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The Selkirk Record

THURSDAY, MARCH 23, 2023

VOLUME 14 EDITION 12

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RECORD PHOTO BY BRETT MITCHELL

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2/\$4

Folgers Coffee
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\$9.99

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PRICES IN EFFECT: THURSDAY, MARCH 23 - WEDNESDAY, MARCH 29, 2023

Packers hosts mini fashion shows to support local business

Videos posted to social media show off thriving local business population in Selkirk

By Kaitlin Vitt

Women's fashion store Packers is doing its part to promote small businesses in Selkirk.

Since January, the store has been posting social media videos of models wearing clothing from Packers while visiting local shops.

"Small businesses are the flavour of every community," said Kelly Lewis, owner of Packers. "They make us unique from other communities."

Lewis has worked at Packers for nearly 50 years. Her mother and aunt purchased the store from Ike and

Faye Packer in 1976. Packers, which opened in the mid-1950s, has been in its current location at 409 Main Street since 1969.

In recent years, there has been a revitalization of Manitoba Avenue between Eveline Street and Main Street, which Lewis says she is happy to see and thinks its worth celebrating businesses in the area.

Lewis said business at Packers tends to be slower in the early part of the year, and she came up with this idea

Continued on page 4



RECORD PHOTO BY BRETT MITCHELL

Packers is helping to use their reach to promote other local small businesses with social media fashion shows showing off what our area has to offer.

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RECORD PHOTOS BY BRETT MITCHELL

Packers recently has held fashion shows at The Mighty Kiwi, Wishme, Gwen Fox Gallery, Three 6 Tea, The Gypsy Traders and N-Joy Café.



> PACKERS FASHION, FROM PG. 3

to showcase her store while sharing about other local shops.

The fashion show videos are posted to Packers' social media pages (@packersfashions on Facebook and @packersfashion on Instagram). In the videos, the models, who are customers and staff of Packers, enter the featured business and pose in various spots to show what the business has to offer.

"I thought, fashion doesn't have to be shown in my store or just with a white backdrop," she said. "It would be interesting if we could showcase our fashions inside some of these independent businesses that are down in the downtown area and throughout Selkirk."

The first show was at The Mighty Kiwi, and since it went over so well they also did the same at Wishme, Gwen Fox Gallery, Three 6 Tea, The Gypsy Traders and N-Joy Café.

N-Joy Café, located at 226 Manitoba Avenue, opened in October 2022. Owner Julie Neiser said there has been an increase of activity on the café's social media accounts, which could be linked to Packers' video taken in the coffee shop.

"I think it's important because it spreads the word and creates more [social media] followers," Neiser said. "Word of mouth is key for sure."

Lewis said as an owner of an independent business that has been around for decades, this is her way to help other small businesses establish themselves and grow. Packers' customers come from inside and outside of Selkirk, so these fashion shows are a way for customers to learn about places they might not have otherwise known unless they drove by.

"I think it's important to kind of help some of the small independents that are in Selkirk to showcase what they have so that they can succeed," Lewis said. "As a small business owner, I really want to see these small businesses survive, and that's really my main goal, is just to get them some exposure."

Lewis said Packers plans to do these small fashion shows in three or four more Selkirk businesses in the coming weeks and will likely continue to put them on sporadically throughout the year.

Mini Tourism Expo & Annual General Meeting

March 29th Canalta Hotel, 1061 Manitoba Ave, Selkirk

Doors open at 4:30pm Free admission

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| Red River Paddle Challenge | Selkirk Virtual Museum |
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| GLOW Fitness for Women | Parks Canada |
| The Selkirk Record | Bev Hart Studio |
| Lake Winnipeg Glassworks | Selkirk Biz |
| Culture & Recreation Selkirk | River City Photography |
| Bridgeview B&B | Oak Hammock Marsh |
| Beaches of 59 | Interlake Tourism Association |
| The Selkirk Community Arts Centre | Gwen Fox Gallery |

7:00 pm Key-note Address City of Selkirk CAO Duane Nicol

The City of Selkirk has set a path for development that includes green strategies and a plan for growth. New industries and downtown beautification are just two of the positive actions taken. CAO Nicol will provide a perspective on how these strategies will benefit and enhance opportunities for regional tourism and for neighbouring municipal partners.

Expo & Networking to 9:30pm

All welcome!



United Church hosted affirming PIE Day 2023 on March 14

Celebratory dinner recognizes the need for inclusion of the LGBTQ2SIA+ community

By Katelyn Boulanger

Many people will know March 14 as Pi Day for its connection to the first three digits of Pi as a day when people get a slice of their favourite pie. The congregation of the Selkirk United Church, however, celebrates being an inclusive community on this day by hosting a dinner event where presenters speak about the importance of the inclusion of the LGBTQ2SIA+ community.

The Selkirk United Church took its first steps to become an affirming community in 2014.

"We already had inclusive marriage and baptism policies in place [but] we still needed to have congregational discussions to be sure that we could agree to be openly affirming. We needed to commit to continuing to learn about how to be truly welcoming," said Chris Yuzdepski at the event.

The church entered into consultations with Affirm United and over the years has learned about ways to be more inclusive of many different communities as a congregation from many different speakers.

In July of 2015, they officially be-

came an affirming community within the United Church of Canada.

In 2019 the church held its first PIE Day which stands for public, intentional, and explicit. These are the three standards The United Church of Canada holds itself to when becoming affirming, welcoming, or inclusive communities.

PIE Day events are their chance to serve some pie and celebrate the full inclusion of LGBTQIA+ and Two Spirit people in faith communities and beyond across Canada.

This year PIE Day is back after a brief COVID hiatus and the first presenter of the night was teacher Scott Hanson who grew up as part of the Selkirk United Church congregation and spoke about his journey supporting LGBTQ2SIA+ students.

He opened his presentation by talking about his coming out and his parents attending inclusive events at the church to support him.

"I think it's important that these kinds of things are out and about and that our churches are connected to them," he said.

Continued on page 7



RECORD PHOTO BY KATELYN BOULANGER

Selkirk United Church celebrated inclusion at a PIE Day celebration on March 14. Rev. Cole Grambo, Scott Hanson and Megan Chorney.

Regenerative Agriculture Workshops



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Appeal court unanimously decides council lacked authority to strip Sul's mayoral duties

Joy Sul wins appeal in Manitoba court

By Katelyn Boulanger

On March 10, three judges from the Manitoba appeal court released a 19-page document that overturned an earlier decision in the Court of Queen's Bench of Manitoba. The document declared the 2018 by-law, which removed mayoral responsibilities from Mayor Joy Sul invalid.

"I was ecstatic and I was actually quite numb because it was so many years later. I followed due process all the way and hit a brick wall and then this came," said Sul.

The decision in the document says, "I would allow the appeal with costs throughout; set aside the decision of the application judge; and grant the declaratory relief sought in the notice of appeal by declaring both by-law 4319 and resolution 653 invalid."

The saga started in December of 2019 when a crowd of people gathered in the St. Andrews municipal office in Clondeboye to hear what was being discussed at an emergency meeting of council.

A group of five of the six councillors voted for a by-law that saw many of Mayor Sul's responsibilities as mayor taken from her. She was no longer allowed to be the spokesperson for the municipality, she was no longer to chair meetings and a new person was voted into that chair position.

It is important to note that in St. Andrews each councillor is voted to

council by the residents in their respective wards. The race for mayor is voted on by all residents in the municipality.

This issue was contentious in the community as Sul was voted into her position in 2018 with 61 per cent of the vote.

An article in the Dec. 19, 2019 edition of the *Selkirk Record* goes into detail documenting the opinions of some of the attendees at that meeting and the justifications that were made for these actions which had to do with disagreements over the handling of wastewater in the RM.

A judicial review was held in the Court of Queen's Bench of Manitoba in June of 2021 which discussed whether or not council has the power to take these actions against an elected mayor. This involved interpretation of the municipal act.

At that time Sul's attorney argued that the municipal act needed to be read as a whole. By that interpretation, the power to appoint a council member, other than the head or deputy head of council, to preside over meetings only takes effect when the head or deputy head cannot act.

The attorney for the RM of St. Andrews argued that the head of council's duty to be the chair at council meetings could be altered under a by-law as noted by s. 83(2)(a) of the Municipal act.

A decision came back in July of that year in which the Justice on the case sided with the RM's attorney's interpretation of the municipal act.

Sul decided to appeal this decision shortly after the original decision took place and an appeal hearing took place in October of last year.

"The judges gave no indication which way they were going [to rule]. It was still unknown. It was in the hands of the court," said Sul.

In the same month, municipal elections took place and five of the six councillor positions in the RM of St. Andrews changed hands. Mayor Sul retained her position as mayor.

In the meantime, the appeal court justices were making their decision.

The document released on March 10 states that section 83(2)(a) of the Municipal Act must be read in light of sections 140(2) and 149(3)(f).

"Given that, in this case, as in many municipalities, the RM is divided into wards to which councillors are elected and the head of council is the only member elected at large (see sections 87-88 of the Act), it is consistent with the legislative intent that the Act restricts when the duty to preside over council meetings can be removed from the elected head of council. That is, only when the head and the deputy head are unable to act or the offices are vacant," reads the March 10 document.

Sul said that she felt that this decision is vindication for those residents who originally



RECORD FILE PHOTO

Joy Sul.

voted for her and also is reassurance that a precedent has been set so this will not happen to other mayors in the future.

"It affects every head of council in Manitoba, if not across Canada. Hopefully, I pray, this will never happen to any community ever again. It's a democracy issue. The people had the vote and then a group of people took away their ballot. They took away their voice," she said.

Sul would like to thank the residents of St. Andrews.

"I would just thank them for all their support, and for standing behind me for all these years, reelecting me. I'm just humbled and grateful," she said.

The whole 19-page decision is available to view at https://www.manitobacourts.mb.ca/site/assets/files/1036/sul_v_the_rural_municipality_of_st_andrews_manitoba_et_al_2023_mbca_25.pdf.



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> PIE DAY, FROM PG. 5

He then went on to discuss how, though he has a busy schedule balancing many different subjects this year, he also runs the Gay-Straight Alliance at his school and how having a community benefits students.

"We just have a safe space for kids to come to hang out, while the teachers pop in and say, 'Hi,' and offer support when they can," said Hanson.

One of the projects that the group has come together to create is a bulletin board with hand-drawn flags representing all of the different people in the school. This bulletin board is in a central location to showcase acceptance as important in the school's community.

Another of the many ways he discussed in which inclusion is present in his school is through the encouragement of inclusion in the little things.

"The idea of just splitting things, boys and girls doesn't really work anymore. In today's world, that's a kind of a weird way of doing things. So, [I try to encourage inclusion] even in small things like learning about different ways to say things, talking about pronouns, all of those things matter to a lot of kids," he said.

Megan Chorney, the communications coordinator for Affirming United, who also grew up in the congregation, was the next presenter of the night. She spoke about what communities across the country are doing to affirm people.

"It's been a really rewarding experience because I get to see what other communities of faith are doing throughout the country," she said.

Recently they held an event on Indigenous knowledge and she spoke about an event called United Against Hate which discusses subjects such as the banning of drag performances which has recently come up more and more in the United States among other topics.

Chorney then told a story about how she and a group of other advocates for inclusion stood outside of a church in a different community that was hosting a drag queen brunch in order to make sure that protestors didn't ruin the event.

"They were worried about protestors. They were worried about people

coming out and doing awful things. And, it was an all-ages event. So, we had to make sure that those who were attending the event were safe. They were kept joyful," she said.

Though there were some protestors, they didn't ruin the event.

"We were there, and we knew they were there. We just made sure that we had our flags. We had our signs, that said 'Queer people are sacred,' in sparkly letters," said Chorney.

She also made some suggestions as to how the Selkirk United Church could be even more inclusive in our community.

The event ended with support, and sharing and everyone had a delicious piece of shepherd's pie.



RECORD PHOTO BY KATELYN BOULANGER

Selkirk United Church heard from speakers about inclusion at their PIE Day celebration on March 14. Pictured: Megan Chorney speaking at the event.

HISTORIC HELP for Manitoba Seniors

Budget 2023 provides more for seniors to strengthen home care, expand seniors' housing and enhance accessible transportation.

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get informed

NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

High risk individuals may now receive spring boosters

Eligible individuals advised to discuss timing of vax with doctors

Submitted by the government of Manitoba

Manitoba Health advises that individuals at the highest risk of serious COVID-19 outcomes may now receive a spring COVID-19 bivalent booster.

Following recommendations from the National Advisory Committee on Immunization, individuals in the following groups are eligible:

- adults aged 65 and older;
- Indigenous people age 45 and older including First Nations, Inuit and Métis peoples, regardless of place of residence;
- residents of long-term care or assisted living facilities; and
- adults aged 18 and older who are moderately to severely immunocompromised.

It is recommended that individuals

wait six months between booster doses, as this provides the best immune response. It is also recommended that individuals wait six months between a COVID-19 infection and receiving a vaccine dose. However, at minimum, individuals need to have recovered from the infection.

Eligible people are advised to discuss the timing of spring boosters with a health care provider. This is because Manitoba Health is anticipating a fall 2023 COVID-19 booster campaign. Getting a dose in the spring could affect when an individual would be eligible to receive a booster dose in the fall.

Additionally, Manitoba Health continues to encourage Manitobans to get a COVID-19 booster dose if they did not receive one as part of the fall

2022 booster campaign.

The COVID-19 vaccine is available from medical clinics, pharmacies and many other locations. To find a convenient location, use the online tool at: <https://manitoba.ca/covid19/vaccine.html#finder>. Vaccine appointments can be made at many locations by calling the vaccine call centre at 1-844-626-8222 or through the online portal at: <https://patient.petal-health.com/login?groupId=6032>. Walk-in vaccinations are also available at many locations.

As of March 4, nearly 78 per cent of all Manitobans have received at least two doses of a COVID-19 vaccine and about 20 per cent of Manitobans have had at least one dose of a bivalent COVID-19 vaccine. For more information about immunization and COVID-19 in Manitoba, visit www.gov.mb.ca/health/publichealth/surveillance/influenza/index.html.

letter to the editor

World Water Day, March 22

"For most of history, man has had to fight nature to survive. In this century he is beginning to realize that, in order to survive, he must protect it!"

- Jacques-Yves Cousteau

I often wonder if we are electing the best of people to look after our water sources and environment.

The Crisis of clinging to the lie. We can no longer afford to take nature for granted. We can no longer continue to exploit our finite resources as we see fit; to fulfil the gluttonous greed of economic development and dump our waste into the environment. The consequences are far too grim. In so many situations we are so ignorant of the biological and physical world, yet we cling to the belief that we know what we're doing. The truth is,...we have no idea. Everybody chases short-term wealth, even at the cost of destroying their long-term future. We must

begin to live, grow and prosper as a partner with nature. We have to keep reminding ourselves that the Sacred Balance with Mother Earth is vital to our very existence. And we must continue to do our part to secure the lives of promise for those yet unborn. I am grateful and acknowledge the words of encouragement, the criticism and the confrontations that are directed to my views, for they provide and nourish my incentives to work even harder to the challenges of changing "what is not right"; knowing fully, there are none so blind as those who do not wish to see. I recognize that laws and regulations without enforcement and vigilance by authority are useless! I also recognize the continuing need for more and even more regulations tend to rise proportionately as our moral and code of ethics decline. For, to have integrity, "nothing else matters". To not have integrity, "nothing else matters".

- John Fefchak., Virden



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

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Glow Fitness for Women marks fifth year in community

Women's-only gym aims to create welcoming, non-judgmental atmosphere

By Kaitlin Vitt

Selkirk's sole women's-only gym is celebrating its fifth anniversary this month.

Katie Miller founded Glow Fitness for Women in March 2018. As an avid gym goer throughout her life, she had a sense of what made a good fitness studio and noticed an opportunity in Selkirk.

"I realized that we were kind of missing a women's-only gym [in Selkirk]. That's something I really wanted to be able to have in the community to be able to work out myself," Miller said. "Since it wasn't available, I figured I would just start it myself."

Overall, the gym's goal is to enhance the experience for women.

"When you're focused on women, you can make sure that your machines, your classes, your yoga is all

catered toward the unique physical and mental needs of women," Miller said.

The gym is also an opportunity to create a non-judgmental community, she added.

"I've heard from many members coming in, and I think we've all had experiences as well, where you're going to the gym to workout, and you're getting chatted up," Miller said. "At the end of the day, it's distracting."

Miller describes Glow Fitness for Women's approach to health and wellness as holistic.

The gym, which is open 24-7, offers strength and cardio training to members, plus there are classes such as yoga, pilates and meditation. Glow also puts on workshops and has an in-house holistic nutritionist.

"What we're doing has evolved so

much from when we started," said Miller. "There was a point where the gym and the community took on a life of its own. And then from there, we were no longer just inspired by those initial ideas but inspired by the feedback from people and the things we learned along the way."

In November 2022, Miller brought on some employees as owners, and today the gym is co-owned by Miller, Amanda Moorhouse, and Andrea Gertner.

"At a certain point, how can you grow it with just one person? You need more energy and new energy on a team in order to grow and not get burnt out from all the chaos," Miller said.

"It's just a beautiful thing that the people who are investing personally are coming right from within our community and know it the best from the inside out."

Glow Fitness for Women might not look (or smell) like a typical gym — the soft pink walls, live plants and fresh flowers and essential oil aroma make it stand out from other fitness studios.

"It's just less intimidating. It's beautiful from the minute you walk in," Moorhouse said. "It's community building, lifting each other up."

The team wanted to improve the

gym experience right from the start. "The idea is that if you love the entire experience, you're more likely to get those consistent workouts," Miller said.

To mark the gym's fifth anniversary, Glow Fitness for Women had an open house on March 19. Visitors stopped by for refreshments, sales on merchandise, incentives on gym memberships and a women's healing circle.

The gym puts on healing circles about once a month. Each one has a different theme and looks a bit different, but there's often a guided meditation, gentle movement and an opportunity to connect.

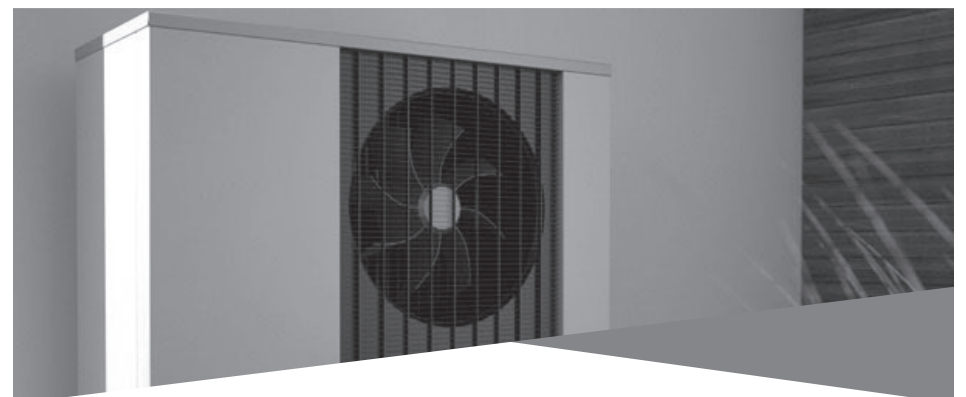
The team at Glow Fitness for Women said the gym is always evolving and coming up with fresh ideas, such as new classes and fitness challenges, to add more variety for members.

"Ultimately, what drives us is the idea that we have an opportunity to make a positive impact in our community and the health and well-being of our members, and seeing our members achieve their fitness goals, consistently visiting the gym, and happy with a smile on their face while they're there is just so inspiring to us," Gertner said. "That is what it's all about."



RECORD PHOTO SUBMITTED

Andrea, Sara and Amanda celebrating Glow's anniversary.



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The beginnings of elementary fire education started in Selkirk

Making safer communities starts with good education

By Katelyn Boulanger

You'd be unsurprised to learn that former Selkirk Fire Chief Ted Wozny is passionate about educating residents about fire safety. What you might not know is that it was through some of his work that the beginnings of educating elementary school students about fire prevention started up in the province.

The program was started as part of the curriculum in Daerwood, Robert Smith and Ruth Hooker Schools in the early 90s.

"The [local] schools agreed to run it. It was a pilot for us and we were lucky because I was on the Education Committee for the province," said Wozny.

He got the program going with a woman from the fire commissioner's office and, being on the Lord Selkirk School Board at the time, knew the right people to talk to, to make the program a reality.

This was the first time that a program like this was made part of the school curriculum.

Wozny knew that elementary school kids were the way to go because he had done presentations to various schools in the area. He decided to focus his efforts on elementary school kids because of their enthusiasm.

"The grade twos and threes were the key for me," he said.

He felt that at that age the kids were

most focused on what he was saying and asking questions. The middle and high school students that he spoke to sometimes listened but often had other things that they were more focused on.

Though the program was primarily taught by the school teachers, the firefighters also presented to the classes.

Some questions that Wozny would ask the kids were things that we might take for granted like 'Do you have smoke detectors?'

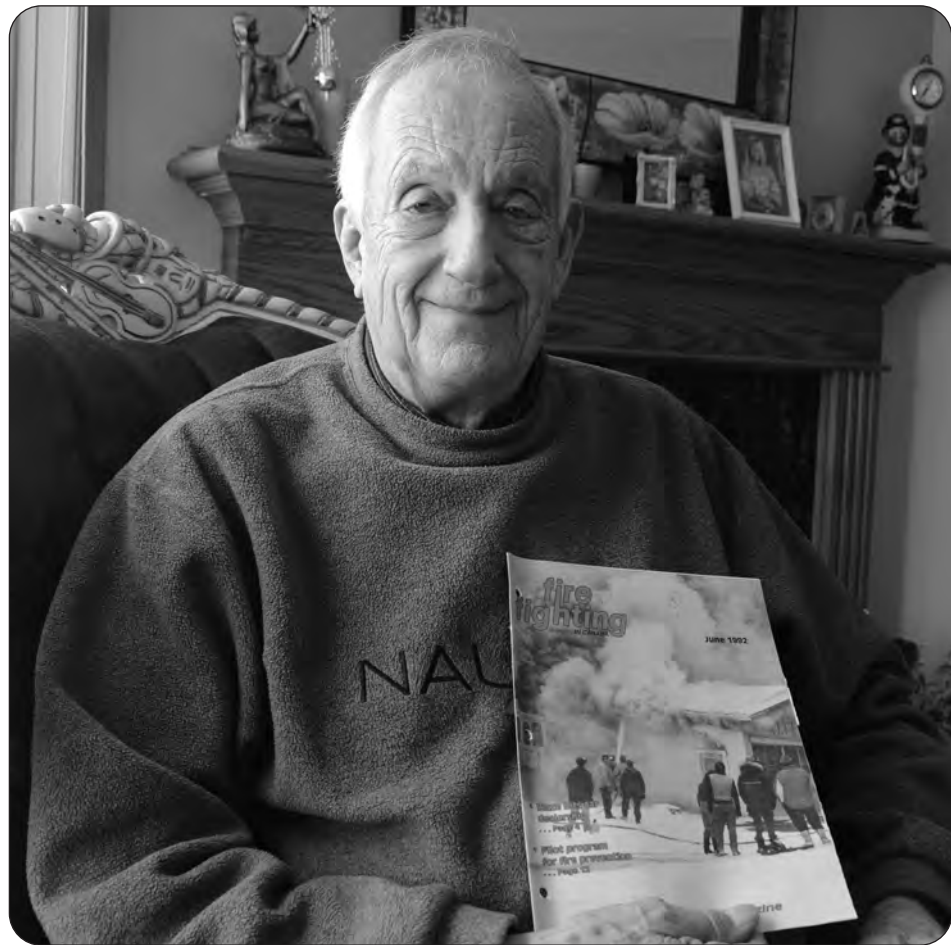
"One particular class of grade threes. I said, 'You tell them, Ted Wozny, the fire chief said that you really shouldn't sleep in a house that doesn't have smoke detectors. I got phone calls from home but they weren't mad. The parents said, 'My kids said we shouldn't be sleeping in the house. What kind of detector should I buy?'," he said.

Wozny thought it was great because the kids made sure to keep their parents up to date.

From there, the program was a success in the three schools and spread throughout the province starting with 10 communities in the 1992-1993 school year.

The program was so successful that it was recognized in the June 1992 issue of *Fire Fighting in Canada* magazine.

Some highlights from the program that are still relevant today are a section that tells kids that they



RECORD PHOTO BY KATELYN BOULANGER

Ted Wozny with the copy of *Fire Fighting in Canada* in which the Selkirk Fire Department's pilot project for fire education in elementary schools was discussed.

should never play with matches, with or near fireplaces, barbecues, campfires, and pilot lights or with firecrackers. The program explained the difference between good fires like the heat we use to cook food and keep our houses warm and bad fires which are out of control. It also emphasized that kids and their caregivers should do fire drills at home and have a family escape plan with at least two ways

out. The classic stop, drop and roll was also included as was the importance of smoke detectors and how to call for help.

If ever you or a child in your life have questions about fire safety our local fire departments are wonderful resources to contact for information. Just remember to contact their non-emergency numbers unless it is a true emergency.

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Province expanding access to in-home sleep testing

Submitted by Manitoba government

Manitoba Health's Diagnostic and Surgical Recovery Task Force has launched a new process for individuals currently waiting for diagnostic sleep testing to find out if they are eligible for an in-home alternative.

The province has an agreement with Cerebra Medical Ltd. to provide in-home sleep diagnostic tests for up to 1,000 patients. The test records brain waves, heartbeats, breathing and other information used to diagnose sleep disorders. More than 8,000 Manitobans are currently waiting for sleep tests, which were previously only available by attending a sleep lab in person.

The in-home test is available to eligible people at no cost.

Sleep disorders and a lack of proper sleep can have a wide range of effects on health and well-being. Undiagnosed sleep disorders can increase the risk of diabetes, obesity, hypertension

and heart disease.

Cerebra is a Winnipeg-based health technology company focused on improving access to advanced technology for sleep assessment and diagnosis. This agreement is a short-term solution to build capacity in Manitoba to deal with the backlog of sleep tests.

People waiting for a sleep study can review eligibility criteria at <https://www.gov.mb.ca/health/dsrecovery/solutions.html>. Applicants can then complete an e-form online, email inprovpatient@gov.mb.ca or call 1-888-600-0108 to move forward. Individuals may also be referred by a primary care provider.

For more information about the Diagnostic and Surgical Recovery Task Force, visit: www.gov.mb.ca/health/dsrecovery.

Holiday Alley wins big receiving Recreation Manitoba award

HA gets People & Community Award

Submitted by Holiday Alley

The amazing volunteers and hard workers at Holiday Alley just picked up the Academy award of events – an ‘Oscar’ from Recreation Manitoba, The People & Community Award. This award recognizes a group that helps a place flourish through events, recreation, programming and services. Shirley Muir, co-founder of Holiday Alley accepted the award on behalf of Holiday Alley along with and Ellie Longbottom and Kyla Ray at the Culture, Recreation and Green Transportation department of City of Selkirk who nominated Holiday Alley for the award. Holiday Alley, Selkirk’s signature winter event that celebrates art, sound, light, culture and creativity is a project of Red River North Tourism. This year it will be hosted Nov. 16-18 in downtown Selkirk.

At the annual Recreation Manitoba conference another local Ian Goodall-George, Interlake Regional Consultant for the provincial department of Sport, Culture and Heritage picked up an Award of Merit along with several provincial civil servants who guide, advice and support recreation and events in Manitoba.



RECORD PHOTOS SUBMITTED

Holiday Alley and Ian Goodall-George both took home awards. Above: Shirley Muir, (centre) co-founder of Holiday Alley accepted the award on behalf of Holiday Alley along with and Ellie Longbottom (left) and Kyla Ray (right). Below: Muir and Goodall-George.



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COVID numbers hold steady in early March

By Patricia Barrett

COVID numbers remain steady in early March, according to the provincial government's respiratory surveillance report for the period March 5-11 (reporting Week 10).

There were 130 new infections detected by PCR testing, a decrease from the 150 new infections reported the previous week and the 124 reported the week before that.

COVID infection data in the surveillance reports are underestimates of the true number of infections because the government restricts access to PCR testing. Rapid antigen tests aren't tracked.

There were 59 new COVID hospitalizations, a decrease from the 75 new hospitalizations reported the previous week and the 65 reported the week before that. Of those 59 new hospitalizations, nine people required intervention in the intensive care unit. The numbers are derived from differences in total severe outcomes between the current and the previous week's report.

The government no longer lists in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

There were four deaths from COVID reported in Week 10. There were two deaths reported in Week 9.

Manitoba's COVID death toll was 2,466 as of March 4, according to the federal government's COVID webpage, and Canada's death toll now stands at 51,624.

The Week 10 surveillance report says wastewater data for Winnipeg and Brandon up to March 7 indicates sustained COVID activity.

There were eight new cases of influenza A and two new cases of influenza B reported in Week 10, along with zero hospitalizations and zero deaths. There were two influenza A cases and one influenza B case reported the previous week, as well as 20 new hospitalizations and one death.

There were 40 new respiratory syncytial virus (RSV) cases in the Week 10 report. The Week 9 report did not provide RSV numbers the day it was released. There were 56 new RSV cases reported in Week 8.

Other health news:

The Interlake-Eastern Regional Health Authority declared on March 13 a COVID outbreak at the Sunnywood Personal Care Home in Pine Falls. The COVID outbreak at Gimli hospital declared on March 10 and the COVID outbreak at the Rosewood

PCH in Stonewall declared on March 1 continue, according to the IERHA's outbreak page (viewed March 18).

- The World Health Organization's epidemiological update published March 16 shows there were almost 1.4 million new cases of COVID reported worldwide between the period Feb. 13 and March 12, as well as 28,000 new deaths. Deaths recorded since the start of the pandemic now stand at 6.8 million.

- Doctors Manitoba, which advocates for physicians, welcomed the findings of a federal government standing committee investigating the healthcare staffing crisis across the country. The committee's report offers recommendations to help address staffing shortages.

"While Manitoba has one of the biggest physician shortages in Canada, it is an issue in all provinces and so seeing national leading practices to address this critical issue is very valuable," said Doctors Manitoba president Dr. Candace Bradshaw in a March 15 news release. "The shortage of doctors, along with other health care workers, is having an impact on all aspects of patient care, from hospitals to community practices, from urban to rural and Northern communities. There is no path forward to improving health care without addressing these shortages."

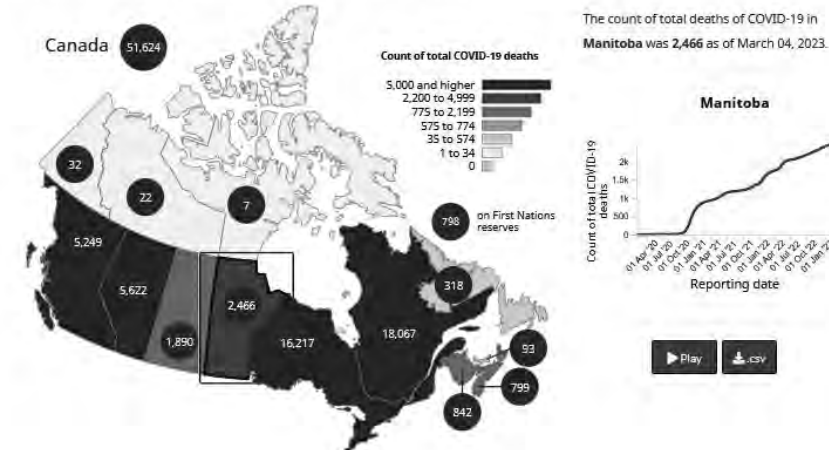
Manitoba has a "record-high physician shortage," she said and nearly half of the province's physicians are planning to retire, reduce clinical hours or leave Manitoba if nothing changes.

The recommendations in the federal report echo those Doctors Manitoba already provided to the Manitoba government. They include expanding medical training, increasing medical residency spaces for international graduates, reducing physician administrative burdens and providing mental health supports to healthcare workers.

What needs to be addressed as well in Manitoba is recruitment and retention in rural and northern parts of the province, says Doctors Manitoba. The province's health and human resources plan was announced last November with some actions to support physician recruitment and retention, but the initiatives "offering the most immediate relief and support to retaining physicians remain in limbo."

National and regional trends

Figure 1. Count of total deaths of COVID-19, province/territory as of March 04, 2023 (Last data update: March 13, 2023, 11 am ET)



GOVERNMENT OF CANADA

As of March 4, Manitoba's COVID death toll was 2,466 and Canada's death toll now stands at 51,624.

McLean Ave open house



RECORD PHOTO BY BRETT MITCHELL

Kate Moir at the open house for the revised development proposal on McLean Ave. The event showed residents a revised proposal for the site base on feedback heard about the original proposal. The multi-family residential building proposed is meant to allow residents to live, work, and play in downtown Selkirk.



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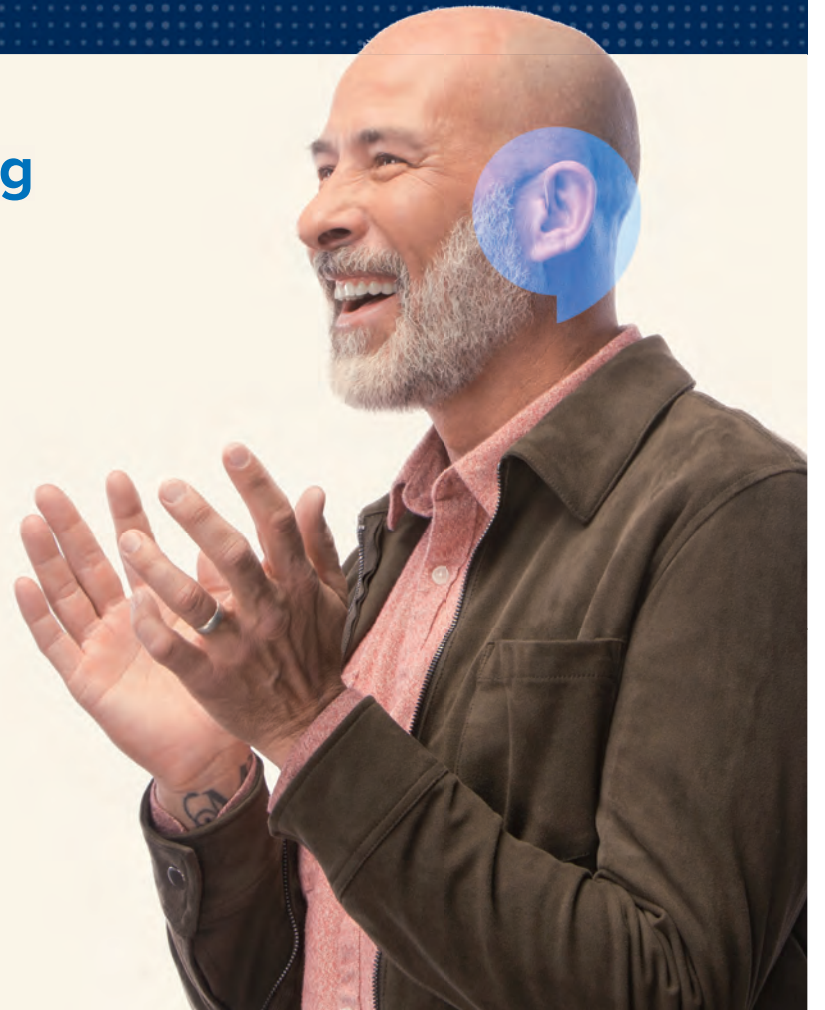
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Fundraising for local cadets



RECORD PHOTO SUBMITTED

A fundraising dinner was held last weekend by the Selkirk Branch of the Navy League of Canada supporting the Navy League Cadet Corps Lord Selkirk (ages 9-12) and Royal Canadian Sea Cadet Corps Daerwood (ages 12-18). This was significant because it was the first fundraiser they've had since restarting after the pandemic. There was an amazing turnout from parents, family, former volunteers and community members with almost 200 people braving the snow to help support the cadets, have a great dinner, and have a chance at some of the amazing prizes donated from within the community.

The Selkirk Legion provided a generous donation which will help with sending the Navy League cadets to camp this summer, buying them new uniforms, as well as supporting a future on-the-water weekend and other events for the Daerwood Sea Cadets.

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CentrePort Canada Rail Park receives \$18 million in federal funds

By Jennifer McFee

CentrePort is on the right track to improve the nation's supply chain by bolstering connectivity through its rail park.

On Wednesday, March 15, federal Transport Minister Omar Alghabra visited 4Tracks Ltd. in Rosser to announce an investment of up to \$18 million towards building the 665-acre rail park at CentrePort through the National Trade Corridors Fund.

CentrePort Canada Rail Park is currently in development by Canadian company Focus Equities Inc., which will cover the remaining costs of the \$36 million portion of costs qualified for funding.

The project aims to improve the movement of goods between different modes of transportation, including rail, truck and air.

"I know there's been a lot of people working on this vision for years. Today marks a significant milestone in this vision and in this development. This location is a critical hub in a strong supply chain, and that's something Canadian exporters rely on," Alghabra said.

"Of course, we know that the lingering effects of the pandemic, climate impacts and global events have affected that supply chain, which is why our government is working hard to strengthen it. We know that a strong supply chain contributes to grow an economy that works for all Canadians while making life more affordable for its citizens."

The federal funds will go towards a second mainline switch, a lift station, several kilometres of additional track, and connections to access roads under Phase 1 of the three-phase de-

velopment.

"Not only will this project create well-paying jobs in the region, it will make it easier to move goods between the different modes of transportation; for instance from rail to truck or from air to rail," Alghabra said.

"The technical term for this is improved intermodal connectivity, but it's really about making a supply chain more fluid, more adaptable and more easily able to get goods from Point A to Point B."

The benefits will extend beyond the local community to bring positive impacts across the country.

"This project has potential to bring significant economic benefits to Manitoba and even greater benefits to the country's supply chain. The project will also reduce emissions, and by cutting down on the number of trips by truck, it will help address congestion on interprovincial highways and at the U.S. border. That's a win-win-win," he said.

"The quality of our transportation infrastructure and the efficiency of our trade corridors are crucial to Canada's economic success. By increasing the capacity of what is already a major transportation gateway close to rail lines, close to the airport and major roads, we are supporting the flow of goods across the country, creating good jobs for middle-class Canadians and making life more affordable for all Canadians."

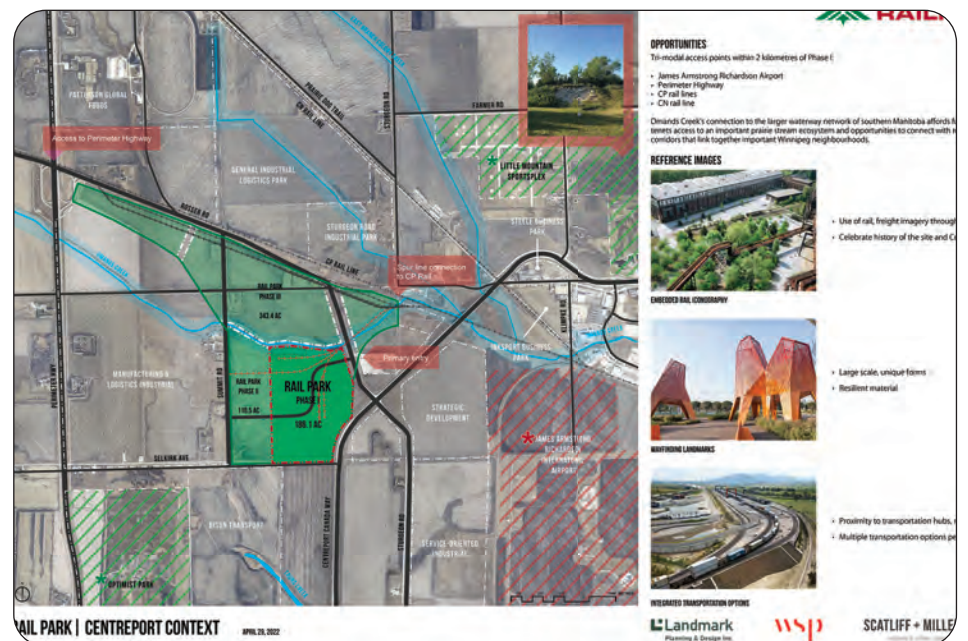
The vision is for CentrePort Canada Rail Park to become a nexus where air, rail and roads intersect, he added.

"I think the economic opportunities are significant," Alghabra said. "This is only Phase 1 of a broad vision."



RECORD PHOTOS BY JENNIFER MCFEE

The CentrePort announcement that took place on Mar. 15.



TRIBUNE PHOTO SUBMITTED

Map of the proposed rail park.

Rosser Reeve Ken Mulligan reflected on the importance of the announcement to the local municipality.

"The Government of Canada announcement shows us the commitment from all levels of government to the CentrePort Canada Rail Park. To me, this highlights the magnitude of a rail park by Focus Equities — not only for Rosser but for the region, the province and on supply chains across the country," Mulligan said.

"I still have people commenting to me and wondering if the 665 acres of land the Province of Manitoba has

held for years in Rosser will ever actually be a rail park. This announcement is another key step in the construction of Phase 1. The rail park is real, and we look forward to working with Focus on Phase 1 and on future phases."

A development of this magnitude will provide employment opportunities for Rosser residents, as well as for all regional communities, he added.

"Local businesses and our local quarry operation should also be able to see economic benefits from both the construction of the rail park and the operations that will come to the rail park," Mulligan said.

"And, of course, Rosser as a whole will benefit from the taxation revenue, which comes from this level of development. We have to remind ourselves, in 2006 Rosser's total assessment was \$230 million. With the

Continued on page 19

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Province approves dropping exam requirements for internationally educated doctors

Manitoba government eliminates test said to be “holding back” international doctors

By Patricia Barrett

The provincial government made changes to medical regulations that will speed up the process of hiring internationally educated doctors.

The government approved regulatory changes to the College of Physicians and Surgeons of Manitoba (CPSM) General Regulation in order to facilitate international doctors’ entry into Manitoba’s medical system.

The changes entail the removal of a requirement for internationally educated physicians to pass the Medical Council of Canada Qualifying Exam Part 1 (MCCQE1) before registering and practising in Manitoba. The MCCQE1 assesses medical knowledge

and clinical decision making ability.

“We are leaving no stone unturned to strengthen our health system for Manitobans,” said health minister Audrey Gordon in a March 10 news release. “We worked with the governing body of physicians in Manitoba to streamline the path, reduce barriers and enable internationally trained physicians to provide care sooner in alignment with our government’s \$200-million Health Human Resource Action Plan.”

The province has an acute shortage of physicians and other health care providers that has resulted in delays for patients in accessing care in certain health areas. According to Doctors Manitoba, which advocates for physicians, Manitoba has one of the biggest physician shortages in Canada and the shortage could become much worse if steps aren’t taken to expand medical training, retain doctors in rural areas, reduce their administrative burdens and implement mental health supports to help with burnout, among other measures.

The MCCQE1 exam was “holding

back” many qualified, internationally trained physicians from coming to Manitoba, said College of Physicians and Surgeons’ registrar Dr. Anna Ziomek in the March 10 news release.

Ziomek said it was necessary to take steps to eliminate barriers to assessment “without compromising quality and patient safety.”

A spokesperson for the department of health said the MCCQE1 is a national academic exam that tests medical knowledge and decision making “at the end of medical school and is not practice based; therefore, there was a concern it was holding back some physicians because the exam tests knowledge that is unrelated to the physicians’ area of specialty.”

Alberta and New Brunswick have already removed requirements for the MCCQE1, said the spokesperson.

The dropping of the exam should not compromise safety, and medical candidates are required to have criminal record checks and abuse registry checks. There are also safeguards in place including practice-ready assessment and practice under supervision.

“Internationally educated physicians are required to have a practice ready assessment and monitoring of their clinical knowledge and skills in practice over a 3-to-12-month period in practice,” said the spokesperson.

According to the College of Physicians and Surgeons of Manitoba, the practice ready assessment and monitoring of clinical skill and knowledge is a “more appropriate requirement for assessment of required competencies,” said the spokesperson. The CPSM decided that the requirement to pass the general academic exam “could be safely removed while still maintaining the integrity of the licensing requirements and ensuring physicians are qualified and competent to safely practice medicine.”

The spokesperson said the college can answer the question of how much sooner internationally trained doctors can practise in Manitoba now that they don’t have to take the MCCQE1 exam.

> CENTREPORT RAIL PARK, FROM PG. 18

growth in CentrePort being the main driver, Rosser’s total assessment has already reached \$1.2 billion — and the rail park is just getting started.”

At the same time, Mulligan highlighted the collaborative approach to the project.

“Rosser has been working very well with Focus Equities on this initiative. I am excited by the early dialogue that Focus has approached us on regarding how they see themselves playing a role in supporting our community,” he said.

“I have no doubt Focus Equities will have a great impact on our community as a whole.”

Kevin Lamoureux, member of Parliament for Winnipeg North, also stressed the importance of the initiative.

“I think the consensus, no matter what level of government you’re from, is that CentrePort is such an important part of Manitoba’s future,” he said.

Terry Duguid, member of parliament for Winnipeg South, said he’s excited to see these important upgrades coming to CentrePort Canada Rail Park.

“This new infrastructure will be a major boost to the operations here at CentrePort,” he said.

“Not only will this funding help to sustain CentrePort as one of North America’s largest and most important inland ports for decades to come, it will be a major economic boost to our province, bringing plenty of high-quality jobs and increased tax revenue.”

CentrePort has major partners from various industrial sectors, including Boeing, MacDon, Paterson Global Foods, Bison Transport and more, he added.

“Thank you to our elected officials from Rosser and other communities,” he said.

“This is an example of a partnership between Winnipeg and our surrounding communities — a very positive one that benefits us all.”

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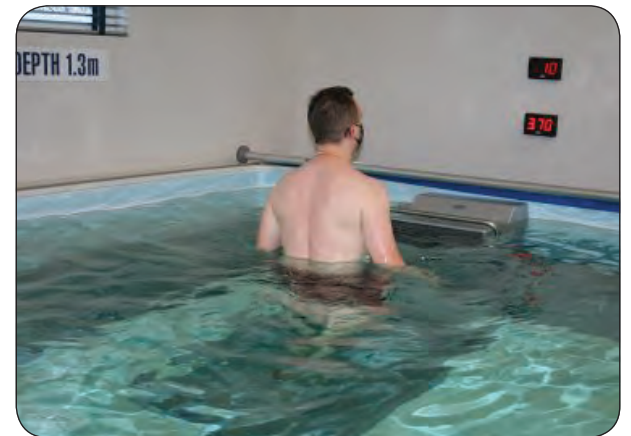
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Your Health

Bringing attention to lymphedema awareness month in Selkirk

Therapy still not covered for all by provincial health care

By Katelyn Boulanger

March is lymphedema awareness month and the City of Selkirk lit up the Selkirk water tower in teal to spread awareness on World Lymphedema Day, March 6.

Patients with lymphedema experience painful swelling of one or more of their limbs and with time this can lead to immobility, however, there are treatments that can help.

"It's a blockage of how our body drains its lymphatic waste. You can get a buildup of fluid that doesn't drain, so you get swelling and, over time, it can affect the comfort of the limb, mobility, pain, and tissue quality, as it gets more and more severe," said Nancy Rowsell, registered massage therapist, certified lymphedema therapist and breast cancer rehabilita-

tion specialist at Easton Place Massage and Interlake Lymph Clinic as well as Vice-President of the Lymphedema Association of Manitoba.

Our lymphatic system is kind of like our circulatory system in that moves fluid throughout our bodies. It drains the fluid that has passed out of our blood and into the rest of our body and is also important because it's where our white blood cells are made. When the parts of the lymphatic system coming from a limb are blocked then that fluid has nowhere to go and swelling occurs.

Lymphedema occurs due to many causes. Primary lymphedema occurs when people aren't born with all the necessary parts of the lymphatic system for it to drain fluid. Secondary lymphedema occurs because of



RECORD PHOTO BY BRETT MITCHELL
The Selkirk water tower lit in teal for World Lymphedema Day, March 6.

Continued on next page

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Reminder that ice is unpredictable and potentially unsafe

Submitted by Lifesaving Society Manitoba

Lifesaving Society Manitoba together with the Winnipeg Police Service and the Winnipeg Fire Paramedic Service are recommending everyone stay off frozen bodies of water. Ice in Southern Manitoba is now unpredictable and potentially unsafe.

"If you do choose to go on the ice, then you need to plan ahead and be prepared to go through the ice and into cold water," says Lifesaving Society Executive Director Stacey Grocholski. "Wear something that floats like a floater suit or even a lifejacket. Do not go out alone and be prepared to perform a rescue."

"The Forks has closed the Nestaweya River Trail for the season; we're seeing more open water across the city

and more people near our waterways in Winnipeg," says River Patrol Officer Ray Duma of the Winnipeg Police Service. "All rivers, streams, retention ponds and ditches should be avoided. Conditions can change quickly due to weather, especially when it is warm or after a snowfall. As always, we ask the community to be water smart and stay safe."

"The Winnipeg Fire Paramedic Service responds to approximately 150 water and ice rescue calls annually," said Fire-Paramedic Chief Christian Schmidt. "By venturing onto the ice, you are not only putting yourself at risk, but also the first responders who are called out to perform high-risk rescues."

For the latest information on river

conditions in the City of Winnipeg visit the Winnipeg Police Service's River Patrol page: <https://winnipeg.ca/riverpatrol>.

The Winnipeg Fire Paramedic Service would like to remind you:

- Conditions can change rapidly.
- Thin ice conditions are present on all waterways, including drainage ditches, culverts, streams, creeks, retention ponds and rivers. In addition, all skating ponds and outdoor rinks should be closed for the season.
- We encourage parents and teachers to speak to children and students about the dangers of waterways, thin ice and the need to stay away from the banks of any waterways.

• If you spot someone on the ice or in the water, you should call 911 and have a detailed description of where you are and what you see. Do not enter the water. Stay on scene to direct first responders.

• Dog owners should keep their pets leashed while close to waterways so they cannot chase waterfowl or other animals onto the ice.

Lifesaving Society Manitoba's Drowning Reports show drowning can occur at any time of the year. In fact, one third of all drownings in Manitoba occur during the colder months between October and April. Many of these drownings occur on ice and involve recreational snowmobiling.

Manitoba Parks Reservations service reminder to create new accounts

Submitted by Manitoba government

Manitoba Natural Resources and Northern Development is encouraging Manitoba Parks customers to plan ahead for the launch of the new Parks Reservation Service on March 27.

Manitoba Parks is reminding campers the existing service at www.manitobaparks.com will be available until March 24 at 4 p.m. to access and take note of any favourite sites from previous reservations.

Account information will not be transferred from the old reservation service to the new site. All users will need to create a new account starting on March 27 and are encouraged to browse the site to become familiar

with the new service in advance of reservation opening days.

Reservations for the 2023 season will occur over six days in April. Reservations will open at 7 a.m. each day for the following campsites and facilities:

April 3 - All cabins, yurts and group use areas (including Hecla and Camp Morton recreation halls);

April 5 - Campsite reservations for all western and northern region parks including Aseppipi, Bakers Narrows, Clearwater (Campers Cove and Pioneer Bay), Duck Mountain (Blue Lakes, Childs Lake, Wellman Lake), Manipogo, Paint Lake, Rainbow Beach, Rivers, Spruce Woods (Kiche Manitou), Turtle Mountain (Adam

Lake), William Lake and Wekusko Falls;

April 11 - Campsite reservations for Birds Hill and Winnipeg Beach;

April 12 - Campsite reservations for south Whiteshell including Caddy Lake, Falcon Beach, Falcon Lakeshore and West Hawk Lake;

April 13 - Campsite reservations for Nopiming (Tulabi Falls main campground, Bird Lake, Black Lake, Shoe Lake, Beresford Lake) and north Whiteshell (Big Whiteshell, Brereton Lake, Nutimik Lake, Opapiskaw, Betula Lake and White Lake); and

April 14 - All remaining locations including Camp Morton, Grand Beach, Hecla, Hnausa Beach, Lundar Beach,

Moose Lake, St. Malo, Stephenfield and Watchorn.

Otter Falls Campground in Whiteshell Provincial Park, Tulabi Falls walk-in backcountry sites in Nopiming Provincial Park, and Birch Point Provincial Park Campground will not open for reservations, as the campgrounds are under construction for flood-related repairs this spring. Opening dates for these campgrounds are undetermined at this time.

Campers should continue to check www.manitobaparks.com for additional information and updates prior to the opening of the reservation service.

> CONTINUED FROM PREVIOUS PAGE

another reason and happens later in life. It's often associated with breast cancer treatment because lymphatic tissues can be damaged due to cancer treatments but trauma to these tissues can occur in many ways.

"Things happen as we get older. The body starts to slowly deteriorate its ability to function. In some people, the lymphatic vessels just start to weaken and collapse. And then, that could lead to lymphedema as we age. Diet, exercise, mobility, lifestyle, [and genetics] all that play a prominent role in how we age with any conditions that we have," said Rowsell.

There is no cure for lymphedema and the main treatment for this condition at this time is manual lymphatic drainage and compression garments. Lymphatic drainage is a specialized massage technique that helps to reduce the swelling and compression garments help to keep the swelling from returning.

Like other chronic health conditions, patients may need regular treatment.

"The best thing [we can do is to] recognize it now. We know how to treat it and hopefully, the more awareness we get out there as people age, they might hear information and think, 'Oh, I think I recognize this condition. Maybe that's what I'm developing now.' That way they can wear compression garments, and prevent the disease from progressing as they get older. That's what we're trying to do [in addition to] getting the government to be aware of patients and other medical professionals to be aware of the symptoms," said Rowsell.

Lymphedema treatments are not covered in all cases by the province of Manitoba but lack of treatment can mean increased immobility for the person with the condition. That's why the Lymphedema Association of Manitoba is also working to bring

awareness to this gap in provincial health coverage.

"We're trying to get the whole condition to be treated, regardless of how you were affected by the condition originally. We want everybody to have equal coverage and funding for compression garments. That's what we're trying to achieve with awareness," said Rowsell.

That's why in addition to lighting up the Selkirk water tower, earlier this month there was a walk from the Forks in Winnipeg to the Legislative Assembly of Manitoba.

Rowsell feels that the biggest obstacle that advocates face is getting the government to understand what the condition is as often patients are told to diet because the swelling is mistaken for fat tissue.

"How can you [have fat tissue in] one leg and not the other? It's a condition where the body can't drain the fluids. So, we're trying to educate our politicians who can pass legislation that this disease needs to be recog-

nized and treated and covered properly through Manitoba health. Other provinces are a little bit ahead of us," she said.

Rowsell says that if you think that you or someone close to you might be experiencing this condition there are resources available including a list of lymphedema therapists on the Lymphedema Association of Manitoba's website.

"Also go to your doctor and see if they might have a referral. We're really trying to create advocacy as a starting point for a lot of people who might not know where to go," she said.

Rowsell also says if you would like to advocate for lymphedema to be covered in the province you can write a letter to your local MLA letting them know that this is an issue that is important to you.

Donations can also be made to the Lymphedema Association of Manitoba website at <https://lymphmanitoba.ca/>.

Canada's farmland values continued to climb in 2022, FCC reports

Demand for farmland remains robust while supply remains limited

Submitted by FCC

The average value of Canadian farmland increased by 12.8 per cent in 2022, amid strong farm income, elevated input prices and rising interest rates. The demand for farmland remained robust and the supply of farmland available for sale continues to be limited, according to the latest FCC Farmland Values Report.

Farmland values saw the highest increase since 2014 and follow gains of 8.3 per cent in 2021 and 5.4 per cent in 2020.

In Manitoba, average farmland values increased by 11.2 per cent in 2022, following gains of 9.9 per cent in 2021 and 3.6 per cent in 2020.

"Challenging economic conditions could have been expected to slow the demand for farmland and the resulting price buyers paid for land in 2022," said J.P. Gervais, FCC's chief economist. "But the underlying fundamental factors in the farmland market tell another story."

FCC estimates that receipts of grains, oilseeds and pulses in Canada have increased 18.3 per cent in 2022, and are projected to grow 9.4 per cent in 2023.

"Higher farm revenues are driving the demand for farmland, but higher borrowing costs and increased input prices are expected to lead to declines in the number of sales in 2023," according to Gervais.

The highest average provincial increases in farmland values were observed in Ontario, Prince Edward Island and New Brunswick, with increases of 19.4, 18.7 and 17.1 per cent, respectively. Saskatchewan followed with a 14.2 per cent increase. Five provinces had average increases below the national average at 11.6 per cent in Nova Scotia, 11.2 per cent in Manitoba, 11.0 per cent in Quebec and 10.0 per cent in Alberta.

British Columbia is the only province to have recorded a single-digit increase at 8.0 per cent, but it is also a market where land values are the highest on average.

There was an insufficient number of publicly reported sales in Newfoundland and Labrador, Northwest Territories, Nunavut and Yukon to fully assess farmland values in those

regions.

"It's good practice to have and maintain a risk management plan that takes into account possible economic changes," said Gervais. "When producers ensure their budgets have room to flex if commodity prices, yields or interest rates shift, they're better off in the long run." FCC also suggests producers to exercise caution, especially in regions where the growth rate of farmland values exceeded that of farm income in recent years, which was the case in most provinces.

"LAND IS MORE EXPENSIVE NOW RELATIVE TO INCOME THAN IT'S EVER BEEN."

Gervais acknowledges that higher farmland values pose a challenge for young producers, new entrants and other operations that are looking to expand.

"Land is more expensive now relative to income than it's ever been.

The ability to service debt and overall equity in the operation are critical factors of success going forward," he said. "The good news is that farmland value increases reflect a positive outlook for the demand of agriculture commodities and the quality food we produce in Canada."

"Producers have a long track record of making strategic investments in land, even before agriculture and food was identified as one of six sectors with the highest potential for growth by the Advisory Council on Economic Growth in 2016," Gervais said. "These long-term investments in food production have spurred growth and create a bright future for Canada's agriculture and food industry."

By sharing agriculture economic knowledge and forecasts, FCC

provides solid insights and expertise to help those in the business of agriculture achieve their goals. For more information and insights, visit fcc.ca/Economics.

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> MEAL IDEAS

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Chick Cheese Balls

carrots
whole black peppercorns
Using mixer, combine cream cheese, garlic powder, Worcestershire sauce and lemon juice. Add salt and pepper, to taste. Refrigerate mixture 1 hour.

Using fingers, form about 1 tablespoon of cream cheese mixture at a time into balls. Refrigerate 30 minutes on small baking sheet.

Before serving, roll each ball into shredded cheddar cheese to cover. Place each ball on round cracker.

Cut small triangles from carrots for beaks and feet. Press carrots onto cheese balls. Add peppercorns for eyes.

Recipe adapted from Hallmark.com
Yield: 10 chicks
1 package cream cheese
1/4 tablespoon garlic powder
1 tablespoon Worcestershire sauce
1/2 lemon, juice only
salt, to taste
pepper, to taste
1 cup finely shredded cheddar cheese
crackers



Carrot Utensils

Orange napkins
green plastic silverware
green ribbon

Lay napkins flat on table. Place one of each utensil in napkin facing top corner. Wrap napkin around utensils. Tie ribbon around middle of napkin. Place in bowl or basket on table.



Chipotle Chicken Flatbread

Adapted from butteryourbiscuit.com
2 flatbreads

2 cups shredded mozzarella cheese
1 clove garlic, diced
4 chicken tenders, cooked and cubed
1 pint cherry tomatoes, quartered
salt, to taste
pepper, to taste
1/2 cup ranch dressing
1 1/2 teaspoons chipotle seasoning
2 tablespoons cilantro leaves, chopped
Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbread and sprinkle with cilantro leaves.

Young adults living at home



Submitted by Gwen Randall

There was a time when it was common for young people to leave home once they turned eighteen. By the time children left home, parents were still in their early forties. The age of parenthood has increased over time, so now parents may be much older before their children go out on their own.

Increasingly, young adults are still living at home longer than in the past. This creates some dilemmas both for the parents and the adult child. Often boundaries become muddled, because there is still a parent-child relationship, only now all are adults.

Every situation is different; however, some general guidelines always apply. Although this may be tough to swallow, when you are living in your parent's home, your "adult" status in the outside world does not supersede your "child" status at home. Just because you are over eighteen does not give you special rights to break house rules.

What this means is that it is your parents' house, and they can make the rules. If you want to make the rules, you must get your own house! What you cannot do is to argue with them about how they want things to be in their own home, any more than you would want them to make rules once you live on your own.

Even if you are paying rent, it is

likely less than you would pay to rent your own place, so your parents are, in effect, subsidizing you. The fact that you pay rent does not mean they cannot set the rules.

Renting from parents is not the same as renting from a landlord. If you want the freedom to live as you like, it is time to become and independent adult. As long as you live in your parents' home, you are a still a dependent. A landlord would not feed you, pay for your utilities or let you borrow their car. Your furniture, Wi-Fi, and home insurance would not be covered by your landlord.

So, if parents want you in by a certain time so you are not waking them with your coming and going, you need to honor that. If they expect you to do certain chores, you need to contribute in that way as well. In fact, you should offer to help. If you are working full time, it would be nice to contribute something to the grocery budget. You should also make some of the meals.

Remember too, now that you are an adult your parents should be free of parent-child conflicts. They have undoubtedly worked hard all their lives and deserve to enjoy this time. I have seen too many adults, who, in their later life are consistently stressed by an adult child living at home. If they have generously allowed you to stay on, be thankful, and strive to make their lives easier, not harder.

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

Spring Table Centerpiece

Recipe adapted from Craftmorning.com

Jelly beans
chocolate coated candy eggs
marshmallow chicks
fresh or fake flowers
plastic or dyed eggs (optional)
Place medium bowl inside large dish. Pour jelly beans and chocolate coated candy eggs around bowl.

Add marshmallow chicks around dish on top of candies. Arrange fresh or fake flowers in center. Set on table as centerpiece. Place eggs around dish, if desired.



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Province implements year-round recreational fishing for most species

By Patricia Barrett

The provincial government is implementing new rules for recreational fishing that include year-round fishing for most species in most waterbodies and dropping the requirement for anglers to sign a licence, but it's also putting new possession and size limits on some fish species.

The province manages both the recreational and commercial freshwater fisheries on behalf of the federal government and can establish rules on fisheries' open and close times, possession limits, fish size limits and fines.

The government amended the Manitoba Fishery Regulations to implement its new Recreational Angling Strategy, which contains measures aimed at "increasing angling opportunities" while protecting fish stocks, according to the new regulation's executive summary.

Angling in Manitoba generates about \$600 million a year, according to the 2021 Recreational Angling Strategy.

In addition to allowing year-round fishing for most species in most waterbodies, the 2023 changes include lifting prohibitions on non-angling methods of fishing such as spear-fishing, seine netting and minnow trapping in order to give anglers more options, dropping requirements for recreational fishers to sign a paper fishing licence, allowing unsigned electronic recreational fishing licenses, reducing the daily number of caught fish of certain species, requiring more large fish of certain species to be returned to the water and requiring an earlier removal of fishing shacks (not anglers if the ice is sufficient) in certain parts of southern Manitoba.

A majority of waterbodies had been closed to all angling for a few weeks each spring, and the change to year-round fishing will support "fishing lodges, local tackle shops, and angling outfitters with more business during these spring weeks," states the regulation.

A spokesperson for the provincial



RECORD FILE PHOTO BY PATRICIA BARRETT

An angler with a pickerel caught during a fishing derby in Gimli.

department of natural resources and northern development, which oversees the fisheries, said the new regulation will provide more opportunity to fish for some species and increase the protection of "sensitive" species.

"While anglers will be able to fish for species such as smallmouth bass and northern pike all year, walleye [pickerel] will have a closed season to

Continued on page 26

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Selkirk U11 A1 Fishermen



> YEAR ROUND FISHING, FROM PG. 25

protect them when they are spawning," he said.

The government extended the walleye closure on Lake Winnipeg by one week to protect spawning fish, said the spokesperson. And anglers will only be able to keep walleye and sauger between 35 and 55 centimetres. Across Manitoba, anglers are prohibited from retaining walleye over 55 centimetres. Possession limits across the province for walleye and northern pike are being reduced from six fish to four.

Limits for lake trout have also been reduced from two fish to one, according to the regulation. Lake whitefish limits have been reduced from 25 fish to 10. And white bass limits are reduced from 25 fish to 10.

Fish added to the limits – where there were no previous limits set – include burbot which is set at six fish, bluegill and pumpkinseed set at 10 fish, brown bullhead and black bullhead set at 25 in the aggregate and freshwater drum set at 10. Bigmouth

buffalo have a limit of zero as it is a species at risk.

"Reducing daily quotas and possession limits for certain high value recreational fish is intended to help conserve these species and help ensure the long-term sustainability of recreational fishing in the province," states the regulation.

The regulation also set limits on the size of fish that can be caught. Anglers can still catch "trophy fish" and document the catch with a photo, but they have to return the fish to the water. The regulation says this could "actually increase the likelihood of catching a trophy fish over time."

Recreational fishers will no longer be allowed to let fish spoil or be wasted. Previously, there was an exemption for rough fish.

"There is no need to allow rough fish to be wasted; the [recreational] fisher can simply return the fish to the water if they do not intend to consume it or otherwise use it," states the regulation.

The government consulted in 2021 with the public on the proposed changes to recreational fishing, states the regulation, and that overall, "feedback from the entire engagement process was supportive." Almost all the stakeholders

voiced their support for year-round recreational fishing.

However, the Manitoba Lodges and Outfitters Association (MLOA) and other respondents expressed concern with the closure dates set for the walleye and sauger fishing season, saying they'd "not be able to target walleye for one additional week each spring."

To accommodate their concerns, the government shortened the walleye close time by one week in the south from what was originally proposed. The MLOA and other respondents also expressed concern about the closure of the Red River to all angling for an additional week, and the government "modified" the time to address that concern.

Some recreational anglers expressed a desire to see commercial fishing quotas reduced, and the government intends to increase the collection of fisheries data to monitor fish populations in order to make future adjustments, if necessary, states the regulation. No consultation was undertaken for the changes that were made to commercial fishing.

The departmental spokesperson said the stakeholder groups represented over 10,000 anglers and they supported the changes.

The changes related to recreational fishing "are not expected to impact Indigenous persons," states the regulation. The government had, however, mailed letters to 70 Indigenous communities and organizations to inform them of the proposed changes to recreational fishing and invite feedback.

Only one Indigenous organization submitted a response with concerns about the proposed changes impacting their food supply. The government's opinion is that the changes to recreational angling add "enhanced protection measures" for certain higher value fish through reduced possession limits and size limits and will not negatively impact food supply.

Some respondents expressed concern about how changes will be enforced and the answer given, according to the regulation, was the "same way as they are now." However, the spokesperson for the department said: "Last December, the province announced \$1.7 million additional support for the conservation officer program."

Whether a reduction of daily quota and size limit restrictions for some waterbodies and some fish species will balance out year-round fishing and the now allowed non-angling methods of fishing are yet to be seen.

But the government can adjust the rules "as necessary" for both recreational and commercial fishing, says the regulation. If recreational anglers adhere to the new rules, they will benefit over the long-term by "helping ensure the sustainability of recreational fishing" and increasing their chances of catching large trophy-size fish.

The regulation will have negative impacts on the taxidermy industry and angling derbies, states the regulation. The new size limits will affect taxidermy services because trophy-size fish have to be returned to the water.

New size limits will affect competitive fishing events where prizes are awarded for the largest caught fish based on catch-and-retain fishing. Fishing derbies will have to adopt photo evidence along with an approved measuring device, states the regulation. The government might provide funding to defray the cost of equipment needed for competitive events at a cost that's "not expected to exceed \$50,000."

In addition to changes to recreational fishing, the new regulation also makes changes to the commercial fisheries' close times and fishing quota. It states that these changes "are not anticipated to have a negative impact on commercial fishers," as they align with current fisheries management practices.

A question about how many commercial fishers were in favour of the regulation went unanswered by the spokesperson.

The regulation comes into effect on April 1.

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Cooper Nemeth Memorial Hockey Day set for Saturday

By Brian Bowman

The fourth-annual Cooper Nemeth Memorial Hockey Day will be played this Saturday at the Gateway Recreation Centre.

The day will feature three AA all-star games and an alumni game.

The U13s will take to the ice at 11 a.m., followed by the U15s (1 p.m.), U18s (3 p.m.) and the alumni game (5 p.m.).

Players from AA teams sanctioned through Hockey Winnipeg play in the event, including Lord Selkirk/Seven Oaks Rebels' players.

Cooper Nemeth was a teenager from Winnipeg that was murdered in 2016.

Saturday is going to be a great day for hockey and raising money for a really good cause.

All proceeds from this year's event will be donated to Hockey Winnipeg's Cooper Nemeth Memorial Player Assistance Fund.

"We're proud of it, we're excited about it. Just because of COVID, we missed two years and that was a bit tough but we came back last year

pretty strong," said Brent Nemeth, Cooper's father. "This year it is looking to be even bigger and better. It's a lot of work but the work is worth it, for sure, to have the kids end the season on a fun note and play the game the way it's supposed to be played. There's no pressure, just go out there and have fun and you see some really good hockey."

The money raised will help bridge the gap for players coming from A1 to AA who might be financially restricted.

Last year, the event raised just under \$18,000.

A big financial boost comes via sponsorship from local businesses. Another key component to the success of this event is volunteers, said Nemeth.

Advance ticket sales are available at Norm's Skate Shop, located inside the Gateway Recreation Centre, or at the door on game day.

Tickets are \$5. Children aged 12 and under are admitted for free. There will be a silent auction and 50/50 draws



RECORD PHOTO SUBMITTED

Cooper Nemeth's father Brent Nemeth is organizing the fourth-annual CooperNemeth Hockey Memorial Day to act as a fundraiser to help kids cover costs of playing high-level hockey.

throughout the day.

"We have some really good stuff," Nemeth said. "With the silent auction,

we have some Jets' jerseys, Bombers' jerseys, there's lots of stuff at the silent auction."

Canadian Mixed Doubles Championship kicked off Tuesday in Sudbury

Staff with files from Curling Canada

Many of the top players in the country opened play on Tuesday at the 2023 Canadian Mixed Doubles Curling Championship in Sudbury, Ont.

The first draw was scheduled for Tuesday at the Gerry McCrory Countryside Sports Complex, which will have two arenas in use for the 32-team championship.

Heading the field is the No. 1 team in the Canadian Mixed Doubles Rankings (CMDR), the Chester-

mere, Alta., pairing of Jocelyn Peterman and Brett Gallant, who will be in pursuit of their third Canadian mixed doubles crown after previous victories in 2016 and 2019. Peterman and Gallant also represented Canada at the 2022 World Mixed Doubles Championship in Geneva, Switzerland, after the 2022 Canadian championship was cancelled due to the COVID-19 pandemic.

The 32-team field is split into four pools of eight, and will feature 13 provincial/territorial champi-

ons alongside 19 teams that qualified through the CMDR, which takes into account performances in mixed doubles events as well as results from the players' respective four-player women's or men's teams.

Teams will play a seven-game round robin within their pools Tuesday through Friday, with 12 teams advancing to the single-knockout playoffs, which begin Saturday. The four pool winners will

Continued on page 30

Fishermen sweep Falcons

Staff

The Selkirk Fishermen are headed to the CRJHL championship series once again.

The Fishermen earned a berth into the final after a 5-2 road win over the Lundar Falcons on March 13.

That victory gave Selkirk a 4-0 sweep in the best-of-seven semifinal series.

After a scoreless opening period, Seth De La Ronde, Matt Brooks, and Izzy Aime scored to stake the Fishermen out to a

3-0 lead after 40 minutes.

Seth De La Ronde scored again in the third before Lundar's Logan Miller and Nicholas Fernades (shorthanded) tallied to make the game a little more interesting.

But Selkirk's Nolan Milgaard iced the win with an empty-net goal with 28 seconds remaining.

Brendon Hocaluk made 28 saves for the win.

At press time, Selkirk was awaiting the winner of the oth-

er semifinal series between Arborg and St. Malo. They played Game 7 of their best-of-seven series on Monday but no score was available.

Selkirk hosted the winner on Tuesday and

will then visit St. Malo for Game 2 on Friday (8 p.m.).

Selkirk will host Game 3 on Sunday at 3 p.m.

CRJHL FINALS

Selkirk Fishermen vs St. Malo Warriors

Game 1: MARCH 21, 7:30PM SELKIRK

Game 2: March 24, 8pm St. Malo

Game 3: MARCH 26 3PM SELKIRK

Game 4: March 31, 8pm St. Malo

Game 5: APRIL 1, 7:30PM SELKIRK

Game 6: April 7, 7:30pm St. Malo

Game 7: APRIL 8, 7:30PM SELKIRK

Games 5 to 7 are all if necessary

Meet the Fishermen

#12 Matt Brooks
Forward

Come Cheer us on for the CRJHL FINALS!

U11 A1 Fishermen crowned city champions

By Brian Bowman

The U11 A1 Selkirk Fishermen were crowned city champions on Sunday.

Selkirk jumped out to a 2-0 lead as they skated to a 2-1 victory over the River East Royals Grey in Game 3 of their best-of-three final series.

"All of the boys were really excited," said Fishermen head coach Greg Zahayko. "It was a six-month season so there were a lot of practices, a lot of games. I think that was our 47th hockey game of the year so they were all very excited at the end of the game."

Selkirk won Game 1 of the series 8-4 but then lost the next contest 3-2.

The Fishermen played this River East team six times this

season, winning four of them.

The Fishermen started the playoffs, which was a double-knockout format, with three straight wins before losing to River East Grey in an A-side semifinal game and sliding down to the B-side.

Selkirk then won in a B-side semifinal game to reach the final series.

The Fishermen had a great season, losing just one regular-season game. Selkirk scored 140 goals while allowing just 29, which included six shutouts.

"We have a very strong defensive game overall even with the forwards and their backchecking," Zahayko said. "We have six very strong defencemen and a great goalie."



RECORD PHOTO SUBMITTED

The U11 A1 Selkirk Fishermen won the city championship after a 2-1 victory over River East Royals Grey last Sunday in St. Andrews.

Beavers advance at national tournaments

Staff

The top-ranked Minot State Beavers men's hockey team advanced to the national semifinals after a thrilling 4-3 win over eighth-ranked Indiana Tech in the quarterfinals of the ACHA National Tournament on Sunday night.

With the win, the Beavers faced a familiar foe in Liberty (Va.) in the semifinals Monday but no score was available.

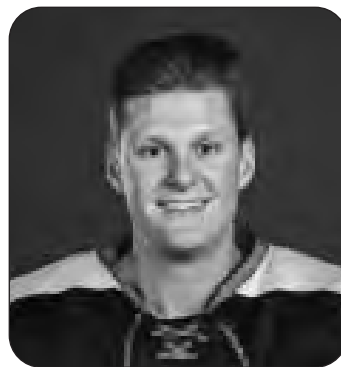
The two teams met four times this season with Minot State winning three of the four contests.

The Beavers' roster features Teulon's Brayden Pawluk, Arnes' Wayde Johannesson, and St. Andrews' Connor Barley.

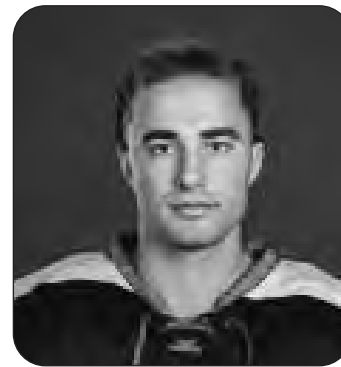
Barley scored a power-play goal in the third period in Sunday's game to



Morgan Baker



Brayden Pawluk



Carter Barley



Wayde Johannesson

go along with an assist.

On Friday, the Beavers blasted No. 17 Michigan-Dearborn 8-0. Pawluk scored a goal and added an assist while Johannesson chipped in with a helper.

Meanwhile, the third-ranked Mi-

not State women rolled past Miami (Ohio) 7-0 in their ACHA National opener.

The Beavers then hung on for a 1-0 upset of second-ranked Midland on Sunday, sending Minot State into the ACHA National Championship game

on Monday (no score was available).

The Beavers' roster includes River-ton's Denali Sigurdson and Petersfield's Morgan Baker.

> MIXED, FROM PG. 29

get byes directly into the quarter-finals, which take place Saturday at 7 p.m., while the teams with the next eight best records overall, regardless of the pool they're in, will be matched up in the playoff opener at 1 p.m. Saturday.

The semifinals will take place Sunday at 9 a.m., followed by the gold-medal game at 1 p.m.

There will be no tiebreaker games, and ties will be broken based firstly on head-to-heads results, and if that doesn't resolve the tie, the pre-game Last Shot Draw totals will be used to rank teams.

Peterman and Gallant aren't the only former champions in the field. 2014 champs Kim Tuck and Wayne Tuck of Strathroy, Ont., also are in the field, as is half of the 2013 championship pairing, as Robert Desjardins of Chicoutimi, Que., now plays with his daughter Émilie.

And there will be no shortage of support for the hometown hopefuls as the sibling duo of Tracy Fleury and younger brother Jacob Horgan will wear Northern Ontario colours in Sudbury.

It will be the first Canadian Mixed Doubles Championship contested since the 2021 event, which took place

inside the bubble in Calgary, and it will be the ninth edition overall.

The duo that wins Sunday's championship game will take home \$40,000, and will represent Canada at the 2023 World Mixed Doubles Curling Championship, April 22-29 in Gangneung, South Korea.

The silver-medal team will take home \$20,000, while teams that lose in the semifinals will earn \$12,500 apiece. Quarter-final teams will get \$9,000 apiece, while teams that finish ninth through 12th will collect \$6,000 each.

Representing Team Manitoba is Kadriana Lott and Colton Lott of

Winnipeg Beach. The husband wife duo hit the ice Tuesday night for their first game at 9 p.m. (EST) against Lisa Weagle / John Epping. They were scheduled to play Margot Flemming / Jamie Koe and Jennifer Jones / Brent Laing Wednesday, Lauren Wasylikiw / Shane Konings and Melissa Adams / Alex Robichaud on Thursday, Stephanie Bukurak / Adam Bukurak and Tracy Fleury / Jake Horgan on Friday.

Selected games from the 2023 Canadian Mixed Doubles Championship will be streamed live on Curling Canada's streaming platform, Curling Canada.

Steelers end season with pair of wins

By Brian Bowman

The Selkirk Steelers wrapped up their regular season with a pair of wins last weekend.

Unfortunately, those types of winning weekends were a rarity.

Selkirk finished the season with a 23-29-4-2 record and 52 points, four back of the Niverville Nighthawks for the fourth and final playoff spot in the East Division.

“Obviously it was a bit of a disappointing year for us, especially the way things ended up,” said Hudson Friesen, the Steelers’ head coach and director of hockey operations. “Making the playoffs was a big goal for us. Coming into the year we wanted to be in the playoff mix and to be a contender so it is obviously disappointing. From the start of the year we put ourselves in a tough position with the way the first month and a half went. The lack of wins and putting ourselves in a bit of a hole. All year we were climbing up that mountain. We made some changes and brought in some pieces that we’re really excited about for next year.”

Despite that slow start, the Steelers did improve over the course of the season.

“Individuals on our team improved and our team definitely improved at times,” Friesen said. “At one point, we were 14 points out of a playoff spot and we were able to climb ourselves back to just one point about three weeks ago. We had a lot of resil-

ency on our team this year and faced a lot of challenges on and off the ice and I was proud of the way we responded all year.”

The Steelers’ closed out their season with a 5-4 win over the Neepawa Titans on Saturday in front of 445 spectators at the Recreation Complex.

Carter Cormier scored the game-winning goal at 15:59 of the third period.

Selkirk, which held period leads of 1-0 and 3-2, also received goals from Owen Johnston (power play), Rhett Marchant, Ethan Brown, and Nolan Anderson.

Brown had a game-high three points.

Cooper Kasprick, Brayden Michalchuk, Josh Romanyk, and Hayden Stocks replied for Neepawa.

Hunter Tarves made 25 saves in his final game in a Steelers’ uniform as he has now aged out of junior hockey.

On Friday, Selkirk edged the Titans 3-2 in Neepawa.

Selkirk’s Brandon Ambrozik (shorthanded) and Neepawa’s Carter McLeod traded first-period goals before the Steelers’ Marchant and Lucas Brennan tallied in the second.

The Titans’ John Blake closed out the scoring in the third.

Tarves stopped 28 Neepawa shots for the victory.



RECORD PHOTO BRETT MITCHELL

The Selkirk Steelers’ Hunter Tarves, left, and Brandon Ambrozik have now aged out of junior hockey after last Saturday’s home game against Neepawa.

Locals win city title



RECORD PHOTO SUBMITTED

Local players, from left to right, Brooklyn Freeman, Jia Aimola, Sydney Ostermann, and Kamryn Reitmeier helped lead the Park City West Wildcats to the U19 B city championship.

Playoff action



RECORD PHOTO BRETT MITCHELL

The Lord Selkirk/Seven Oaks Rebels Black’s Evan Nishi carries the puck during a B-final game against Lord Selkirk/Seven Oaks Rebels Green at the Recreation Complex on Saturday. The two teams are playing a best-of-five series.

Team Einarson bounces back with a last-end steal to win at world women's

By Ty Dilello and CurlingCanada

Gimli's Kerri Einarson is representing Team Canada at the 2023 World Women's Curling Championship this week in Sandviken, Sweden and as of Monday night, her team was sitting in sole possession of second place with a 4-1 record.

The four-time Scotties champ Einarson and her rink of Val Sweeting, Shannon Birchard and Briane Harris, are making their third appearance at the Women's World Championships. They have yet to win the Worlds, as the best they have done previously at their two appearances was a bronze medal in 2022.

"Our number one goal is to bring gold back to Canada," said Kerri Einarson. "We have some unfinished business to take care of."

Einarson had won their fourth consecutive Scotties Tournament of Hearts with a 9-5 victory over long-

time provincial rival Jennifer Jones in the championship final on Feb 26 in Kamloops, British Columbia.

That win earned Einarson the honour of once again representing Canada on the world stage.

The format for this year's World Championship features a full thirteen-team round robin. The top six teams will then qualify for the playoff round and play down to a gold medal and bronze medal game.

Einarson's top competition at the World Championship will be Sweden's Anna Hasselborg, Switzerland's Silvana Tirinzoni and Japan's Satsuki Fujisawa.

Other entrants at the World Championships are Denmark's Madeleine Dupont, Germany's Daniela Jentsch, Italy's Stefania Constantini, New Zealand's Jessica Smith, Norway's Kristin Skaslien, Scotland's Rebecca Morrison, South Korea's Ha Seung-Youn,



TRIBUNE PHOTO SUBMITTED

Gimli's Kerri Einarson is representing Team Canada at the 2023 World Women's Curling Championship this week in Sandviken, Sweden. Left-to-right: Briane Harris, Val Sweeting, Shannon Birchard, Kerri Einarson.

Stingers win silver



PHOTO SUBMITTED

Congratulations to the U10 A1 Interlake Stingers on a very successful year. The team finished the regular season with 10 wins and 5 losses to place second in the A1 division. The Stingers secured a spot in the semifinal game against a tough Dunford Boni Vital team and won 9-7 to make it to the gold-medal game. The final game was March 12 at Gateway Arena versus the top-ranked Ste. Agathe Rage. Interlake fought hard and it was tied 2-2 at the half, but the Rage took over with an 8-3 win. The Stingers silver medal was in addition to taking home silver in a pre-season tournament hosted by the Boni Vital Ringette Association and going undefeated at the Transcona Ringette tournament. Big thanks to coach Crystal Bennet, assistant coaches Cara Surzyshyn and Kristy d'Auteuil and junior coaches Sophia Bennett and Jayden Payne. Pictured top left clockwise: Sara d'Auteuil, Claire Goodbrandson, Isabella Cychowski, Michelle Tibold, Kiera Wilson, Jaelyn Brookes, Olivia Cychowski, Eden Bilan, Hailey Surzyshyn-Ruud, and Tayte Chatfield.

Turkey's Dilsat Yildiz and the United States Tabitha Pe-terson.

The action started on March 18 with the finals taking place on March 26.

All Canada's Team Kerri Einarson could do twice on Sunday was watch its opponents throw the decisive last shot of the game.

While it resulted in a loss earlier in the day, Canada rebounded with a win during the evening draw at the 2023 LGT World Women's Curling Championship, presented by New Holland, in Sandviken, Sweden, at Goeransson Arena.

Tied 6-6 and without hammer, skip Einarson, vice-skip Val Sweeting, second Shannon Birchard and lead Briane Harris made a perfect tap back to count one and left the two Canadian rocks lined up nicely to make for a difficult double takeout. Norway's Team Marianne Roervik missed and Canada stole three to win the game.

Canada, backed by alternate Krysten Karwacki, coach Reid Carruthers and national coach Renée Sonnenberg, were in a similar situation earlier in the day against the United States, but the Americans made the shot for the win.

"Ideally, we want to be throwing that last one and have control, but both games today were super tight. Sometimes they're going to make it and sometimes they're not. All we can do is force them into the toughest shot possible and that's what happened today," said Sweeting. "The competition is so tight out there that a little

half shot here and there can make a big difference."

Sweeting said the game against Norway was much more on-brand for the Canadians. Canada took advantage of some Norwegian misses and grew its lead to 5-2, including a steal of one in the fourth end.

Norway chipped away at Canada's margin and took a 6-5 lead after eight ends of play. Canada had an opportunity to score as many as three in the ninth but was forced to a single. That left Team Einarson in a position of once again needing to steal away a victory.

"I thought we got off to a better start and had a good handle on the ice. We just coughed up a couple of steals, but that's going to happen because they were tough shots. Overall, it was a better game and Kerri made a pistol on the last one to line it up like that. We never gave up and we kept plugging away. Lots of games are going back and forth out there and you never know what will happen in the end," Sweeting said.

After a pair of exciting games on Sunday, Canada got back to basics with a win against Italy on Monday morning.

Team Einarson bested Italy's Team Stefania Constantini 7-2 at Goeransson Arena.

Later that night, the Gimli team improved to 4-1 following a 9-8 win against Scotland's Team Rebecca Morrison (1-4) at Goeransson Arena.

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RURAL MUNICIPALITY OF ALEXANDER



PUBLIC HEARING NOTICE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Rural Municipality of Alexander intends to present its financial plan for the fiscal year 2023 at a public hearing in the Council Chambers of the RM of Alexander on Tuesday, April 11, 2023 at 3:00 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

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

Gisele Smith
Chief Administrative Officer

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Reports to: Quality Control Quarry Supervisor
Department: Winnipeg Aggregates
Location: Stonewall Quarry
Type: Term - May through October

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- Adhere to all company safety and environmental practices and policies – training provided
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Qualifications

Education:

- Grade 12 or equivalent
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Knowledge & Skills:

- Able to understand and work with QC lab equipment
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102086 Hwy #9, Wpg Beach, MB

SUMMER EMPLOYMENT OPPORTUNITY

The Municipality of Alexander will receive written applications for the following positions:

GREEN TEAM SUMMER STUDENT WORKERS

Flexible dates may be as early as May 1 and ending as late as September 30, 2023

Applicants must be able to perform a variety of Public Works duties which will require physical labour and working outdoors. A valid Class 5 driver's license is required. These positions are open to full time students between the ages of 16 and 29 who are returning to school in the fall of 2023. See www.rmalexander.com for more information.

Please submit a letter of application and resumé to:
Public Works Manager
Municipality of Alexander
1 Bouvier Trail
Box 100, St. Georges MB R0E 1V0
or pw@rmalexander.com

Application deadline: April 14, 2023, 4 p.m.
Thank you to all candidates for your interest, however, only those individuals considered for an interview will be contacted.

PUBLIC NOTICE

REGARDING THE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the RM of West St. Paul intends to present its financial plan for the fiscal year 2023 at a public hearing at the Municipal Office, 3550 Main Street in the RM of West St. Paul on **Thursday, April 20, 2023 at 6:00pm.**

The financial plan will be available for review after April 12, 2023. Persons wishing to view the municipality's financial plan may view the documents during the regular office hours of the municipal office at 3550 Main Street, West St. Paul, Manitoba or on the municipal website at www.weststpaul.com

Dated this 23rd day of March, 2023.
Crystal Shuhyta, CPA, CGA, B.Comm(Hons)
Director of Finance
RM of West St. Paul

Selkirk Record Classifieds

LIVESTOCK

Black Angus bulls, good selection of yearling & 2 year olds. Many heifer bulls sired by P.A. Fortitude, Connealy Thunder & Muscrave Colossal, for calving ease. Also, 85 - 90 lb. B.W. bulls for cows by Kilroy, Network, P.A. Merit & Legend. Will have 4 yearlings & 4 two year olds at Lunder Bull Sale April 1st. Semen tested. Delivered & guaranteed. For info. or videos, Ross Jerney, Spruce Ridge Stock Farms, 204-768-0333, Ashern.

Black Angus bulls. Good selection of yearlings. Bulls sired by Homegrown 6035 & Basin Rainmaker 4404, Peak Dot Profound 1005. Birth weights 72- 86- 95 lb. Moderate frames. Heifer and cow bulls. Semen tested. Delivery available. For more information call 1-204-861-0126.

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AGRICULTURAL LAND FOR LEASE

AGRICULTURAL LEASES BEAUDRY PROVINCIAL PARK. Sealed tenders for the right to cultivate agricultural land(s) within Beaudry Provincial Park will be received by Real Estate Services Branch, Crown Lands Act Dispositions, 308-25 Tupper Street North, Portage la Prairie, Manitoba, R1N 3K1 until 12:00 noon, Wednesday, April 12th, 2023. Bids must be accompanied by a deposit (money order, certified cheque or bank draft) of 10% of the bid amount (plus applicable GST) made payable to the Minister of Finance of Manitoba. Agricultural lands available for lease for May 1, 2023 to April 30, 2028 inclusive, will include portions of River Lots 4 to 11 and 15 to 19 inclusive in the Parish of Saint François Xavier in the R.M. of Cartier. Tender forms, maps and information materials are available at the above address, online at http://resd.ca/leases_and_permits/LPproperties.aspx or may be requested by telephoning 1-866-210-9589.

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RURAL MUNICIPALITY OF ROSSER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser invites applications for the position of **Public Works Heavy Equipment Operator Employee (Seasonal)**.

Under the direction of the Public Works Foreman, the position will be required to assist the Public Works Department and perform general municipal related work.

Qualifications – Public Works Heavy Equipment Operator Employee (Seasonal)

- Valid Manitoba Drivers Class 3 license would be an asset.
- Minimum 1 year experience in operating heavy equipment.
- Mechanically inclined
- Knowledge in the operation and maintenance of different equipment (tractor/mower, compact track & 4wd loader, tandem)
- Ability to work with minimal supervision.
- Ability to do some physical labor.
- Duration from May to November

The deadline to apply is 12:00 noon on Monday, April 17th, 2023.

Please submit your cover letter, resume and three references, marked "Application for Public Works Employment" to Ken McMahon, Public Works Manager, at:

RM of Rosser
Box 131, Rosser, Manitoba R0H 1E0
fax: 204-467-5958
e-mail: info@rmofrosser.com

If you have any questions, please call the Municipal Office at 204-467-5711.

The Rural Municipality of Rosser supports inclusivity and accessibility in the workplace. Reasonable accommodation is available to applicants with disabilities.

Manitoba Government Job Opportunities

Clerk

Regular/Full-Time
Families, Housing, Property Services, Selkirk, MB
Advertisement Number: 40715
Closing Date: April 3, 2023
Salary Range: \$43,557 - \$49,968

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation. The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to Indigenous People and Persons with Disability.

Qualifications:

- Experience providing clerical or administrative experience in an office environment
- Experience with data entry
- Experience maintaining accuracy and paying attention to detail
- Excellent organization skills and the ability to multi task within a changing environment
- Excellent interpersonal skills and ability to provide superior customer service to the public
- Ability to deal with sensitive issues and maintain confidentiality
- Experience and proficiency in Microsoft Word, Excel and Outlook
- Strong verbal communication skills
- Experience handling cash and processing multiple forms of payment
- Experience checking and processing invoices for payment

Duties:

The clerk is responsible for providing day to day frontline customer service including administrative and general clerical services in order to ensure effective and efficient office operations. The Clerk will utilize established policies and procedures to complete their tasks. Responsibilities include: typing documents, receiving and verifying invoices, processing and monitoring payments and expenditures, collecting money and issuing receipts, verifying that transactions comply with Manitoba Housing policies and procedures, data entry, preparing reports, maintaining filing systems, greeting and assisting visitors, answering phones, directing calls and responding to inquiries.

Apply to:

Advertisement No. 40715
Service Centre 4
Human Resource Services
600-259 Portage Avenue
Winnipeg, MB, R3B 2A9
Phone: 204-945-7518
Fax: 204-945-0601
Email: govjobs@gov.mb.ca

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

When applying to this position, please indicate the advertisement number and position title in the subject line and/or body of your email. Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions may be grieved and appealed. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative or the grievor, if unrepresented. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.

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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request

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Classifieds



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

Sudoku Answer

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

take a break > GAMES

SUDOKU

| | | | | | | | | |
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| 3 | 9 | | | 8 | | | | 6 |
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| 9 | | | | | | | 7 | 4 |
| 6 | | | | | 5 | 8 | | |
| | | 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!

Public Notice - Rural Municipality of St. Clements Landfill and Transfer Station Summer Hours Effective Saturday, April 1 – Saturday, May 13, 2023

| Location | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|-----------------|------------------|-----------------|-----------------|------------------|------------------|-----------------|
| Libau Landfill | Closed | Closed | 9:00 am-5:00 pm | 9:00 am-5:00 pm | 9:00 am-5:00 pm | 9:00 am-5:00 pm | 9:00 am-5:00 pm |
| Dunning | 9:00 am-5:00 pm | 11:00 am-7:00 pm | Closed | Closed | 11:00 am-7:00 pm | 11:00 am-7:00 pm | 9:00 am-5:00 pm |
| Clarke | 9:00 am-5:00 pm | 11:00 am-7:00 pm | Closed | Closed | 11:00 am-7:00 pm | 11:00 am-7:00 pm | 9:00 am-5:00 pm |
| Grand Marais | 9:00 am-5:00 pm | Closed | Closed | Closed | Closed | 11:00 am-5:00 pm | Closed |
| Gull Lake | Closed | 11:00 am-5:00 pm | Closed | Closed | Closed | Closed | 9:00 am-5:00 pm |

Please Note: Gull Lake and Grand Marais Transfer Stations will not change to Summer Hours until Sunday, May 14, 2023 with the following hours:

| | | | | | | | |
|--------------|------------------|------------------|--------|--------|------------------|------------------|------------------|
| Grand Marais | 10:00 am-6:00 pm | 10:00 am-6:00 pm | Closed | Closed | 10:00 am-6:00 pm | 10:00 am-6:00 pm | 10:00 am-6:00 pm |
| Gull Lake | 10:00 am-6:00 pm | 10:00 am-6:00 pm | Closed | Closed | 10:00 am-6:00 pm | 10:00 am-6:00 pm | 10:00 am-6:00 pm |

For questions regarding waste disposal or recycling please contact the Landfill Office at 766-2388 or toll free at 1-866-205-8914.



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McSherryAuction.com
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SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

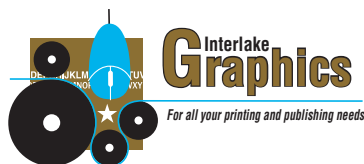
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
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If you fit this description please email resume to Bigandcolourful@mts.net



Announcements *Selkirk Record*

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ANNOUNCEMENT

BIRTHDAY



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and kids

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ANNOUNCEMENT

IN MEMORIAM



**Albert Zembik
Dad (Grandpa, Great-Grandpa)**

It has been a difficult year
not hearing your voice
Or seeing you smile every time
we come to visit you.
Although you are in heaven
we feel your presence daily.
Dad, you are missed so much.
Words can't describe the void in our lives
without you.
We love you and you are deeply missed.
We can see you waving from above!

-Love you,
Darren and Cheryl
Teigen, Jon, Landen,
Colton, Melissa

ANNOUNCEMENT

IN MEMORIAM



**Geraldine Stockes
June 27, 1939 - March 16, 2018**

Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved. Still missed forever dear.

-Love your family

ANNOUNCEMENT

IN MEMORIAM



**Tara Lamb
(Wachal)
July 4, 1973 - March 24, 2005**

The beauty of a memory is that is always
there,
Like a nickel in your pocket you can take it
anywhere.
When our hearts are heavy and our eyes filled
with tears
We can focus on wonderful memories of you
Tara,
And travel through the years.
The world changes from year to year, our lives
day to day,
But our love and memory of you Tara, shall
never pass away.

-Greatly loved, deeply missed
Mom, Dad, Shannon (Mike) and Jay

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

OBITUARY

**Evelyn Marie Cyr (nee Harcus)
July 20th, 1961 – March 18th, 2023**



It is with great emotion that we announce the passing of our beloved Evelyn Marie Cyr (nee Harcus) after a short yet valiant battle with cancer on March 18th, 2023, at the Riverview Health Center.

Born July 20th, 1961, to parents Olga and Don Harcus in Selkirk, Manitoba and spent the early part of her life in Port Alberni, B.C.

Throughout her entire life Evelyn assumed the role of caregiver after the passing of her father, whether emotionally for herself at a young age, for her siblings, family, or anyone who Ev encountered. Ev always chose to put everyone else above herself and acted with such selflessness in all aspects of her life.

After following her mother's footsteps, Evelyn found her natural fit in nursing where she put her caring nature to good use at the St. Boniface Hospital for an impressive 39-year career.

Lover of many things, Evelyn would like to be remembered as a little girl with a thirst for knowledge and quiet curiosity. Evelyn had a strong love of nature, particularly the water and always longed to be close to it.

In her last weeks the phrases and affirmations such as "Choose to thrive not just survive" and "You never know how strong you are until being strong is the only choice you have" became very present.

Evelyn will be forever remembered by her mother Olga; partner Clarke; sisters Sherry (Terry), Kim (Stan); brother Don; son Nolan (Madison); best friends Debbie and Jo-Ann; countless cousins, friends, nieces and nephews, and her precious grandson Easton, all of whom will take Evelyn's lead to live the rest of their lives full of positivity.

Many thanks to the Riverview Health Care team, CancerCare and anyone who has played a part in Evelyn's journey.

A celebration of life will be held on Friday, March 24th, 2023 at 11:00 a.m. in the Gilbert Funeral Home, 309 Eveline St., Selkirk Manitoba.

In lieu of flowers, donations can be made to Kids Help Phone or St. Boniface Hospital Neonatal Intensive Care Unit (NICU).

This summer please consider planting some wildflowers in memory of Evelyn.

"As long as we remember a person they are not really gone, their thoughts, their feelings, their memories, they become a part of us."

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

Gilbert Funeral Home, Selkirk in care of arrangements.



Your memory will live forever Engraved within our hearts

OBITUARY

Brian Matthew Armstrong



It is with the greatest sadness that the family of Brian Matthew Armstrong announce his passing on March 17, 2023. Brian was born on August 27, 1928 in Virden, Manitoba.

He was predeceased by his wife, Liz in November 2022, and his brother Alvin in February 2023.

As a young man, Brian was very adventurous and, at the age of 14, hopped on a freight train arriving in Calgary, Alberta. There he was taken under the wing of a chef at the "Pallister Hotel". Brian started washing dishes and pots, then soon became a line cook and eventually a chef. Brian was also sent to a competition in Germany to chef and came home with a Silver Medal.

He then returned to Winnipeg where he met and married his first wife, Pauline and together they raised four daughters. He worked at a number of different restaurants before buying the "The Golden Cue Inn" in Selkirk, Mb. in 1974. Brian and Pauline, along with their four daughters made a very successful business for 25 years until he retired (for the first time in 2002).

Brian and Pauline went their separate ways but remained very good friends throughout the years. Brian met and married his second wife, Elizabeth in 2005 where they bought the "Ranch". There they enjoyed the horses and having family BBQ's. You could always see Dad putting in the garden with his flowers.

Brian leaves behind a legacy with his four daughters, Shannon (Tim), Linda (Rodney), Mindy (Serg), and Cindy; nine grandchildren, Katie, Candace, Timothy, Mellissa, Amanda, Tyler, Amy, Brandy and Buddy; 17 great-grandchildren and many, many great-great-grandchildren.

Brian also leaves behind, his three step children and their families as well as his very special long-time friends Stan Shewchuck and Bev Claves, to name a few.

Brian was a social butterfly and will be missed by all who knew him.

Following Dad's wishes, cremation has taken place and a private family service will be held at a later date.

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

Arrangements entrusted to:

**Interlake Cremation
& Memorial Services**
204.482.1040

Announcements

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OBITUARY

Dean William Nicolson

Suddenly, on Wednesday, March 8, 2023, Dean Nicolson, aged 72 years of Petersfield, Mb, beloved husband of Janice, passed away.
Funeral details are pending, and a longer obituary will follow.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Judith (Judy) Susan Mayo



Unexpectedly, on Sunday, March 19, 2023, with family by her side, Judy Mayo, aged 64 years of St. Andrews, Manitoba, beloved wife of Pat, and mother of Chantel, Carly, and golden retriever Wally, passed away.
A celebration of her life will be held on Wednesday, April 5 at 11:00 a.m. in the Gilbart Funeral Chapel in Selkirk, Manitoba.
Full obituary to follow.
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY

Mary Cecile Swann

September 18, 1929 – March 16, 2023

Surrounded by her loving daughter, grandchildren and great-grandchildren, Cec (Curley) gained her angel wings. She will always be remembered by her infectious laugh, her strength and resilience and always having a loving motherly spirit.
Thank you for always looking after us all. Until we meet again.
Friends and family are invited to visit Cecile's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:

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Welcome to the Team!

We are very excited to welcome Brad Matthes to our team! Brad is probably one of the nicest guys you'll ever meet. He's full of charm, wit & great conversation. Looking for an agent that is warm, bubbly and full of laughter? Brad is your guy! Not only will he help you find the home of your dreams, but you'll likely leave with a new best friend. Brad, cheers to you & your new beginning. We are so excited to watch you grow into this new role! If you're thinking about buying or selling, feel free to reach out to Brad anytime! (204) 510-9900

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