front@mymts.net)

**Frontier Realty**

**Interlake REAL ESTATE**  
[www.interlake.mb.ca](http://www.interlake.mb.ca)

**ARBORG** 204-376-3400 **GIMLI** 204-642-8501 **SELKIRK** 204-482-5806

After the 2020 record breaking year, the market is still very strong. We've got buyers... If you are thinking about selling, now's the time. Give us a call!

**Ashern \$99,900**, cute & cozy 1056 sf 3 br, open layout, 1.5 baths, AT/1 garage, treed lot. Dayna Clark 204-461-1347

**3 bed 2 bath home on large treed lot north of Gimli. Triple garage. \$219,900** John Wisnowski 204-479-1208

**Price Reduced in Gimli! Super family hm, wrkshp/gar perfect for hm business/hobbyist. \$239,000!** Laurence Humniski 204-642-8501

**GRANT HJORLEIFSON** 204-461-6400 3 Bdrm/ 2 Bath executive home in Sandy Hook. Beachside Rd \$425,000

**Gorgeous 3 bdrm/2bath mobile home in Hilbre on three acres. \$89,900**

**Lakefront 2 bdrm log cabin in Pine dock, price not a misprint. \$74,500**

**Matlock, 3 BR+Den, Open concept, large lot, close to the beach, move-in ready, LP\$190k** Jasmin Theobald 204-642-8501

**4 Acres west of Arborg 1 bed renovated home with det garage + large quonset..** Crystal Line 204-232-6200

**JUSTIN ZINKOWSKI** 204-795-6664

**Country home with loads of updates. 3 bdr 2 bath on 1 acre. DT1, workshop \$174900.** Ingrid Bennett 204-642-2089

**Interlake Real Estate is excited to be utilizing 360° 3D Interactive Tours to market our properties. This allows us to provide the highest level of safety to our sellers, our buyers and our Realtors®.**

**WONDERFUL WEST ST. PAUL**

**PUBLIC NOTICE Proposed Municipal Pesticide Use Program**

Public notice is hereby given that the Rural Municipality of West St. Paul intends to conduct the following Pesticide Control Programs during 2021, as necessary:

1. To control Noxious Weeds on both private and public property using Par 111, Fiesta and / or Mungers Horticultural Vinegar.
2. To control all vegetation on gravel boulevards, fence lines, parking lots and storage areas using Roundup.
3. To control adult mosquitoes and canker worms along streets and lanes, in Municipal Parks using DeltaGard.

The projected dates of application will be from May 1, 2021 to September 30, 2021. The duration of each program will vary within this period, depending on weather conditions and pest population levels.

All of the pesticides used and procedures followed will be according to federally approved label recommendations and Manitoba Department of Agriculture pest control recommendations.

The public may send written submissions within 15 days of publication of this notice to:

**Manitoba Conservation Pesticide/Fertilizer Approvals**  
1007 Century Street  
Winnipeg MB R3H 0W4

Any individual opposed to the use of any or all of the above mentioned pesticides, on or adjacent to their property, may so register, in writing to the Rural Municipality of West St. Paul, specifying which program is opposed.

Dated this 4th day of March, 2021.

Brent T. Olynky, CAO  
RM of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3



# Announcements *The Selkirk Record*

Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

## ANNOUNCEMENT

### BIRTHDAY



**Helen Wasney**  
March 5, 1926

An age filled with pride to treasure  
with family and friends celebrating  
by your side

**Happy 95th birthday Mom/Granny!**

-All of our love,  
Bill, Donna, Trevor and Shaney,  
Gerald, Mary-Jane, Jeremy,  
Ela, and Karianne

## ANNOUNCEMENT

### CARD OF THANKS

You would never go wrong if you chose Inter-lake Cremation and Memorial Services in Selkirk, Manitoba to take care of your loved one in their final days. Rick Kotaska is one of the Most Kind, Caring, Considerate and Compassionate Funeral Directors you will ever find. As hard as it was to lose my Lloyd, Rick did everything we asked him. No hidden costs. Thank you Very Much Rick.

-Carole, Harlan, Maria, and Cole Christiansen,  
and Jacalyn, Jim, Brody, Devon (Cassidy),  
Brock, and Drake (Courtney) Gleich

## ANNOUNCEMENT

### BIRTHDAY



**Carol Woychysyn**  
75 Years Young  
March 2nd

Wishing You a Very Happy  
75th Birthday

-Love from Brenda

## ANNOUNCEMENT

### BIRTHDAY



**Happy 98th Birthday to our Mom,**  
**Kaye Dewar**  
on March the 8th

We are all so proud of you!  
Have a great day.

-With Love from all your family

## ANNOUNCEMENT

### PET IN MEMORIAM



In memory of  
**Our Dear Spanky,**  
March 5, 2011

When you're feeling alone,  
Just remember our love;  
I'm up near the stars,  
Looking down from above.  
Remember our love,  
In a moment you'll see;  
That I'm still here beside you,  
When you're thinking of me.  
What we have once enjoyed we can never  
lose and all we loved deeply becomes a  
part of us. You will live on in our hearts dear  
Spanky, our little friend that was loved so much.  
We miss you so much.

-Love Mommy, Daddy  
and little pal "Buddy"

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

## ANNOUNCEMENT

### IN MEMORIAM



**Betty Demenuk**

September 17, 1946 - March 1, 2020

Miss Me But Let Me Go  
When I come to the end of the road  
And the sun has set for me,  
I want no rites in a gloom-filled room  
Why cry for a soul set free?  
Miss me a little, but not too long  
And not with your head bowed low,  
Remember the love that we once shared  
Miss me, but let me go.  
For this is a journey that we all must take  
And each must go alone.  
It's all part of the Master's plan,  
A step on the road to home.  
When you are lonely and sick of heart  
Go to the friends we know,  
And bury your sorrows in doing good deeds  
Miss me but let me go.  
Missing you every day and especially on this  
first anniversary without you.

-Love Ted, Wendy and Brittany

Your memory will live forever  
Engraved within our hearts

## **PUBLIC NOTICE** **Rural Municipality** **of St. Clements** **2021 Spring Weight Restrictions**

The Public is hereby advised that the  
2021 Spring Weight Restrictions

**will not start before**  
**Monday, March 15, 2021**

Unless otherwise notified and will remain  
in effect

**Until Saturday, May 29, 2021**

**Loads will be restricted to 65% of Class B1**  
**Normal Axle Loads on all listed roads. (See**  
**our website for road list)**

The Municipality of St. Clements follows  
the Provincial Department of Manitoba  
Transportation and Government Services road  
restrictions and dates. **These dates can**  
**change at any time.**

Please see our website

[www.rmofstclements.com](http://www.rmofstclements.com) for the most  
up to date information on road restrictions.



## **ANNUAL PUBLIC MEETING**

**March 18, 2021**  
**4:00 pm to 5:00 pm**

The College of Midwives of Manitoba  
hosts a public meeting once a year.  
This meeting provides an overview of  
the College and a chance for Q & A.

**Join this year's online meeting at**  
**[www.midwives.mb.ca/site/events](http://www.midwives.mb.ca/site/events)**

**For more information email**  
**[admin@midwives.mb.ca](mailto:admin@midwives.mb.ca)**

## **ARE YOU AN** **AUTOMOTIVE TECHNICIAN?**

**COMPETITIVE**  
**WAGES &**  
**BENEFITS**

Selkirk Tire and Auto  
is looking for  
experienced  
**Automotive**  
**Technicians.**



**Drop resume in person to 38 Main Street or email [Selktire@mts.net](mailto:Selktire@mts.net)**



# Announcements *Selkirk Record*

Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

## OBITUARY



### Wayne Edward Domenco

My dear husband, Wayne, of 48 years passed away suddenly on February 26th, 2021 at the age of 72.

Wayne is survived by his wife Mary; niece Tanya Chaye and her daughters Morgan and Rachel; as well as numerous extended family.

He was predeceased by his father and mother, Edward and Eva, and his sister Marlene.

Wayne was employed in the engineering profession with Alcatel Canada Wire and Cable, 1970-1994. In the following years he provided engineering services to other organizations, until his retirement in 2005.

Wayne enjoyed being with people of different cultures, work professions, friends and family, and listening to their beliefs and knowledge. He enjoyed learning something new every day.

Wayne believed in being honest, listening and treating others fairly.

He always said during his life he made a lot of mistakes and also failed in his beliefs.

When Wayne was confronted with storms in his later life, he tried to do life "one day at a time".

Wayne enjoyed his ice fishing every winter and his annual fishing trip to Grand Rapids with the guys, Brian, Don, Jeff and any others that were able to join.

Thank you to the Paramedics and ER staff at Selkirk Regional Health Centre.

John 11: 25-26 Jesus said I am the resurrection and the life. He who believes in me will live even though he dies.

God saw you suffering and he took you by the hand.

Rest in Peace my dear one.

A private family service will be held on Thursday, March 4, 2021 at 2:00 p.m. It will be livestreamed through his obituary at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com) where friends can also leave condolences on his tribute wall.

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Mark Michael Starodub

February 28, 1957 – February 27, 2021

It is with profound sadness that we mourn the loss of Mark Starodub on February 27th, the day before his 64th birthday.

Mourning his loss is his devoted wife Charlene Fox and his beloved dog Mindy, family, extended family, relatives and friends.

There will be no formal service, as per his wishes. Full obituary will appear in next week's edition.

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Peter Kristjan Gudmundur Bell

June 5, 1937 – February 23, 2021

It is with great sadness we announce the peaceful passing of Peter surrounded by his family. He was an amazing husband, father, Afi, Papa, brother and friend to many.

Peter is lovingly remembered by his wife of 56 years Louella; his children Bob (Deb), Angie (Chris) and Helgi; daughter-in-law Angela (Grant); grandchildren Josh, Jordon, Lucas, Taylor and Riley; great-grandchildren Owen, Aubrey and Harper; brother Billy and Louella's brothers and sisters.

Peter was predeceased by his parents Lovisa and Ernest; brothers Hannes, Olie, Kristan, Jon, Victor and Eggert; sisters Sigga, Helga, Margaret and Gwen.

Peter was born in Hecla, his early years were spent fishing (north on the lake). Peter had many jobs throughout his years, retiring

from maintenance at Tudor House Personal Care Home. Peter had a great love for music and family. Peter had a wild sense of humor that always kept us laughing. He had one of the biggest hearts the world had to offer.

A Celebration of Life will be announced at a later date.

Goda Nott Elskan

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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**FEATURED PROPERTIES**

<p>HH TEAM <b>NEW</b></p> <p><b>\$199,900</b></p> <p>516 Nelson Ave, Selkirk</p>	<p>HH TEAM <b>SOLD</b></p> <p><b>\$560,000</b></p> <p>105 St. Andrews Rd, St. Andrews</p>	<p>HH TEAM <b>WATER FRONT</b></p> <p><b>\$439,800</b></p> <p>39 McAulay Rd, Clandeboyne</p>	<p>HH TEAM <b>6.10 ACRES</b></p> <p><b>\$469,800</b></p> <p>90 Pierson Drive, Tyndall</p>
<p>HH TEAM <b>2.27 ACRES</b></p> <p><b>\$54,900</b></p> <p>723 Edith Avenue, Petersfield</p>	<p>HH TEAM <b>SOLD</b></p> <p><b>\$219,900</b></p> <p>128 Proctor St, Woodlands</p>	<p>HH TEAM <b>PENDING</b></p> <p><b>\$727,000</b></p> <p>34 Murdoch Dr, Petersfield</p>	<p>HH TEAM <b>4.67 ACRES</b></p> <p><b>\$549,900</b></p> <p>452 Donald Rd, St. Andrews</p>
<p>ASHLEY <b>NEW PRICE</b></p> <p><b>\$315,000</b></p> <p>32067 Rd 90N, St. Clements</p>	<p>ASHLEY <b>SOLD</b></p> <p><b>\$209,900</b></p> <p>237 Donohoe Cres, Petersfield</p>	<p>HH TEAM <b>SOLD</b></p> <p><b>\$549,900</b></p> <p>6 Sunset Blvd, Gimli</p>	<p>HH TEAM <b>SOLD</b></p> <p><b>\$184,900</b></p> <p>619 Clandeboyne, Selkirk</p>
<p>HH TEAM <b>SOLD</b></p> <p><b>\$452,000</b></p> <p>109 Edstan Pl Selkirk</p>			

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