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VOLUME 14 EDITION 14

THURSDAY, APRIL 6, 2023

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Red River North Tourism hosts AGM and mini expo in Selkirk

RRNT reveals another year packed with fun events sure to draw people from near and far

By Katelyn Boulanger

Red River North Tourism (RRNT) hosted its annual general meeting last week at the Canalta Hotel in Selkirk. On the agenda was confirming minutes and electing members in addition to Selkirk CAO Duane Nicol speaking about the city's regional tourism strategy and a mini expo which allowed many local businesses to come together.

Lois Wales, president of RRNT, introduced members of the board of directors and local municipal partners to start off the evening.

"I would like to thank our exhibi-

tors. This is the first time we've had this opportunity to profile some of our members in this way and we will consider expanding the presentation like this in the future," she said.

Nicol then came to the stage to talk about the policies that the city has put in place and how those policies contribute to tourism in the area. He's also the chair of the Marine Museum of Manitoba and so he has a unique insight into tourism in our region.

"Something feels different. There's momentum, and there's energy. It's

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Duane Nicol speaking at the RRNT AGM.

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> RED RIVER NORTH TOURISM AGM, FROM PG. 3

not what we're doing at the city per se, not what the municipal governments are doing. It's all of the residents. It's all of the volunteers. It's all of the businesses and organizations, there's a momentum that's building based off of the passion and energy that people have put into the work that they do," he said.

Nicol explained that everything that they've been doing in the city starts with their strategic plan and the goal to create a city that residents are proud to live in and a place that our region's kids can be proud to be from.

He spoke about the city's efforts to rebrand a few years ago. The city's brand includes the line 'Where it all comes together' which demonstrates the city's goal of becoming a regional hub.

"Selkirk itself brings in 2000 to 3000 people every day to come to work. It's a city of 10,000. We bring in 2000 to 3000 people every day to come to work. Every one of those people are coming, mostly from our region, from St. Andrews, St. Clements, from Winnipeg we get some, and a little beyond that. These are folks who we have an opportunity to talk to, to help them whether they're going to become customers of our services or products, or they're going to tell

people [about us]. One of the things we know about from the Marine Museum is the number one way that people find out about our museum is word of mouth," said Nicol.

He said that one of the big questions they have is how to get these ambassadors to help to spread the message about our area to friends and family.

Nicol then went on to discuss how the city has been creating positivity to let people know about some of the things going on in the city. An example of this is utilizing the fact that people value environmental stewardship and that this is something that doesn't necessarily draw people to our region but when they find out about it, makes them feel good about coming back and supporting our community.

For example, Selkirk's wastewater treatment plant.

"I would go so far as to say that we have the greenest wastewater and water utility in all of Manitoba. We're in the process and final stages of completely decarbonizing our water treatment plant. This facility does not use fossil fuels for heating, the water that comes out of the back end of this plant is clean enough to drink and we

Continued on page 5



RECORD PHOTOS BY KATELYN BOULANGER

Local business owners and groups came together to create a mini expo event before the AGM.

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> RRNT AGM, FROM PG. 4

tested it. It's cleaner than the water in the Red. So, literally, in the City of Selkirk, we're making the Red River cleaner every time you flush your toilet," he said.

This is a positive story that might be something that fishers hear about and, wanting clean rivers for recreation, encourage them come to our region because they know that Selkirk takes environmental stewardship seriously.

Another example of this that Nicol spoke about is the Selkirk Recreation Complex, which it might even surprise regular hockey fans to know, has many solar panels on the roof and was made as a geothermal plant before geothermal was cool.

"It's not the reason why they're coming out. But it can sure make them feel good for coming here to do their recreation," said Nicol.

He also discussed the importance of signage when the city completes projects as he feels that is the best way to let people know what has happened.

He then went on to talk about using visitor statistics in order to find out how people are using the city and prioritizing investments.

An example of this is that the COVID pandemic saw a large increase in people using Selkirk's walking trails and that doesn't seem to have slowed down.

"It's a huge draw. We have walking groups in Winnipeg that come out and use our trails," said Nicol.

This has also prompted work in the city's downtown and west end as those areas of the city are being used by residents and non-residents alike with great frequency.

An interesting statistic that Nicol noted was that more people from St. Andrews use the Selkirk Recreation Complex than residents in Selkirk.

"We need to be thinking about working together and offering resources and opportunities that cross

these artificial municipal boundaries. How do we work together? How do we have regional tourism? How do we have regional recreation because that will enhance the tourism offerings that we have," he said.

Nicol finished by answering some questions from the crowd including one about the West End Park that the city is planning and that they currently have a survey about on their website that they are asking residents and non-residents of Selkirk to fill out.

Wales then took the stage again to update residents on RRNT.

She was cautiously optimistic while also being realistic about tourism in the area saying that RRNT had a busy 2022.

"It's important to know how we fit into the bigger picture, the latest information from Destination Canada and other national tourism agencies. In the case while pandemic recovery is underway, we are not out of the woods yet," she said.

"When we see substantial growth in our program participation here locally, we really do have something to celebrate, our numbers continue to grow."

Wales reported that they have continued to see increases in their social media and website traffic.

"Promotional services to our members will remain the priority seeking new marketing and promotion avenues and partnerships," said Wales.

Some activities that residents near and far will be excited to learn about are three new murals that will be coming to the region, an April bus tour of the region's murals, the Garden and Art tour will take place again, the Red River Paddle Challenge will take place again, and they will continue to advocate for Kennedy House repairs and have outside summer tours, among other events. More information can be found on their website.

"And, of course, we

will complete the calendar year with Holiday Alley and more innovative and inspired programming addressing the challenging shoulder season," said Wales.

From there, the meeting wrapped up by electing new members to the board as well as the treasurer's report.

To learn more about RRNT check out their website at <https://www.redrivernorthtourism.com/>.



RECORD PHOTO BY KATELYN BOULANGER
Even Brittany Hiebert of the Selkirk Record joined in on the mini expo fun.

Shannon Bayluk encourages residents to know the signs of a stroke

Strokes don't just happen to older people

By Katelyn Boulanger

On July 7, 2020, Shannon Bayluk had her first stroke. Since then, she has had two more strokes and become an advocate for sharing her knowledge with the hopes that people will know the symptoms and get to a hospital quickly to get the care they need.

"Before COVID happened, I was a teleworker. I was always working at home or from our cottage in Lac du Bonnet. So when COVID hit, it was full time out at the lake because, I figured, if I'm going to be working from somewhere that's where I would like to be," said Bayluk.

She did occasionally have to go to her office and July 7 was one of those days. She'd gotten ready to go and was going to make a quick call before leaving.

"I had put my earbud in to make the phone call. And as I did so, it felt like it fell out. So, I went to go get it and nothing happened. My whole left arm was just hanging there," she said

She didn't know exactly what was happening but the thought that maybe she was having a stroke crossed her mind as well as the thought that maybe she slept on it strangely so she decided to call her neighbours for help just in case.

"They came over and we went through all of the typical, are you

having a stroke process," said Bayluk.

They went through the FAST acronym which stands for F- face droopiness, A- arm weakness, S- speech difficulty, and T -time to call 911. She didn't have facial droopiness, she could lift her arms for a short while and she was able to speak clearly.

"What I was experiencing though was numbness and tingling, all on my left side," she said.

At that point, Bayluk told her neighbours that she was probably ok and she thought she tweaked something since she was able to move her arm again, was walking, and everything seemed ok.

She decided that she was going to lie down for a bit but something was still nagging at her so she called Health Links.

"I went through what I had experienced and the nurse on the phone, she was so kind and patient and caring. She said, 'Now, I don't want you to panic.' And I said 'Well, that's automatically what's happening now.' She says, 'I want you to call your friends back. I've called an ambulance. They will be attending to your residence. Please have your medications ready'," said Bayluk.

There is a medication that helps people having strokes if it's given within the first few hours after the person

has experienced a stroke. This medication is given in the hospital. Unfortunately, because of travel time and other factors which happened that day, Bayluk was not able to get the medication quickly enough.

"Time is so important, right? If you don't realize it, and being outside of the city really impacted that. By the time I got to the hospital, [I was showing all the signs]. I had the droop, I had absolutely no movement on my left side. It got worse as I got there," she said.

The doctors confirmed she had a stroke and then set out to find out why it happened.

Eventually, they found that she had a small hole in her heart and that was likely where the clot was formed and then it travelled to her brain.

She was accepted into a rehabilitation program which helped her heal but it was a difficult time as it was during the pandemic and visitors were limited both at the rehabilitation facility and at the hospital.

"Anybody who was in the hospital during those times, my heart goes out to them," she said.

She was able to get into some at home programs and in 2022 she got

surgery to repair her heart. However, she did have two smaller strokes before the surgery took place.

Since, she has started sharing her story so that people can learn about her experience and will hopefully know the signs of a stroke and that they need to act quickly.

She has a lot of knowledge now that she didn't know before. This includes how to best test for arm weakness which she shares with the groups that she speaks to.

"You should have a person keep their arms up for a little bit more than just, 'Can you lift your arms?' Have them hold them there for a while because when they started to do that, to me at different times, my left arm would start to fall," Bayluk explained.

Some of the challenges she says people who have experienced strokes face is a great deal of paperwork which can be overwhelming especially since memory and un-

derstanding can be affected when you have a stroke in addition to physical weakness being possible. Additionally, she says that she doesn't go to doctor's appointments alone anymore, like she had to during the pandemic, because though she tried to take notes, it was difficult to read the notes and relay information afterwards.

Her advice for anyone who thinks they might be having a stroke is to call 911.

"Especially knowing the time factor can impact the ability of doctors to administer the medications," she said.

She also wants people to know that you don't have to be an older person to have a stroke.

"I know so many people who are in the under 25 category that have had strokes and who have been dismissed by doctors. 'You're too young or It's just a headache.' If you know that you're not feeling right, call [for help] and advocate for yourself if you can," said Bayluk.

There are many resources available for people who've experienced strokes, though it can be more difficult to access them when you live in a more rural place Bayluk explained. She recommends the Stroke Recovery Association of Manitoba, the March of Dimes and the Heart and Stroke Foundations as some of the resources that can help.

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Spotlight on Garry Theatre



RECORD PHOTO BY KATELYN BOULANGER

There will be no concessions for the Garry Theatre's next phase. The theatre was purchased by the City of Selkirk and since then the city has been asking residents what they would like the building to become in order to create a future plan for the building as a community space. Last week, the provincial government granted the city \$562,500 towards the Garry Theatre Renewal and Safety Upgrade Project. Pictured (left to right) Obby Khan provincial Minister of Sport, Culture and Heritage, Selkirk Mayor Larry Johannson, Selkirk MLA Alan Lagimodiere, and Selkirk Councillor Kelly Cook.



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Letters to the editor - If you wish to comment on anything you read in the newspaper, or if you wish to comment on any concern affecting Selkirk and surrounding communities, write a letter to the editor. We welcome diverse views and opinions.

Why You Should Write a Letter to the Editor

Writing a letter to the editor is one of the most efficient ways of reaching large audiences. The *Selkirk Record* has an approximate readership of 37,368 readers weekly.

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Tips for Writing a Letter to the Editor

Connect your letter to a specific article, op-ed, or topic recently covered by the newspaper.

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refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

Write from your own perspective and show how the topic relates to your local community.

If you have expertise in the topic you're writing about, let the readers know.

If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

Stick to a single point. Have more points to make? Write more letters.

Be respectful – don't attack anyone when expressing your concerns.

Letters must include your name and a telephone number where you can be reached. Please keep letters to 300 words or less.

The *Selkirk Record* reserves the right to edit letters for length, content and/or taste as well as the right to refuse publication of any letter.

We look forward to your submission: news@selkirkrecord.ca

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More than 400 community groups are building, repairing and enhancing projects big and small, thanks to funding from the new Arts, Culture and Sports in Community Fund.

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New angling regulations take effect April 1

Submitted by the Manitoba government

Manitobans and visitors will be able to enjoy year-round fishing opportunities for certain species across the province starting April 1, Natural Resources and Northern Development Minister Greg Nesbitt announced last week.

“As new regulations come into effect, anglers will be able to experience a whole new fishing adventure,” said Nesbitt. “It’s exciting to be able to catch species such as northern pike and smallmouth bass during a time that has traditionally been closed. The Manitoba government encourages everyone to explore the province’s world-class fisheries.”

Walleye fishing will be closed starting April 3 this season. The walleye fishing season opens in the Southern fishing division on May 13, except on Lake Winnipeg, which opens one week later on May 20, and in the Northwest and North Central fishing divisions, which will also open May 20. Anglers must not target species during closed times.

Some areas will be closed to all fishing this spring to protect spawning stocks including the Red River between Lockport Dam and Lake Winnipeg, Dauphin Lake and its tributaries, excluding the Vermilion Reservoir, and the Assiniboine River downstream of the Portage Diversion to Provincial Road 240.

New angling licences can be purchased online and at participating vendors starting April 1. Annual licences will be valid starting May 1 and new one-day angling licences will be valid for chosen dates. Fee changes will align with new licence types.

Anglers will now be able to carry angling licences on an electronic de-



FILE PHOTO BY BILL NEWZMAN SMYTH

Residents fishing in Selkirk.

vice or as a printed copy and must be able to show proof of licensing upon request. All anglers are required to obtain a Manitoba angling licence to fish in the province, unless exempt or fishing within a federal park.

Manitoba seniors, active military members and veterans who reside in Manitoba do not require an angling

licence to fish, but must show proof of age, residency and identification.

For more information on fishing regulations refer to the 2023 Manitoba Anglers’ Guide, available online at www.manitobafisheries.com or in stores where angling licences are sold.

For more information or to purchase an angling licence, visit: www.manitobaelicensing.ca.

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address, and phone number for confirmation purposes.



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

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

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Local dentist boosts office's sterilization system with new tech

Red River Dental has most advanced Steri Traces system in country

By Katelyn Boulanger

When you go to the dentist you're likely thinking about how much you've been flossing or whether or not you'll find you have a new cavity. Something that's very important but probably not top of mind is having completely clean dental tools.

To make sure that the equipment that they use on patients continues to meet all safety standards, Red River Dental has had a new Steri Traces system installed which they've been told is the most advanced Steri Traces system in the country.

"We've always been using sterilizers, and stuff like that obviously. And,

we monitor them," said Dr. Jamie Wozney.

He explained that after the provincial government updated its requirements for dental sterilization practices at the beginning of the year that this meant they would have to check the equipment more often and more work would be required logging the information. So, in order to continue to keep up the workflow in the dental office, they invested in new technology which records this information for them and keeps everything running quickly.

"For patient safety and our safety, we need to ensure that everything is

sterilized and just because the sterilizer is running and the cycle says it's complete doesn't necessarily mean that your items are sterile and safe. There're all kinds of checklists along the way, as far as, monitoring the temperature, the pressure, and the physical parameters of the sterilizer itself. We put in little chemical indicators that will change a specific colour, if it reaches a certain temperature [etc.]," said Wozney.

They also have indicators that monitor time, pressure and other important information so it's not just the sterilizer that's confirming that the instruments are clean but also these indicators so they can be very sure.

In order to make sure that everything is as it should be they have to keep records with all of this information tracking each sterilizer cycle and actually putting that information into patients' charts when they open the instruments.

"We can go back to say, this package was done on March 31 at 10 a.m. The biological indicator for that day was a pass. All of our chemical indicators were passed and the sterilizers said it reached all the physical parameters it that was supposed to," he said.

Only if the system has indicated that all the tests are passed can a label be printed for the package of instru-

ments.

The reason for the need for sterilization of this magnitude in a dental practice is that many different people come through to have their teeth cleaned and dental procedures like fillings and extractions done. The tools are used in patients' mouths and keeping everything clean to this magnitude stops the spread of illnesses in their tracks.

Wozney said that after doing research about which system might work best in their office, he decided to go with the Steri Traces system which is made by a Quebec company.

One of the main positives of this system is that they can have biological indicator results back much more quickly than they did before which means that they don't have to hold back equipment for as long to be able to confirm that it's safe to use.

"It's kind of the most advanced system that he's done in all of Canada right now," said Wozney.

Dr. Wozney says that the system has taken some getting used to by the staff at the dental office but it's working well.

"It's pretty cool. We've always been doing it, but now we've got more safeguards and checks plus the traceability factor," he said.



RECORD PHOTO BY KATELYN BOULANGER

Dr. Jamie Wozney with some of the Red River Dental sterilizers that are connected to the new Steri Traces system.

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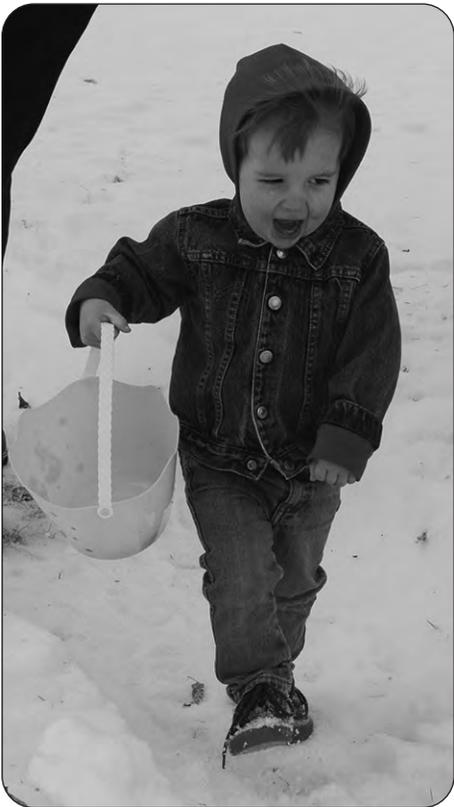


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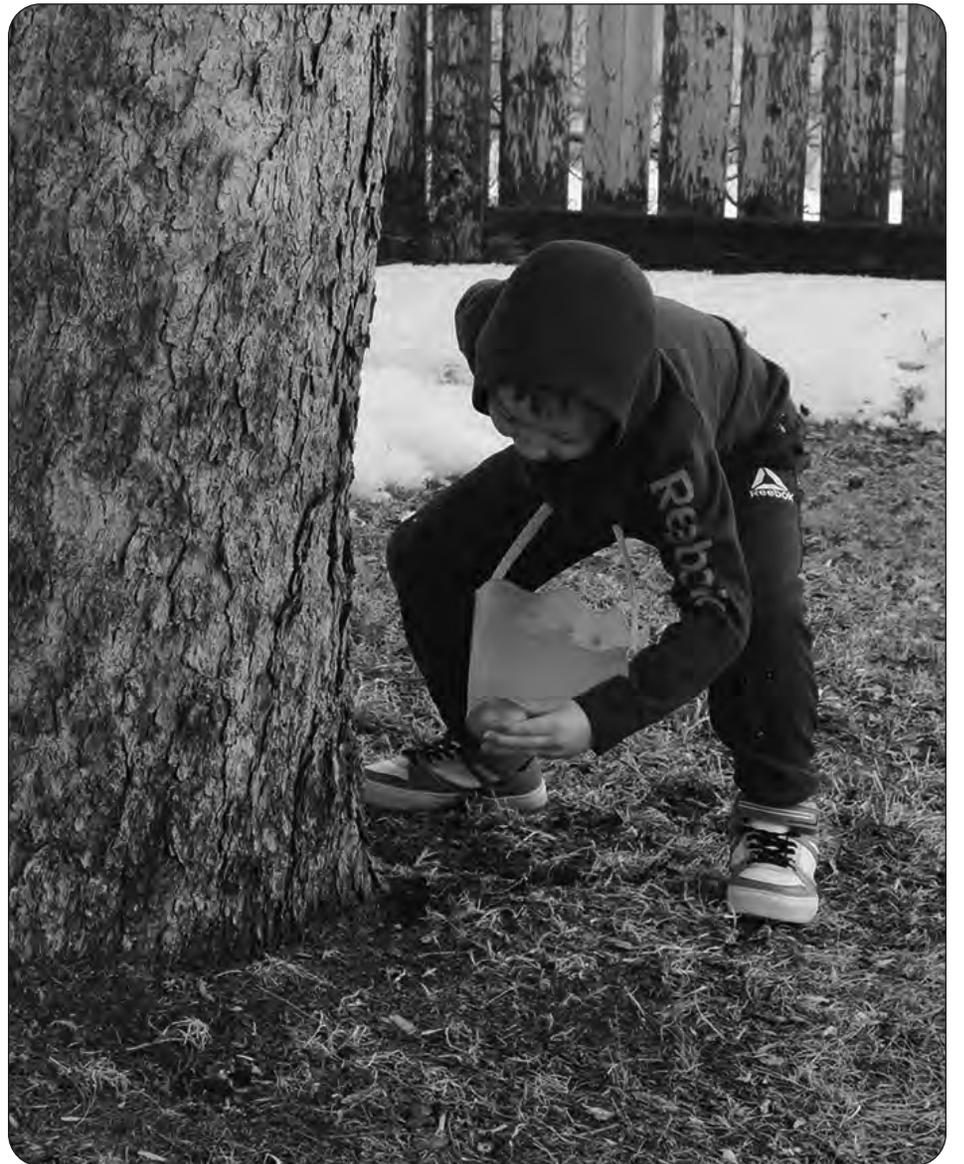
Manitoba 

On the Easter egg hunt in St. Andrews



RECORD PHOTOS BY KATELYN BOULANGER

Local kids got a little egg hunting practice in at the St. Andrews Heritage Centre last weekend. The Heritage Centre held an Easter Egg Hunt outside of the building last weekend. Learn more about the many activities hosted at the Heritage Centre at <https://www.standrewsrectory.ca/>.



RCMP help resident get to doctor's in tense situation

Judy Moyer would like to thank local RCMP

By Katelyn Boulanger

On March 27 local RCMP responded to a call of a male leaning out of the window of the Lord Selkirk Hotel with a long gun.

The local police surrounded the area blocking the streets and kept everyone in surrounding buildings inside for safety. Eventually, they made contact with the suspect and they were arrested and nobody was physically injured.

During that time, local resident Judy Moyer and her mother were safely locked down in Big Dollar. Unfortunately, Moyer's mother had a doctor's appointment that they needed to

get off to after their shopping. Understanding the situation, local RCMP were able to help out in getting the pair safely out of the area.

Moyer would like to thank the officers that made the effort to help them out in this challenging situation.

"We were in Big Dollar and when we went to the front. Of course, we couldn't leave. The RCMP had told them to lock the doors and they had the street blocked with police cars," said Moyer.

She says that her and her mother were there for about an hour and had called the hospital to let them know the situation and that they wouldn't

be able to get to the appointment when an RCMP officer came to the door to help them.

"He came to the door because my car was parked out in front. It was further away from the door. So, he came and he said he would take me to my car," said Moyer.

She wasn't sure who it was who got the message to the police about her mother needing to get to her appointment but was glad for the assistance.

"He told me to stay right behind him and he walked me to my car with his gun up. He walked me right to my car door and he stood there while I got in and backed out. He was so protective. I felt very protected," said Moyer.

She was then instructed to drive

in the opposite direction down the street and turn around the side of the building so that she could pick up her mother in the back.

From there she and her mother were safe to leave the area.

Moyer says that her mom was about a half hour late to her appointment but that everything worked out fine in the end.

She would like to thank the officers for their understanding and for making her feel very safe.

"They were wonderful with their response to the situation," she said.

City offering free training for lifeguards to alleviate shortage

Classes could be reduced

Submitted by the City of Selkirk

For the second year in a row, a lifeguard shortage is threatening to impact the operation of the Selkirk Park Pool.

In a proactive move last year, the City of Selkirk began offering in-house training for the Lifesaving Society National Lifeguard Service Award (NLS) as well as recertification for lifeguards. The same was offered this year – free of charge for qualifying applicants – but only three have taken the training and just 10 people have applied for a position at the pool. To date, there have been no qualified applicants for pool supervisor.

The city requires 18-20 lifeguards to open the pool daily from the end of June to the end of August, from 11 a.m. to 8 p.m., seven days a week.

"Through the pandemic access to pools wasn't available and people weren't taking training," said Brady Clark, the city's Director of Culture, Recreation and Green Transportation.

"Now we're backlogged. All the people we typically hire at ages 16, 17, 18, their credentials are back to what they were when they were 14."

Without enough staff, the city will have to consider reduced days and/or hours at the pool this summer. Also, swimming lessons could be reduced or cancelled if there isn't enough staff.

Communities across the country are experiencing lifeguard shortages. In Winnipeg, there are 220 lifeguards hired, leaving 80 positions unfilled and the city is offering a greatly reduced number of spots for swim lessons.

Clark says the last thing the city wants to do is reduce operating hours or make changes to programming.

"The pool is well utilized. We don't want to reduce hours, but this is a

possibility if people don't apply for these positions and the training."

You must be 16-years of age to be a lifeguard. Those with their Bronze Cross can also apply to be a lifeguard assistant.

"The assistants help us supplement, but we still need lifeguards."

If you're interested in applying for any of the following jobs, please head

to MySelkirk.ca/Employment.

- Pool Supervisor
- Head Lifeguard
- Lifeguard and Swim Instructors

If you're interested in applying for training to become certified or recertified as a lifeguard, please contact CitizenSupport at 204-785-4900 or citizensupport@cityofselkirk.com.



RECORD PHOTO SUBMITTED

Lifeguard shortage could impact pool operations.

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Pharmacare deductible rates frozen for upcoming benefit year

Submitted by the Manitoba government

The Manitoba government will freeze deductible rates for the Manitoba Pharmacare Program in 2023-24 to keep pharmacare affordable for Manitobans who need it, Health Minister Audrey Gordon announced.

"Our government recognizes the financial challenges facing many Manitobans," Gordon said. "That is why, for the third time in four years, we are waiving any increase to the rates for the 2023-24 benefit year, which begins

on April 1."

Each year, program participants are required to pay a portion of the cost of their eligible prescription drugs, which is the pharmacare deductible. It is updated every year, based on a set formula. Following this formula, the rates for 2023-24 would have increased by more than six per cent if the Manitoba government had not chosen to implement a freeze. In 2022-23, the pharmacare deductible rates increased by 1.8 per cent. In the pre-

vious two years, the Manitoba government froze the deductible rates, recognizing the financial challenges caused by the COVID-19 pandemic and related economic recovery.

The deductible is calculated based on adjusted family income, and Manitobans are reminded that a family's deductible may still change this year if their income has changed. Annual filing of taxes is recommended to ensure access to this important program.

Pharmacare is a drug benefit pro-

gram for eligible Manitobans whose income is seriously affected by high prescription drug costs. Coverage is based on total family income and the amount paid for eligible prescription drugs.

For more information about the Manitoba Pharmacare Program, visit <https://gov.mb.ca/health/pharmacare/>

Carbon tax costs average family up to \$710 this year

Submitted by Parliamentary Budget Officer

The Canadian Taxpayers Federation is calling on the federal government to scrap the carbon tax following today's Parliamentary Budget Officer report showing the carbon tax costs families hundreds of dollars more than they get back in rebates.

"The PBO is clear: the carbon tax costs families hundreds of dollars more every year than the rebates they get back," said Franco Terrazzano, Federal Director of the CTF. "The PBO shows politicians are using magic math to sell their carbon tax."

The Trudeau government claims "families are going to be better off" with its carbon tax and rebates. However, today's PBO report shows this is

incorrect.

"Most households will see a net loss, paying more in fuel charges and GST, as well as receiving lower incomes, compared to the Climate Action Incentive payments they receive and lower personal income taxes they pay," according to the PBO.

The carbon tax will cost the average household up to \$710 this year after the rebates. The table below shows the net federal carbon tax costs for the average household, according to the PBO.

Province and the Net cost (total cost - rebates) for the average household, 2023:

- Alberta - \$710

- Saskatchewan - \$410
- Manitoba - \$386
- Ontario - \$478
- Nova Scotia - \$431
- Prince Edward Island - \$465
- Newfoundland and Labrador - \$347

"It simply isn't credible to believe the feds can raise taxes, skim some off the top for administration costs and somehow make families better off," Terrazzano said. "Prime Minister Justin Trudeau should scrap the carbon tax to save families hundreds of dollars every year."

Due to the tax-on-tax, the carbon tax also increases the amount of sales tax Canadians pay.

"WE ESTIMATE THAT \$429 MILLION IN GST FROM THE FUEL CHARGE WILL BE COLLECTED IN 2023-24, RISING TO \$924 MILLION IN 2030-31,"

"We estimate that \$429 million in GST from the fuel charge will be collected in 2023-24, rising to \$924 million in 2030-31," according to the PBO.

BASF Canada Agricultural Solutions to invest \$75,000 to help grow Prairie communities

Nominations being accepted for three prizes of \$25,000 from April 3-30

Submitted by BASF

Three growers across the Prairies will have a chance to win big for their hometowns this spring with the launch of Growing Home with BASF. From April 3-30, individuals in Alberta, Saskatchewan and Manitoba can nominate organizations that help grow their communities to win one of the \$25,000 prizes.

This year, BASF Canada Agricultural Solutions is launching a new community investment program, offering rural farming communities a chance to share what matters most to them. Community members will have the chance to rally around and raise support for their local organizations.

"Farming is the biggest job on Earth and wouldn't be possible without the inspiring community support seen throughout the agriculture industry," says Nicole McAuley, Head of Communications and Public Affairs for BASF Canada Agricultural Solutions. "We are thrilled to have the opportunity to recognize and contribute to the essential institutions that connect and strengthen farming communities across the

prairies."

Growers and their rural communities are the heartbeat of Western Canada and BASF is proud to support those communities. Participants are encouraged to nominate local organizations and initiatives on which their communities rely, from recreation centres to playgrounds, and volunteer emergency services to food pantries.

Nominations will be judged based on criteria including alignment to Canadian agriculture and alignment to BASF's values—building safe and healthy communities; diversity, equity and inclusion; and developing future leaders in agriculture.

Following the nomination period, 15 finalists—five from each province—will be selected and announced for public voting to select one winning organization in each province. Voting will be available throughout Canada, with the three winners to be announced in June.

To learn more about Growing Home with BASF and for full terms and conditions, please visit agsolutions.ca/growinghome.

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Learn to walk alongside and support patients and residents in hospitals and personal care homes with hope, care, respect and compassion through our Spirit of Caring Course being offered virtually this spring.

Registration deadline: Friday, April 14

Course commences: Wednesday, April 19 and runs on Wednesdays to June 14, 1:00 to 3:30 p.m.

For more information or to register, please call or email: Ferdinand Funk, Regional Spiritual Health Care Coordinator 204-461-3414, ffunk@ierha.ca



Wagon rides coming to Stony Mountain this spring in memory of Laurel

By Autumn Fehr

A new horse-bound activity is coming soon to Stony Mountain.

As springtime comes and the snow starts melting away, horses' hooves will fill the dirt roads as wagon rides become available for residents.

Stephanie and Darrel Vincent, a couple who recently acquired a team of 5-year-old shires from an old friend, will conduct the rides personally.

"I love driving my team of horses, and anytime someone passes by the team, they have a big smile on their face, so we thought, why not bring that joy to people's lives and offer a unique day out," said Stephanie Vincent.

When their good friend Laurel Blais passed away in October 2022, the Vincents took over the trained team of horses – 5-year-old shires Willie and Willow.

"He was very well known and loved in his community of St. Laurent and always brought joy to people while

driving his horses, so we hope to bring the same joy to Stony Mountain and surrounding areas," said Stephanie Vincent.

They will run the rides via the dirt roads from their farm and offering to go into town too.

"HE WAS VERY WELL KNOWN AND LOVED IN HIS COMMUNITY OF ST. LAURENT AND ALWAYS BROUGHT JOY TO PEOPLE."

If you're looking to go on a date with that special someone or even a double date with your friend, a ride on the beautiful white wagon is the way to go. The wagon rides are also great for family outings, as they can hold up to eight people.

For an hour ride for two people, it is \$120, and for larger crowds of six to eight people, it will be \$160 for an hour.

The rides will run until the first snowfall or until the weather is no longer nice enough. The couple will also offer sleigh rides around their farm at Christmas time.

To book your wagon ride, you can contact the Vincents at 431-688-2919.



RECORD PHOTO BY LARISSA ASSELIN-CHARTRAND PHOTOGRAPHY
Laurel and Kim Blais driving the team of Willie and Willow, 5-year-old shires for Stephanie and Darrel Vincent on their wedding in September 2022.

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HearingLife Canada Opens New Clinic in Selkirk

Residents Invited to 'Love Your Ears,' Starting with a Free Hearing Test

Advertisement

Hearing is one of the five senses with which we experience life. If vision places the world in front of us, hearing puts us at its centre in a very personal way. Without it, we can lose touch with the people and experiences that mean the most to us. Sadly, hearing loss is a widespread issue that affects many Canadians. A Canadian Health Measures Survey revealed that almost half of those over 60 are currently living with untreated hearing loss, which can have a profound impact on their health and quality of life.

As Canada's leading local hearing care provider, HearingLife is encouraging all Canadians to "Love Your Ears" with the help of its new clinic in Selkirk. Serving the community with a personal approach to hearing care, the clinic offers free hearing tests, state-of-the-art diagnostic equipment, and advanced hearing aid technology. Located just north of Winnipeg, the new Selkirk location will provide even easier access to life-changing hearing care for Canadians in the area.

Residents are invited to start their hearing-care journeys today with a free, no-obligation hearing test at the new clinic. The Selkirk clinic is located at Unit 3, 1014 Manitoba Ave., MB R1A 4M2, and is open Monday through Friday, 9 a.m. to 4:00 p.m. Residents can visit hearinglife.ca to book an appointment or call 1-(888)-709-1644 (no physician referral needed).

"Waking up in the morning and listening to the birds and all the sounds nature has to offer brings me so much joy," said Amanda Lucian, a Client Service Administrator at HearingLife Selkirk. "At HearingLife, we understand the importance of staying connected to the world around us – the sounds of nature, conversations with loved ones, and all the experiences that enrich our lives. That's why we offer personalized solutions to help you hear more clearly, so you don't miss the sounds that bring you joy."

According to a recent global survey on hearing loss performed by the Audika Group, respondents who embraced the need for hearing support experienced a significant increase in their health and happiness. The survey found:

- Hearing aid wearers are three times more likely to be happier than those with untreated hearing loss.
- One in four reported better relationships, and

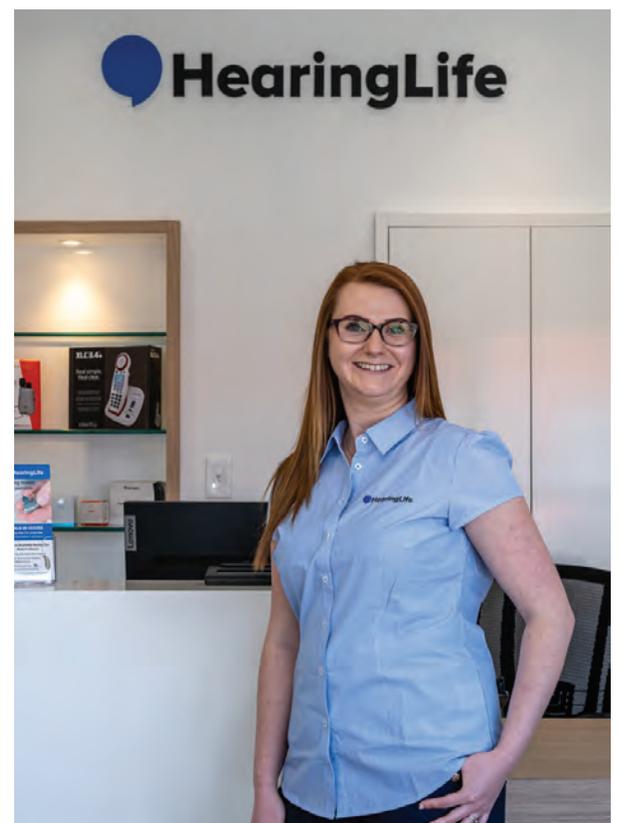
40% reported better conversations.

- A third felt more connected to their families.

HearingLife is also a proud participant in the Campaign for Better Hearing, which invites Canadians to "Test Your Ears at 60 Years" with a free hearing test.

"Taking care of our ears is an essential part of every self-care routine," said Jillian Price, HearingLife Canada's Chief Audiologist. "You can start loving your ears again today with a free hearing test at one of our clinics; we're ready to provide you with the personal care you, and your ears, deserve."

This story was provided by HearingLife Canada for commercial purposes.



Amanda Lucian, Client Service Administrator

Infrastructure open house set for April 19 at Memorial Hall

Submitted by the City of Selkirk

The City of Selkirk will present its 2023 infrastructure projects at a public open house at Memorial Hall on April 19 from 3 p.m. to 7 p.m.

Approximately 5 million will be spent on infrastructure projects that have been identified through the city's Capital Asset Management Program (CAMP) as being at the right time in their lifecycle for cost effective upgrades. The work will begin in May or June once the ground has thawed, and work will continue through to the fall.

"Hosting an open house lets residents come into a casual environment and see what the city has planned for this year," Mayor Larry Johannson.

"The 300 and 400 blocks of Sutherland Avenue are getting a full reconstruction this summer, so we want those folks to be informed about what is happening and why, but the information we'll be putting out is important for anyone who walks or drives or bikes on our city streets.

"Main Street north is also getting a significant upgrade, and since it's a Provincial thoroughfare they're paying the costs for the travel lanes, but the city is piggybacking and doing our portion of work at the same time."

The city will invest \$1.5 million into Sutherland Avenue in the 300 and 400 blocks with new street surface, sidewalks, water mains, sewer and storm sewer, furthering the city's separation of combined sewer. Both blocks were identified through the Capital Asset Management Program (CAMP) as requiring water main and sewer renewal/liners to extend service life and reduce the risk of water main

breaks. The two blocks will also see the separation of the combined sewer line, which eliminates sewer backup during heavy rain events for the homes and adds capacity to the city's storm water system. The 200 block of Sutherland will have its sewer lined as well.

"These two blocks were identified through our water and wastewater master plan that came out in 2011," said Dan McDermid, Director of Operations.

"The plan has identified that the water mains need to be upsized so that we can improve fire protection to the Main Street area and increase quantity to the south. There have also been a lot of water main breaks in that area, which was picked up through our service tracking program, so there are two reasons for the upgrades on Sutherland."

The combined sewer separation will be paid, in part, with Federal funding through the Disaster Mitigation and Adaptation Fund. The road surface is rated as poor through CAMP so it will be resurfaced and since some of the sidewalk will be torn up during construction, a good portion of it will be replaced at the same time.

"When we replace the sidewalks, we'll use detectable tile for the visually impaired, which improves accessibility," McDermid said.

Main Street north of Manitoba Avenue will see the driving lanes resurfaced by the Province of Manitoba and the city will invest \$2.5 million into improving turning lanes, boulevards, medians and crossings at the same time, which is a cost-effective move.



RECORD PHOTO SUBMITTED

Water work in Selkirk.

Purvis Boulevard will also see street renewal between Belanger Place and 150 meters North, a project that will be cost shared with developers operating in the area.

Tree planting will be done on all of these streets, with funding Selkirk received for trees from the Investing in

Communities program, a matching grant of the Provincial and Federal governments.

The city will continue to improve and expand its Active Transportation network this year. An investment of \$140,000 into the new Eveline Street multi-use AT trail will extend it and allow those on foot or on bike to safely get from the entrance of Selkirk Park to the dog park. Also, \$50,000 will be spent on a new accessible AT pathway from Eveline Street to the Waterfront, allowing those with mobility issues safer access to one of Selkirk's finest attractions. Detailed design for the pathway was included in the Eveline Street Reconstruction project.

The dike by the Selkirk Canoe Kayak Centre was recently permanently closed. Previously, the city built and removed a temporary dike each year to prevent water from coming into Selkirk Park.

"This is a permanent fix," McDermid said.

"We are going to be ramping up the Canoe and Kayak Club's entrance to the water. They can take their canoes and kayaks and go straight across the dike and straight into the water."

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Gordon Howard stretching into the future with building committee

Submitted by The Gordon Howard Centre

The Gordon Howard Active Living Centre in Selkirk, that serves the entire region, is going through a change. It has struck a building committee to look at creating one of the most important social builds in Selkirk since the Gaynor Family Regional Library was constructed.

"We've known for a long time that the current building on Eveline Street no longer meets the needs of our ag-

ing citizens, nor will it meet the needs of future citizens," said the centre's President of the Board of Directors, Barb Doren.

The board has struck a building committee that has been meeting monthly throughout the winter. The committee is made up of several people who bring all the right skill sets to the table including a financial officer, a lawyer, a communications consultant, experts in affordable seniors housing sector

and construction of major projects and of course long-standing members of the Gordon Howard Centre, said Doren.

"The building committee is driven by the knowledge that the region's population is rapidly aging, and we want and need to remain active. As the experts in the needs of aging citizens it's our responsibility at the Gordon Howard to lead the way," she added.

The building committee is led by past President Gerry Hamm who knew the man who created the current centre.

"Mr. Gordon Howard, who was active in seniors' support in our area, worked tirelessly to get us to this space in 1991 – 32 years ago. He did not live to see it open, but we know we all benefited from his long-term vision. And it's that same long view that we're trying to focus on now," said Hamm.

The committee is currently looking at several ideas that include:

- building on the current site
- selling the current building and land
- building on another site in Selkirk

- looking at adding a housing component to the centre

- partnering with other organizations in the region who share the centre's vision and could share costs and operational duties.

"The committee is in confidential talks with a few other parties to scope out all the options – not just for our current members but for future members. It is clear to us that we are following the path of Gordon Howard and we need to cast our eye far into the future to see what tomorrow's aging population needs," added Lee Hanson, Gordon Howard Executive Director.

Local Citizen of the Year, Philanthropist of the Year and co-founder of Holiday Alley Shirley Muir has volunteered for the committee as well.

"We know that this is one of the most important projects in our community since the Gaynor Family Regional Library. And we're all mindful that there are lots of groups in this area looking at this project and cheering us on to do it right for the good of the whole community for years to come," said Muir.



RECORD PHOTO SUBMITTED

Some of the members of the building committee of the Gordon Howard include (left to right) John Craig, Shirley Muir, Garry Marshall, Len Trapp, Lacey Darvill, Terry Tillett, Gerry Hamm and Lee Hanson.

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Cha-ching! Make your money pay at the Manitoba Coin Club's show

Coin, Stamp & Collectibles show set for mid-May in Stonewall

By Patricia Barrett

If you've got a commemorative 1973 Mountie quarter – which honours the centennial of the Royal Canadian Mounted Police – don't plug it into a parking meter or coin-operated laundry machine because it could be worth hundreds of dollars depending on its condition and whether the Queen's image is a small or a large bust.

To get the lowdown on what collectibles such as old or commemorative coins and coin sets, bank tokens, paper bills, stamps, medallions and comic books could be worth, bring them to the Manitoba Coin Club's Coin, Stamp & Collectibles show in May at the Red Barn just south of Stonewall.

Club members can price your collectibles, tell you some of the fascinating history behind the items and perhaps make you an offer too irresistible to pass up. They'll also have some of their own collectibles on display.

Coin club member Larry Dalman, who has about 50 years' experience valuing currency, said this is the first time since the club's inception in 1954 that it will hold a show in rural Manitoba.

"We're trying to be more inclusive for people living in the rural areas. We want to give them an opportunity to see old bills and coins and other collectibles and bring their own collectibles in," said Dalman.

The club had one of the "greatest turnouts" last fall at its show in West St. Paul. It drew people from all across the province, including Gimli, Selkirk, Morden, Winkler, Portage la Prairie and Brandon.

In addition to finding out how much your devil-faced 1954 paper bills (is there a devil hiding in the Queen's hair?) are worth – a whole lot if they're in pristine condition – people can learn about the history of money and how Canadian banks operated in days of yore.

Every commercial bank in Canada

– including Canada's first bank, the Bank of Montreal – made their own tokens, which were substitutes for coins. Paper notes were also issued by banks in provinces such as British Columbia, Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland.

"There were more than 120 banks in Canada using their own bank notes. People were carrying around a variety of bills from the Bank of Montreal, the Bank of New Brunswick and so forth," said Dalman. "But in 1944 the Government of Canada asked those banks to quit making their money and took over ownership."

Newfoundland made a two-dollar gold coin between 1865 and 1888, he said. The rarest of the lot are those made in 1880. In bad shape it will fetch about \$1,570. One that's close to "uncirc" (uncirculated condition) will net about \$3,000. A "really, really nice one" is worth \$24,500. And they're still out there. Somewhere.

"They did put out a specimen [two-dollar gold] coin, one that was sold separately as a specimen and was not intended to see a human hand. In perfect shape, it's worth \$122,500," said Dalman.

Canadian coinage made from silver will get you only face value if you take it to a bank. Companies that buy Canadian silver currency will give you the current market value of silver by weight. But a single silver coin or a coin set could be worth far more money if they're in good condition and have unique characteristics such as a flaw, small production run or other special feature that make them a collector's item.

Even money that's not considered "old" can be worth more than face value. For example, the Royal Canadian Mint issued three different commemorative 10-cent coins in 2021 for the 100th Anniversary of the Blue Nose. One is coloured, one is uncoloured and one has 1921 on its left side and 2021 on its right side, said Dalman. The dime with the dates on the left and right side is the more highly valued coin.

People with American and other foreign currency (coins or bills) – including



RECORD PHOTO BY JO-ANNE PROCTER

Manitoba Coin Club member Larry Dalman is encouraging the public to come out and learn about Canadian currency and commemorative coins at the Coin, Stamp & Collectibles show being held May 13-14 at the Red Barn just south of Stonewall.

coins from Roman times – are welcome to bring them to the show for evaluation.

Dalman said the club is hoping to get more children interested in collectibles including specialty coins depicting superheroes or Disney characters, as well as comic books.

"Coins nowadays run the gamut of subjects. I will be bringing some of my superman coins, Disney coins and sports coins to the show," said Dalman. "We'll also have Marvel Comics, DC Comics, Batman, Superman, Black Panther, Wonder Women and other comic books at the show."

The coin club will be joined by staff from the Royal Canadian Mint, which will be offering a free coin exchange. The Mint is bringing uncirculated collectible Loonies that people can have in exchange for two run-of-the-mill Loonies.

People who want to learn about how to value their coins and bills before the show can visit websites such as coinsandcanada.com

The Manitoba Coin Club's Coin, Stamp & Collectibles show takes place May 13-14 at the Little Red Barn on Highway 236 and Road 75, just south of Stonewall. Admission is \$5. There will be giveaways and door prizes. Children under 12 get in free. There is parking for hundreds of cars.

Anyone interested in joining the Winnipeg-based Manitoba Coin Club can fill out an application form at the show. Visit the club online: www.manitobacoinclub.org

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Mise en Scene puts a spin on reality with new album and new beer

Party at Gimli's Ship & Plough on April 8

By Patricia Barrett

Indie rock band Mise en Scene has really put a spin on reality with its latest album, and the band will be celebrating its upcoming release – along with a new beer – at the Ship & Plough pub in Gimli this Saturday.

The award-winning Gimli duo of Stefanie Johnson (guitar, vocals) and Jodi Dunlop (drums, vocals) will be treating fans and pub-goers to a preview of their new album Reality Bites and launching their second pale ale made by Torque Brewery. Later in the evening, people can take part in a musically themed pub quiz.

Johnson said she wrote the track Reality Bites before the COVID pandemic hit, and it turned out to be a fitting tribute to a general feeling of despondency about the future that has so many people in its grip, especially young adults. The album also takes on social media's image swindle and the rising polarization of society. But it speaks, as well, to our capacity for hope and our never-ending search for love.

The video for the single Reality Bites was shot in Gimli, with the town's laundromat on Third Avenue taking a supporting role. It follows the duo – their blue jackets a subtle nod to blue-collar workers – as they go about drudge-inducing tasks, feeling locked in to a repetitive cycle while asking why the temptation to leave it all behind is getting in the way of their minimum-wage jobs.

"It is about growing up and realizing I have bills to pay and that I don't have summers off anymore because the mundane, brutal realities of adulthood have set in," said Johnson. "And since the pandemic hit, reality really does bite. There are wonderful things about life but there are also bad things about life, which is the reality of our world."

The band's high octane sound, soaring harmonies and clever hooks earned it the distinction of Rock Artist of the Year in 2021 at the Western Canadian Music Awards. Johnson and Dunlop are joined by session musicians from the Interlake, including Corey Hykawy from Gimli and Paige Drobot from Petersfield, to round out their sound.

The single Nicer, which the band released last spring, but will be included on the new album, tackles nastiness and bullying, which was thrown



Torque Brewing created a pale ale after the band's song and album titled Reality Bites.

into acute relief during the pandemic. "We all have our own problems and issues, but we should start working towards being better to each other. I feel that we're still kind of cruel to each other judging by all the bullying we see. We're being really impatient with each other," said Johnson. "How do we move on from the pandemic and these hard times? We have to believe there is hope and happiness in the future because otherwise we wouldn't be able to go on."

Johnson also confronts the allure and illusion of social media through the song Beautiful People. She said the images we see online can often trigger body dysphoria, making people "feel really bad about themselves" and that "you're just a loser compared to images you see online."

The album will be released on vinyl for those who love to "handle a record, read the credits, flip it around and sit back and listen to all the songs" as opposed to listening to one track through a streaming service.

It features six tracks on Side A and six instrumentals of the same songs on Side B for people who "just want an instrumental kind of day."

"When you listen to the instrumental version, you can hear some of the nuances you might have missed with vocals present. It's a really cool way to listen to the songs," said Johnson.

The album preview party at the Ship & Plough will give fans a chance to purchase merchandise and try out the band's new Reality Bites beer, a pale ale created for them by Winnipeg-based Torque Brewery. The brewery had released a Winnipeg, California beer after the band's eponymous 2020 album. The beer will be available in liquor stores, including Gimli's.

The album is set for release on June 23. Johnson said she's planning to do an acoustic show or a songwriter-in-the-round event in June after it's officially launched.



RECORD PHOTOS BY ADAM KELLY

Mise en Scene (from left) Jodi Dunlop and Stefanie Johnson. The band's new album Reality Bites will be released in June, but fans can get a preview this Saturday.

Not one to sit around, the band has already written material for their next album, which is expected to be released in 2024.

Mise en Scene will be at the Ship & Plough on April 8, starting at 4 p.m. The band is hosting a two-hour happy hour at which people can listen to

the new album, purchase merchandise and try their new beer on tap. The pub quiz kicks off at 8 p.m.

Visit Mise en Scene at www.miseensceneband.com. Their social media handle is @miseensceneband

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Province skips a week of respiratory surveillance reporting

“Resurgence” in respiratory illnesses leads to rise in pediatric hospitalizations

By Patricia Barrett

The provincial government did not release its respiratory surveillance report on COVID and other respiratory viruses last Friday (March 31), which would have been reporting Week 12 (March 19-25).

The surveillance reports provide information on new COVID infections detected by restricted PCR testing, new hospitalizations and new deaths, as well as new influenza and respiratory syncytial virus (RSV) infections.

A notice on the province’s surveillance report website said the next report will be issued on April 6.

There were 155 new COVID infections reported in Week 11 (March 12-18), as well as 49 new hospitalizations with six ICU admissions. No new COVID deaths were reported that week. Wastewater surveillance data for Winnipeg and Brandon up to March 14 indicated sustained COVID activity.

Because of the delay in reporting, or no new deaths to report, Manitoba’s COVID death toll remains at 2,470 as of March 18, according to the federal government’s COVID webpage. Canada’s death toll now stands at 51,930.

Other health news:

- The number of pediatric patients in the intensive care unit at the Children’s Hospital in Winnipeg has increased because of a “resurgence in respiratory illness” circulating in the province, and some surgical procedures considered non-urgent may be postponed, according to provincial Shared Health in a March 30 statement on its website.

“There were 17 pediatric patients receiving intensive care this morning. The normal baseline capacity for the pediatric ICU (PICU) is nine,” says the statement. “A significant number of these patients were experiencing medically complex cases that were further complicated by respiratory illness, including infants and young children.”

Shared Health said it’s deploying about 10 staff – including some from pediatric surgical and recovery units – to PICU in response to the increased pressure.

“While all urgent and life-threatening surgeries will continue to be performed, these staffing moves may

Table 1. Newly reported and cumulative COVID-19 confirmed cases and deaths, by WHO Region, as of 19 March 2023**

WHO Region	New cases in last 28 days (%)	Change in new cases in last 28 days *	Cumulative cases (%)	New deaths in last 28 days (%)	Change in new deaths in last 28 days *	Cumulative deaths (%)
Europe	1 516 637 (41%)	9%	274 323 490 (36%)	9607 (37%)	-15%	2 202 559 (32%)
Americas	1 195 582 (32%)	-28%	191 176 559 (25%)	11 706 (45%)	-38%	2 939 344 (43%)
Western Pacific	966 810 (26%)	-58%	201 888 145 (27%)	4289 (16%)	-76%	407 958 (6%)
Eastern Mediterranean	28 236 (1%)	89%	23 281 781 (3%)	366 (1%)	68%	349 821 (5%)
South-East Asia	18 745 (1%)	70%	60 782 274 (8%)	156 (1%)	-24%	803 958 (12%)
Africa	12 565 (<1%)	-43%	9 509 869 (1%)	23 (<1%)	-57%	175 315 (3%)
Global	3 738 575 (100%)	-31%	760 962 882 (100%)	26 147 (100%)	-46%	6 878 968 (100%)

*Percent change in the number of newly confirmed cases/deaths in the past 28 days, compared to 28 days prior. Data from previous weeks are updated continuously with adjustments received from countries.

WORLD HEALTH ORGANIZATION COVID-19 WEEKLY EPIDEMIOLOGICAL UPDATE

New COVID cases and deaths worldwide as of March 19.

result in the postponement of some non-urgent procedures,” says the statement.

Patient volumes in the children’s ER remain “relatively stable” but the number of patients visiting the ER with influenza-like symptoms has increased in the past two weeks, from a low of 22 on March 18 to 47 on March 29.

There were 51 patients in the neonatal ICU (NICU) on the morning of March 30, says the statement.

- The World Health Organization reported over 3.7 million new COVID cases and over 26,000 deaths globally between Feb. 20 and March 19. The latest numbers are underestimates of the true number of infections as a result of reductions in testing and reporting delays by countries.

As of 19 March, there have been a total of 760 million confirmed COVID cases worldwide and over 6.8 million deaths.

The highest numbers of new 28-day COVID cases were reported from the United States (792,202 new cases), the Russian Federation (339,564 new cases), China (320,029 new cases), Japan (291,672 new cases) and Germany (281,468 new cases).

The highest numbers of new 28-day COVID deaths were reported from the United States (8,187 new deaths), the United Kingdom (2,474 new deaths), Japan (1,898 new deaths), Brazil (1,587 new deaths) and China (1,472 new deaths).

Canada reported 628 new deaths (1.7 new deaths per 100 000) over that

period.

XBB continues to lead the pack of omicron subvariants on which the WHO is keeping an eye. XBB increased from 5.7 per cent in epidemiological Week 5 to 12.5 per cent in Week 9. XBB has now been detected in 119 countries. XBB.1.5 has been detected in 85 countries.

- Health Canada issued a recall on March 30 for Komera Original’s Seasoned Hot Pepper Sauce because of Clostridium botulinum toxin.

The symptoms include facial paralysis, loss of facial expression, unreactive pupils, difficulty swallowing, blurred vision and slurred speech. Botulism does not cause a fever. In severe cases people can die.

The product was sold in Manitoba, Alberta and Quebec, as well as online.

- The Interlake-Eastern Regional Health Authority reported no new respiratory illness outbreaks (COVID, RSV, influenza, etc.) at hospitals and personal care homes throughout the region (outbreak page viewed April 2).

- The IERHA’s emergency room schedule for the period April 1-15 shows two days (24-7) of ER availability at the Eriksdale hospital and four days (two 24-7 and two half days) of ER availability at the Arborg hospital. The Ashern ER is available for 12 days over that 15-day period, and the Gimli ER is available for 14 days. The schedule is posted online and is subject to change.

At the Eriksdale hospital, outpatient lab and ECG services are available

Monday to Friday from 8:30 a.m. to 4:30 p.m. Outpatient X-rays are available on Mondays and on Thursdays from 8:30 a.m. to 4:30 p.m., according to a notice from Shared Health.

- The IERHA is offering a nine-week caring program that will teach volunteers how to understand suffering and compassion, trauma and crisis, and communication and spiritual development, according to a March 29 news release on its website.

The Spirit of Caring course will be offered online once a week for nine weeks. It will be led by the IERHA’s spiritual health services coordinator Ferdinand Funk, who had been a pastor for over 20 years before joining the IERHA.

The course prepares volunteers to respectfully and compassionately accompany and support people in a health-care setting.

“This is a course that will build the capacity and increase self-awareness of the participants to engage in the practice of spiritual care, particularly in changing situations such as might occur in a health-care setting,” said Funk in the news release. “We welcome those interested in the spiritual aspect of life in general, and in health care particularly, and with the goal of becoming a spiritual care volunteer with the IERHA.”

Those interested in registering for the course or need more information can call Ferdinand Funk at (204) 461-3414 or email: ffunk@ierha.ca The deadline to register is April 14.

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Carrot Cake with Cream Cheese Frosting

Serves 10
 Cooking spray
 2 cups pecan halves
 2 1/2 cups all-purpose flour
 1 tablespoon plus 1 teaspoon baking powder
 1 1/2 teaspoons cinnamon
 1/2 teaspoon freshly grated nutmeg
 Kosher salt
 4 large eggs
 2 cups granulated sugar
 1 cup vegetable oil
 3 cups finely grated carrots (about 1 pound carrots)
 2 teaspoons pure vanilla extract

Frosting:
 1 pound cream cheese, cut into cubes, at room temperature
 2 1/2 cups confectioners' sugar
 1 teaspoon pure vanilla extract
 Kosher salt
 1/4 cup heavy cream, cold

- For the cake: Preheat the oven to 350 F. Line two 9-inch round cake pans with parchment and lightly coat with cooking spray.
- Spread the pecans on a rimmed baking sheet and toast until light brown and fragrant, 7 minutes. Set aside 12 pecan halves to decorate the remaining pecans. Set aside 1 cup of the chopped pecans to use in the batter; reserve the rest for decorating the finished cake.
- Whisk together the flour, baking powder, cinnamon, nutmeg, and 1 teaspoon salt in a medium bowl.

- Whisk together the eggs and granulated sugar in a large bowl until smooth, about 1 minute. Whisk in the oil until well combined. Add the grated carrots, vanilla and 1 cup chopped pecans, and mix well. Add the dry ingredients, and stir until just combined. Divide the batter evenly between the prepared pans.

- Bake until a toothpick inserted in the center comes out clean and the cakes are nicely browned, about 30 minutes. Let cool on a cooling rack for 10 minutes. Loosen the edges with a spatula, turn the cakes out and let cool completely, right-side up, on the cooling rack, about 2 hours. Remove the parchment before frosting.

- For the frosting: Beat the cream cheese and butter in the bowl of a stand mixer fitted with a paddle attachment, scraping down the side as necessary, until smooth, about 2 minutes. Add the confectioners' sugar, vanilla and 1/2 teaspoon salt; gradually increase the mixer speed to medium-high, and beat until the sugar is incorporated and the frosting is fluffy and smooth, about 3 minutes. With the mixer on medium-high, add the cream a few drops at a time until it's all incorporated. Continue beating for 1 more minute until the frosting is slightly lighter in color and creamy.

- To assemble: Place one of the cake layers on a serving plate, and spread 1 cup of the frosting over the top. Top with the other layer, and use the remaining frosting to frost the top and sides of the cake. Arrange the 12 whole pecans on top of the cake like the numbers on a clock face, and sprinkle the remaining chopped pecans in between.



Mini Banana Rice Pancakes

Prep time: 15 minutes
 Cook time: 20 minutes
 Servings: 2

1 cup Minute Brown Rice & Quinoa
 1 1/4 cups all-purpose flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 1 cup milk
 2 teaspoons freshly squeezed lemon juice
 2 bananas, divided
 1 egg, beaten
 1/4 cup pure maple syrup, divided
 4 teaspoons butter, melted
 2 tablespoons vegetable oil, divided
 1/8 teaspoon ground cinnamon
 Heat rice and quinoa according to package directions.

In large bowl, whisk flour, baking powder, baking soda and salt.

In medium bowl, whisk milk and lemon juice. Let stand 5 minutes.

Mash 1/2 banana. Transfer to milk mixture. Add egg and 1 teaspoon maple syrup; stir to combine. Stir in melted butter. Pour mixture over flour mixture. Whisk just until combined; do not overmix. Fold in rice and quinoa. Let batter rest 10-15 minutes.

Preheat large nonstick skillet over medium heat; brush with 1 teaspoon oil. Once skillet is hot, reduce heat to medium-low. In batches, adding oil as necessary, scoop 1 tablespoon batter per pancake into skillet and cook 3-4 minutes, or until bubbles start to form. Flip and cook 1-2 minutes until golden on bottom.

Slice remaining half and full bananas. Serve pancakes with remaining maple syrup, banana slices and cinnamon.

Achieve your goals with a registered personal trainer

By Julie Germaine Coram

Have you set your health and fitness goals but need help achieving them? Do you find your motivation falling away because of a lack of results or confusion about where to focus your energy?

If this sounds familiar, personal training may be right for you! An experienced coach can outline the steps to realize your goals quickly and efficiently. This article will cover how personal training can get you where you want to be sooner.

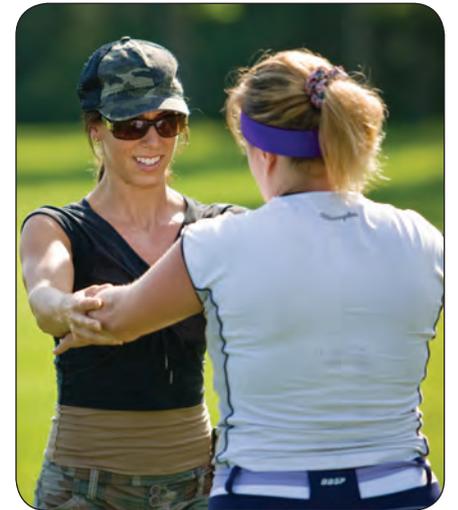
Personal trainers can help you set realistic goals and create a timeframe to make getting into shape a positive journey. Often individuals want to use extreme measurements to lose weight quickly, setting themselves up for disappointment and relapse. A good trainer will establish healthy benchmarks to strive for and direct you, so you avoid hitting training plateaus.

Taking advantage of the knowledge and experience of a personal trainer gives you a huge advantage. They can identify the best program for your body and work with you to fit exercise into your busy schedule. None of us has time to waste, so a streamlined program will allow you more time with family and ensure you don't burn out from overtraining.

Injuries also cost you time and create setbacks, so having a registered personal trainer show you proper form and technique is incredibly valuable.

It's great to have a person you trust to share your concerns with, who is in tune with your personal situation, and can adjust your program according to your feedback.

Finally, some coaches can pro-



Health and Wellness
 Fitness expert
 Julie Germaine

vide guidance regarding nutrition – because what you eat will have an enormous impact on how you feel, look, and function. So getting a diet plan to provide your body with all the necessary nutrients will benefit you big time!

If you're ready to reach your fitness goals and overcome obstacles, please reach out to me. It's always you who has to take the first step, and you who needs to be dedicated to achieving results, but working with a personal trainer who supports you and pushes you is an important common denominator in those who find success in becoming their best, healthiest self.

Coach Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. She has helped tens of thousands of men and women improve their health since 2005. Improve your health with coach Julie: juliegermaine.com or book a free diet consult: www.calendly.com/juliegermaine

Hearty Bacon and Egg Breakfast

Prep time: 5 minutes
 Cook time: 30 minutes
 Servings: 12
 Nonstick cooking spray
 1 1/2 bags Minute Rice & Quinoa
 9 eggs, lightly beaten
 5 bacon slices, cooked and crumbled
 3/4 cup shredded cheddar cheese
 1/2 teaspoon salt
 black pepper, to taste
 Preheat oven to 325 F. Coat 12-cup muffin pan with nonstick cooking spray.

Prepare rice and quinoa according to package directions.

In medium bowl, combine rice and quinoa, eggs, bacon, cheese, salt and pepper, to taste.

Divide batter between prepared cups and bake 18-20 minutes, or until eggs are just set.

BINGO

SUNDAY NIGHT BINGO

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Fishermen reel in another CRJHL title

By Brian Bowman

The Selkirk Fishermen are the Capital Region Junior Hockey League champions once again.

For the third consecutive time, Selkirk won the league title after an impressive 4-0 shutout over the St. Malo Warriors last Saturday at the Recreation Complex.

What a way to cap off a tremendous season.

"They were the best team in the regular season and they proved it in the playoffs," said Fishermen head coach Chris Poponick. "Like I told them at the start, the regular season means nothing. Even though you might be the best team on paper, you have to prove it on the ice and they did that."

The Fishermen won the best-of-seven series 4-1.

"It's unbelievable to go out with back-to-back championships," said Fishermen goaltender Owen Derewianchuk, who stopped 25 shots for the win and was outstanding all season. "I definitely could not have predicted that. I am just so happy to go out on top."

Seth De La Ronde and Jordan Donald scored first-period goals and then Donald and Raymond Hefferman tallied in the third. Hefferman's goal came on the power play and it was a beauty.



RECORD PHOTOS BY RAYME THOMSON

The Selkirk Fishermen are the 2022-23 Capital Region Junior Hockey League champions after shutting out the St. Malo Warriors 4-0 last Saturday. Selkirk won the best-of-seven series in five games.

Last Friday, the Fishermen took a 3-1 series lead with a solid 4-2 win over the Warriors in St. Malo.

Selkirk trailed 2-1 in the third period but stormed back with three unanswered goals.

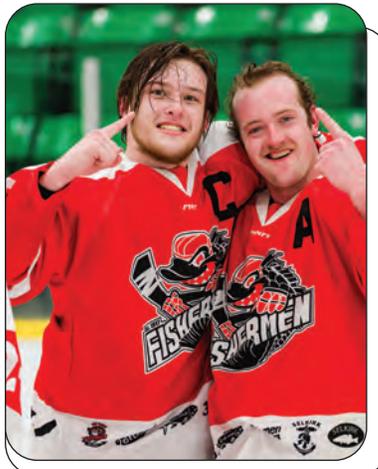
Kyle Folhoffer, with a pair, Andrew Hladun, and Kasen Andrushko scored for Selkirk.

Jeremie Collette and Teagan Fillion replied with second-period goals for the Warriors.

That comeback win was huge.

"For the boys to come back and get that win, and the opportunity to win at home, was really exciting," Derewianchuk said. "All four of the guys aging out (Derewianchuk, Brendon Hocaluk, Cale Jonski, and Zack Parkinson) really wanted to win at home."

Continued on page 23



Royals excel in indoor track and field

By Brian Bowman

The Selkirk Royals' indoor track and field team enjoyed a lot of success at a pair of meets in late March.

Selkirk's latest event was on March 22 at the KPAC meet to wrap up the indoor season. The Royals' contingent was heavy on varsity athletes this season.

"They are a really committed group and it was kind of a tough haul because we had our last meet in the series in the second-last meet in February and then we had five weeks where we didn't have anything in terms of competitions," said Royals' head coach Scott Gurney. "But, in some ways, it worked out better for us because some of the kids were a little beat up. We gave them some down time and came back and worked through some things...and they were ready to go. We had the two meets back-to-back, one on the Monday and the other on the Wednesday, and the kids performed really well."

The highlights from the KPAC meet included Nevaeh Marynowski finishing first in both the varsity girls' long jump and high jump.

"She's having a great year again," Gurney noted. "She had a super year last year and she looks untouchable in a lot of the events. Her jumping has been outstanding and she ran a 200 this year that was pretty impressive. She had a good hurdles (result as well). It seems like whatever she touches turns to gold."

Other highlights featured Ladina Appert (second in varsity girls' high jump and third in 60m), Kelly Kotowich (third in 200m), Hannah Niemi (fourth in 200m), Jakob Dainard (second in varsity boys' shot put), Jeremy Janella (third in varsity boys' high jump, and the varsity boys' medley relay team of Jakob Dainard, Jeremy Janella, Ryan Marowich, and Easton Woloski did extremely well.

On March 20, eight Royals' athletes competed at the High School Series "Meet of Champions" at the University of Manitoba.

> TITLE, FROM PG. 22

Selkirk was extremely good defensively all season. The Fishermen allowed just nine goals in the five games against St. Malo in the championship series.

"We're the type of team that we're going to win those 2-0, 2-1 type of games," said Derewianchuk, who played four full seasons with the Fishermen. "We're not the type of team that gets into the (high-scoring) shootouts. If we kept the score low, we knew we were going to win."

Poponick said this was an absolutely great team to coach this past season.

"They were a fantastic group of kids," he said. "Every year you lose guys and you go how do I rebuild this and I get kids with the same character. A lot of the character is from the players coming back and they help build the culture. It's outstanding and the guys really enjoy each other's company and they love coming to the rink."

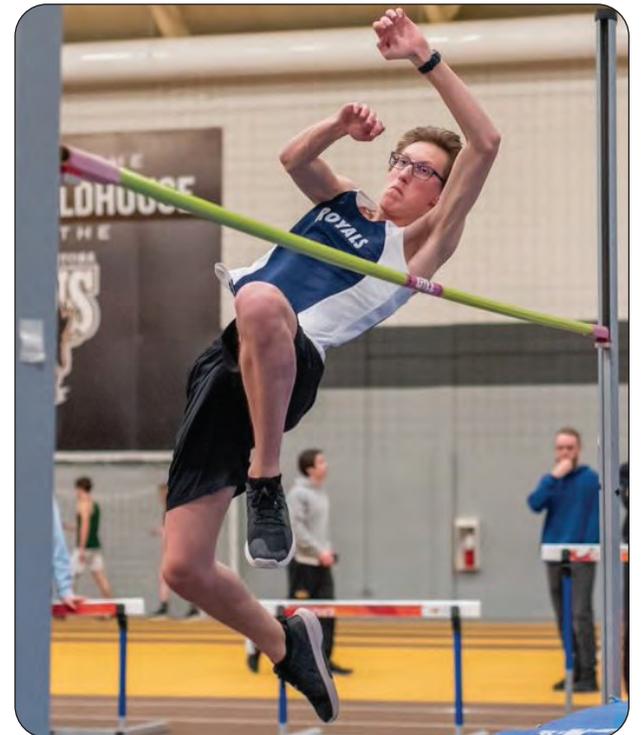


RECORD PHOTOS MATT PEARSON

The Selkirk Royals' Nevaeh Marynowski place first in the varsity girls' long jump and high jump at a KPAC meet on March 22.

The Royals' highlights are as follows: Nevaeh Marynowski (first in varsity girls' high jump and long jump, Kelly Kotowich (fourth in varsity girls' long jump), Hannah Niemi (fifth in the long jump), Jakob Dainard (fourth in 400m), Jeremy Janella (fourth in high jump), and varsity girls' 4x200m of Nevaeh Marynowski, Kelly Kotowich, Hannah Niemi, and Ladina Appert finished second.

Selkirk's varsity girls' team placed second in the category overall, despite only attending three of the four meets.



The Royals' Jeremy Janella placed fourth in the varsity boys' high jump at the High School Series 'Meet of Champions' at the University of Manitoba on March 20.

"We were really well-rounded. We had a good group of kids and a lot of power-speed athletes," Gurney said. "I was surprised to see how well we had done because we didn't attend the third meet because it was the very first day of our second semester and it really wasn't a good fit."

The Royals will now take a break as they prepare for the outdoor season. When they get to train outside totally depends on Mother Nature.

CRJHL CHAMPIONS SELKIRK FISHERMEN

CONGRATULATIONS and thanks for another exciting year of hockey in Selkirk!

FISHERMEN
EST. 1917

Ringette in the 2023 Western Canadian Ringette Championships



RECORD PHOTOS BY KATELYN BOULANGER

The 2023 Western Canadian Ringette Championships opening ceremonies took place at the Selkirk Recreation Complex on March 29. Teams from all over western Canada paraded into the complex and then participated in the skills competition which followed.



Barley leads Beavers to national ACHA title

By Annaliese Meier

A trio of Interlake players were successful in winning the ACHA Division I National Championship on March 21.

St. Andrews' forward Carter Barley and defencemen Brayden Pawluk of Teulon and Wayde Johannesson of Arnes were part of the No. 1-ranked Minot State men's hockey team that held on to beat No. 3 Adrian College

(Mich.) 1-0 to claim the third ACHA Division I national championship in the Beavers' program history.

"It was an awesome feeling. It still doesn't feel like I'm a national champion," said Barley, a former Selkirk Steeler, last Sunday. "A bunch of the older guys that have won it, they tell you that it really doesn't hit you un-

Continued on page 25

RECORD PHOTO SEAN ABOUT/MINOT STATE BEAVERS

St. Andrews' forward Carter Barley and the Minot State Beavers won an ACHA Division I National Championship with a 1-0 victory over Michigan's Adrian College on March 21.



Provincial curling recap for the week

By Ty Dilello

Gimli's Kerri and Kyle Einarson participated last weekend at the 2023 Manitoba Mixed Curling Championships at the Assiniboine Memorial Curling Club in Winnipeg.

Kerri Einarson was back on the ice competing with her husband this past weekend on Team Ryan Wiebe after winning a bronze medal at the World Women's Curling Championships in Sweden last month.

Wiebe's rink qualified for the playoffs through the B-Side after winning two games and losing one. However, in the quarterfinals, they lost to Hayden Forrester of East St. Paul, giving up a five-ender in the end to lose 8-6.

"It was a very cool experience to play with one of the top women's curlers in the world for a weekend," said Ryan Wiebe. "Obviously it was hard to lose in the end and not win the provincials, but it was still a great time and a highlight for my curling

career. I hope one day to be half as accomplished as Kerri in the curling world."

Fort Rouge's Kyle Kurz was victorious at the Provincial Mixed Championship after defeating Corey Chambers of Fort Garry 8-1 in the final. Stonewall's Zachary Wasylik also participated and reached the semifinals before losing to Chambers.

In other curling news, the 2023 Canadian Junior Curling Championships were also held this past weekend in Rouyn-Noranda, Quebec.

Winnipeg's Jordon McDonald and McCreary's Zoey Terrick, representing Team Manitoba, both took home the bronze medal in their respective boys' and girls' national championships.

Viriden's Jace Freeman and St. Vital's Grace Beaudry also participated at the junior nationals as Team Manitoba 2. Unfortunately, Freeman lost out in the quarterfinals, while Beaudry missed the playoffs.



RECORD PHOTO BY CURLMANITOBA

Gimli's Kerri and Kyle Einarson participated in the 2023 Manitoba Mixed Curling Championships at the Assiniboine Memorial Curling Club in Winnipeg last weekend. Pictured, left to right, Ryan Wiebe, Kerri Einarson, Kyle Einarson and Jennifer Clark-Rouire.

Cooper Nemeth Hockey Memorial raises over \$22,000

By Hockey Winnipeg

The 2023 Cooper Nemeth Hockey Memorial was held on March 25 at Gateway Community Centre.

The annual event is a fundraiser for the Cooper Nemeth Memorial Player Assistance Fund, which provides funding for minor hockey players within Hockey Winnipeg at the AA level.

Without this funding, playing AA hockey would not be possible for

many young athletes in the city.

This year's event raised an incredible \$22,010.37 which will go directly to assisting families in next year's AA program.

Applications for the Cooper Nemeth Memorial Player Assistance Fund can be downloaded from the Hockey Winnipeg website under the Resources tab for the 2023-2024 season starting in September.



RECORD PHOTO SUBMITTED

The Cooper Nemeth Hockey Memorial held on March 25 raised \$22,010.37 which will go directly to assisting families in next year's AA program. Pictured, left to right, Gaylene Nemeth, Lenny Baranyk Jr., Brent Nemeth, Daryl Fowler and Angie Beaque.

> BARLEY LEADS BEAVERS, FROM PG. 24

til a year after when you're playing and you see the banner raised and you get your ring. It hits you and then it's wow, I won a national championship."

Barley finished the season as the Beavers' leading scorer in 2022-23 with 56 points (18 goals, 38 assists).

"I think I probably had my best season in my hockey career this year," Barley said. "Both my linemates are graduating...and they helped out and we played so well together. My coach gave me every opportunity possible to achieve. It was a good season for me. I can't complain at all."

Pawluk, 23, meanwhile, also wrapped up an impressive season with Minot State.

He played in 33 games, scoring six goals and adding 12 assists for 18 points.

Johannesson, who played 14 regular-season games for the Steelers and six playoffs ones in the 2018-19 season, chipped in with seven assists this past season.

At nationals, the Beavers trounced Michigan-Dearborn 8-0 and then defeated Indiana Tech 4-3 in an exciting overtime game. Minot State then beat Liberty University 3-2 in a semifinal matchup.

After that blowout win, things got a lot tougher for the Beavers.

"We kind of expected (the tough competition). We knew once you get in that top 16 it was going to definitely be tighter," said Barley, whose brother Connor also played for the Steelers.

Pawluk played a vital role in the team's success during the national tournament, scoring one goal and adding an assist in his four games.

The Beavers returned to Minot on March 22 and a Championship Celebration Party was held in their honour on March 28.

"It was pretty cool seeing all of the support that we had and seeing how many people that actually cared and followed us throughout the season," Barley said.

The hockey season is not done for Barley, however. He is one of 23 players chosen to the American Collegiate Hockey Association's Team Canada squad (along with Pawluk) that will compete in the 2023 World Cup of University Hockey from April 14-19 in Cârța, Romania.

"Going to Romania, Europe, that's going to be cool playing against other countries," he said. "It's going to be awesome. Luckily, we have eight guys from my team going. That definitely helps because I couldn't imagine going to Romania by myself."

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Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

Grow Your Business by placing a **HELP WANTED** ad in the Record

HELP WANTED

Unrau Farms in PETERSFIELD is looking for full time help on a grain farm. Various tasks such as maintaining and operating equipment to driving trucks and more. Class 1 licence is preferred. Winter time off is possible. Contact Leonard at 204-785-0484.

Church Organist Needed - St. Stanislaus Catholic Church in East Selkirk is needing an organist familiar with catholic mass for the 9:00 Sunday mass. Organist will be compensated hourly for their time playing. Interested individuals please contact 204-482-7142 for further information.

HELP WANTED

Help Wanted - Looking for someone who can support and provide in home care to a woman approaching 70 years of age, living at home. Located at Lake Manitoba Narrows North Cottage development, this is an opportunity to provide companionship and essential care, which is both rewarding personally and professionally. Duties include acting as a personal companion, transfers, assistance with personal care, and assistance with meals. Candidates should have a current Criminal Record check with Vulnerable Sector and Adult Abuse Registry check (within 12 months), a current BLS/CPR certification would be beneficial. We are willing to pay above and beyond the standard rate for similar positions within the health region to a candidate who can help us. Email resume: dboleski@gmail.com or call 204-293-0884.

News Tips? Story Ideas? call the Record 204-785-1618

SHOP LOCAL - SUPPORT LOCAL



Online Patient Support Group

Saturday April 22, 2023 10:30AM CST

Topic: Yoga for Scleroderma

To register: sclerodermamanitoba.com 204-510-2855

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Round Bales, 5'x6' Hard Core, no rain, net wrapped 200 1st cut, 4ct/lb 200 2nd cut, 5ct/lb RFV between 140 and 160, protein 15% to 23%

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Phone Harm 204-348-2120 Cell 204-326-0631



POSITION DESCRIPTION

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

Overview

The **Aggregate Quality Control (QC) Technician's** goal is to ensure the quality of aggregate products, ensuring the highest customer satisfaction for the products. Areas of responsibilities include the QC testing of limestone products and ensuring processes are controlled during production, stockpiling and loading of limestone products in our Stonewall Quarry.

Responsibilities

- Quality control of limestone aggregate, through the active testing of finished goods
- Interpret and communicate all test results to QC Supervisor and Production in a timely manner
- Ability to multi-task within business unit, flexible with regard to hours of work and responsibilities.
- Develop and maintain strong working relationships with Logistics, Production and Sales
- Responsible for the maintenance and cleanliness of equipment and lab
- Performs additional duties as assigned

Safety and Environment

- Adhere to all company safety and environmental practices and policies – training provided
- Assist operations in the support and implementation of safety protocols
- Enforce safety on the work site (truckers, visitors, and plant crew)
- Required PPE must be worn at all time

Qualifications

Education:

- Grade 12 or equivalent
- CCIL Technician Certificate would be an asset

Knowledge & Skills:

- Able to understand and work with QC lab equipment
- Works well in a team environment.
- Excellent communication and leadership skills.
- Able to handle difficult issues in a positive way.
- Organized self-starter and can work independently.
- Strong problem solving.
- Excellent time management skills

Requirements:

- Valid Driver's License, own transportation – must be reliable
- Full-time hours with some OT

Reply with resume to trevor.wiebe@lafarge.com

CITY OF Selkirk

PUBLIC NOTICE

Regarding the 2023 Financial Plan

The Council of the City of Selkirk has scheduled a Public Hearing to be held at:

**The Council Chambers
 200 Eaton Avenue
 Tuesday, April 25, 2023 at 7:00 pm**

to present the 2023 Financial Plan

At the Public Hearing, Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the financial plan.

Seating at the public hearing is limited, and as such we ask that anyone planning to be in attendance please register in advance. Depending on the amount of people registered, there is a chance that we would change locations. If so, we would reach out by the email address provided upon registration.

Mask use is required inside the Civic Office. If attendees do not have a mask, one will be provided upon entry.

To view the financial plan and to register, please visit www.myselkirk.ca/financialplan2023. Those without access to online services are asked to call **CitizenSupport** at 204-785-4900.

Dated at the City of Selkirk this 3rd day of April, 2023, and issued pursuant to Section 162(2) of *The Municipal Act*.

Kevin Richter, CPA, CMA
 Director of Finance
 City of Selkirk
 PUBLIC NOTICE

The Flower Child
STAFF WANTED!
 We're getting ready for a busy summer season!
 We are looking for energetic individuals for these seasonal positions:
Cashier/Customer Service Seasonal Labourer
 (loading/unloading trucks, driver's license an asset and able to lift 50lbs)
 Email resume to: theflowerchild2016@gmail.com

Classifieds



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HELP WANTED

Lakehead Tower Erectors LTD. Springfield is hiring for 2 positions! Apprentice rigger and experienced rigger. We offer competitive wages, full health benefits, training. We are looking for highly self-motivated individuals who are physically fit, mechanically inclined, and enjoy the outdoors! Email info@lhtower.ca or call our coordinator at 204-688-3363 for more information or to send in a resume!

HELP WANTED

Hair Source is hiring in Stonewall full/part time in a very busy salon. Great location for walk-ins. Matrix Salon to join our elite team of stylists. Please drop resume off at # 5 408 Main St. Stonewall or email hairsource@gmail.com or call 204-461-1450 for more information.

Petersfield Garage requires tire and lube technician. Also, some minor mechanical repair work. Wage dependant on experience. Will train right applicant. Call Terry at 204-738-2552.

HELP WANTED

ROCKY MOUNTAIN EQUIPMENT IS HIRING: Parts Technicians, Agriculture & Heavy Equipment Techs - Journeyman, Apprentices, CVIP/Truck Techs and RAP Students, Shop and Field positions available. View open roles www.rockymtn.com/careers. Possible relocation and signing bonus offered.

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

MISCELLANEOUS

EC Men's blueish purple parka, sz XXL, w/ black woolen hood; fits a man's sz XL, \$100, BN Men's sz 9 buckle-up leather winter boots, \$100; Sunbeam 2-slice TOASTER, ECIEWO, \$15; BN-CIEC 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.

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Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca



RURAL MUNICIPALITY OF ST. ANDREWS

Summer Youth Employment Opportunities

The RM of St. Andrews is accepting applications for a variety of summer youth positions. Some of the roles are working for the municipality and other positions are for working at various not-for-profit organizations in the community.

To apply, please review all the job descriptions available at www.rmofstandrews.com/p/job-opportunities. Youth (ages 15-30) are encouraged to apply by sending their current updated resume with a cover letter, stating all the position(s) they are interested in applying for, along with their availability. Clearly state if you are currently a student and/or have Metis status. Hourly wages will vary from \$14.15-\$17.00/hr. Applicants should apply by email to Teresa at recreation@rmofstandrews.com before **Monday April 10 at 4:30 pm.**



PUBLIC NOTICE RURAL MUNICIPALITY OF WEST ST. PAUL Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Elections Act* (MCSBEA), the RM of West St. Paul Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the RM of West St. Paul can have his or her name added to the Voters List or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Municipal Office, in person, by email, fax or mail to:

RM of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3
Phone: 204-338-0306
Fax: 204-334-9362
E-mail: info@weststpaul.com

The next General Election takes place in October 2026.
Questions? Call 204-338-0306

PROGRAM MANAGER

A.I.M (Achievement, Independence, and Motivation) for Work is looking for a Program Manager with strong interpersonal and communication skills with the ability to lead a team & problem solve effectively. The Program Manager is responsible for program planning, staff supervision, client case management and the daily management of A.I.M. for Work.

Applicants should have a post secondary education or equivalent experience in health care, social work or working with persons with disabilities. Preference may be given to individuals with management experience and/or strong human resource skills.

A.I.M. is a community-based employment program located in the City of Selkirk for people with a chronic illness or physical disability (aimforwork.com). The program provides vocational case management services, which assists individuals with physical disabilities to successfully enter or re-enter the competitive Labour Market.

Salary is commensurate with qualifications & experience.

Please forward a resume including salary expectations & 3 references by **Friday April 21st** to:

Peter Mandryk
CF North Red
2nd Floor – 18 Main Street
Selkirk, MB R1A 1P5
Telephone: (204) 482-2020 ex1
Fax: (204) 482-2033
peter@northredcfdc.com

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EMPLOYMENT OPPORTUNITY

DIRECTOR OF PUBLIC WORKS



The R.M. of St. Clements is seeking a full time permanent Director of Public Works to take on the challenge of overseeing and coordinating all aspects of Public Works, Utility, and Environment services provided by the Municipality. A complete job description can be obtained upon request.

As the ideal candidate you offer;

- Leadership experience in Public Works operations
- Post-secondary education in Civil Engineering or Civil Engineering Technology would be an asset
- 3 to 5 years supervisory experience in a professional field
- A post-secondary education or an equivalent combination of applied skills and experience
- Competence in Microsoft Office, email, and internet applications
- A 'can do' attitude with excellent time management and team leadership skills

For more information please contact the undersigned directly via email. Interested applicants are to provide a professional resume complete with three (3) contact references to Deepak Joshi, Chief Administrative Officer at cao@rmofstclements.com. This position will remain open until a suitable applicant is secured. However, applicant screening and interviews may begin immediately.

Come be part of something great!

www.rmofstclements.com

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC HEARING NOTICE

REGARDING THE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of The Municipal Act; that the Council of the Rural Municipality of St. Clements intends to present its Financial Plan for the fiscal year 2023 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday, May 2nd, 2023 at 7:00 p.m.**

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan as provided.

The public hearing will be live streamed with interactive chat. A link to the hearing will be made available on our website.

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Friday, April 28th, 2023. Your written submissions can either be emailed to info@rmofstclements.com, dropped off at our office or mailed to our office if time permits.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact Shannon Plischke, Finance Officer at 204-482-3300.

Copies of the 2023 Financial Plan will be available for review after April 20th, 2023 at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at www.rmofstclements.com

Dated this 8th day of April, 2022.

Deepak Joshi
Chief Administrative Officer



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204-785-1618

MISCELLANEOUS

APRIL 29 & 30, 2023, DUGALD GUN & COLLECTIBLE SHOW AT SPRINGFIELD CURLING CLUB. FROM WINNIPEG, 10 MILES EAST ON DUGALD RD, OR 5 MILES NORTH OF HWY #1 ON HWY #206. BUY-SELL-TRADE. OPEN SATURDAY 10 A.M. - 5 P.M., SUNDAY 10 A.M. - 4 P.M. FOR INFO PHONE SHERYL 204-250-8766 OR CAROL 204-242-2320.

WANTED

Private collector looking to buy firearms. Complete collections ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

Looking to buy your broken and unwanted costume jewelry for parts to do crafts. Phone John at 204-651-1580.

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WANTED

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

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

WATER TREATMENT

Water softeners. Well pumps/tanks. 5 stage reverse osmosis systems, \$285. E-coli ultraviolet systems. Iron/odour/manganese removal filters. 10" & 20" Polyspun. Pleated. String wound. Carbon replacement water filters. Best prices. All Seasons Furnishings 204-661-8581.

UPCOMING EVENTS

Cloverdale United Church, April 9 Easter Service 10:30am, Reverend Ginny Coleman. April 23 10:30am, entertainment by Individuals of the Octavia Choir. All welcome. Nonie 204-482-5359.

SHOP LOCAL

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC NOTICE

PRE-BUDGET CONSULTATION OPEN HOUSE

The Council of the Rural Municipality of St. Clements has scheduled a Pre-Budget Consultation Open House at the Municipal Office Council Chambers to allow informal conversation with members of Council and staff about the 2023 fiscal year and current projects.

Location: RM of St. Clements Municipal Office, 1043 Kittson Road, East Selkirk

Date: Tuesday, April 24, 2023

Time: 6:00 pm

Any person who has questions, needs clarification or requires further information, either prior to or following the open house, is encouraged to contact the Chief Administrative Officer Deepak Joshi, by phone at 204-482-3300 or by email at cao@rmofstclements.com.



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204 PALLET AND PACKAGING

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

EMPLOYMENT OPPORTUNITY



RURAL MUNICIPALITY OF ST. CLEMENTS PUBLIC WORKS COORDINATOR

We are seeking an effective leader, experienced in staff supervision to join our team!

The RM of St. Clements is currently accepting applications from individuals with experience in supervising others, facility management, knowledge of construction and equipment maintenance.

The ideal candidate will be able to work with a high level of independence to establish priorities and action work objectives.

A complete list of job responsibilities and the required qualifications can be found on the RM of St. Clements website at www.rmofstclements.com under Employment Opportunities

Applications received must clearly state the position applying for via **email to pwadmin@rmofstclements.com**. Position will remain open until a suitable candidate is secured.

Thank you to all who apply, however only those candidates selected for an interview will be contacted.

RM of St. Clements
Public Works Department
155 CIL Rd
Box 2, Grp 35, RR1
East Selkirk, Manitoba, R0E 0M0



PUBLIC NOTICE

PUBLIC NOTICE is hereby given that the SELKIRK GOLF & COUNTRY CLUB intends to conduct the following pesticide control program during 2023.

1. To control noxious weeds within the property of the Selkirk Golf Course. The projected dates of application will be from May 15, 2023 to October 31, 2023. The herbicides to be used include Par 3, Mecoprop, and Banvel VM.
2. To control fungal diseases within the Selkirk Golf Course property. The projected dates of application will be from May 15, 2023 to October 31, 2023. The fungicides to be used include Daconil Ultrex, Primo Maxx, Instrata, Medallion, Posterity and Acelepryn.
3. To control insects within the property of Selkirk Golf Course. The projected dates of application will be from May 15, 2023 to October 31, 2023. The insecticides to be used are Methoxychlor and Merit.

The public may send written submission within 15 days of the publication of this notice to the department below.

Environment and Climate
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, MB R3Y 0L6

Classifieds



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

HAY / STRAW

Small square bales, Broom, June Grass Hay & Wheat straw. Call 204-482-5101 (leave message if no answer).

Large square bales of dairy quality alfalfa. Large square bales of alfalfa/grass. Round bales of net wrapped grass hay. Round bales of silage wrapped alfalfa. Feed test results available. Contact Ken at 204-981-7593.

HEALTH

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

NOTICES

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

NOTICES

SPRING HIRING??? Need Class 1 Drivers? **BOOK YOUR 2023 BLANKET CLASSIFIED ADS NOW** in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at (204) 947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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R.M. OF ST. ANDREWS PUBLIC HEARING NOTICE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of St. Andrews intends to present its financial plan for the fiscal year 2023 at a public hearing in the Council Chambers of the Rural Municipality of St. Andrews on **May 8, 2023 at 6:00 p.m.** The public hearing will also be available to view live through the R.M. of St. Andrews YOUTUBE Channel.

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

If you wish to do one of the above, please submit in writing prior to **4:00 p.m. on Thursday, May 4, 2023**. Your written submissions can either be emailed to info@rmofstandrews.com, dropped off at our office or mailed to our office if time permits.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact the Chief Administrative Officer at 204-738-2264.

A copy of the 2023 Financial Plan will be available for review on Monday, May 1st, 2023 and on the municipal website at www.rmofstandrews.com. Please contact us by phone at 204-738-2264 or email info@rmofstandrews.com if you wish to receive a copy and we will email or mail a copy to you.

Dated this 31st day of March, 2023.

Brent Olynyk
Chief Administrative Officer
R.M. of St. Andrews
Box 130, 500 Railway Avenue
Clandeboye, MB R0C 0P0
www.rmofstandrews.com

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CITY OF Selkirk

PUBLIC NOTICE

REGARDING PESTICIDE CONTROL PROGRAM

The City of Selkirk intends to conduct the following Pesticide Control Program to control the following insect pests during 2023.

- Larval mosquitoes using Aquabac
- Adult mosquitoes using DeltaGard

The projected dates of application for the above programs will be from May 1 to October 31, 2023.

All of the pesticides used and procedures followed will be in accordance with federally approved label recommendations.

The public may send written submissions within 15 days of date of publication of this notice regarding the advertised control program or register with the department their written objection to the use of pesticide next to their properties to:

Manitoba Environment and Climate
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, MB R3Y 0L6

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

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

FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the **RM of ARMSTRONG** described below will be received by:

McCulloch Mooney Johnston Selby LLP
Box 1670, 14 Main Street S.
Carman, Manitoba R0G 0J0

PROPERTY

SW ¼ 29-20-2 EPM
Being Approx. 159.33 Acres

Section 6-21-2 EPM
Being Approx. 654 Acres

SW ¼ 32-20-2 EPM
Exc Sly 1320 feet perp
Being Approx. 82 Acres

SE ¼ 32-20-2 EPM
Being Approx. 162 Acres

NE ¼ 30-20-2 EPM
Being Approx. 155.89 Acres

NW ¼ 29-20-2 EPM
Being Approx. 162 Acres

NE ¼ 29-20-2 EPM
Being Approx. 162 Acres

CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders may be placed and accepted on one or any number or all parcels of land.
3. Tenders must be received on or before 2:30 pm on April 28, 2023.
4. Tenders must be accompanied by a **\$10,000.00** cheque payable to **MMJS LLP** in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
5. Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be **June 1, 2023**, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2023.
5. The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact
Scott W. Johnston at:
Ph: 204-745-2546
Fax: 204-745-3963
email: scott@mmjlaw.com

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 - Résidente permanente ou réfugié

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hippy@lafpfm.ca
1-888-666-8108 ext.218



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We offer competitive wages, comprehensive benefits plan, safety training and a safe work environment.

Requirements are: Minimum class 5 driver's license, positive work attitude, reliable, able to work well with a team or alone, safety oriented, able to work extended hours.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage la Prairie, MB to fill out an application, apply online at www.efmoon.ca or email a resume to jackiek@efmoon.ca

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

take a break > GAME

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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Call **204-785-1618**

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

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

Sudoku Answer

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1.800.378.6699

Alzheimer Society
Manitoba
(Dementia Care & Support)

SALES CAREER OPPORTUNITY

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

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

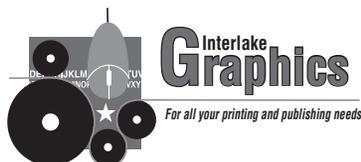
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net



PUBLIC NOTICE

Pesticide Application Program Grand Pines Golf Course

intends to conduct the following Pesticide Control Program from May through November.

1. Weed control within the property, Herbicides used may be: Trillium, Round-Up and SureGuard.
2. To control diseases of turf, Fungicides used may be: Signature, Secure, Instrata and Dedicate.
3. To control insects, The insecticides may be: Malathion, Dagnet and Merit.

The public may send written submissions or objections within 15 days of the publication of this notice to the department below.

Environment and Climate
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, Manitoba, R3Y 0L6



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McSherry Auctions
12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
Closes Wed. April 12 @ 7:00PM

Estate & Moving
Closes Wed. April 19 @ 7:00PM

Booking On Site Spring Auctions

McSherryAuction.com
204-467-1858
Consignors Welcome!

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Antique & Collectible Sale
Saturday, April 15
10AM - 5PM

Manitoba's Biggest Spring Antiques, Vintage and Collectibles Sale.

Admission \$5.00
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For information please contact: BIG Real Estate 204-485-0010
email bigandcolourful@mts.net

SELKIRK TRANSIT AUTHORITY (Selkirk Transit and Selkirk Mobility) will be holding their

Annual General Meeting

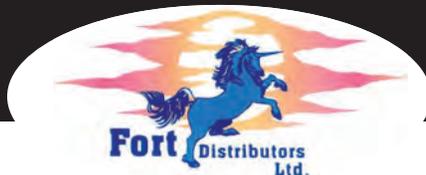
April 19th
2-3pm

200 Eaton Ave
in the Council Chambers



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R.M. OF EAST ST. PAUL ZONING BY-LAW AMENDMENT ZBA 2023-04 SUBDIVISION APPLICATION S23-2988 COMBINED PUBLIC HEARING

We are
Listening.

Public
Hearing
Tuesday,
April 25, 2023
5:30 PM
Council Chambers
3021 Birds Hill Rd.
East St. Paul, MB

Phone:
(204) 669-8880
1-800-876-5831
Fax:
(204) 669-8882

E-Mail:
info@rrpd.ca
Website:

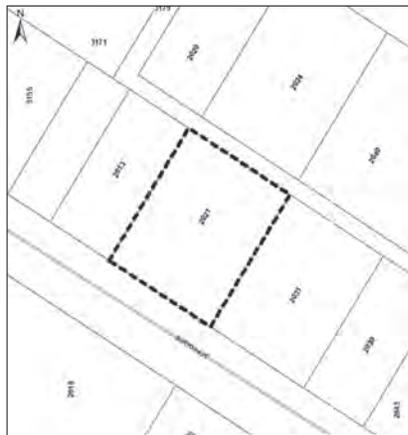
redriverplanning.com



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

What is ZBA 2023-04 & S23-2988 about?

This applicant is seeking to rezone the subject property from the "R1-17" zone to "R1-8" zone and then subdivide the property into two (2) lots for future single-family development.



(2021 Burton Avenue – Roll # 84400)

For those that wish to attend virtually please contact the RM of East St. Paul office at (204) 668-8112 by 4:00 pm on April 25, 2023.

For more information, please contact the Red River Planning District.
Red River Planning District Mon-Fri*
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm
*excludes all statutory holidays

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

R.M. OF EAST ST. PAUL ZONING BY-LAW AMENDMENT ZBA 2023-03 PUBLIC HEARING

We are
Listening.

Public
Hearing
Tuesday,
April 25, 2023
5:30 PM
Council Chambers
3021 Birds Hill Rd.
East St. Paul, MB

Phone:
(204) 669-8880
1-800-876-5831
Fax:
(204) 669-8882

E-Mail:
info@rrpd.ca
Website:

redriverplanning.com



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

What is ZBA 2023-03 about?

This applicant is seeking to rezone the subject property from the "RM" Multi-Family dwelling zone to "R1-8" single family dwelling for future single-family development.



(2018 Burton Avenue – Roll # 84700)

For those that wish to attend virtually please contact the RM of East St. Paul office at (204) 668-8112 by 4:00 pm on April 25, 2023.

For more information, please contact the Red River Planning District.
Red River Planning District Mon-Fri*
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm
*excludes all statutory holidays

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

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ANNOUNCEMENT

IN MEMORIAM



Jay Orvis
May 29, 1972 - April 7, 2020

Loving Memories Of A Special Son
To lose someone so special,
Is really hard to bear;
It hardly seems believable,
That you're no longer there.
You left us far too early,
Before your time, it seems;
And now you'll never have the chance,
To fulfil all those dreams.
However hard it is though,
We'll take comfort in the thought;
Of all the memories we have,
And the happiness you brought.
You always lived life to the fullest,
But ours won't be the same;
Until the day we can see,
Your smiling face again.

- Forever in our hearts,
Mom, Dad, Vince and Sarge

ANNOUNCEMENT

IN MEMORIAM



In Memory Of
Tosh Clarke Plouffe
January 14th, 1995 - April 9, 2022

One year ago today you left your loved ones.
We never got to say goodbye when God gave
you your angel wings that night.
Always missed and forever loved.
Those we love don't go away,
They walk beside us every day;
Unseen but always near,
Still loved, still missed, and forever dear.

- In loving memory,
The Plouffe and Clarke families
and Bosco

ANNOUNCEMENT

IN MEMORIAM



Jeff Nazimek
September 23, 1975 - April 6, 2013

Time keeps passing
Our memories remain
Remembering you every day
Forever and always

ANNOUNCEMENT

IN MEMORIAM

Jeff Nazimek
September 23, 1975 - April 6, 2013
I miss everything about you Jeff, we shared
plenty of good times. You are often in my
mind and so many things remind me of you.
"So long my friend, until we meet again"
memories last forever, miss you Jeff.

-Darren and Cheryl and family

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

ANNOUNCEMENT

IN MEMORIAM



In Memory of Mark Simko
March 26, 1965 - April 8, 2022

Mark,
It has been a year since
You left us so suddenly.
We don't know why you had to leave,
But our hearts ache each day as
We remember you, as we reach for you,
As we wait to talk to you and hear your
heartfelt laugh.
We miss your smile that fills our hearts with
love and joy.
But we know you are here with us though,
As you watch us from Heaven above.
Our forever Guardian Angel.
We pray for strength each day.
As this is such a most difficult journey to take,
Life without you here at home with us.
We miss you oh so very, very much and
We treasure our memories we shared together
As they are priceless and oh so precious.
Until we meet again, my dear husband Mark
and our loving Dad.
We will love you always and forever.
-Love, Lynda, Jordan, Janna
and Sadie your dog

ANNOUNCEMENT

IN MEMORIAM



Doreen and Don Cummings
April 13, 1941 - April 6, 2013
October 3, 1939 - August 21, 2018

We hold you close within our hearts,
And there you will remain,
To walk with us throughout our lives,
Until we meet again.
It's been a decade of missing you.
You're both loved and missed every single day.
-Love 'n' stuff,
Your family
xxxxxxxxxxxxxxxxxxxx

ANNOUNCEMENT

CARD OF THANKS

Thank you to everyone for their prayers
and condolences for the loss of our dear
Evelyn Cyr.
She is dearly missed, memories will help us
through this sad time.
-Olga, Nolan (Maddie) and Easton
and families



**Would like to invite
Teachers and
Support Staff to attend
our**

RECRUITMENT EXPO
being held on
Thursday, April 13, 2023
from 9 am to noon & 4 pm to 8 pm at the
Sunrise Education Centre
344-2nd Street North,
Beausejour



For more information on this event,
please visit our website at
www.sunrisesd.ca



204-482-4636



204-482-1234

**Both Services -
CLOSED Friday, April 7**

Mobility - CLOSED Monday, April 10

**Transit will be operating
on Monday, April 10**



The Selkirk Record

Announcements

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OBITUARY

Mary Susan Vera Horvath
December 3, 1943 to March 29, 2023

It is with heavy hearts and fond memories that we announce the passing of our beloved mother, grandmother and great-grandmother Vera on March 29, 2023.

At Vera's request her service will be held later in the spring, full obituary to follow closer to the date.

Vera's family wishes to thank all the angels without wings at Riverview Health Center 3E Palliative Care and Grace Hospice for Mom's wonderful care.

Flowers are gratefully declined, donations in her memory can be made to any of the following organizations: Grace Hospice, Riverview Health Center, CancerCare Manitoba, or the Selkirk Evangelical Lutheran Church.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Anne Nitchie (Baba)
June 6, 1927 – March 31, 2023

It is with heavy hearts the family of Anne announce her passing on Friday, March 31st.

Anne was born, raised and passed away on her homestead property that she so enjoyed living and working on.

Anne and her husband Victor settled and raised their family on the property and took pride in their yard, sharing it with friends and relatives.

Always generous, Anne would



go without something for herself if it meant making someone else happy. She will be missed by everyone that knew and loved her.

Here's hoping her husband and daughter are waiting with a bowl of "Cha-Cha" bars. Love you always.

In keeping with her wishes, cremation has taken place and no formal service will be held. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Gwendolyn (Bobbie) Roberta Carter (Bruce) nee Goodman
September 24, 1944 - March 30, 2023

Growing up in the north end of Selkirk, left me with such wonderful memories of a loving family, neighbors and lifelong friendships.

Through my working career as a Northern radio operator for MTS, as an aid at Tudor House Personal Care Home and finally at Mama Doo's Restaurant, I met many people and the resulting friendships continued for many years.

Years later, I traveled to "The North" and was thrilled to meet many of the people, whose voices I had come to know, so well over the radio and finally see them, face to face!

For 25 years I was privileged to be Chair of "Kids Fishing for a Cure." This enabled me to see how much the kids enjoyed their fun filled day of fishing on The Red! If you wish, donations in my memory can be made through the organization's website at <https://kidsfishingforacure.com/>.



kidsfishingforacure.com/.

I am survived by my brother Wayne Goodman, Doug Hill and family as well as the Mayo, Hancock, Bird families, numerous friends and extended family.

I was predeceased by my loving parents, Robert and Gwendolyn Goodman; husbands Ken Carter and Neil Bruce; and sister-in-law Liz Kuziminski.

Cremation has taken place and a private family gathering will be held at a later date.

Bobbie helped prepare her obituary and as her wish, there will be no formal service, the family asks that perhaps folks take a youngster fishing for a day, this will allow you the time to sit with "rod in hand" and reflect on the experiences they shared with "Bobbie".

OBITUARY

Tyler James Richard Smith
June 29, 1992 - March 25, 2023



It is with great sorrow we announce the sudden passing of our beloved son, Tyler James Richard Smith, age 30, of Selkirk, Manitoba on March 25, 2023.

Tyler's spirit will live on in his daughter Mila-June; parents Joanne and Trent Smith; brothers Trayton (Selayne), Trevin and Trenton; maternal grandfather Richard Krasnesky and paternal grandparents Jeroline Smith and Raymond Smith.

Tyler was predeceased by his grandmother Patricia June Krasnesky.

Tyler had a contagious smile, a witty personality and a selfless way of being, always putting others before himself. Tyler adored his daughter Mila-June and was an amazing, loving and caring father. Mila-June was his world, undenied as he looked at her with

proudfness in his eyes. Tyler created numerous memories and experiences with Mila-June in their short time together, forever to be in her heart. He shared his love for the outdoors with Mila - June taking her camping, boating and fishing, being one with the earth.

Tyler was an avid hunter and fisherman with a passion for the outdoors. He was most content when he was in the realm of the natural world. He was definitely one of the creators chosen ones to teach the fine skill of hunting and living off the land, having numerous opportunities to share many hunting and fishing expeditions with his friends and family.

Tyler was a social butterfly, having people around him fed his soul. Tyler walked with a hop and a bounce in his step, that expressed his energy and fervor.

We are forever grateful to our family, friends, Elders, Fire Keepers and community for the outpouring of love, support and ceremonies to honour Tyler.

A viewing was held on Monday, April 3 from 7:00 - 9:00 p.m. in the Gilbart Funeral Chapel, Selkirk. Funeral service was held in the chapel on Tuesday, April 4 at 2:00 p.m. with viewing one hour prior to. The service can be viewed via the link <https://youtube.com/live/sF9vKJTVQUI>

Honorary Pallbearers are Trayton Smith, Ed Freeman, Chris Dunning, Bretton Fewchuk, Darien Krasnesky, Dakota Sass, Kyle Sass and Fran Gonzalez.

In lieu of flowers contributions can be made for his daughter Mila-June by etransfer to MilaJuneTrust@gmail.com

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Christine Elizabeth Pollock
August 20, 1942 - March 2, 2023



It is with profound sadness that we announce the death of Christine Pollock (nee Walterson) at the age of 80. Christine left this world unexpectedly but peacefully on March 2, 2023 at her winter home in Florida; her happy place.

Christine was born and raised in Selkirk, Manitoba to her late distinguished parents Ralph and Minnie Walterson. She was predeceased also by her sister Dianne Zyblock and brother-in-law Bill Zyblock; father-in-law William Pollock and mother-in-law Helena Pollock.

Left to cherish her memory is her husband of 61 years Kenneth Pollock; son Kerry Pollock, her pride and joy grandchildren Caralee (Troy), Kort (Robyn), Kaven; nephew Myles Zyblock and family. Not to mention many Selkirk and Floridian friends will also miss

Chrissie's fun-filled demeanor and zest for life.

Christine was the office manager for Selkirk Redi-Mix and Fort Garry Building Products for her entire adult life until the family business sold in 2008. She worked collaboratively with suppliers, accountants, lawyers, employees, advertisers and customers all whilst ensuring the staff were well fed. Christine shuffled home and office duties with precision. No one was left wanting or needing. Her devotion to everything she was involved in and everyone in her life was exceptional.

Since early childhood Umma was always up to something. In her youth she was an active member of the Selkirk waterski and dance teams. Her love for dance and music prevailed throughout her years. Umma became an avid golfer in her adult life, playing each hole with three clubs. Chrissie enjoyed playing at her home club with "her girls" but also delighted in their annual golf and casino trips. She took part in the lady's bowling league and spent Mondays at Selkirk Legion playing cribbage.

In Florida, she was an integral part of her building's social committee for 42 years organizing bocce ball tournaments and events. She was the ultimate party planner and enhancer. Many folks reading this will relish in fond memories of Chrissie's get-togethers. Umma had an open door policy when it came to friends and family. Everyone was welcomed in to enjoy a meal, drink, play a game or to catch-up. Not one to miss celebrating milestones, in 2012 she and Kenny celebrated their 50th wedding anniversary at the Selkirk Marine Museum and recently celebrated their 80th birthdays together with all who loved them.

The family spent many weekends at the cabin in Hecla where they enjoyed golfing, fishing and singing around the campfire. Umma spoiled her family with her delicious meals. She was an excellent cook and spent many hours in the kitchen with her son Kerry whom she passed this skill on to. Her signature dish was her clam chowder. Umma referred to the kitchen as the heart of the home. She was the foundation of the family, a devoted wife, mother and grandmother.

Christine was a resilient woman who was full of life. Her generosity and vivacious spirit will be missed but will remain in our hearts forever.

In keeping with Christine's wishes, a private graveside service will take place.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Your memory will live forever Engraved within our hearts

Announcements *Selkirk Record*

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OBITUARY



Sharon Kathleen Jones (nee Rafnson)
September 25, 1938 - March 25, 2023

Peacefully and with her daughter and family by her side, Sharon went to meet her Lord and Saviour.

She leaves behind her children Kathleen (Allan), Kenneth (Eileen) and Gary; sisters Dallas (Ed), Nancy; sister-in-law Thelma and daughter-in-law Diana.

She is predeceased by her husband Richard; son Micheal; brothers Scott and Norman and granddaughter-in-law Jennifer.

Also left to cherish her memory are her 13 grandchildren, 18 great-grandchildren and their families as well as her best friend and honorary sister, Claudia and husband Dan.

Sharon loved her family dearly and cherished every moment she had with them. She always boasted about her grandchildren to anyone who would listen. She was a friend to all she met and was

extremely giving. Sharon loved spending time outdoors with her husband and was always looking for her next adventure. Sharon and Richard loved to camp at Otter Falls and Nutimik Lake, go on long day trips through the country and take regular trips to McDonald's. She was famous amongst her family for her homemade fudgesicles and dill pickles.

We love you Mom and Gramma. While our hearts are heavy, we are so happy you are now at peace. Your memory will live on forever in our hearts.

A memorial service with family was held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Your memory will live forever Engraved within our hearts

OBITUARY



Jacob (Jake) Gerald Goertzen

It is with great sadness we announce the passing of Jake on February 13, 2023 at Holy Family Personal Care Home in Winnipeg. Jake was born in Selkirk on December 22, 1943.

Jake was predeceased by his parents Sarah, Abram (Winnie), sisters Sadie, Gwen, and his beloved wife Bonnie (2016).

Jake leaves to mourn him his son Aaron (Diana); grandkids Harrison and Taylor; granddog Rezzy; brothers Bill (Linda), Neil, (Cecile), Abe (Corinne); sisters Ann, Eleanor, and many nieces, nephews, and friends.

Dad left home at a young age and moved to Winnipeg where he drove delivery truck for City Bread. After a few years, he moved back to Selkirk and went to work at the Selkirk Enterprise where he ran the printing press. He later worked at Abex, Selkirk Rolling Mill, Moore's Plumbing, Sokey's Plumbing and in 1985 began installing flooring for Curtis Carpets in Winnipeg. Dad met Mom around 1969 and they started dating in 1970. They were married on May 19, 1973 and would have celebrated their 50th anniversary this year.

Dad loved sports, he played and coached both hockey and ball in Selkirk for years. He enjoyed golf, curling, camping and fishing. Him and Mom loved spending time with family and friends. They especially enjoyed their summers at Spruce Sands where they made many friends over the years there.

In keeping with Dad's wishes, cremation has taken place and a celebration of life will be held at Gilbart Funeral Home in Selkirk at 1:00 p.m. Friday, April 14, 2023. For those who wish to join the family for a short graveside service it will be held at 12:00 p.m. on Friday, April 14, 2023 St. Clements Cemetery.

In lieu of flowers donations can be made online or mailed to, Lubov SSMI Foundation C/O Holy Family Home, 165 Aberdeen Avenue, Winnipeg, Manitoba, R2W 1T9.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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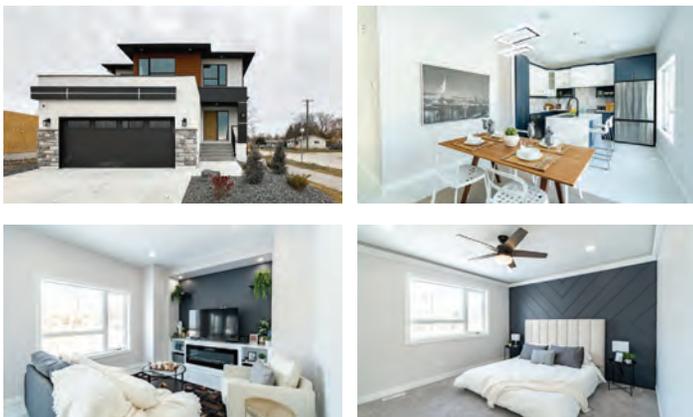
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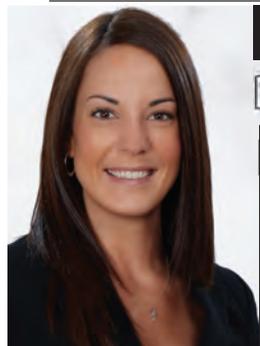
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