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# The Selkirk Record

VOLUME 11 EDITION 12

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RECORD PHOTO BY BRETT MITCHELL

Mateo and Marko Malbasa wash up before entering Harry's Foods in St. Andrews. Harry's installed the station to assist in keeping their customers safe during the COVID-19 pandemic. The self contained unit supplies the water, the soap and the paper towels for safe and effective hand washing.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



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# Region's mayors practicing social distancing

Cheryl Christian, Debbie Fiebelkorn, Larry Johannson and Joy Sul discuss changes they will be making amid COVID-19

By Katelyn Boulanger

The region's mayors have each stepped up with plans for their municipalities since the province has declared a state of emergency in preparation for COVID-19, however, they had also had to make personal plans about how they will work and live while following the province's new guidelines to avoid the spread of the virus.



**RECORD PHOTOS SUBMITTED**  
West St. Paul mayor Cheryl Christian.

The Record spoke to West St. Paul mayor Cheryl Christian, St. Clements mayor Debbie

Fiebelkorn, Selkirk mayor Larry Johannson, and St. Andrews mayor Joy Sul about how they will balance work while keeping safe from contracting the virus.

**Cheryl Christian**

"As much as I can, I will be working from home. [I'll be having] emails and phone calls with residents, so staying connected with our community but not in person meetings if at all possible. We have five children. They are out of school and out of activities so they are home. We're all healthy and safe, so their activities are limited. My social activities have become very limited as well," said Christian.

She will continue to practice social distancing and following the recommendations put forward by the province which includes maintaining distance between council members when they do have to meet in person to maintain essential services, hand washing and using hand sanitizer.

"I'll be supporting the community and continuing with municipal business. We're a very busy municipality and we've got a lot on the go, strategic planning and different communication initiatives and supporting our family. Our kids are going to be like every other child in Manitoba receiving their education through technology at home, so I'll be supporting them in learning from home," said Christian.

Even with the cancelling of activities Christian doesn't foresee that she will have much time for home-based activities between helping her children with school and her mayoral responsibilities.

**Debbie Fiebelkorn**

"I do do a lot of work from home because I am very close to the municipal office, so in my mind it's not necessary to go in every day. I do pop in when I need to. I do pop in to sign cheques and that sort of thing, but a lot of the work that I do



St. Clements mayor Debbie Fiebelkorn.

and my phone calls and things like that, I do from home," said Fiebelkorn.

Continued on page 5

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# Selkirk grocery options while social distancing

By Katelyn Boulanger

Residents of Selkirk and South St. Andrews have options to avoid going into the grocery store after the Manitoba Government declared a state of emergency on Mar. 20 which limits public gatherings of more than 50 people at any indoor or outdoor place or premises.

"Up until this COVID-19 situation emerged we'd never really done deliveries at the store except for a few select customers that we've always been able to help out but because of the importance of self distancing, and we certainly now that there are some seniors and vulnerable people and even some people who need to self isolate because of travelling, we decided to make that offer for our customers," said Stan Halbesma, owner of Harry's Foods in St. Andrews.

Along with offering delivery service Harry's is also giving customers the option to place their order in advance by phone or by email and employees will bring their order to their car while maintaining the recommended 2 meters or approximately 6 feet of distance.

Halbesma thinks that this option

could possibly become even more popular down the road.

"What we're asking our customers to do is to send us an email from our website and then we take the order from the email. We shop the order and once the order has been shopped and processed we call the customer back and get payment information and then we ask them if they have any special instructions with regards to delivering the order whether it be meeting us in the parking lot. The vast majority of people are making the safe decision and asking us to just leave the groceries on the front step when we get to their home. We knock on the door. We leave and then they handle it from there," said Halbesma.

They will also take phone orders for customers that either are not comfortable using or don't have access to the internet. They are also asking that for security reasons people do not include their payment information in the email they send to the store.

"Any circumstance as it arises. It doesn't matter what it is it's always 'OK how can we help this customer out'," said Halbesma.

One of the biggest issues that stores

face at this point according to Halbesma as far as maintaining stock on shelves is getting stock from warehouses and manufacturers to the stores and the increased need for additional trucking.

"At the end of the day we're very fortunate here in Canada with the professionalism and the detail that we have to our supply chain. There could be a few hiccups but in the system but there should still be enough stock coming in I believe everybody will be satisfied," said Halbesma.

When Halbesma put the posting on Facebook that he would be offering these new delivery and pick-up services he was almost immediately inundated with people offering to help out with deliveries though at this point the store has not needed the help.

"The volunteerism has just been absolutely fantastic. If something were to happen and we were inundated with orders I would just have to make a few phone calls and send a few emails," said Halbesma.

For those that would still like to do their shopping in person Halbesma says that there isn't a particular time

or day of the week that would be better to do your shopping on than another.

"It is very unique in the grocery business and the retail food business. There are days when you're unbelievably busy and there are days when you expect to be unbelievably busy and it's just a little bit more paced out properly," said Halbesma.

He also asks that in order to do your best to protect yourself and the employees at the store that everyone respect the rules that are put into place to make the space as safe as possible.

To learn more about Harry's delivery or pick up options visit their website at <http://harrysfoods.ca/>. They can be contacted by email at [harrysnorth@shaw.ca](mailto:harrysnorth@shaw.ca) or phone at 204-338-7538.

Representatives from No Frills, Safeway and COOP did not return requests for interviews before the deadline for this article, however, an employee at No Frills said that they offer online ordering for pick up service at their Selkirk location. This service can be accessed at [pcexpress.ca](http://pcexpress.ca)

## What's happening during COVID-19 in Selkirk and region

By Ligia Braidotti

COVID-19 has taken a toll on all social gatherings, and many have been cancelled. It has also affected businesses and how they will operate from now on, while the province continues to put in place rules and regulations to reduce the spreading of the virus.

The Record has prepared an attempted list with events that have been cancelled and business that have either closed or changed hours.

### Cancelled events

Red River North Tourism AGM: postponed to May. Day to be announced.

Active Aging in Manitoba 55+ Curling Bonspiel held from March 24 to 26.

Judo Manitoba/Selkirk Judo Club Balmoral Open Tournament held on March 28, plus all practices have been suspended until after spring break (April 3).

Future Focus 2050 Conference held on March 26: Leaders of the Winnipeg METRO region will announce new date.

All Interlake-Eastern Regional Health Authority volunteer tea events held until April 30.

Selkirk Steelers spring camp held on March 27 to 29: Club will announce new date.

Selkirk After School program Spring Break Day

Camp Walk/Jog program

### Businesses and facilities

Oak Hammock Marsh Interpretive Centre: Closed until further notice.

Selkirk Curling Club: Closed for the season.

Gaynor Family Regional Library: Closed until further notice.

Gordon Howard Centre: Closed until further notice.

Selkirk Arena and Memorial Hall: ice rentals and bookings have been cancelled. Taking no new bookings at this time until June.

Selkirk Rec Centre: Ice rentals and bookings have been cancelled. Taking no new bookings until June.

West St. Paul Sunova Centre: Recreation programs and events cancelled.

West St. Paul Nursery School: Closed.

### Municipalities

St. Clements: Administration office and Public Works office closed to the public.

St. Andrews: Administration office and Public Works office closed to the public but operating normally. Staff can be reached at 204-738-2264 or 1-866-738-2264 (toll free) and email [info@rmofstandrews.com](mailto:info@rmofstandrews.com)

Selkirk: Civic office open to the public but citizens are asked to come only for essential business. Citizens who have travelled internationally and/or have had contact with people who have travelled internationally should not come into the office.

West St. Paul: Municipality remains open for business but administration office and Public Works office are closed to the public. Municipal staff will be available by phone at 204-338-0306 and email at [info@weststpaul.com](mailto:info@weststpaul.com) weekdays from 9 a.m. to 4:30 p.m.

East St. Paul: The RM is encouraging members of the public to communicate with municipal staff through phone calls at 204-668-8112 and email messages at [administration@eaststpaul.com](mailto:administration@eaststpaul.com) rather than coming into the office.

**Royal Canadian Legion Branch 42**

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**Please be advised that  
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closed until further notice.**

**Please check our Facebook page or  
website [www.SelkirkLegion.org](http://www.SelkirkLegion.org)  
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**SELKIRK ROTARY CLUB**  
*The COVID-19 Coronavirus  
is affecting all of our lives.*

Out of consideration to all our valued Lobsterfest guests and business supporters, the Selkirk Rotary Club is **cancelling** Lobsterfest 2020. It is our hope that next year we will once again be able to celebrate together on May 29, 2021.

**To all our friends and supporters  
- stay well and stay safe.**



## > MAYORS REACT TO COVID-19, FROM PG. 3

To protect herself both in her work and personal life, Fiebelkorn will be staying at home and trying to do the right thing by keeping out of the public and looking after herself by washing her hands more.

"It seems rather odd because most of us practice good hygiene, but I guess that this is reinstating that it's important that we do it on a regular basis and do it properly," said Fiebelkorn.

With more free time at home, Fiebelkorn plans to get her home more organized than it is at the moment and may potentially pull out some sewing or knitting to relax with.

"I think that the province has stepped up to provide us with the things that we need to keep ourselves and our communities safe. We do have an elderly community. I haven't heard of anyone in our area being affected at this time. This is quite new to all of us," said Fiebelkorn.

Larry Johannson

"I'll be coming to city hall. We may end up closing city hall and have a skeleton crew here, but I'll be coming in because I have a landline here that I check and my computer that's here is different than my phone and my iPad. I'll be coming in daily. As long as I can still get in with my key, I'll be here. If we do decide we're shutting it down completely, I can still work from home. I can receive emails, and texts and phone calls," said Johannson.

Though Johannson does enjoy going out for walks, he will be protecting himself by social distancing.



RECORD PHOTO BY LIGIA BRAIDOTTI  
Selkirk mayor Larry Johannson.

"Use good sense of course, when you meet up with somebody that wants to talk keep that safe distance. If you are going to talk, try to make sure that

you have that five to six feet of distance between yourselves."

He'll also be using hand sanitizer which he keeps with him at all times, wearing gloves, and when he does have to pay for things at the store he will be using his credit card instead of cash.

He also recommends that people stay connected with friends and relatives by telephone.

"Phone your family if you can't get to see them. Phone your neighbour and actually phone them. The texting and the email are good but in these times if you have the time, a conversation over the phone is good for the soul," said Johannson.

Joy Sul

"[I'll be working] through emails and phone calls. Personally with all the outside events and everything cancelled, I'll be staying inside on self quarantine, I feel fine but I'm taking this very seriously," said Sul.

She will be protecting herself with constant hand washing. If she has to go out, she'll be wearing her gloves at all times and using her elbows for elevators and opening doors. She's also making sure to keep at least six feet from other people.

"I'm a huggy person. It's awkward, but no more, just keeping distance from people and constantly using hand sanitizer," said Sul.

She plans to spend the extra time at home working both on her municipal work and artwork, as well as potentially painting her kitchen.

"I think all the mayors, we're on the same page the province is having their daily news conference on TV stations. I'm not really on Facebook, but I hear that there are already scams going on so listen to the province and factual information," said Sul.



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# getfishing

RED RIVER &gt; CHALET BEACH &gt; LAKE WINNIPEG

## Why aren't you watching my line?

Hello again my nature loving friends. It's unfortunate that our enjoyment of going fishing has been interrupted because of the Covid-19 virus outbreak. For myself, I have stopped visiting anglers on the ice and am contacting folks by the phone or internet while staying home. The provincial fishing closure in our southern district will soon be upon us starting on April 1, leaving us to sit at home looking longingly at our rods, summer tackle and checking out our boats. Come May 11, hopefully we'll be able to again practice our favorite pastime.

I met a young lad, Trayton Smith, from Selkirk on the Lake Winnipeg ice some time ago and he shared a story where he wound up feeling guilty for not doing what his friend wanted. Trayton and a bunch of his friends, including his best friend "Ossy" were shore fishing on the Red River. With their baited hooks in the water the guys stood around laughing and joking when Ossy had to walk away along the river bank to answer the call of nature and told Trayton to watch his line. Ossy disappeared into the willows and Trayton turned his back on Ossy's line continuing to joke with the other guys.

Soon Ossy came back from the bushes and was startled to see his rod freeing itself from a willow branch only to splash into the water and begin skipping away on top of the water. "Trayton!" Ossy shouted, "Why aren't you watching my line?"

"Oh," was all Trayton said. Ossy plodded into the soft mud along the shore watching and following his rod as it plowed through the water being towed by a fish. "Darn it Trayton that's my best rod!" Ossy exclaimed as he pulled off his shoes, socks and pants. The gang of young guys stood bug eyed as they watched Ossy wade into the muddy river water after his rod. Ossy had strong legs and in no time was within reach of his prize but

just as he reached for it the fish darted away and Ossy fell, belly flopping into the water.

He stood up dripping water, his arms spread wide from the cold. Undeterred, with an enraged growl he leapt forward and grasped the handle of his rod. He stood there up to his waist in water and reeled in whatever was on his hook. His friends cheered him on! Soon, not far from Ossy, the water heaved up and the white belly of a gigantic catfish rolled up on the surface, its head twisting downward as it fought for freedom and the river bottom. Ossy screamed at it, "You're mine!" He kept on reeling in, determined, slowly wading toward his fish as its tail thrashed the water.

In time the fish became quiet and Ossy turned and made his way to shore with the fish in tow. As his feet found mushy ground with his friends rushing over to him, he turned and bent down to gill grab the cat. He dropped to one knee tossing his rod aside and tried to work his hook out of the fish's mouth. His hands and the fish became a grey muddy soup as he reclaimed his hook.

Then Ossy lost his footing. He fell over into the mud losing his grip on the fish which disappeared like a shot into the water! Ossy's buddies came to his aid helping him up and as he caught his breath, Trayton uttered, "Good catch Oss!"

Our fellow fisher and good friend Guy Proulx have graciously agreed to share an experience he had with an old buddy, Larry Gagnon, from Grande Point when they were fishing in Guy's ice shack some time ago. Guy and Larry were about three kilometers off shore on the Lake Winnipeg south basin and both were jigging their short rods in ice holes when Larry got a bite. He became so excited he started shaking and began reeling in much too fast. Guy cautioned him, "Your drag isn't working, you're

&gt; Fish tales?

Call Arnie Weidl at 204-641-2210  
sanarn@mymts.net**RECORD PHOTO SUBMITTED**

Larry Gagnon from Grande Point with his catch of a big walleye out of Lake Winnipeg (with Guy Proulx's help).

turning your crank, but your line isn't winding up." Guy could tell he wasn't getting through to his friend, so he went over to him and bending over Larry's hole grabbed the line and began hauling it up by hand.

"When the fish gets its head up to the hole, grab it!" Guy shouted. Larry just stood there. Soon there was a splashing in the ice hole water as the head of a good-sized walleye appeared. Guy looked up at Larry and realized he wasn't going to be much help so he bent down and grabbed it by the gills, pulled it out of the hole and handed it to his friend. "I guess I gotta throw him back," Larry said looking at its size. "Well he's too big to eat," Guy countered. With great sadness after Guy took his picture, Larry sent his fish down the ice hole back into the water.

Until next time my friends, bye for now.

**View the Selkirk Record online at [selkirkrecord.ca](http://selkirkrecord.ca)**

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# Need to support local charities increases

Stay home and donate to good local causes through the Selkirk & District Community Foundation

Submitted by the Selkirk & District Community Foundation

The Selkirk Food Bank is always appreciative of the kind folks who donate to its cause, and now they're hoping people will continue to support them throughout the COVID-19 pandemic.

Sig Banmann, Chairman of the Selkirk Food Bank Board of Directors, said donations are crucial now.

"There is absolutely a need for people to donate especially in this time when we're in a bit of a crisis," Banmann said.

"Our shelves are being directly affected by this. Most of our food donations come from Winnipeg Harvest and their shelves are bare, so especially coming up to Easter, it's a very difficult time for us."

Getting your monetary donation to the Food Bank or any number of non-profits that are in need at this time, might seem difficult in the social distancing era, but the Selkirk and District Community Foundation (SDCF) has a solution.

The SDCF is accepting monetary donations to local charities of your choice, online through Endow Manitoba, and will connect your cash to the charity.

SDCF Chairman Aaron Martyniw said donations will go directly to the local organization you choose.

"The Foundation wants to assist the community while we all deal with the COVID-19 pandemic," Martyniw said.

"The Province has instructed us to stay home and to practice social distancing and we encourage everyone to do that. But we also need to consider those who rely on places like the Food Bank and an online donation allows us all to be safe and still support our friends and neighbours."

Unlike regular donations to the SDCF that go into funds to support grants given out to organizations that apply for them, these donations will be distributed immediately to the organization specified by the donor.

Non-perishable food items, baby food and diapers are always needed as well, and Martyniw said if people



RECORD PHOTO SUBMITTED

The Selkirk Food Bank's shelves were well stocked when this photo was taken a few years back, but there's plenty of space now as COVID-19 and social distancing have led to fewer donations. The SDCF is accepting online monetary donations that will go immediately to the local charity of your choice.

prefer to donate that way they're encouraged to leave those types of donations in the bins provided by local grocery stores.

If you'd like to make an online donation go to [endowmanitoba.ca](http://endowmanitoba.ca) and

click on 'Make a Gift to My Foundation'. You'll be able to specify which local charity you want your donation to go to. You can also call the SDCF (204-785-9755) and someone will assist you with your donation.

## Food Bank and soup kitchen still operating

Social distancing and other changes come into effect

By Katelyn Boulanger

The Selkirk Food Bank and Our Daily Bread Soup Kitchen are still operating in the community but are taking precautions to lessen the potential spread of COVID-19 while providing services.

"We are trying to continue as best as we can. We've been in contact with Agape Table just seeing what other meal programs are doing in Winnipeg. We're doing our best to keep our volunteers safe and our clients as well," said Barb Pasaur, co-chair of Our Daily Bread.

Some of their volunteers have had to make the difficult decision to step down for the time being because of being part of a vulnerable group should they be exposed to COVID-19.

"Our clients are more in danger of getting something from us than the other way around because they aren't travelers. They are people that are already socially isolated anyway," said

Pasaur.

To protect both volunteers and clients, Our Daily Bread has had to make decisions in order to make social distancing a priority.

"We have distanced the tables. So generally we have the tables in three rows with two tables butting up against each other, but we've moved them so that not that many people can sit that close together. We've switched over to a soup and sandwich because up until this point we'd been doing a hot lunch on Tuesdays and Thursdays. We've gone to a bagged — I'm usually against single use bags, but we've bought a whole wack of them — and all our sandwiches are going to be bagged. Of course, our volunteers are going to be wearing gloves and taking all of those precautions," said Pasaur.

In addition, all of the cutlery and dishware will be disposable and the coffee bar is being turned around so that a volunteer running the station

can prepare and hand out single use cups.

In the future, Pasaur mentioned that the soup kitchen may have to make the decision to alter their service so that they are handing clients bagged lunches at the door in order to avoid people coming into the hall itself.

"I'm a big believer in the social aspect of the soup kitchen, so I'm having a hard time believing that but we might have to go to that," said Pasaur.

Selkirk's Food Bank is also having to make changes to its service in order to continue to serve residents.

"We are still going to be open for our regular Tuesday handouts for the clients but our handouts are different. We are not allowing people into the building per se. We are having to work out of our garage. They come in and we are pre-packaging everything for [our clients] where we used to have everything out on our shelves in the front and they would basically help themselves to certain things and some things would be packages. Now, everything has to be [pre-]packaged," said chairman of the board of the Sel-

kirk Food Bank Sig Banmann.

In addition to avoiding multiple people touching items, the food bank is having to pre-package its handouts because, like supermarket shelves, their shelves are looking bare due to a combination of people taking more and people donating less.

"With health issues, we're having to buy more antiseptic soap [for the packages]. The packages require not just any bags but brand new things and not recycled or reused [bags] that we're used to. Now we're taking those precautions," said Banmann.

Not being able to reuse items like bags and having less donations at this time has taken a financial toll on the food bank and made Banmann more focused on making sure that they have enough food for their clients.

"Any financial donations are greatly appreciated but any food stuff [as well]. If [residents] go shopping at most of the food retailers there are bins out there designated for the food bank," said Banmann.

"It's had an effect on us but we're still open," he said.



# New Fire Chief a familiar face for Selkirk residents

## Dan Thorsteinson returns as head of the Selkirk Fire Department

By Katelyn Boulanger

Dan Thorsteinson who previously held the top job at the Selkirk Fire Department has returned to the position continuing his work as Selkirk's Fire Chief starting Feb. 11.

"My job is to make sure that everything is done and that the firefighters have everything that they need to do, that job that they need to do. If I'm at the fire scene, I'm incident command. We have officers and we have meetings they look after different crews and different fuctions in the department. It's an efficient organization," said Thorsteinson.

He began his career with the fire department in 1984.

"I ended up becoming Chief in 1999 until the end of 2015 so that was my first tenure then I retired and I came back this year," said Thorsteinson.

He became involved in the department after one of the other firefighters asked him if he was interested in joining.

"I didn't think I was, but it planted the seed I suppose, and being a businessmen I could see that they needed a hand and I went down and applied," said Thorsteinson.

Though he never imagined himself as a firefighter, Thorsteinson says that he grew up knowing many firefighters in the community as neighbours and customers of Thor's Meats.

"[When I started with the fire department] it was different than it is

now. Back in those days it was like you put the wet stuff on the red stuff, and now you've got a pretty complex machine happening. You've got all kinds of guys doing all kinds of things. Instead of just being a firefighter, you're doing vehicle extrication, you're doing hazmat, you're doing water ice rescue, fire prevention, inspections, investigations, there's just a myriad of things that have developed over time. Services that the public wants to see, we're here to provide it," said Thorsteinson.

Outside of work he keeps busy running his family business.

"I do some wood working. I might work on the garden but I don't have time for that quite yet. Maybe after my second retirement," said Thorsteinson.

He's mostly looking forward to coming back and helping to develop some of the policies that continue to be developed since his last tenure as fire chief.

"I believe that the fire service in Selkirk, citizens are very lucky to have them, and I'm always super proud of the guys. They are outstanding and do a great job. The service that they provide and the level of service that they provide, value for value, is unparalleled and I would put their skill set up against anybody," said Thorsteinson.

His best piece of fire safety advice is to have two exits and to have smoke detectors.



RECORD PHOTO SUBMITTED

Dan Thorsteinson is returning as fire chief of the Selkirk Fire Department.

# Interlake to get more COVID-19 testing sites

By Evan Matthews

With two confirmed cases in the Interlake-Eastern region as of Monday, the Province announced new testing locations will open this week.

Neither Manitoba's chief provincial public health officer Brent Roussin nor Lanette Siragusa of Shared Health said where, specifically, the testing locations will be opened or how many there will be, but said the Province has plans in place to increase its testing capacity.

The Interlake-Eastern region currently has one testing location, which opened on March 18 at 622 Superior Avenue, in Selkirk. The testing site is open from 9 a.m. to 4 p.m. daily, and is said to be only for individuals experiencing upper respiratory cold or flu-like symptoms and those who have

travelled internationally in the past 14 days before the onset of symptoms; or those who have symptoms and have had direct contact with individuals who have a confirmed or probable case of COVID-19.

"We've been prioritizing certain groups of people for COVID-19 tests; healthcare workers and those who are critically ill, including those in long-term care facilities and first nations," said Roussin, adding the current lab test is called polymerase chain reaction (PCR), which involves a throat swab, in combination with blood samples which are used to identify antibodies specific to COVID-19.

"We've been backlogged a bit, but are moving back toward full capacity by early this week. We've had days where (CADHAM Lab) is testing over

500 samples in a day," he said, adding the PCR test itself is not new or revolutionary in any way.

New testing methods "at the molecular level" are on the way, Roussin said, but the Province doesn't expect them to be ready for quite some time, and said CADHAM will update the Province as new ways to test emerge.

The CADHAM Provincial Laboratory (CPL) is Manitoba's provincial public health laboratory. It provides the following services: early detection of health risks associated with infectious agents; monitoring of outbreak investigations; and identification of causes of disease to help in treatment and prevention.

Roussin said while the Province continues to test individuals and has plans to expand the capacity for daily

testing, testing is only one part of the strategy against COVID-19.

"We have syndromic surveillance, in combination low Intensive Care Unit demand, low demand for hospital beds, and reports of respiratory illness in emergency rooms," said Roussin.

"We need to remain vigilant with other methods like social distancing, and if you're sick, you need to stay home," he said.

When asked how long Manitobans are expected to practice social distancing measures, Roussin said "multiple weeks, minimum," and when pressed for more specifics, he said "There is no way of knowing, and anyone who says they know, doesn't know."



# Damara Geddes wins President's Award for Outstanding Achievement

By Katelyn Boulanger

Damara Geddes, West. St. Paul's recreation director, was presented with the President's Award for Outstanding Achievement from Recreation Connections Manitoba on March 11 at Canad Inns Polo Park.

"I was definitely surprised and overwhelmed and so grateful and humbled for even being nominated by our municipality let alone receiving the award itself. It was absolutely amazing just to be recognized for something. When you come to work everyday and you try your hardest it's so heartwarming to know that you're appreciated," said Geddes.

Winners of this annual award are recognized as having made a substantial contribution through a regional or provincial recreation project, initiative, program or event.

"I work for the R.M. of West St. Paul at the Sunova Centre basically my job here is to plan, organize and execute all of the different recreation programs that we run here, in the community but also I deal with all of the facility rentals to the events that we have [at the Sunova Centre]. I do anything from our zumba program, all the way to booking wedding socials, to the various kid's birthday parties, and larger scale events such as the Prairie Junk and Vintage Sale. I work with the coordinator on that," said Geddes.

She has worked with the municipality for ten years starting in January of 2010.

"I really enjoy all the different people that I work with. Our days are never the same. You never know what you're going to walk into and lots of different activities happen here and it's a various amount of people and different things that I deal with every day. It's never boring," said Geddes.

In her personal life, Geddes spends time with her two boxers and she and her boyfriend enjoy spending time cooking and barbecuing. They also enjoy spending their summer months

camping.

"Damara is dedicated to her job, and the nature of her position puts her in touch with the people of our community on a daily basis. She greets everyone with a smile and has a genuine care and concern for people's well-being and because of that, she goes the extra mile to make sure your experience at the Sunova Centre is a positive one. She is truly a community leader in West St. Paul," said West St. Paul mayor Cheryl Christian.

"One thing that we hold here, it's my favourite time of year, is our large summer camp program. We run summer camps in July and August. We were suppose to run one over spring break but unfortunately that had to be cancelled. We hire summer students to come and work for us in the summer and there are kids that sign up for summer camp. Sometimes we have upwards of 60 to 70

kids here on a given day. It's crazy busy but its so much fun and is definitely my favourite time of year," said Geddes.

One thing that Geddes thinks more people should know about in the community are their morning fitness classes which happen on Monday, Wednesday and Friday mornings at the Sunova Centre.

"We have worked for years getting these classes going and now we finally have a pretty good following in each class which is amazing," said Geddes.

She is very thankful to the R.M.'s administration, the mayor and council for nominating her for this award.

"I am so thankful that [residents] enjoy the activities and events that we host here. Everyone that I've dealt with as far as residents and non-residents, in regards to signing up their kids for soccer or signing up for yoga, everyone is just so pleasant and I feel lucky that the



RECORD PHOTO SUBMITTED

Damara Geddes, West. St. Paul's recreation director, who won the President's Award for Outstanding Achievement from Recreation Connections Manitoba on March 11.

majority of the time when people come to the Sunova Centre they are coming to enjoy themselves," said Geddes.



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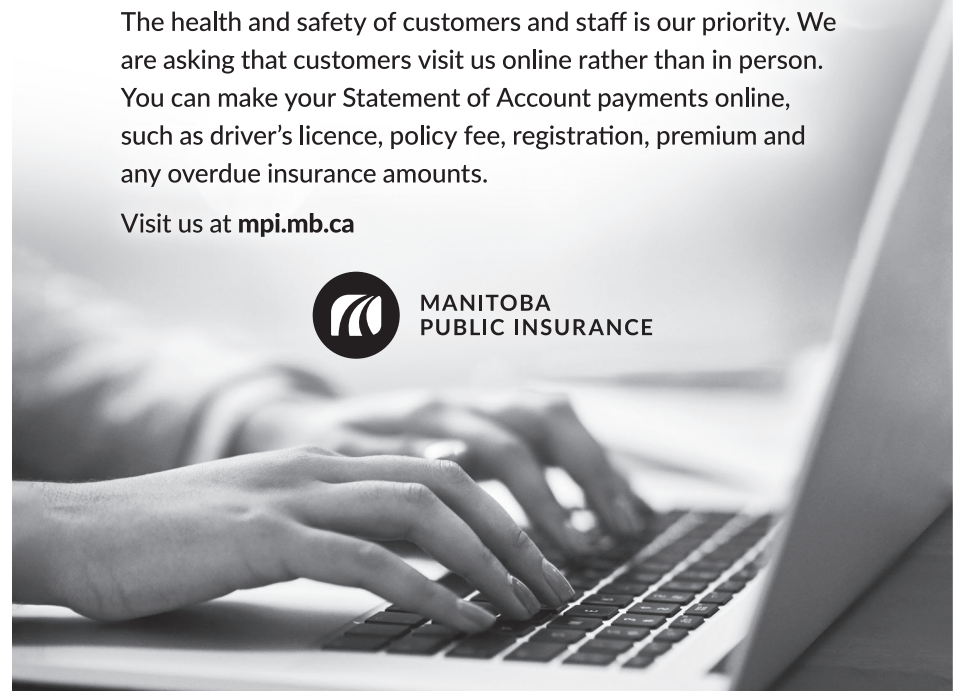
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## > DRIVE-THRU TESTING SITES, FROM PG. 9

Roussin said while the Province hopes to loosen some of the social distancing strategies, and state of emergency, there is no defined timeline as to when that may happen.

For the time being, the Province doubled down on measures used to reduce risk, including disinfecting frequently used surfaces, frequent hand washing, following public health advice for monitoring symptoms and self-isolation, avoiding travel and crowded places, cancelling or post-

poning gatherings of more than 50 people, maintaining a distance of two metres between one's self and others, minimizing public contact with others to 10 minutes, and avoiding touching such as handshakes and hugs.

As of Monday's press deadline, Manitoba had 16 confirmed cases with four presumptive cases of COVID-19, two of which are in the Interlake-Eastern region.

Probable cases of COVID-19 mean the patient has tested positive at CADHAM, but has yet to test positive at the federal microbiology lab.

At presstime, there were 367,457 cases of COVID-19 worldwide, with the death toll now over 16,000.



RECORD PHOTO BY BRETT MITCHELL

There's a drive-thru testing site for COVID-19 located at 622 Superior Ave. in Selkirk.

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# "We know what's coming": IERHA preparing for COVID-19 increase

By Patricia Barrett

If you're looking for a teaching moment with regard COVID-19, look no further than Italy where in about the space of a month, 64,000 people became infected with the highly contagious virus and over 6,000 have died, according to data from Johns Hopkins University as of Monday.

The rapid spread of the virus has resulted in a country of 60 million people now living under mandatory lockdown, where no one can leave their home except for groceries and vital work, and where hundreds have been arrested for violating the quarantine order.

Overwhelmed Italian hospitals have had to triage patients, forcing doctors to decide who will receive ventilative support and who will be left to die. The government called in the military last week to move hundreds of bodies piling up in regions where crematoria can't keep up.

The governor of Veneto, a region in northeast Italy, said the alternative to failing to obey the stay-at-home order is "intensive care, hospitalization and contagion." On one day alone (last Saturday), 793 people died.

Manitoba hasn't reached this point, and the provincial government and health authorities want to keep it that way. That's why they're seeking buy-in from Manitobans, asking everyone to practise "social distancing," which entails staying at home if possible, avoiding get-togethers and staying two metres (about 6 feet) away from other people in public.

The province announced Manitoba's first presumptive COVID-19 case March 12. Eleven days later, case counts are at 20, with the majority of infected people in Winnipeg and two in the Interlake. The risk of infection increases as more travel-related cases emerge.

The Interlake-Eastern Regional Health Authority (IERHA) is in the midst of preparing for what's certain to come: an increase in COVID-19 infections.

It has set up an incident command centre and holds daily meeting with partners across its region, including the federally run Percy E. Moore Hospital in Hodgson, tribal councils representing First Nations and the Milner Ridge Correctional Centre.

"Because of the [events] going on worldwide, we have actually been meeting as an incident command for over a month now, and over the past week and a half have ramped up our activities quite a bit and do have quite a comprehensive plan," said IERHA chief executive officer Ron Van Denakker during a conference call with media March 20. "Part of the plan speaks to surge capacity."

That plan is not yet "100 per cent approved" and Van Denakker was unable to say whether the old Selkirk Hospital could be used as a treatment and isolation facility should the virus spiral out of control in the Interlake.

"We are working very hard on trying to establish how we would accommodate quite a significant influx and [demand] for beds," said Van Denakker. "The Health Sciences Centre is in fact moving its medical beds to the old Women's [Hospital] to increase ICU [intensive care unit] capacity, and the province is bringing in a

significant number of ventilators in anticipation that there might be some very sick people."

Waking up every morning to news of more COVID-19 infections and deaths in Canada and around the world could be causing heightened anxiety and fear, but at the same time the dire news is a testament to how robust the virus is and how it's incumbent upon us to modify our behaviour.

And it's not only older people with underlying health conditions that are being picked off, but also younger people.

Johns Hopkins University COVID-19 data, which is hours ahead of World Health Organization reports, show 372,563 infected and 16,381 deaths in 168 countries as of Monday.

World leaders are saying that now is not the time for complacency. Yet despite the surge in infections, especially in Europe and America, along with daily death reports, people insist on congregating, flocking to seaside towns, holding coronavirus parties and lining up cheek by jowl for toilet roll and booze. Hospitals weren't built with this virus in mind. People flouting social distancing rules can become infected and put others' lives at risk.

In European cities and U.S. states such as California and New York, governments have been forced to steadily curtail civil liberties and are even actively policing the infected. In Canada, Quebec police arrested a COVID-19 patient last week for stepping out for a spot of shopping during her quarantine.

A total lockdown in Manitoba is not beyond the realm of possibility should the virus breach preventative measures we've thus far put in place. If we have to stay cooped up in our homes for months on end, and doctors and nurses, as is the case in Italy and the U.K., struggle with unmanageable numbers of sick and dying people, we may experience some mental health issues.

To that end, the IERHA has put mental-health supports in place.

"We have a particular set of tools we have created online for not only the public, but also for our staff to do a lot of self-management," said Van Denakker, "[and] there's an entire module developed by our mental-health team that is very specific to the staff."

For those who are already taking social distancing seriously or who are housebound, communication devices such as telephones, FaceTime, Skype – and perhaps even old-fashioned pen, paper and post – are means by which they can keep in touch with friends and family.

The Interlake-Eastern RHA region has two COVID-19 cases as of Monday. When asked why the RHA can't identify the communities in which those cases reside, if only to encourage people to become more aware of their own behaviour, Van Denakker said that's the way our centralized public health system "typically functions and we're following provincial direction."

The myth that the virus cannot survive in hot, humid climates and in cold climates is just that – a myth. It's our body temperature that counts, not the weather.

"The normal human body temperature remains around 36.5C to 37C, regardless of the ex-

ternal temperature or weather," says the World Health Organization on its COVID-19 "advice for the public - myth busters" webpage.

The WHO's daily Situation Reports, listing confirmed infection numbers by country/territory, attest to that. "Hot" countries: Saudi Arabia (511); Mexico (251); South Africa (274); Australia (1,396). "Cold" countries: Iceland (568); Greenland (2). Data as of March 23.

What makes COVID-19 different from influenza – although the symptoms may be similar – is our immunity to it, or lack thereof. Because this is a new virus we've not experienced before, we're highly susceptible to infection.

The U.K. government infuriated health experts and doctors for its seeming pursuit of a "herd immunity" strategy as people fell ill. Rather than "test, test, test" as WHO director-general Tedros Adhanom Ghebreyesus has been exhorting all countries to do, the U.K.'s dithering has seen many of its hospitals run out of capacity and equipment to support COVID-infected patients, as well as the continuing spread of the virus throughout its countries.

Herd immunity is an immunological concept referring to the vaccination of populations, not to real-time experiments with a virus to which we have no immunity. Had the U.K. – before quickly reversing gears mid-March – decided to let the virus go unchecked, experts said 400,000 people would die before 60 per cent of the population developed immunity.

And at this point, medical researchers don't even know whether a person who survives a COVID-19 infection has developed immunity to it and whether they can become re-infected.

For the moment, our only defences are our immune system and identifying and immediately isolating infected people. Scientists say a COVID-19 vaccine is roughly two years away.

Underscoring the importance of people adhering to social distancing rules is the sobering fact that scientists don't know whether infected people who show no symptoms can spread the virus to others.

Continued on page 13

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## > IERHA KEEPS PREPARING, FROM PG. 11

Because the incubation period of the virus can vary, looking at the numbers of cases – whether high or low – does not tell the whole story of who's infected.

Manitoba's chief provincial public health officer Dr. Brent Roussin implied as much last week when he remarked on our relatively low number of confirmed cases.

Researchers at Johns Hopkins University Bloomberg School of Public Health, who published March 10 in the journal Annals of Internal Medicine, found the average incubation period is five days and suggested 97 per cent of people who develop symptoms will do so within about 11 days of exposure.

They estimated that for every 10,000 individuals quarantined for 14 days, about 101 people would develop symptoms after being released.

If some people think Canada's response to the virus is somewhat overblown – the federal government has asked industry to re-tool to make ventilators and personal protective equipment, restricted our airspace, closed the border with the U.S. to all but vital supports and is exhorting people to stay home – it's being done in recognition of the power of the virus to mass kill and swamp health-care facilities.

The IERHA is also taking no chances. "What we're trying to do – and it's working – is we're testing and we're isolating. Presumably, in some areas where it got out of control, testing couldn't happen because it was early days and people didn't know what was coming," said Van Denakker. "We know what's coming. So that's why we're testing. It's too early to tell right now in terms of exactly what the magnitude is."

If people, including IERHA staff, are sick, they need to stay home and self-isolate, he said.

People who do venture out in public should physically stay two metres away from other people and minimize contact to no more than 10 minutes. They should also engage in frequent and thorough hand-washing. One of the best defences is to not touch your face as the eyes, nose and mouth are entry points for the virus.

People showing symptoms of COVID-19, which include a sore throat, runny nose, fever, cough and difficulty breathing, are asked not to show up at health facilities or dedicated COVID-19 test sites, but to first call Health Links at 204-788-8200, or toll free at 1-888-315-9257, and get further instructions.

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# Former Selkirk resident in contention for a Juno

## Ronnie Ladobruk and Fresh IE nominated for Contemporary Christian/Gospel Album of the Year

By Katelyn Boulanger

Former Selkirk resident Ronnie Ladobruk has been nominated for a JUNO Award in this year's acknowledgement of Canadian musical talent.

"It was pretty crazy. I didn't know that I would be included in that because I played on Fresh IE's record, he's the one who's nominated, but he messaged me a couple of weeks ago and he told me that he had something for me. I went over to his house and he presented me with a certificate that said since I was a songwriter on the album as well, it's my nomination as well, which was pretty cool," said Ladobruk.

Fresh IE is a Winnipeg born rap artist who has previously been nominated for two Grammys and a JUNO Award. Together, they were nominated in the Contemporary Christian/Gospel Album of the Year category.

"I just met him through just kind of playing at the same events, and he really liked my playing, so we connected. He was working on a project that required guitar, so he called me up and we worked together, and it was awesome,"

Ladobruk played on the song Blindman Blues, which is the fourth song on the ILL Street Blues album.

"My biggest influences on guitar are Jimi Hendrix and Zakk Wylde. When it comes to song writing, it's just stuff that's happened in my life. I've focused on

a becoming a better songwriter, which has been going really well lately. I've been working on stuff that makes me feel something, that I hope makes other people feel something as well," said Ladobruk.

He says that his musical journey "has been crazy and filled with blood, sweat, and tears."

"I started playing guitar when I was 14. I got a guitar from my parents for Christmas and then it was a matter of playing for 10 to 14 hours a day. I really got my start playing live at The Merch in Selkirk. That's really where I learned how to play with a band and everything. Throughout the years I've been playing in various bands and I've been chasing it hard," he continued.

He started writing music while he was learning to play guitar and explained that the guitar gave him a voice and he wanted to share his own experiences.

"I loved writing before I started playing music, and the guitar gives me the tool in order to do it musically," he said.

He says that his drive to play music comes from the feeling of freedom that playing a guitar gives him.

"One day, my dream is to tour the world and just do it and be the best that I can be as a musician. The guitar has given me a voice and a path that I never dreamed possible."

Currently he has plans to travel the country with his band Wreckin' SO with gigs planned in Saskatchewan, Ontario, and possibly Montreal. Ladobruk is also recording a new single with the band Ronnie Ladobruk and the Electric.

While the young man has already achieved many dreams, he says his life philosophy is to incorporate gratitude in all that he does.

"It's important to just be grateful for everything and everybody in your life. I think that if you are



RECORD PHOTO SUBMITTED

Ronnie Ladobruk

grateful for everything and everybody in your life you'll be successful for everything that you do," he explained.

Unfortunately, to contribute to all the efforts around the country to end the contamination of COVID-19, The Canadian Academy of Recording Arts and Sciences (CARAS) cancelled the 49th Annual JUNO Awards and JUNO Week activities that would take place in Saskatoon, Sask. from March 8 to March 15.

In a statement, CARAS said they "will continue to explore options to coordinate an alternative way to honour this year's JUNO Award winners and Special Award Recipients and support the creators and participants that so greatly benefit from the work done by CARAS and the JUNOS."

## Manitoba Justice program, Re-START, launched in Interlake

By Patricia Barrett

A provincially funded program for young adults who've had contact with the justice system has been launched to provide them with vital supports and facilitate their integration into the community.

Young adults between the ages of 18 and 29 are eligible for the program, which provides supports in key areas such as substance abuse, family concerns, mental and physical health, housing, employment and education.

Sara Good is the program coordinator for the Gimli catchment area, which includes Arborg, Riverton, Winnipeg Beach and all the smaller communities in between.

"The program is 100 per cent voluntary," said Good, who is a registered social worker. "The participant has to be motivated to change otherwise the program isn't going to help them."

Self-referral is one option to take part in the program, but social service, mental health and justice agencies can also refer clients to the program, said Good, who is in contact with several

different agencies to broaden awareness of the supports Re-START offers.

Involvement with the justice system can vary from having a conviction or having charges pending, being on probation, having been involved in high-risk driving or the subject of a complaint with the RCMP.

Funded by Manitoba Justice, Re-START was launched last year and is available in select regions of the province. In addition to Gimli and its catchment area, the program is offered in Selkirk and Stonewall. The Gimli and area program started up in December 2019.

Good said participants' involvement with the program typically lasts one year but can be extended depending on a client's situation.

Although Good works out of the Gimli RCMP detachment building, she said she can travel to the other communities in the Gimli catchment area to meet with clients. Those meetings take place at a designated site or in a public venue that offers a degree of privacy.

Good said she meets with participants every two weeks to provide as much support as possible.

"I do understand that when people turn 18, they might not have supports around them as a youth would, like parents or other family members, so that's why we meet every two weeks," said Good. "And once a month we have a team meeting – if they have a team. Some people don't have a team when they start because they might not have any involvement with other agencies."

Participants who are involved with other agencies can choose whom they wish to bring along to monthly meetings. They can invite agency representatives or family or friends – whom ever they see as a support person.

Depending on an individual client's needs, Good said Re-START can refer him/her to specialized services such as community mental health support program or to the Addictions Foundation of Manitoba.

The program is flexible and will be tailored to each client's needs, said

Good. She and client will work on a plan to identify top priorities, which could entail anything from counseling, acquiring life skills and finding housing to creating resumes, searching for job opportunities and finding a means of transportation – a critical issue in the Interlake.

"We'll identify the highest priority needs for clients and we'll have tasks for each goal and how they'll be achieved," she said. "Not everything is immediate; it could take some time to achieve. But we break it down so that each goal is more attainable."

The overall intent of Re-START is to reduce participants' involvement with the justice system or to eliminate it completely, she said.

To contact Sara Good, call (204)-642-5106 ext. 110 or email: sara.good@rcmp-grc.gc.ca

The Stonewall Re-START program coordinator can be reached at (204) 906-9670. The Selkirk Re-START coordinator can be reached at (204) 785-4001.



# Special Olympic athletes come home victorious

Athletes from the Interlake came home with medals from the national games

By Katelyn Boulanger

Steven Walcer, Nolan Penner, Shirley Lavallee, Kim Jones, Alysia Roy, Savannah Thompson, and Alec Baldwin all came home with something to celebrate from the National Special Olympic Winter Games, held in Thunder Bay, Ont. from Feb. 25 to 29.

"I was beyond proud of all of them. It was an amazing experience to have them all do so well and to get those medals and to really see all their hard work pay off was a really proud moment. I was really proud of them," said Reagan Croy an assistant coach for the Team Manitoba's Special Olympic Snowshoeing team and the head coach of the Interlake Athletics Snowshoe Team.

The snowshoe competitors were Alec Baldwin who came first in the 800-metres and first in the 1600-metres; Nolan Penner who came second in the 100-metres and third in the 200-metres; Steven Walcer who came first in the 100-metres; Alysia Roy who came first in the 200-metres; and Shirley Lavallee who came second in the 100-metres and third in the 200-metres. Kim Jones took fifth place at her bowling event. Savannah Thompson came in third in the 111-metres, 222-metres, and 333-metres, and second in the 500-metres speed skating races she competed in.

"I think all of our athletes did so well because they have the right mentality going into it. Our training is never about winning medals. We kind of lay that on the line. It's about having fun and being in a community, liking to race, liking to do well, and wanting to beat yourself. It's never about a medal it's about wanting to better your time so having that mentality going into something can keep you quite relaxed when you're up against your race because if you're focused mainly on placing sometimes you can get a little tense and you can lose your form and you're not in the right zone," said Croy.

She thinks that there is a good chance that Interlake will be able to represent at the international games.

The athletes each had a favourite part of their experience at the games. Walcer enjoyed getting his medal saying that it was pretty cool. Penner also enjoyed winning his medals. Lavallee enjoyed the exercise. Jones liked the bowling and winning her event. Roy had fun running on her snowshoes and getting her beautiful medals. Thompson enjoyed competing against other athletes that were a similar age to her and she enjoyed the food.

"The hardest part of it would have probably been the being away from home aspect of it and being away



RECORD PHOTO BY KATELYN BOULANGER

Left to Right: Shirley Lavallee, Steven Walcer, Kim Jones, Nolan Penner, Alysia Roy, and Savannah Thompson with their medals from the National Special Olympic Games.

from family and friends," said Croy.

The snowshoe athletes did have to deal with some cold conditions which affected them mostly when they were marshalling up to their races, however, that was combated with some fleece blankets that kept everyone warmed up before their big events.

"I think if your ever want to be an amazing runner you should try to be a great snowshoer first because you will definitely learn those skills of resiliency and having to put up with the weather being against you and some-

times the conditions being against you, snowshoeing itself is just sometimes a tough one but if you're able to do that running on a track becomes quite easy," said Croy.

She feels that participating in these events teaches these lessons in resiliency and commitment that all athletes learn throughout their athletic journeys.

"As a coach it was humbling to see so many people in an inclusive sport and having everybody out there," said Croy.

## More than just eye care

By Ligia Braidotti

Anderson Family Vision Care has been making justice to their name by taking care of their patients, whom they often refer to as family members, that can't get to them.

It's been a few years that their staff has been taking care the vision of seniors and Selkirk Mental Health Centre patients outside of their store. Barbara Grant, manager at Anderson Family Vision Care said the benefits of volunteering to organize and bring eye care to their patients that are unable to get around goes both ways.

"We have found that for many of our patients here, they have aging parents or family members who are unable to get around, who have those limitations and we just felt that in order to serve the community better, donating some of our time and small pieces for glasses and minor repairs makes us feel good too," she said.

Bringing eye care to these patients is

not only a reminder of the importance of having their eyes checked, but also a great way to make them feel special and taken care of.

While the staff members clean patients' glasses using an ultrasonic cleaner, adjust their nose pads and tighten it with their screwdrivers, clients get a chance to socialize.

"It's a special day for them and for us too," Grant added. "It makes us feel that we are a big part of the community and that we are looking after each other."

On the big day, it takes Grant and her staff about an hour to gather all the equipment, but the prep time before that making arrangements with the facilities are countless. Then, they organize their schedules, equipment and treats like polishing cloths and sprays, and off they go.

"By us going out is a reminder of how important glasses are when they are sitting properly on a client's face.



RECORD PHOTO BY BRETT MITCHELL

Staff from Anderson Family Vision Care went to the local seniors homes; Red River Place, Betel Personal Care Home, Lion's Manor, etc. to do free maintenance on seniors' eyeglasses. Pictured from left to right: Barbara Grant, McKenzie Pelletier and Ashley Swain.

They are seeing a little bit better. With the actual health of the eye, it's important to have your eyes tested regularly, and it's important to have your glasses adjusted regularly as well. Every six months or so is a good idea," Grant explained. "If the glasses aren't sitting properly on your face, you won't be

seeing as well as if the glasses were properly fitted."

"It's just general well being when someone has their glasses adjusted, they feel better, they feel like they've been taken care of, and it makes us feel like we are taking care of our own."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Dawson to take his hockey skills south of the border

By Brian Bowman

Nolan Dawson's Junior "A" hockey career took him to eight different teams in four leagues in just four seasons.

But he has finally found some stability at the collegiate level.

The former Selkirk Steelers' power forward has committed to attend school and play hockey for the NCAA Division III St. Mary's University of Minnesota Cardinals.

He hopes it will be his home for the next four years.

"I'm excited," said Dawson from his home in Airdrie, Alta. last Friday. "They have a double major in financing. I can study business administration and play hockey."

The two sides have been in contact for the past couple of years. The Cardinals' roster consists mainly of Americans but does have a couple of Canadians, a Swede, and a Russian.

All of them have played high level Junior "A" hockey.

"I've watched some games and it looks good," said the 6-foot-4, 210-pounder. "I'm really excited to

go."

Dawson was recently down in Winoona, Mn. to tour the campus and is currently in self quarantine back home due to the coronavirus pandemic.

Dawson's Junior "A" career was an interesting one to say the least. He wore a lot of hockey jerseys in four seasons.

His last stop was with the Selkirk Steelers. Dawson played 17 regular-season games in Selkirk, scoring a goal and collecting nine assists.

With all of that movement, Dawson's junior career was both exciting and frustrating.

"It was a mix of both," he admitted. "It's always nice to go somewhere new with a new culture. It's good to experience everything but, at the same time, I never did find a place where I could call home for more than one season."

Dawson enjoyed his time in Selkirk despite the fact the club ended their season with a 10-game losing streak and missed the playoffs.

"It was awesome and the coaches were awesome to me," he said. "My billets were amazing. Overall, it was a really good (city) and organization."



RECORD FILE PHOTO

Selkirk Steelers' forward Nolan Dawson has committed to attend school and play hockey for the NCAA Division III St. Mary's Cardinals.

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 > MEAL IDEA

### Tropical Green Smoothie

Prep time: 5 minutes

Servings: 2 (8 fluid ounces each)

1 cup fresh baby spinach or baby kale  
 3/4 cup 2% Milk

1 ripe banana  
 2/3 cup fresh or frozen diced pineapple  
 1 lime, zest only  
 1 lime, cut into wedges

1 1 tablespoon virgin coconut oil  
 3/4 teaspoon pure vanilla extract  
 1 pinch ground cinnamon  
 3/4 cup ice (optional)  
 In blender, blend

spinach, milk, banana, pineapple, lime zest, juice of one lime wedge, coconut oil, vanilla extract, cinnamon and ice, if desired, until smooth. If refrigerating prior to serving, omit ice.

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# Scott, Pilat honoured by Sport Manitoba

## Staff

As the Sport Manitoba Coaching Awards were cancelled to reduce the public health risks associated with COVID-19, Sport Manitoba recognized and celebrated the deserving finalists and award winners on its website and social media channels (Facebook Twitter and Instagram).

Clandeboyne speed skater Alexa Scott was selected as the Sport Manitoba Performance Female Junior Athlete of the Year. Scott had a phenomenal season in 2019. She won gold in the 500, 1000, 1500, and 3000-metre races at the Canadian Junior Championships and she was also a star for Team Manitoba at the 2019 Canada Winter Games, winning three more

gold medals in Red Deer and setting two Canada Games records. The 18-year-old also skated personal bests in three separate distances throughout the season.

Selkirk's Sarah Ekosky was also a nominee for the award. She won a bronze medal for Team Manitoba in Red Deer. She also won five gold medals throughout her 2019 season, including a provincial championship, an under-16 national championship, and she also won an under-16 international event in Edmonton. Ekosky was also selected to compete at the under-18 Elite 8 Nationals event in January, where she won a gold medal in the under-57 kilogram category.

West St. Paul's Tanya Pilat (figure

skating) won the Konica Minolta Dr. Jack Hunt Memorial Award - Learn to Train.

The other award winners were:

**Vince Leah Memorial Award -**

**Fundamentals**

Krystle McDougall - Boxing - Winnipeg

**Janet Arnott Memorial Award -**

**Train to Train**

Garth Goodbrandson - Golf - Winnipeg

**Peter Williamson Memorial Award**

**- Train to Compete/Train to Win**

Cole Grant - Water Skiing - Winnipeg

**Global News Active for Life Award**

Tracy Sterdan and Tanya Manastersky - Rhythmic Gymnastics - Winnipeg

**Peter Dick Award - School System**

Kathleen Muirhead - Rugby - Minnedosa

Sport Manitoba also honoured coaches from across the province who have coached at international events in the previous year as well as individuals who have been coaching a minimum of 25 years in Manitoba.

They also recognized the winners of the 2020 Manitoba Aboriginal Coaching Awards - Manitoba Aboriginal Female Coach of the Year, Danielle Daniels, and Manitoba Aboriginal Male Coach of the Year,

Curtis Nepinak.

"Coaches have a significant impact on building a strong foundation for our sport community, whether it's through developing the next generation of champions and leaders, or helping to grow and advance amateur sport programs across the province," said Jeff Hnatiuk, President and CEO of Sport Manitoba, in a media release.

"It's our honour to recognize and celebrate Manitoba's deserving coaches for their incredible contributions throughout their careers."

The Manitoba Aboriginal Sports and Recreation Council also recognized their athletes and volunteers of the year:

**Manitoba Aboriginal Female**

**Athlete of the Year**

Heaven Moneyas - Multi-Sport - Lake St. Martin First Nation

**Manitoba Aboriginal Male**

**Athlete of the Year**

Conner Roulette - Hockey - Misipawistik Cree Nation

**Manitoba Aboriginal Male**

**Volunteer of the Year**

Mike Sutherland - Peguis First Nation

**Manitoba Aboriginal Female**

**Volunteer of the Year**

Emma Bear - Peguis First Nation

## SEMHL announces co-champions

### Staff

The South Eastern Manitoba Hockey League has announced that the Warren Mercs and Portage Islanders have been crowned co-champions for the 2019-20 season.

Warren was leading Portage 2-0 in their best-of-seven final series when Hockey Canada cancelled all sanctioned games and programs for the remainder of the season in response

to the COVID-19 (coronavirus) pandemic.

The Rocky Mountain Equipment Trophy will be awarded to both league finalists.

The 2019-20 playoff MVP trophy will not be awarded to one individual. Instead, the league will take this opportunity to dedicate the trophy to the many volunteers that make such a difference to the game.

## Goodbrandson named an all star



RECORD PHOTO SUBMITTED

Winnipeg Thrashers' forward Nate Goodbrandson was recently named a second-team all star in the Manitoba U18 AAA Hockey League. Goodbrandson, a St. Andrews' product, finished second on his team in points with 60 (25 goals, 35 assists) in 47 regular-season games.

## Western Hockey League cancels regular season

### Staff

Western Hockey League commissioner Ron Robison announced on March 18 the conclusion of the 2019-20 regular season.

Following a meeting with the WHL Board of Governors and consultation with medical professionals, it was determined that the remaining 54 games on the 2019-20 WHL schedule would be cancelled. The goal remains to conduct the 2020 WHL playoffs at a later date.

"The WHL takes the safety of our players, officials, staff, fans, and everyone associated with the WHL very seriously," Robison said on the WHL website.

"Given the ongoing public health developments regarding COVID-19, we deemed it necessary

to cancel the remaining games on the 2019-20 WHL regular-season schedule.

"We will continue to monitor ongoing public health developments regarding COVID-19. We will make every effort possible to conduct the 2020 WHL playoffs at a later date. We thank WHL fans and partners for your patience and understanding during these challenging times," he added.

The final standings for the 2019-20 WHL were determined by using win percentages for all clubs.

The Winnipeg Ice finished ninth out of 22 teams with a 38-24-1-0 record and 77 points. The Brandon Wheat Kings were 10th, one point back of the Ice with a 35-22-4-2 mark.



# Haywood giving powerlifting a huge lift

By Brian Bowman

There are certain athletes that have the ability to truly inspire others in their sport.

Susan Haywood is one of those rare athletes.

The 70 year old from Erinview is continuing to set records in powerlifting. She is also continuing to attract many admirers of all ages.

"When I competed in December for the nationals there was a 59 year old lady and first-time competitor and she saw me on TV when somebody did a story on me in the summer and she said, 'If (Susan) can do it at 70, I can do it,'" said Haywood from her home last week.

"So, she had her first meet at 59. That really inspired me to keep doing this because I know I inspire people. I have so many people come up to me at every meet and say 'You inspire me' and that's another reason why I do it. I know I inspire young and older people."

Haywood said powerlifting is a sport for everyone - regardless of size or athleticism.

"People that are different sizes and shapes and perhaps aren't as nimble on their feet, powerlifting is pretty good because it's a static movement and anybody can do it," she stressed. "Short, tall, small, fat whatever, you can do it as old as me or young - they start at 14 years old. It's not a sport that you're judged by your appearance and I think that's very important to young women of today. Let's say a young girl who is 15 and weighs 200 pounds and she envies her friends that are ballerinas and figure skaters and she thinks, 'Oh gosh, I wish I could be like that' and yet she goes into a gym and deadlifts 300 pounds. Hey, she's a hero. I think the attraction of the sport for me, I wouldn't say it's for the oddball, but for people that

don't fit into the categories that young women are supposed to fit into."

Haywood continues to lift the same weight as she did almost 20 years ago.

"I think to myself, 'I'm not getting any stronger but, at the same time, I actually am because medically they say every year you lose bone mass and muscle mass, etc,'" she said. "Maybe I'm not getting better but I'm maintaining. A lot of these records I break are mine...and that means I did more than in December or September."

Haywood really loves the sport. There are many motivating factors that compel her to compete in the gruelling sport of powerlifting.

"I think because it gives me joy and that's a reason to do things," Haywood said. "It keeps me motivated to go work out because I'm not a self-motivated person. I need a goal so if I have a goal of breaking a record or an upcoming meet that I could potentially win, that's my fuel, my goal, or my drive. That's what keeps me interested."

"If I give it up, then I'm just going to be a couch potato and I might become like a lot of people my age like using a walker, an oxygen (tank), and the whole nine yards."

"What keeps me interested is the fun, the joy, the sense of accomplishment and, a little bit in the back of my mind, fear if I stop then I'll fall apart and turn into a bag of mush."

Powerlifting is obviously a physical sport. But the mental game plays a huge role among athletes.

"I always say the strongest part of your body is your mind," Haywood said. "You have to tell yourself that you're going to move that weight. You can't get under that weight and say, 'Oh my God, that's heavy I can't do this.' I use visualization a lot and I visualize myself succeeding."

Earlier this month, Haywood broke



RECORD PHOTO SUBMITTED

Susan Haywood competed at the 2020 nationals in Winnipeg earlier this month.

three national records at the Canadian Powerlifting Union's 2020 national championships held at the Victoria Inn and Conference Centre.

There were 435 athletes from across Canada - including a record 39 Manitobans - that converged on Winnipeg throughout the week and tested their strength in two categories of competition.

Lifters could do a bench press only, or a combination of bench press/squat/deadlift, while competing in age- and weight-related categories.

Haywood had another good showing at nationals despite battling a nagging injury.

"I had hurt my knee a couple of weeks prior so I was supposed to open with 90 (kilograms) which would have been a record but I opened lighter because of my knee and I ended up getting 73, which was a record anyway," Haywood explained, noting she qualified for nationals back in December.

"But I wanted to blow it out of the water with 90. I got 73 squat, 67 bench, and 90 k deadlift, so I was pretty happy with that. I had three Canadian records and, of course a gold medal,

because I was the only one (in the 70-plus age division)."

Hosting the nationals in Winnipeg was a rare treat for Haywood and her fellow Manitoba powerlifters.

"It was wonderful because a lot of times I have to travel but it was amazing being on my home turf," Haywood said.

The powerlifting community is a very supportive one. Athletes from across the country have bonded and made lasting friendships over the years.

"You don't see each other very often, but when you do it's like old friends," Haywood said. "That's a wonderful part of our social life. Meeting these people from across the country and we all have the same goals. It's nice to talk to people with the same goals and interests and they don't think, 'Are you ever weird doing this' and like my family, 'Why are you doing this and how long are you going to do this.'"

"It's the same questions over and over," she laughed. "And I always think to myself, 'Why am I doing this?' And it's because I can."

## Spence selected as Keystone Junior Hockey League MVP

Staff

The Keystone Junior Hockey League's Board of Governors announced that the league's Most Valuable Player for the 2019-20 season is Peguis Juniors' forward Tyrome Spence.

The Most Valuable Player award is bestowed upon an individual determined to be the most valuable to his team during the regular season.

Spence was a key player in the success of the Juniors. Leading the league in scoring this past season, Spence

scored a whopping 74 goals and added 47 assists in just 25 games. His 4.8 points per game helped the Juniors wrap up third place in the regular season.

Spence also led his team with 10 power-play goals and six shorthanded markers.

The winner of the 2019-20 Top Defenceman Award was Tyler McKay of the Norway House North Stars. McKay led Norway House in scoring during the regular season, tallying 14 goals and 16 assists for 30 points in

just 18 games.

His 1.7 points per game from the back end was outstanding as he also chipped in with five power-play goals and five power-play assists.

The NCN Flames' Braedin Melstad was named the league's top goaltender. Melstad was one of the driving forces in NCN wrapping up first place during the regular season.

In 18 games, he posted a 12-6 record and had a league-leading .860 save percentage.

Peguis' Drey Flett was one of three

nominees for the top goaltender award.

Meanwhile, the KJHL's Most Sportsmanlike Player was OCN Storm forward Bryson Werbicki-Mallett.

He scored 41 goals and collected 89 points in 25 games.

At press time, the KJHL's Top Rookie winner had not been announced. The three nominees were OCN's Dion Fontaine, the Cross Lake Islanders' Wilfred McLeod, and NCN's Henry Muchikekwanape.



# Classifieds

The Selkirk Record

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## AUCTIONS

Ward's & Bud Haynes Spring Firearms Auction Saturday Apr. 18th at 10 a.m. 11802-145 Street NW, Edmonton, AB. Hundreds of lots, online bidding, antique & modern firearms, [www.WardsAuctions.com](http://www.WardsAuctions.com). To consign call Brad Ward 780-940-8378, Linda Baggeley 403-597-1095.

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## MISCELLANEOUS

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## MISCELLANEOUS

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

## UPCOMING EVENTS

Grand Marais Rec Assoc., 90 Matilda Ave. Town Meeting, everyone is welcome, Wednesday, April 15th at 7 p.m. to discuss the future of the Grand Marais Rec Centre.

## UPCOMING EVENTS

Grand Marais Rec Assoc., 90 Matilda Ave. Elections/AGM April 16th, 2020 at 7:30 p.m. Positions to be voted on: President, Vice President, Treasurer, each position is a 2 year term, all are volunteer positions. \*valid 2020 memberships are required to vote.

## JEWELRY REPAIR

Jewelry Arts Studio, 365 - A Eveline St. Selkirk, call or text 204-345-9451. Jewelry/watch repairs, goldsmith on site. Necklace/chain repair \$14.97 +, stone setting and ring sizing \$40 +, watch repairs and watch batteries \$12. Pearl restringing, appraisals.

## PERSONAL

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## McSherry Auction Service

Our Spring Gun Sale is TEMPORARILY POSTPONED to a suggested date of Saturday May 2nd @ 9:30 AM. Please check back 2 weeks prior to ensure date is a Go! We will comply with all public health safety recommendations! We will still be accepting consignments daily! We are still booking auctions. If you are needing items moved out, we offer buy outs and storage! Please check our website for up to date info on sales! (204) 467-1858 or (204) 886-7027 12 Patterson Dr., Stonewall, MB [www.mcsherryauction.com](http://www.mcsherryauction.com)

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**RM OF ALEXANDER**  
**EMPLOYMENT OPPORTUNITY**  
**Seasonal Position - Public Works**

The Rural Municipality of Alexander is accepting applications for one seasonal position with the Public Works Department This position is for roadside grass mowing and other maintenance duties throughout the municipality.

**Responsibilities:**

- Operation and maintenance of tractors and mowers
- Safe mowing of roadside grass
- Identifying and reporting any problem areas
- Perform other duties as assigned

**Requirements:**

- Valid Class 5 License
- Experience operating tractors and large rotary mowers
- Mechanically minded
- Able to work independently and with little supervision
- Willing to learn and take advice
- Team player

Please submit a letter of application and resume to:  
Jason Green, Public Works Manager  
R.M. of Alexander  
1 Bouvier Trail, PO Box 100, St. Georges MB R0E 1V0

**Applications will be accepted until 3:00 pm, April 9, 2020.**

*We thank all candidates for their interest, however, only those considered for an interview will be contacted.*

**RM OF ALEXANDER**  
**SUMMER EMPLOYMENT OPPORTUNITY**

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

**GREEN TEAM STUDENT WORKERS**

For the period of June 1 to August 31, 2020

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 2020. Please submit a letter of application and resume to:

Jason Green, Public Works Manager  
R.M. of Alexander  
1 Bouvier Trail  
PO Box 100, St. Georges MB R0E 1V0

Application deadline: April 15, 2020, 4 p.m.

*Thank you to all candidates for your interest, however, only those individuals considered for an interview will be contacted.*

**TEMPORARY CARRIERS WANTED to deliver**

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## RELIGION

Let us be thankful for the institution of the Christian Sabbath. It is a thing wherein God has shown His mercy to us and His care for our souls. He shows that He, by His infinite wisdom, is contriving for our good as Christ teaches us that the Sabbath was made for man. It was made for the profit and comfort of our souls. Jonathan Edwards. Feel free to check out our website or contact us for further information. [www.clda.ca](http://www.clda.ca)

## HEALTH

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

## ANNOUNCEMENT

### CARD OF THANKS

We, the family of the late Andrew Bosko, wish to express our deep appreciation to those who have offered kindness, support and messages of sympathy and comfort in our bereavement. We especially would like to thank Dr. Dueck, Dr. Lindenschmidt, Selkirk Home Care, Fr. Chorney, Erin at Gilbert Funeral Home, and especially all the staff at the Red River Personal Care Home. Thank you all for love and kindness during this difficult time

-Julia Bosko and family

## ANNOUNCEMENT

### IN MEMORIAM



In loving memory of  
James Berry

December 21, 1929 - March 25, 2017

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

-Forever remembered and sadly missed  
by Shirley and children,  
grandchildren and great-grandchildren

## ANNOUNCEMENT

### IN MEMORIAM



Kimberly Ward-Merkel

July 14, 1956 - March 28, 2018

Sadly missed along life's way,  
Quietly remembered every day...

No longer in our life to share,  
but in our hearts, you're always there.

-Love you forever,  
Tony, Erin and Connor

## ANNOUNCEMENT

### IN MEMORIAM



Walter Skrupski

June 18, 1929 - March 25, 2017

In loving memory of  
a dear husband and father  
who is forever in our hearts

## ANNOUNCEMENT

### IN MEMORIAM



Sandy Field  
March 28, 2016

Memories are precious possessions,  
That time can never destroy;  
For it is in happy remembrance,  
That the heart finds its greatest joy.

-Lovingly remembered  
Tanis, Kerry, Robert and family,  
Tara and Jason

## ANNOUNCEMENT

### IN MEMORIAM



In loving memory of  
Marie Whiteway

March 20, 1920 - March 26, 2019

Deep are the memories, precious they stay,  
No passing of time can take them away.  
Quietly today your memory we treasure,  
Missing you always, forgetting you never.

-Love your children, grandchildren  
and great-grandchildren  
Bill and Lorraine, Steve, Mel and Tianna,  
Sean and Tanya, Malia, Liam and Gracie

## The 52nd Annual Lundar Bull Sale has been CANCELLED due to the Covid-19 Pandemic

The catalogue's have been mailed out and the Bulls and Heifers in it are still for sale. Please contact one of the consignor's if you want to make a deal privately. With the mandatory guidelines that have been put in place there was no other option. **Good luck Bull buying and see you at next years Sale.**

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## RURAL MUNICIPALITY OF ST. ANDREWS

### PUBLIC NOTICE: RESPONSE TO COVID-19

The R.M. of St. Andrews' top priority is to protect the health, safety and security of our citizens and staff. We are taking all necessary precautions so that the essential services you depend on continue.

**Municipal Offices are closed to the public.** At this time the Municipal Administration and Public Works Offices are closed to the public – however, we are continuing to operate as normally as possible. Staff can be reached via telephone at 204-738-2264 and email at [info@rmofstandrews.com](mailto:info@rmofstandrews.com).

**Up-to-date information is available on our website.** We've established a dedicated web page with up-to-date information about the R.M.'s response to COVID-19 including current services, closures and changes that may affect you. Visit: <http://www.rmofstandrews.com/p/covid-19>

**All residents are urged to sign up for the CONNECT communication system to stay informed.** We will continue to communicate important updates to citizens as the situation with COVID-19 evolves. The best way to receive important information is to **register for CONNECT**, the communication system we use to alert you to the latest news and emergency updates. This new system can text, call or email you with updates. To sign up visit: [www.rmofstandrews.com/p/register-with-us](http://www.rmofstandrews.com/p/register-with-us).

**We want to communicate in the ways that best work for you. If you don't have internet access, please still register with CONNECT so we can phone you with important information. Please call the R.M. Office at 204-738-2264 for assistance with registration.**

It's during challenging times like this that we must pull together as a community and help one another. We thank everyone for their patience during this crisis. It's a challenge we are all facing together and we will get through it by supporting and helping one another and ensuring that necessary safety precautions are taken.

Mayor & Council  
RM of St. Andrews  
[www.rmofstandrews.com](http://www.rmofstandrews.com)

## PUBLIC NOTICE

### Change in Meeting Dates April 2020

April 14, 2020 Regular Meeting is rescheduled to April 7, 2020 commencing at 9:30 a.m. and April 28, 2020 Regular Meeting is rescheduled to April 21, 2020 commencing at 2:00 p.m. with Planning Hearings to begin at 6:00 p.m.

Resolution No. 2020-046

Colleen Sailor, CMMMA  
Acting Chief Administrative Officer

1043 Kittson Road  
Box 2 Group 35 RR1  
East Selkirk, Manitoba R0E 0M0  
Telephone: Selkirk 482-3300  
Winnipeg: 474-2642  
Toll Free: 1-888-797-8425  
Fax: 1-204-482-3098  
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# Classifieds Announcements *The Selkirk Record*

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## OBITUARY

### Alvin Pritchard

Peacefully with family by his side on Tuesday, March 17, 2020 at the Selkirk Regional Health Centre, Alvin Pritchard aged 60 years, beloved husband of Darlene Makarchuk and father of Kennith, passed away.

In keeping with his wishes cremation has taken place and a private family service will be held at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Beatrice Jean Campbell June 24, 1931– March 13, 2020

With much sadness, we announce that our beloved mother and grandma, B. Jean Campbell passed away on Friday, March 13, 2020 in Betel Care Home at the age of 88 years young.

Jean is predeceased by her parents Moly and Jack; husband Ron and daughter Susan in 2020.

Jean is survived by her children Jill and Philip; foster sons Butch (Ruth) and Gerald (Linda); son-in-law Len; grandchildren Jacqui (Paul), Shayne, Lindsay, Ashley, Mike (Chrystal), Tegan, and Nolan (Michelle); great-grandchildren Ethan, Raechelle, Corrina, Bo, Kingsley and Layla, as well as her special extended family and friends at the Betel Care Home.

Friends and relatives are invited to read Jean's life-story, share in a photo-tribute, memories, and condolences for the family by visiting her tribute page at [EthicalDeathCare.com](http://EthicalDeathCare.com).

In Accordance with Jean's wishes, no formal services will be held. A private lunch will be held at a later date.

## OBITUARY

### Frank Wiebe

Suddenly, on Thursday, March 19, 2020 at his residence in Selkirk, Mb, Frank Wiebe, aged 69 years, beloved husband of Cathy, passed away.

Cremation has taken place and a celebration of Frank's life will be held at a later date. More details will follow.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Eugene Harvey Gunning

It is with heavy hearts and sadness that we announce the passing of Eugene Gunning on March 18, 2020 at the age of 72.

Eugene will be lovingly remembered by his daughter-in-law Roberta Gunning and son Timothy Gunning; brothers Allan (Doris), Ed (Diana), and Wayne (Yvonne); sisters-in-law Stefanie (Paul), Joyce (Lawrence), Gloria (Bob) and numerous nieces and nephews.

Eugene was predeceased by his loving wife Frances, devoted son Keith, and his parents Nellie and Albert.

Born and raised in Thalberg, Mb Gene married his childhood sweetheart and settled in Lockport, Mb to raise his family. There he built a shop and started his career as a gunsmith. Gene's Gunsmithing became a staple in the hunting and conservation community in Manitoba.



During his retirement Gene enjoyed puttering around the shop. In recent years he enjoyed drinking coffee in the house and visiting with friends that popped in. There was always someone calling or stopping by with a gunsmithing question and he always enjoyed sharing his advice and knowledge.

Cremation has taken place and a celebration of Gene's life will take place at a later date. Details to follow.

Honorary pallbearers are Eric Shafer, Johnny Morgoch, Ray Colbert, Kelly Colbert, Wayne Single, and Jim Kodak.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### John Stolar

On January 26, 2020, at Betel Home in Selkirk, John Stolar, aged 90 years, peacefully passed with his beloved wife Ella and family at his bedside.

His celebration of life will be cancelled due to the current state of affairs.

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



Gilbart Funeral Home,  
Selkirk in care of arrangements







**Rich MOYER**







**Judy MOYER**



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# Announcements

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## OBITUARY



### Wayne McRae

After a brief illness, our beloved father, brother, uncle and friend, Wayne McRae, passed away on Tuesday, March 17, 2020.

Dad was born May 21st, 1943 in Selkirk, MB. During his life he had many jobs he loved in the transportation industry. He fondly recalled many stories from his time spent working at McGavin's Bread and Atomic Transport. The summer he worked on the barges on the McKenzie River in the Northwest Territories. Another set of stories he constantly recalled was the time he and Winston McLeod drove truck together. Their driving adventure in Chicago, IL in the 1960's was retold many times. The most important job he had was being a cab driver for Will's Taxi, where he fell in love with our mother Judith.

Upon getting married and starting a family, Dad worked at Selkirk Linen Services. Then Mom and Dad ran a small business together, the Selkirk Husky Gas Station. But the call of the road became too strong to ignore and in 1980 he started driving truck again. First as a driver for Mr. Bill Bassendowski at Arnold Bros Transport, then as an Owner/Operator of his own truck. During his 37 years of long haul driving, he spent it all at Arnold Bros Transport, where in 2013 he was acknowledged as the March Driver of the Month. He was additionally acknowledged in 2013 by the Manitoba Trucking Association with a 2013 MTA-Custom Truck Sales Inc./Kenworth Truck Company Industry Excellence Award. Being a long haul driver, Dad didn't have many hobbies, but he loved his sports. Always watching the Jets and Bombers. Right down to his last days in the hospital.

He was predeceased by his wife Judith (2011) and parents Victoria and Borden. He is survived by his loving children Jo-Ann and Trevor; his sisters Beverly and Dianne (Bill); sisters-in-law Brenda and Linda and their families. Dad also had a special place in his heart for Jennifer and her parents Gerry and Erika. We also want to acknowledge Dad's childhood best friend, Lionel Clemons, for his constant visits and support to Dad during his illness. Dad and Lionel had many years of stories to talk about when they got together. We also want to thank Myrna and Larry Lattanzi for all of their help, love, support and TV rentals (for those Jets games).

Our Dad's great memories and stories will be in our hearts forever.

The family wishes to thank Dr. Zoppa for his kind and compassionate care of Dad over the years. To all the nurses and health care aides for their kind and compassionate care during his multiple hospital stays. Also to the Home Care team of nurses and health care aides that have worked with Dad since 2018. Their awesome care of Dad allowed him to stay at home longer.

At Wayne's request cremation has taken place and a private ceremony will take place at a later date. In lieu of flowers, please make donations to Palliative Care, PO Box 5000, 120 Easton Drive, Selkirk, MB, R1A 2M2.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



### Darwin Gene Hnatiuk

We sadly announce the sudden but peaceful passing of Darwin at the Selkirk Regional Health Centre on Wednesday, March 18, 2020.

Darwin will be lovingly remembered by his wife, Georgialee (Toots); his daughter Holly (Lonnies) and son Nick. Darwin leaves behind his cherished grandchildren Tyler, Natalia, Trenton, Natasha and Nicholas. He is survived by his sisters Wilma, Hazel, Dawn (Doug) and Heather (John). He is also survived by his mother-in-law Clara and her partner Bill, sister-in-law Gloria (Roger) and brother-in-law Doug (Betty), as well as numerous nieces and nephews. Darwin was predeceased by his parents Nick and Myrtle; sisters Valerie, Brenda, Yvonne, Marilyn, Rhonda; his only brother Nick; his sister-in-law Merle and his father-in-law Ralph.

Darwin was born on September 17, 1954 and was part of a family of 11. He grew up in Lockport, MB and worked at various jobs from a young age. He met the love of his life, Toots, and they married on November 15, 1975. Together they raised their family in Selkirk, MB. He began working at Abex (Amsco) at the age of 19 and continued there for 41 years before retiring at the age of 60.

Darwin was a hardworking man, a devoted husband, a loving father and a doting grandfather. He enjoyed the simple things in life and the coffee pot was always full. He made you feel welcome and usually had a joke or two to tell. He enjoyed playing bingo and cribbage and was an avid Jets fan. He often coached them to victory right from his living room! Darwin took pleasure in listening to country music and was a faithful listener to the "Friends on Friday" radio show. If you were lucky, he'd send a song request for your birthday or anniversary.

Even after dealing with complications from diabetes and more recently a cancer diagnosis, he never gave up. Darwin was a fighter. He had such a positive outlook on life and always looked for the best in people. His family was his pride and joy and he will be deeply missed by all who had the pleasure of knowing him.

The family would like to thank the doctors and nurses at the Selkirk Regional Health Centre for their care and compassion during Darwin's short but comfortable stay. Also, a special thanks to "Sheila".

Cremation has taken place and a celebration of his life will take place at a later date.

"Until we meet again"

Interlake Cremation & Memorial Services  
in care of arrangements.



## OBITUARY



### June Gilbart (nee Pruden)

June 26, 1929 - March 18, 2020  
June spent her last days as she always lived: loving life, surrounded by family and friends, sharing stories, wonderful memories and much laughter.

June was the eldest child of the late Emma and Edgar Pruden. She spent her childhood on Wavey Creek where she, her siblings, cousins and pals walked the 2 1/2 miles to school in Clandeboye each day. One fine day at a church picnic in

Winnipeg Beach, Roy and June's families just happened to sit next to each other, "and the rest," as they say, "is history." Upon completion of high school in Clandeboye, June moved in with her cousins, the Bradys, to attend Hairdressing School.

June and Roy married in 1951 at St. George's Church, Wakefield. Together they raised their three children in Selkirk, and worked together at the Gilbart Funeral Home that Roy's father had started in 1935. June was a devoted member of the Selkirk United Church where she managed the memorial fund for more than two decades. June was also a charter member of Selkirk P.E.O., Chapter P and was a founding member of the Selkirk Duplicate Bridge Club. June and Roy really enjoyed playing bridge with their friends and at the club; in fact, at 90, she and Roy are the reigning champs.

The door was always open at June's house. People of all ages enjoyed the pool, backyard barbecues, parade day, and the river view. June and Roy had a very close family who always looked forward to Sunday dinner at Nan's. She made the best roast beef and popovers! June had a wonderful circle of friends who loved good stories and great laughs. They developed lifelong bonds and shared close friendships, which have continued to the next generations.

A few years ago, June and Roy moved into condo life, leaving their beloved Eveline Street house with Wes and Leanne, where the family traditions continue. They loved their new home and felt fortunate making frequent visits back to their beloved backyard.

Hawaii held a special spot in June's heart. She treasured its beauty, culture, warm winds and "Dr. Pacific Ocean," which she felt cured all ills. She enjoyed her days on the beach and cherished the many friendships she made there. She welcomed each grandchild to the island to experience the aloha spirit when they turned 15, which created many fond memories for a lifetime.

June leaves surviving her husband Roy of 68 years, her daughter Jane Massey (Bob); sons Wes (Leanne), and Geoff (Cheryl); seven grandchildren, Andrea (Phil), Jamie (Ashley), Kurtis (Ashley), David (Cindy), Kayla (Adam), Deanna (Ray), Graham (Alisha); and eight great-grandchildren, Vivienne and Elysia; Skylar, Locklyn and Berklee; and Grayson, Everleigh and Vayda. June will also be missed by her brothers Glen (Alice), Norman (Pat), and Dale (Carol); and her brother-in-law, Don (Del); and many nieces, nephews, relatives and friends. In addition to her parents, June was predeceased by her brothers Billy and Ronnie, and sisters Betty and Lynn.

A Celebration of Life service will be held once public health conditions will allow. Friends were able to pay their respects and visit with family on Saturday, March 21, at the Gilbart Funeral Home, Selkirk. Due to the coronavirus and in an attempt to space visitations, please phone the funeral home for a scheduled viewing time (204-482-3271).

June's warm personality, gracious nature and friendly smile will be missed by her family and friends. Rest in peace dear wife, mom and Nan.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



### Stanford Wilfred Morrisseau

April 22, 1953 - March 19, 2020

It is with heavy hearts that we announce the peaceful passing of Stanford Wilfred Morrisseau. He slipped away at the Selkirk Regional Health Centre.

Forever missing him is his beloved mother Lillian Morrisseau; sons Clinton (Isobel) and Orry; daughter Holly and daughter-in-law Sandra. Also left to mourn are his grandchildren Lil Les, Kaden, Cally-Rae, Nicole, Mercedes, Sheena, Bryton, Hayden, Nevaeh, Oakland, Brielle, Lil Orry, Mia, Lexi and Karter; brothers and sisters Darlene (Jarvis), Gloria (Lorne), Yvonne (Monty), Velma (Chuck), Maureen and Leslie (Kerry); nieces and nephews, in-laws, aunts, uncles and cousins too numerous to mention.

Stanford is predeceased by his father Stanford; son Justin; brother Herman; brother-in-law Big Joe; his auntie Helen; uncles Stanley Arthurson, Franklin Arthurson and Leslie Arthurson; aunts Mary Arthurson and Mildred Arthurson; maternal grandparents Arthur and Susan Arthurson; paternal grandparents Madeline and Joseph Morrisseau and auntie Mary Arthurson.

Stanford was born in Winnipeg on April 22, 1953 and grew up at Matheson Island until the family moved to Selkirk in 1969.

Junior was a hardworking man who made his living as a heavy equipment operator. He loved to live life on the road and take care of his family and friends. He also enjoyed spending time with his extended family, the Hourie's. He will be sadly missed.

A Celebration of Life Service will be held once public health conditions will allow. Friends may pay their respects and visit with family on Wednesday, March 25 at the Gilbart Funeral Home. Due to the coronavirus and in an attempt to space visitations, please call Clinton for a scheduled viewing time 204-785-3235.

After the viewing, a service and interment will be held at 2:00 p.m. at St. Clements Cemetery.

The family would also like to thank the nurses and doctors at the Selkirk Regional Health Centre for their kind and compassionate care.

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

Gilbart Funeral Home, Selkirk in care of arrangements.





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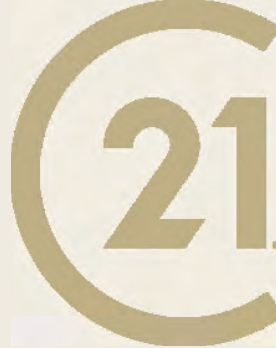


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